

**STAY CONNECTED!**

**Stay up to date with advocacy,  
events, and information!**

**All People Accessible Business**

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**<https://www.facebook.com/DisabilityRC/Salem/>**



**DISABILITY RESOURCE  
CENTER  
YELLOW PAGES  
2026**



**DISABILITY RESOURCE  
CENTER**

**27 Congress St., Suite 107**

**Salem, MA 01970**

**[www.disabilityrc.org](http://www.disabilityrc.org)**

**(978) 741-0077**

**(978) 741-1133 FAX**

**(888) 751-0077 Toll Free**

**[information@DisabilityRC.org](mailto:information@DisabilityRC.org)**

Dear Friends,

The Disability Resource Center is a disability rights service and self-advocacy center run by and for people with disabilities. DRC supports people who have all types of disabilities to live independently and participate fully in community life. The Center pursues this mission through provision of information and referral, independent living skills, self-advocacy, and peer counseling services.

DRC offers a wide variety of services and programs including a monthly Housing Options Workshop, workshops on Housing Rights, and finding housing. We offer Options Counseling, Information and Referral, Peer Counseling and Transition to Adulthood as well as exciting social events like the Annual BBQ, Annual Meeting, Holiday Open House, Advocacy Alerts, and more!

The listings in this Yellow Pages are a compilation of local, statewide, and national resources that, as citizens living with disabilities, we find helpful in our quest for increased access to full participation in community living. This booklet is also on our web site, [www.DisabilityRC.org](http://www.DisabilityRC.org) along with additional resources and updates on upcoming events and activities.

Lisa Orgettas,  
Executive Director

DRC Staff Members

Board of DRC

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## ASSISTIVE TECHNOLOGY

Assistive Technology provides devices or other ways to equalize the functional limitations of individuals with disabilities to help increase their independence and mobility.

**Easter Seals of Central MA**  
508-751-6495  
[www.easterseals.com](http://www.easterseals.com)

**Hospital Equipment Loan Program (H.EL.P)**  
781-322-1052  
Saturday only 9-12

**Easter Seals**  
Boston 617-226-2640  
[www.easterseals.com/ma](http://www.easterseals.com/ma)  
[www.dme](http://www.dme)

**Assistive Technology Equipment Exchange**  
[www.mass.gov/info-details/assistive-technology-available-](http://www.mass.gov/info-details/assistive-technology-available-)

**Perkins School for the Blind**  
617-924-3434  
[www.perkins.org](http://www.perkins.org)

**Atlantic Hearing Inc.**  
Swampscott:  
781-581-1500  
Peabody: 978-717-5370  
[www.atlantichearingcare](http://www.atlantichearingcare)

**Massachusetts Commission for the Blind**  
800-392-6450  
[www.mass.gov/mcb](http://www.mass.gov/mcb)

**REquipment**  
800-261-9841

**National Seating & Mobility**  
781-897-6100  
[www.nsm-seating.com](http://www.nsm-seating.com)

## AUTISM RESOURCES

**Autism Society of America**  
781-386-0633  
[www.autismsociety.org](http://www.autismsociety.org)

**Autism Alliance of MetroWest**  
508-652-9900  
[www.autismalliance.org](http://www.autismalliance.org)

**Doug Flutie Foundation**  
**Framingham:** 508-270-8855  
[www.flutiefoundation.org](http://www.flutiefoundation.org)

**Autism Speaks NE Chapter**  
617-726-1515  
[www.autismspeaks.org](http://www.autismspeaks.org)

**Autism Insurance Resource Center**  
774-455-4056  
[www.massairc.org](http://www.massairc.org)

**Northeast Arc**  
855-696-3272  
[www.ne-arc.org](http://www.ne-arc.org)

**Autism Housing Pathways**  
617-604-43620  
Serving: Lynn, Lynnfield, Saugus, Swampscott, Nahant  
[www.autismhousingpathways.org](http://www.autismhousingpathways.org)

## CLUB HOUSES

A Club House is organized to support people living with mental illness gain access to opportunities to rejoin the world of friendships, family employment and education

### SALEM CONNECTION

50 Grove St.  
Salem, MA 01970  
978-498-4400  
Serving: Beverly, Danvers  
Essex Hamilton Ipswich  
Rockport Salem,  
Manchester by the Sea  
Peabody, Topsfield,  
Wenham  
[www.salemconnections.org](http://www.salemconnections.org)

### HARBOR PLACE

95 Pleasant St.  
Lynn MA 01901  
781-842-7200  
Serving: Lynn/Lynnfield,  
Saugus Swampscott  
Nahant  
[www.harbor-place.org](http://www.harbor-place.org)

### HORIZON HOUSE

78 Water St.  
Wakefield, MA 01880  
781-245-4272  
Serving: North Reading  
Wakefield, Stoneham,  
Reading  
[www.horizonhouseclubhouse.org](http://www.horizonhouseclubhouse.org)

## Commission on Disabilities

Name	Phone #	Email
<b>Beverly</b> Wangari Fahari	978-605-2340	wfahari@beverlyma.gov
<b>Danvers</b> Jasmine Ramon	978-882-5271	jramon@danversma.gov
<b>Lynn</b> Joseph Tornton	781-586-6700	<a href="http://www.lynnma.gov">www.lynnma.gov</a>
<b>Manchester By-The-Sea</b> Elizabeth Heisey	978-526-2000	poersd@manchester.ma.us
<b>Marblehead</b> Laurie Blaisdell	781-631-0000	Lblaisdell@yahoo.com
<b>North Reading</b> Richard Wallner	978-664-0278	<a href="mailto:Cod@northreadingma.gov">Cod@northreadingma.gov</a>
<b>Peabody</b> Beth O'Donnell	978-536-5720	<a href="mailto:Beth.odonnell@peabody-ma.gov">Beth.odonnell@peabody-ma.gov</a>
<b>Rockport</b> Mitchell Vieira	978-546-6786	<a href="mailto:TA@rockportma.gov">TA@rockportma.gov</a>
<b>Salem</b> Debra Lobsitz	978-741-0148	<a href="https://tinyurl.com/wl9xox">https://tinyurl.com/wl9xox</a> x
<b>Saugus</b> Mark Currie	781-258-6198	<a href="http://Saugus-ma.gov/commission-disability">Saugus-ma.gov/commission-disability</a>
<b>Swampscott</b> Jill Shrestha	781-596-8850	<a href="mailto:scod@town.swampscott.ma.us">scod@town.swampscott.ma.us</a>
<b>Wakefield</b> Marie Rej	781-246-6390	<a href="mailto:DisabilityCommission@wakefield.ma.us">DisabilityCommission@wakefield.ma.us</a>
<b>Wenham</b>	n/a	n/a

## COMMUNITY ACTION AGENCIES

Community Action Agencies (CAA) are private, non-profit human service and advocacy organizations that provide emergency assistance to people in crisis; address the causes of poverty through programs that fight unemployment, inadequate housing, poor nutrition, and lack of educational opportunity; and provide training in advocacy skills.

**Action, Inc., Gloucester**  
180 Main St.  
Gloucester MA 01930  
978-282-1000  
[www.actioninc.org](http://www.actioninc.org)

**Community Teamwork,**  
155 Merrimack St.  
Lowell MA 01852  
978-459-0551  
[www.commteam.org](http://www.commteam.org)

**Greater Lawrence**  
305 Essex St. 4<sup>th</sup> Fl  
Lawrence, MA 01840  
978-681-4900  
[www.glcac.org](http://www.glcac.org)

**Lynn Economic  
Opportunity, Inc.  
(LEO)**  
181 Union St. #209  
Lynn, MA 01901  
781-581-7220  
[www.leoinc.org](http://www.leoinc.org)

**Massachusetts  
Association for  
Community Action**  
105 Chauny St. suite 301  
Boston, MA 02111  
617-357-6086  
[www.masscap.org](http://www.masscap.org)

**North Shore  
Community Action  
Program.**  
119R Foster St. Bld 13  
Peabody, MA 01960  
978-531-0767

## COMMUNITY HEALTH CENTERS

Community Health Centers offer services for families and individuals of all ages. Some services may include health, behavioral, and dental. Many locations also have a discounted and/or sliding-fee scale for low-income individuals and families.

**Greater Lawrence  
Family Health Center**  
34 Haverhill St.  
Lawrence, MA 01841  
978-686-0090  
[www.glfhc.org](http://www.glfhc.org)

**Lynn Community  
Health Center**  
269 Union St.  
Lynn, MA 01901  
781-581-3900  
[www.lynnchc.org](http://www.lynnchc.org)

**Gloucester Family  
Health Center**  
302 Washington St.  
Gloucester, MA 01930  
978 282-8899  
[www.nschi.org](http://www.nschi.org)

**Salem Family Health  
Center**  
47 Congress St.  
Salem, MA 01970  
978-744-8388  
[www.nschi.org](http://www.nschi.org)

**Peabody Family Health  
Center**  
89 Foster St.  
Peabody, MA 01960  
978-532-4903  
[www.nsch](http://www.nsch)

## COMMUNITY MEALS

### **MY Brothers Table**

98 Willow St.  
Lynn, MA 01901  
M-F 12:00PM – 6:00PM  
Sat & Sun 2:00PM – 4:30  
781-595-3224  
[www.mybrotherstable.org](http://www.mybrotherstable.org)

### **Grace Center**

264 Main St.  
Gloucester, MA 01930  
978-675-6240  
Mon-Friday  
Breakfast  
8:30AM – 10:00am  
Lunch 12:00PM  
<https://lifebridgenorthshore.org>

### **The Open Door**

28 Emerson Ave  
Gloucester, MA 01930  
Dinner: M-F 4:30 -5:30  
**Meals to Go:** Pick Up  
3:00pm – 6:00pm

### **First Baptist Church**

221 Cabot St.  
Beverly, MA 01915  
978-922-3295  
Dinner: Mon 6:00PM -  
8:00PM

### **First Congregational Church**

1 Church St.  
Stoneham, MA  
781-438-0097  
[Firstchurchstoneham.org/ Outreach](http://Firstchurchstoneham.org/ Outreach)  
Dinner: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
5:30-6:15PM  
**All meals are take-out**

### **First Parish Unitarian**

225 Cabot  
Beverly, MA 01915  
Dinner: 2<sup>nd</sup> Monday of the  
month 5:30 – 7:00  
Tuesday night  
5:30 PM - 7:00PM

### **Living Faith**

2 Dane St.  
Beverly, MA 01915  
Dinner: Wed & Thursday  
6:00PM

### **St. Peters**

4 Ocean St.  
Beverly, MA  
978-922-3438  
Dinner: Fri & Sun 6:00PM

### **Salvation Army**

93 North St.  
Salem, MA  
978-744-5181  
Lunch Tuesday 12:30PM

### **Wakefield Food Pantry**

467 Main St.  
Wakefield, MA  
781-245-2510  
Dinner: Thursday  
6:30PM – 7:30

### **Most Blessed Sacrament**

1166 Main St.  
Wakefield, MA  
781-486-3927  
Dinner; 2<sup>nd</sup> Wed of the  
Month 5:00PM

### **Emmanuel Episcopal**

5 Bryant St.  
Wakefield, MA  
781-245-4272  
3<sup>rd</sup> Tues of the month  
5:30PM

### **First Parish**

1 Church St.  
Wakefield, MA  
781-245-1644  
1<sup>st</sup> & 3<sup>rd</sup> Tues  
5:30PM – 6:16PM  
Take out only

### **Haven From Hunger**

71 Wallis St.  
Peabody, MA 01960  
978-531-9775  
[www.Citizensinn.org/haven-from-hunger](http://www.Citizensinn.org/haven-from-hunger)  
Mon, Tues, Thurs, Fri.  
4:30PM – 5:30PM

### **Emmanuel Episcopal Church**

78 Water St.  
Wakefield, MA  
781-245-4272  
3<sup>rd</sup> Tuesday of the month

### **Lifebridge**

54 Margin St. Salem, MA  
Breakfast M/Tues/Wed/Fri  
9:00 AM  
Lunch Mon-Sat 12:00 -  
12:30 PM  
Dinner Mon-Sat 5:30 PM  
Dinner Sun 4:00 PM

## CONGREGATE HOUSING

The goal of Congregate Housing is to increase self-sufficiency through the provision of supportive services in a residential setting. Each resident has a private bedroom, but shares one or more of kitchen facilities, dining and bathing facilities.

### **Beverly – Upton Place**

137 Bridge St.  
Beverly, MA 01915  
978-921-2408

### **Lynn – Olive Street**

6 Olive St.  
Lynn, MA 01902  
781-598-9440

### **Peabody – Farnsworth**

103 Central St.  
Peabody, MA 01960  
978-532-8847

### **Seeglit**

75 Central St.  
Peabody, MA 01960  
978-531-1938

### **Salem – Michael Ruane**

3 Broad St.  
Salem, MA 01970  
978-741-4462

### **Wakefield**

26 Crescent St.  
Wakefield, MA 01880  
781-245-7328 Ext. 6

## CRISIS RESOURCES

### **American Red Cross**

Beverly 978-922-0325

### **Child-At-Risk Hotline, DCF Abuse/Neglect**

978-825-3800 Salem  
781-388-7100 Wakefield

### **Disabled Persons Protection Commission**

24 hr. hotline for abuse  
1-800-426-9009

### **Elder Abuse Hotline**

1-800-922-2275

### **Eliot Community Human Services**

24/7 Psychiatric  
Emergency Services  
1-800-988-1111

### **YWCA North Shore Rape Crisis 24-hour hotline**

Domestic Violence: 844-  
372-9922  
Sexual Assault: 877-509-  
9922  
24 Hour Hotline: 800-922-  
8772

### **Pathways for Change**

800-870-5905

### **Lahey Health**

Salem: 978-745-2440  
Crisis line: 877-392-1609

### **Samaritans 24 hr. hotline**

877-870-4673

### **Samaritans TEENS 24hr. hotline:**

800-252-8366

## DOMESTIC VIOLENCE

### Alternative House

Lowell: 978-454-1436  
Hotline: 1-888-291-6228  
[www.alternative-house.org](http://www.alternative-house.org)

### Cambridge Women's Center

Helpline: 617-354-8807  
[www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)

### FINEX House Inc.

Office: 617-436-2002  
24-hr Hotline:  
617-288-1054  
[www.finexhouse.org](http://www.finexhouse.org)

### H.A.W.C. Healing Abuse Working for Change

24-hour hotline:  
1-800-547-1649  
[www.hawcdv.org](http://www.hawcdv.org)

### Jane Doe, Inc.

Office: 617-248-0922  
24hr. hotline: 877-785-2020  
[www.janedoe.org](http://www.janedoe.org)

### YWCA NS Rape Crisis

DV: 844-372-9922  
SA: 877-509-9922  
Hotline: 800-922-8772

### National Domestic Violence Hotline:

1-800-799-7233  
[www.thehotline.org](http://www.thehotline.org)

### Women's and Family Abuse Program

Greater Lynn Senior Services  
8 Silsbee St.  
Lynn, MA 01901  
Hotline: 800-922-2275  
781-599-0110  
[www.glss.net](http://www.glss.net)

### casa myrna

Statewide 24hr hotline,  
English, Multilingual  
1-877-785-2020  
[www.casamyma.org](http://www.casamyma.org)

### The Network LaRed (Partner abuse)

Hotline 1-800-832-1901  
[www.tnlr.or](http://www.tnlr.or)

### Transition House 24hr. Family Violence Crisis

617-661-7203  
[www.transitionshouse.org](http://www.transitionshouse.org)

## DRIVING INSTRUCTION

### Drive RX

100 Cummings Center  
Suite 307k  
Beverly, MA 01915  
781-205-0870

### Spaulding Rehab Driving

101 Main St. Suite 101  
Medford, MA 02155  
781-391-7518  
[www.Spauldingrehab.org](http://www.Spauldingrehab.org)

## EMPLOYMENT / VOCATIONAL SERVICES

The agencies listed below help individuals with and without disabilities attain meaningful employment and training.

[www.rewardingwork.org](http://www.rewardingwork.org)

### Job Accommodations Network

1-800-526-7234  
[www.askjan.org](http://www.askjan.org)

### CareerOne Stop

1-877-872-5627  
[www.careeronestop.org](http://www.careeronestop.org)

### Mass Ability

Central: 617-204-3600  
Salem: 978-745-8085  
Malden: 781-324-7160  
[www.mass.gov](http://www.mass.gov)

### Job Corps

1-800-733-5627  
[www.jobcorps.gov](http://www.jobcorps.gov)

### Rewarding Work Resources

P.O. Box 1251  
Brookline MA 02446  
866-212-9675

### MASSHIRE

70 Washington St.  
Salem, MA 01970  
978-825-7200  
[www.masshire-nscareers.org](http://www.masshire-nscareers.org)

## FINANCIAL INFORMATION

**American Consumer  
Credit Counseling**  
1-800-769-3571  
[www.consumercredit.com](http://www.consumercredit.com)

**Better Business Bureau**  
508-652-4800  
[bbb.org/us/ma](http://bbb.org/us/ma)

**Community Teamwork,  
Inc.** (North Shore)  
978-459-0551  
[commteam.org](http://commteam.org)

**Internal Revenue  
Service**  
1-800-829-1040  
617-887-6367  
[Mass.gov/orgs/massachusetts-department-of-revenue](http://Mass.gov/orgs/massachusetts-department-of-revenue)

**Metropolitan Boston  
Housing Partnership**  
1-800-272-0990 or  
617-859-0400

[metrohousingboston.org](http://metrohousingboston.org)

**MA Office of Consumer  
Affairs, hotline**  
(617) 973-8787  
Toll free: 1-888-283-3757

**MA State Dept. of  
Revenue**  
Toll free: 1-800-392-6089

**Massachusetts  
Attorney General**  
Boston Office: 617-727-  
8400  
[Mass.gov/orgs/office-of-the-attorney-general](http://Mass.gov/orgs/office-of-the-attorney-general)

**National Fraud  
Information Center**  
202-835-3323

**Social Security  
Administration**  
1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

## FOOD PANTRIES

**ACORD Food Pantry**  
69 Willow St.  
South Hamilton, MA 01982  
978-468-7424  
Serving:  
Essex, Hamilton, Ipswich,  
Manchester, Topsfield, and  
Wenham.  
Wed 9:30AM – 11:00AM  
Thurs. 10:00AM –  
11:00AM (Seniors)  
Thurs. 6:30PM – 7:30PM  
Sat. 9:00AM – 11:00AM

**Beverly Bootstraps  
Food Pantry**  
35 Park St.  
Beverly, MA 01915  
978-927-1561  
Mon. 10:00AM – 4:00PM  
Tuesday 1:00PM – 6:00PM  
Wednesday 10:00AM –  
6:00PM  
Thursday 10:00AM –  
2:00PM

**Catholic Charities**  
8 Silsbee St.  
Lynn, MA 01901  
Mon, Wed, Fri  
9:00AM – 12:00PM  
1:00PM – 3:00PM  
Tues: 1:00PM – 3:00PM  
Thur: 9:00AM – 12:00PM

**(65+ LIMITED  
MOBILITY ONLY)**

**CLOSED:** every 3<sup>rd</sup> Friday  
of the month

**Beverly Church of the  
Nazarene Food Pantry**  
556 Cabot St. Beverly, MA  
01915  
978-927-9979  
Thursdays 10:00AM –  
12:00PM

**Open Door**  
28 Emerson Avenue,  
Gloucester, MA 01930  
978-283-6776  
Register online  
then shop and pickup

**Open Door Ipswich  
00 Southern Heights**  
Ipswich, MA 01938  
We/Thurs 10:30 – 5  
Order online or call 978-  
283-6776

**Haven From Hunger**  
71 Wallis St.  
Peabody, MA 01960  
978-531-1530  
Mon, Tues, Fri  
10:30 – 2:30 Pantry

4:30PM – 5:30PM Meal  
Thurs 12:30 – 2:30 Pantry  
6:00PM – 8:00PM Meal

**First Congregational Church**

1 Church St.  
Stoneham, MA 02180  
781-438-0097  
Thurs: 9:30AM – 12:30pm  
By Appointment

**Good Hope Food**

47 Grove St.  
Lynnfield, MA 01940  
781-715-0203  
Thursdays 10:00AM –  
12:00PM  
1<sup>st</sup> & 3<sup>rd</sup> of month

**Salvation Army Lynn**

1 Franklin St.  
Lynn, MA 01902  
781-598-0673  
Tuesday, Wed & Fridays  
9:00AM – 12:00PM

**St. Stephens**

74 S. Common St.  
Lynn, MA 01902  
781-599-4220  
Fridays 3:00PM – 4:00PM  
Closed 1<sup>st</sup> Friday of month

**First Baptist Church**

561 Main St.  
Melrose, MA 02176  
781-665-4470

Tuesday 3:00PM – 5:00PM

**Saugus United Parish**

50 Essex St.  
Saugus, MA 01906  
781-233-2663  
Friday 9:30AM – 11:00 AM

**Salem Pantry**

47 Leavitt St.  
Salem, MA 01970  
978-552-3954  
Tues, Thurs, Fridays  
10:00AM – 12:00PM  
1:00PM – 4:30PM  
Wed. 4:00PM – 8:00PM  
Saturday 10:00AM –  
2:00PM

**Wakefield Food Pantry**

467 Main St.  
Wakefield, MA 01880  
781-245-2510  
Tues. & Thurs 9:00AM –  
1:00PM  
Thurs. 6:30PM – 7:30PM

**Anchor Food Pantry**

86 Burrill St.  
Swampscott, MA  
Mon 11:00AM – 1:00PM  
Wed 6:00PM – 8:00PM

**Brown Bag Mobile Mkt**

1<sup>st</sup> Saturday 9:00AM to  
10:00AM and every 3<sup>rd</sup>  
Friday 9:00AM to 11:AM  
8 Silsbee St.

Lynn, MA 01901

**Igles'a Critiana  
Torrente Food Pantry**

56 Franklin St.  
Lynn, MAA 01902  
781-593-9931

**Danvers Church of the  
Nazarene**

181 Dayton St.  
Danvers, MA 01923  
978-777-2060  
Tues & Thurs. 10:00AM –  
1:00PM

**People to People  
Pantry**

12 Sylvan St.  
Danvers, MA 01923  
978-739-4188  
Tues & Thurs 9-12  
1<sup>st</sup> & 3<sup>rd</sup> Wed 4-6PM

**Beverly SDA Church  
Pantry**

499 Rantoul St.  
Beverly, MA 01915  
978-927-4066  
2<sup>nd</sup> Sunday 1:00PM –  
2:00PM

**JFCS Family Table**

1 Community Rd.  
Marblehead, MA 01945  
781-693-5593  
3<sup>rd</sup> Sun 9:30AM – 12:00PM  
2<sup>nd</sup> Thurs 12:00PM –  
2:00PM

**A Servants Heart**

200 Franklin St.  
Melrose, MA 02176  
781-662-8226  
Fri 10:00AM – 11:30am  
3<sup>RD</sup> Friday of the month  
5:00PM – 6:00PM

## FUEL ASSISTANCE

### **Action Inc. Energy Services**

5 Centennial Dr. Suite 200  
Peabody, MA 01960  
978-283-2131  
Actioninc.org

### **Community Teamwork, Inc.**

155 Merrimack St.  
Lowell, MA 01852  
978-459-0551  
Commteam.org

### **Lynn Economic Opportunity**

(LEO)  
181 Union St. Suite 209  
Lynn, MA 01901  
781-581-7220  
Leoinc.org

### **North Shore Community Action Program (NSCAP)**

119 R Foster St. Bld.13  
Peabody, MA 01960  
978-531-0767  
nscap.org

## HEALTH INSURANCE/BENEFIT/PRESCRIPTION INFORMATION

### **Health Connector**

1-877-623-6765  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

### **Department of Transitional Assistance**

(DTA) 45 Congress St.  
Suite 4120  
Salem, MA 01970  
978-825-7300  
[www.dtaconnect.eohhs.mass.gov](http://www.dtaconnect.eohhs.mass.gov)

### **Element Care**

235 Woodland North  
Lynn, MA 01902  
877-803-5564  
<https://elementcare.org/>

### **MassHealth**

1-800-841-2900  
[www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth)

### **Medicare Information Line**

1-800-633-4227

### **Prescription Assistance Programs - SHINE**

1-800-243-4636  
[www.shinema.org](http://www.shinema.org)

### **Social Security Administration**

1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

### **GoodRx**

[www.goodrx.com](http://www.goodrx.com)

### **Free Mass Drug Card**

[www.madrugcard.com](http://www.madrugcard.com)

### **Needy Meds**

Help Line: 1-800-503-6897

## HOUSING AUTHORITIES

### **Beverly**

137 Bridge St.  
978-922-3100

### **Danvers**

14 Stone St.  
978-777-0909

### **Essex**

Chebacco Terr  
978-768-6821

### **Gloucester**

259 Washington St.  
978-281-4770

### **Manchester By the Sea**

7 The Plain  
978-526-1850

### **Middleton**

10 Orchard Cir  
978-774-4333

### **Marblehead**

26 Rowland St.  
781-631-2580

### **Nahant**

194 Nahant Rd.  
781-581-9623

### **North Reading**

1 Peabody Ct.  
978-664-2982

### **Hamilton**

121 Railroad Ave  
978-468-398

### **Ipswich**

1 Agawam Village  
978-356-2860

### **Lynn**

10 Church St.  
781-477-2800

### **Lynnfield**

600 Ross Dr

### **Melrose**

910 Main St.  
781-665-1622

### **Peabody**

75 Central St.  
978-531-1938

### **Reading**

22 Frank D Tanner D  
781-944-6755

### **Rockport**

13 Millbrook Park  
978-546-.3181

### **Rowley**

1 Plantation Dr  
978-948-2371

### **Salem**

27 Charter St..  
978-744-4431

### **Saugus**

19 Talbot St.  
781-233-2116

### **Stoneham**

11 Parker Chase Rd.  
781-438-0734

### **Swampscott**

6 Duncan Terr.

781-593-5516

### **Topsfield**

69 Washington St.  
978-887-8407

### **Wakefield**

26 Crescent St. .  
781-245-7328

### **Wenham**

Larch Lane  
978-468-1532

## LGBTQIA+

### **Over the Rainbow Social Club**

978-219-4420  
Dinner 2<sup>nd</sup> Tuesday of every month

### **GLAD – Legal Advocates & Defenders**

617-426-1350  
[www.glad.org](http://www.glad.org)

### **NAGLY**

978-224-2102  
[www.nagly.org](http://www.nagly.org)

### **North Shore Health Project**

978-283-0101  
[www.healthproject.org](http://www.healthproject.org)

### **The Network LaRed**

Hotline:  
800-832-1901

**The Trans Lifeline**  
1-877-565-8860

**The Trevor Lifeline**  
1-866-488-7386

**WeAreMASS**  
857-262-0481  
2<sup>nd</sup> Tuesday and the last Tuesday of each month 5:30PM –  
7:30PM  
[WWW.wEaREmass.org/rainbow](http://WWW.wEaREmass.org/rainbow)

### **LEGAL/ADVOCACY ASSISTANCE**

**Attorney General Elder  
Hotline: 888-243-5337**      978-745-6610  
[www.mass.gov](http://www.mass.gov)

**Children's Law Center  
of Mass**      **GLAD Legal Advocates  
& Defenders**  
781-581-1977      [www.glad.org](http://www.glad.org)  
[www.clcm.org](http://www.clcm.org)      617-426-1350

**De Novo – Center for  
Justice and Healing**      **Greater Boston Legal  
Services**  
617-661-1010      617-371-1234  
[www.denovo.org](http://www.denovo.org)      [www.gbls.org](http://www.gbls.org)

**Consumer Affairs**      **Health Law Advocates**  
617-635-3834      617-338-5241  
[www.boston.gov](http://www.boston.gov)      [www.healthlawadvocates.org](http://www.healthlawadvocates.org)

**Disability Law Center**  
617-723-8455  
[www.dlc-ma.org](http://www.dlc-ma.org)

**District Attorney Paul  
Tucker)**      **MA Immigrant &  
Refugee Advocacy  
Coalition**  
617-350-5480  
[www.miracoalition.org](http://www.miracoalition.org)

**Massachusetts Office  
on Disability**  
617-727-7440  
[www.mass.gov](http://www.mass.gov)

**Mass Commission  
Against Discrimination**  
617-994-6000

**Mass Legal Assistance  
Corporation**  
617-367-8544

**Massachusetts House  
of Representatives**  
617-722-2460

**Massachusetts Senate**  
617-722-1276

**Massachusetts Office  
for Refugees &  
Immigrants**  
617-727-7888

**aMental Health Legal  
Advisors Committee**  
1-800-342-9092  
or 617-338-2345

**Northeast Legal  
Aid/Justice Center**  
978-458-1465

**Office of Medicaid  
Board of Hearings**  
1-800-655-0338

**Parent/Professional  
Advocacy League  
(PPAL)**  
1-866-815-8122

**Volunteer Lawyers  
Project**  
617-423-0648

**Youth Advocacy  
Division**

617-445-7581

**De Novo Center .**

617-661-1010

[www.denovo.org](http://www.denovo.org)

Free civil legal assistance  
for people with low income

**Housing Court "Lawyer  
for the day" clinic**

Lawyer for the Day  
programs are not available  
at every court location.  
However, you can check

whether your court hosts a  
Lawyer for the Day  
program by visiting that  
court's page

**Merrimack Valley Legal**

Services

978-458-1465

[www.northeastlegalaid.org](http://www.northeastlegalaid.org)

36+

**New Center for Legal  
Advocacy**

800-244-9023

[www.freelegala](http://www.freelegala)

**LOW COST PHONES**

**Lifeline Global Connections**

877-511-3009

**Stand Up Wireless**

800-544-4441

[www.standupwireless.com](http://www.standupwireless.com)

**Safelink Wireless**

800-723-3546

[www.safelinkwireless.com](http://www.safelinkwireless.com)

**Entouch**

866-488-8719

[www.entouchwireless.com](http://www.entouchwireless.com)

**Cintex Wireless**

855-655-3097

[www.cintexwireless.com](http://www.cintexwireless.com)

**Assurance Wireless**

1-88-321-5880

<https://www.assurancewireless.com/>

**Lifeline**

1-800-234-9473

[www.lifelinesupport.org](http://www.lifelinesupport.org)

## MASS INDEPENDENT LIVING CENTERS & COUNCIL

### **ADLIB**

413-442-7047  
[www.adlibcil.org](http://www.adlibcil.org)

### **Boston Center**

617-338-6665  
[www.bostoncil.org](http://www.bostoncil.org)

### **Cape Organization for Rights of the Disabled (**

508-775-8300  
[www.cordcapecod.org](http://www.cordcapecod.org)

### **Center for Living**

508-798-0350  
[www.centerlw.org](http://www.centerlw.org)

### **Disability Resource Center**

978-741-0077  
[www.disabilityrc.org](http://www.disabilityrc.org)

### **Independence**

**Associates,**  
508-583-2166  
[www.iacil.org](http://www.iacil.org)

### **MetroWest Center**

508-875-7853  
[www.mwcil.org](http://www.mwcil.org)

### **Northeast IL Program**

978-687-4288  
[www.nilp.org](http://www.nilp.org)

### **Southeast CIL**

508-679-9210  
[www.secil.org](http://www.secil.org)

### **Stavros Center**

413-256-0473  
[www.stavros.org](http://www.stavros.org)

## MEDICAL EQUIPMENT (FREE)

Donated durable equipment for anyone in need to assist them in living more independently.

### **getATstuff**

600 Washington St.  
Boston, MA 02111  
617-204-3851  
[www.getatstuff.massmatc.org](http://www.getatstuff.massmatc.org)

### **REquipment**

P.O. Box 311  
Methuen, MA 01844  
508-713-9690  
[www.dmereuse.org](http://www.dmereuse.org)

### **Smilemass**

66 Dudley Rd.  
Sudbury, MA 01776

617-967-7755

[www.smilemass.org](http://www.smilemass.org)

### **Boston Center for Independent Living**

60 Temple Pl. Unit 550  
Boston, MA 02111  
617-338-6665  
[www.bostoncil.org](http://www.bostoncil.org)

### **H.E.L.P. Freemason's**

500 West Cummings Park  
Woburn, MA 01801  
781-322-1052  
Saturdays only 9-12  
[www.smd-help.org](http://www.smd-help.org)

## MENTAL HEALTH RESOURCES

### Family Forward Resource

16 City Hall Square  
Lynn, MA 01901  
781-598-9417  
[www.centerboard.org](http://www.centerboard.org)

### Health & Safety

1-800-662-4357

### Ellie Mental Health

8 Essex Center Dr.  
Suite 300  
Peabody, MA 01960  
978-206-1225  
[Elliementalhealth.com](http://Elliementalhealth.com)

### The Trans Lifeline

1-877-565-8860

### The Trevor Lifeline

1-866-488-7386

### Family Continuity

72 Cabot St.  
Beverly, MA 01915  
978-2329600  
[www.familycontinuity.org](http://www.familycontinuity.org)

### Suicide & Crisis Lifeline

988 on phone  
[www.988lifeline.org](http://www.988lifeline.org)

### Lahey Behavioral Health

978-745-2440  
[www.bilh.org](http://www.bilh.org)

### Dept. of Mental Health

833-773-2445  
[www.mass.gov](http://www.mass.gov)

### National Alliance on Mental Illness (NAMI)

617-580-8541

### The Artful Life

142P Canal St.  
Salem, MA 01970  
978-548-6288

### Behavioral Health Help

833-773-2445

### 211

[www.211.org](http://www.211.org)

### Parent Stress Line

1-800-632-8188  
24/7  
Free Confidential to talk  
about the challenges of  
raising children

### Balance Mental Health

100 Corporate Pl. Ste 404  
Peabody, MA 01960  
978-740-7731

## OTHER RESOURCES

### All Care Adult Foster Care

781-598-2454  
[Allcare.org](http://Allcare.org)

### Adult Foster Care of the North Shore

63 Middle Street  
Gloucester, MA 01930  
978-281-2612  
[www.adultfostercarens.com](http://www.adultfostercarens.com)

### Caregiver Homes

(senior/disabled home support)  
866-797-2333

### COP Amputee Association (Wenham)

781-724-2602

### DEAF, Inc

35 Congress St. Suite 220.  
617-505-4823 VPN  
[www.deafincma.org](http://www.deafincma.org)

### Communitas

60D Audubon Rd.  
Wakefield, MA 01880  
781-587-2200  
[www.communitasma.org](http://www.communitasma.org)

### LifeScene

111 N Common St.  
Lynn, MA 01902  
781-598-5517  
[www.lifescene.org](http://www.lifescene.org)

### Early Intervention Division

250 Washington St. 5<sup>th</sup> Fl  
Boston, MA 02108  
1-800-905-8437  
[Mass.gov/orgs/early-interventiondivision](http://Mass.gov/orgs/early-interventiondivision)

### Mass Commission for the Blind

40 Broad St.  
Boston, MA 02109  
617-727-5550

### Massachusetts Commission for the Deaf and Hard of Hearing

600 Washington St.  
Boston, MA 02111  
617-740-1600

### Mission of Deeds

6 Chapin Ave  
Reading, MA 01867  
Free household goods  
781-944-9797  
[www.missionofdeeds.org](http://www.missionofdeeds.org)

**NE ADA Center**

200 Portland St.  
Boston, MA 02114  
617-695-00850  
[www.newenglandada.org](http://www.newenglandada.org)

**Northeast ARC**

1 Southside Rd.  
Danvers, MA 01923  
978-777-7362  
[www.ne-arc.org](http://www.ne-arc.org)

**Aspire**

176 Franklin St.  
Lynn, MA 01904  
781-593-2727  
[www.aspiredevelopmental.org](http://www.aspiredevelopmental.org)

**Poison Control Center**

1-800-222-1222  
[www.maripoisoncenter.com](http://www.maripoisoncenter.com)

**St. Vincent de Paul Society**

781-344-3100  
[www.svdpboston.org](http://www.svdpboston.org)

**United Spinal Association**

2 Rehabilitation Way  
Woburn, MA 01801  
617-952-5643  
[www.sciboston.org](http://www.sciboston.org)

**Bikers Against Child Abuse (B.A.C.A)**

Empowering children to not feel afraid of the world.  
339-224-3047  
[www.bacaworld.org](http://www.bacaworld.org)

**Wheelchair & Scooter Repair**

1-888-584-3095

**Hephaestus Wheelworks**

978-663-0241  
[arthur\\_torrey@comcast.net](mailto:arthur_torrey@comcast.net)

**Needy Meds**

50 Whittemore St.  
Gloucester, MA 01930  
1-800-503-6897  
[www.needymeds.org](http://www.needymeds.org)

**Two Grateful Friends**

12 Bristol Rd.  
Peabody, MA 01960  
978-853-5346  
[www.twogratefulfriends.com](http://www.twogratefulfriends.com)

**DDS North Shore**

100 Cummings Center  
Suite 419E  
Beverly, MA 01915  
978-927-2727

**Free White Cane**

<https://nfb.org/programs-services/free-white-cane-program>

**Cerebral Palsy of Eastern MA**

103 Johnson St.  
Lynn, MA 01902  
800-454-2727

**Cerebral Palsy of Eastern MA**

103 Johnson St.  
Lynn, MA 01902  
800-454-2727

**Home Care with Grace (Adult Foster Care)**

150 Market St. 2<sup>nd</sup> Fl  
Lynn, MA 01901

**Brain Injury Association**

30 Lyman St. Suite 10  
Westborough, MA 01581  
508-475-0032  
[www.biama.org](http://www.biama.org)

**National MS Society**

465 Waverley Oaks Rd.  
Suite 202  
Waltham, MA 02452  
781-693-5141

## PERSONAL CARE ATTENDANT (PCA) RESOURCES

### **Boston Center for Independent Living**

60 Temple Place  
Boston, MA 02111  
617-338-6665

### **Greater Lynn Senior**

8 Silsbee St.  
Lynn, MA 01901  
781-599-0110

### **Northeast Arc 15 Southside Rd.**

**Danvers, MA 01923**  
978-762-0301

### **Northeast Independent Living Program (NILP)**

20 Ballard Rd.  
Lawrence, MA 01843  
978-687-4288

### **Mass PCA Directory**

1-888-627-7722

### **Seniorlink**

866-797-2333

### **Connected HomeCare**

38 Blackburn Center 2<sup>nd</sup> Fl  
Gloucester MA 01930  
9778-282-5575

### **Private HomeCare**

203 Pleasant St.  
Marblehead, MA 01945  
781-639-8696

### **Comfort Keepers**

129 Dodge St. Suite 1  
Beverly, MA 01915  
978-468-1263

### **Rewarding Work Resources**

P.O. Box 1251  
Brookline MA 02446  
866-212-9675

## ROOMING HOUSE

### **Dayton Hotel**

376 Washington St.  
Lynn, MA 01901  
781-592-9036

### **Essex St. Rooming Hse.**

362 Essex St.  
Lawrence, MA 01840  
978-682-9078

### **Caritas Communities**

Melrose, Salem, Wakefield  
781-843-1242 Ext. 18

### **The Windsor House**

77 S. Union St.  
Lawrence, MA 01843  
978-686-8980

## SENIOR SERVICES

### **AgeSpan**

280 Merrimack St.  
Lawrence MA 01843  
978-683-7747  
[www.agespan.org](http://www.agespan.org)

### **Greater Lynn Senior Services (GLSS)**

8 Silsbee St.  
Lynn, MA 01901  
781-599-0110  
[www.glss.net](http://www.glss.net)

### **Executive Office of Elder Affairs**

One Ashburton Place 5<sup>th</sup> Fl  
Boston, MA 02108  
617-727-7750

### **AgeSpan**

300 Rosewood Drive  
Danvers, MA 01923  
978-683-7747  
[www.agespan.org](http://www.agespan.org)

### **SeniorCare,**

49 Blackburn Center  
Gloucester, MA 01930  
978-281-1750

## SENIOR CENTERS AND COUNCIL ON AGING

### **Beverly COA**

90 Colon St.  
Beverly, MA 01915  
978-921-6017

### **Danvers COA**

25 Stone St.  
Danvers, MA 01923  
978-762-0208

### **Essex Senior Center**

17 Pickering St.  
Essex, MA 01929  
978-768-7932

### **Gloucester COA**

6 Manuel F. Lewis St.  
Gloucester, MA 01930  
978-281-9765

### **Hamilton COA**

299 Bay Rd.  
South Hamilton, MA 01982  
978-468-5595

### **Ipswich COA**

25 Green St.  
Ipswich, MA 01938  
978-356-6650

### **Lynn COA**

37 Friend St.  
Lynn, MA 01901  
781-586-6879

### **Lynnfield COA**

525 Salem St.  
Lynnfield, MA 01940  
781-598-1078

### **Manchester-by-the-Sea COA**

10 Central St.  
Manchester-by-the-Sea,  
MA 01944  
978-526-7500

### **Marblehead COA**

10 Humphrey St.  
Marblehead, MA 01945  
781-631-6225

### **Melrose COA**

235 West Foster St.  
Melrose, MA 02176  
781-665-4304

### **Middleton COA**

38 Maple St.  
Middleton, MA 01949  
978-777-4067

### **Nahant COA**

334 Nahant Rd.  
Nahant, MA 01908  
781-581-7557

### **North Reading COA**

157 Park St.  
North Reading, MA 01864  
978-664-5600

### **Peabody COA**

75R Central St.  
Peabody, MA 01960  
978-531-2254

### **Reading COA**

16 Lowell St.  
Reading, MA 01867  
781-942-6794

### **Rockport COA**

58 Broadway  
Rockport, MA 01966  
978-546-2573

### **Rowley COA**

39 Central St.  
Rowley, MA 01969  
978-948-763

### **Salem COA**

401 Bridge St.  
Salem, MA 01970  
978-744-0924

### **Saugus COA**

466 Central St  
Saugus, MA 01906  
781-231-4181

### **Stoneham COA**

136 Elm St.  
Stoneham, MA 02180  
781-438-1157

### **Swampscott COA**

200R Essex St. Rear  
Swampscott, MA 01907  
781-596-8866

### **Topsfield COA**

8 West Common St.  
Topsfield, MA 01983  
978-887-1523

### **Wakefield COA**

30 Converse St.  
Wakefield, MA 01880  
781-245-3312

### **Wenham COA**

10 School St.  
Wenham, MA 01984  
978-468-5529

## SERVICE DOG AND TRAINING

### **US Service Animals**

Usserviceanimals.org  
Service dog training

### **Northeast Canine**

11 Clements Lane  
So. Hampton NH 03833  
[www.northeastcanine.org](http://www.northeastcanine.org)  
1<sup>st</sup> responders & Veterans

### **Service Dog Project**

37 Boxford Road  
Ipswich, MA 01938  
978-909-1020

### **At Your Service Dog Training**

[Atyourservicedogtraining.com](http://Atyourservicedogtraining.com)

### **Canines for Disabled Kids**

255 Park Avenue Suite 601  
Worcester, MA 01609  
978-422-5299  
[www.caninesforkids.org](http://www.caninesforkids.org)

### **NEADS National Education for Assistance Dog**

P.O. Box 1100  
Princeton, MA 0154  
978-422-9064  
[www.neads.org](http://www.neads.org)

## SHELTER AND HOUSING

The Disability Resource Center is committed to providing housing information and referrals to all individuals with disabilities and to other interested parties. We highlight the following

### **Action Inc. Emergency**

370 Main St.  
Gloucester, MA 01930  
978-283-4125  
[www.actoninc.org](http://www.actoninc.org)

### **Bridge House Family Shelter**

24 Baker St.  
Lynn, MA 01901  
781-593-3898

### **Emmaus House, Haverhill**

127 How Street  
Haverhill, MA 01830  
978-241-3400

### **Lifebridge Shelter (M/F)–**

56 Margin St.  
Salem, MA 01970  
978-744-0500  
[www.lifebridgenorthshore.org](http://www.lifebridgenorthshore.org)

### **Lynn Emergency Shelter**

100 Willow St.  
Lynn, MA 01901  
781-581-6600

### **Mass Emergency Family Shelter**

866-584-0623

### **Mass Coalition for the Homeless**

73 Buffum St.  
Lynn, MA 01901  
781-595-7570  
[www.mahomeless.org](http://www.mahomeless.org)

### **Citizens Inn**

81 Main St.  
Peabody, MA 01960  
978-531-9775  
[www.citizensinn.org](http://www.citizensinn.org)

### **The River House (W)**

56 River St.  
Beverly, MA 01915  
978-921-1304  
[www.lifebridgenorthshore.org](http://www.lifebridgenorthshore.org)

### **Wellspring House, Gloucester**

302 Essex Ave.  
Gloucester, MA 01930  
978-281-3221  
[www.wellspringhouse.org](http://www.wellspringhouse.org)

**Daybreak (M/W)**

19 Winter St.  
Lawrence, MA 01841  
978-975-4547

**Lowell Transitional  
Living Center (M/W)**

189 Middlesex St.  
Lowell, MA 01852  
978-458-9888

**Bridge House (Families)**

24 Baker St.  
Lynn, MA 01902  
781-593-3898

**Inn Between (Families)**

25 Holten St.  
Peabody, MA 01960  
978-532-2372

**SOBER HOMES**

A drug free and substance free environment for people in recovery. Housing provides supportive, structured living conditions. **Male (M) Female (F)**

**Barry's House (M)**

100 Cummings Center  
Beverly, MA  
1-800-270-2302

**Chelsea House (F)**

17 Franklin Ave  
857-326-2315  
16 Baker St. (M)  
857-326-2315  
64 Broad St. (M)  
857-326-2315  
12 Baker St. (M)  
15 Harwood St. (F)  
781-666-3752

**Essex House (M)**

44 Essex St.  
Lynn, MA  
781-244-2622

**Citizens Inn Between  
(M/F)**

25 Holten St.  
Peabody, MA 01960  
978-532-2372

**Habitat P L U S Inc.  
(Veterans)**

516-520 Essex St.  
Lynn, MA  
833-687-8687

**New Way Sober (M)**

9 Autumn St.  
Lynn, MA  
781-558-846

**The Vanderburgh  
House (M)**

187 Humphrey St.  
Marblehead, MA  
781-666-3752

**Grace House (M/F)**

181 North Common St.  
Lynn, MA  
781-589-1814

**Rise Above Lynn (F)**

332 Euclid Ave  
Lynn, MA  
978-490-0215

**Ruth's Way for Women  
(F)**

Nicole O'Brien  
857-361-9913

**Sober Crossing (M/F)**

292 Chestnut St.  
Lynn, MA  
781-285-3080

**The Kelly House (M)**

202 Main St.  
Wakefield, MA  
339-227-0147

**The Will House (M)**

148 Elliott St.  
Beverly, MA  
**978-927-1004**

**Northshore Men's  
Home (M)**

24 Chapman St.  
Beverly, MA  
844-762-3747

**SUBSTANCE ABUSE****Health Care Resource**

172 Newbury St.  
Peabody, MA 01960  
978-535-9190  
[www.hcrcenters.com](http://www.hcrcenters.com)

**Alcoholics Anonymous**

12 Channel St.  
Boston, MA 02127  
617-426-9444  
[www.aa.org](http://www.aa.org)

**Danvers Treatment  
Center**

111 Middleton Rd.  
Danvers, MA 01923  
978-777-2121

**Bridgewell**

10 Dearborn Rd.  
Peabody, MA 01960  
781-593-1088  
[www.bridgewell.org](http://www.bridgewell.org)

**Baystate Recovery**

950 Cummings Center  
Unit 106-X  
Beverly, MA 01915  
1-855-887-6237  
[www.baystaterecoverycenter.com](http://www.baystaterecoverycenter.com)  
[www.Chaptersrecoverycenter.com](http://www.Chaptersrecoverycenter.com)

[www.lahey.org](http://www.lahey.org)

**Recovery Centers of  
America**

75 Lindall St.  
Danvers, MA 01923  
978-223-9300  
[www.recoverycentersofamerica.com](http://www.recoverycentersofamerica.com)

**CleanSlate Centers**

280 Union St. Suite 302  
Lynn, MA 01901  
781-731-6804  
[www.cleanslatecenters.com](http://www.cleanslatecenters.com)

**JRI Behavioral Health  
Center**

110 Boston St.  
Salem, MA 01970  
978-744-7905  
[www.jri.org](http://www.jri.org)

**Chapters Recovery  
Center**

85 Constitution Lane Suite  
200-A  
Danvers, MA 01923

## SUPPORTIVE HOUSING

The Supportive Housing Program combines housing with services for older adults and people living with disabilities. Through this program, Resident Service Coordinators are on-site in subsidized housing to help residents access community resources, arrange meals, plan social activities, and manage issues that arise—helping to foster a sense of stability and community.

**Garden City Tower**  
20 Sohier Rd.  
Beverly, MA 01915

**McGee House**  
37 Green St.  
Lynn MA 01905  
781-581-8600

**McPherson Park**  
31 Prospect St.  
Gloucester, MA 01931  
978-281-4770

**Steele House**  
910 Main St.  
Melrose, MA 02176  
781-665-1622  
Jkm

**Caggiano Plaza**  
170 South Common St.  
Lynn, MA 01905  
781-581-8760

**Seeglitz**  
75 Central St.  
Peabody, MA 01960  
978-531-1938

**Charter St.**  
27 Charter St.  
Salem, MA 01970  
978-744-4431

**Old Farrell Court**  
1 -6 Farrell Ct.  
Marblehead, MA 0194

**Laurel Gardens**  
2 Rice St.  
Saugus MA 01906  
781-233-211

## TRANSPORTATION

**American Cancer Society** (Cancer related medical trips) 1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

**Cape Ann Transportation Authority (CATA)**  
3 Pond Road  
Gloucester, MA 01930  
978-283-1886

[www.canntran.com](http://www.canntran.com)  
**MBTA Customer Support**  
617-222-3200  
[www.mbta.com](http://www.mbta.com)

**The RIDE**  
844-427-7433  
[www.mbta.com/accessibility/the-ride](http://www.mbta.com/accessibility/the-ride)

## UTILITY ASSISTANCE

**National Grid**  
774-262-0431  
[www.nationalgridus.com](http://www.nationalgridus.com)

**Mass. Good Neighbor Fund**  
93 North St.  
Salem, MA 01970  
978-744-5181  
[www.magoodneighbor.org](http://www.magoodneighbor.org)

**Eversource**  
866-861-6225

**Catholic Charities**  
280 Washington St.  
Salem, MA 01970  
617-464-8071

**North Shore Community Action Program**  
119 Rear Foster St. Bldg. 13  
Peabody, M 01960  
978-531-0767 Ext.136 Fuel Assistance  
[www.nscap.org](http://www.nscap.org)

## VETERANS SERVICES

The best place for you to go for help with questions is your local Veteran's Service Officer (VSO), who works out of your local City or Town Hall. The VSO's job is to help the Veteran learn about, apply for, and in some cases, receive benefits. VSOs are veterans themselves and are knowledgeable about an array of Federal, state, and local benefits to which you may be entitled.

<b>Beverly</b>	Dave Perinchief	978-778-5000
<b>Danvers</b>	Kelly Rayos – Teixeira	978-777-0001 Ext. 3025
<b>Essex, Ipswich, Rowley</b>	Steve Bohn	978-356-3915
<b>Gloucester, Hamilton, Rockport, Wenham</b>	Vionette Chipperini	978-281-9740
<b>Lynn, Swampscott</b>	Michael Sweeney	781-586-6911
<b>Lynnfield</b>	Bruce Siegel	781-596-8853
<b>Marblehead</b>	David Rogers	781-631-0990
<b>Melrose</b>	Roseann Trionfi- Mazzuchelli	781-979-4186
<b>Middleton</b>	Kevin Welch	978-762-0611
<b>Nahant</b>	Jon Lazar	617-549-8760
<b>North Reading</b>	Susan Magner	978-357-5212
<b>Peabody</b>	Steve Patten	978-538-5925
<b>Reading</b>	William Valliere	978-357-5212
<b>Salem</b>	Kim Emering	978-745-0883
<b>Saugus</b>	Roseann Trionfi- Massuchelli	781-231-4010
<b>Stoneham</b>	Ryan Callinan	781-363-9970
<b>Topsfield</b>	Richard Cullinan	978-887-0335
<b>Wakefield</b>	David Mangan	781-2466377

### VA (Veterans Affairs)

#### Boston Healthcare

Within Boston metro area:  
857-364-4418

#### Chelsea Soldiers Home

91 Crest Ave.  
Chelsea, MA 02150  
617-884-5660

#### Lynn Department of Veterans' Services

3 City Hall Square  
Lynn, Massachusetts  
01901 781-598-4000

#### MA Dept. of VA Services

600 Washington St. 7<sup>th</sup> fl  
Boston, MA 02111  
617-210-5480

#### VA Boston Healthcare

1400 VFW Pkwy  
West Roxbury, MA 02132  
617-323-7700

### Veterans Services

401 Bridge St.  
Salem, MA 01970  
978-745-0883

#### Project Place

1145 Washington St.  
Boston, MA 02118  
617-542-3740

#### North Shore Veterans Counseling Services

45 Broadway St.  
Beverly, MA 01915  
978-921-4851

#### Habitat P.L.U.S Inc.

516-522 Essex St.  
Lynn, MA 01902  
781-599-8578

#### Veterans Crisis Line

1-800-273-8355 Press 1  
Text 838255

#### VA Healthcare

225 Boston St. Suite 107  
Lynn, MA  
800-838-6331  
Mon-Fri 8:00AM – 4:30PM

## YOUTH SERVICE

### **Younity Access Center**

6 Elm St. Gloucester, MA  
0190  
978-270-0428  
Ages 16-25  
Provide mental health  
supports wellness  
workshops & more

### **ROCA**

330 Lynnway #110  
Lynn, MA 01901  
617-529-9097  
[www.rocainc.org](http://www.rocainc.org)  
Services for juvenile  
justice involved youth

### **LYSOA**

312A Union St.  
Lynn, MA 01901  
781-560-3077  
[www.lysoa.org](http://www.lysoa.org)  
Empower the highest risk  
youth

### **Y2Y**

1 Church St.  
Cambridge, MA 02138  
617-864-0795  
[www.y2ynetwork.org](http://www.y2ynetwork.org)  
Provides a safe and  
affirming environment for  
young adults 18-24  
experiencing homelessness

### **North Youth Career Center**

300 Broad St. Rm LE139  
Lynn, MA 01901  
781-691-7430

### **YouthBuild**

105 Congress St. Salem,  
MA 01970  
978-745-8071  
[www.northshorecdc.org/pr  
ograms/youthbuild](http://www.northshorecdc.org/programs/youthbuild)  
16-24 earn High School  
Equivalency and gain  
vocational skills

### **Haven Project**

57 Munroe St. Lynn, MA  
01901  
781-913-5738  
[www.havenproject.net](http://www.havenproject.net)  
Services for youth 18-24  
who are homeless or at  
risk

### **Bridge Over Troubled Water**

47 West St.  
Boston, MA 02111  
[www.bridgeotw.org](http://www.bridgeotw.org)  
617-423-9575  
Homeless, at risk youth  
14-

## Emergency Kit Checklist

Bottled Water 1 gallon per person per day for at  
least 3days  
Food: at least 3 day supply (ready to eat)  
Radio battery powered or hand crank Extra  
batteries  
Flashlight or lantern  
Cellphone & charger  
Wrench or pliers to turn off utilities  
Prescription medications 2 week supply  
Garbage bags, soap, sanitizer personal hygiene  
items  
Eyeglasses, contact lenses, & dentures  
Extra batteries for hearing aids, wheelchairs, etc.  
Change of clothes sturdy shoes  
Pet collar, leash, harness, crate food  
Copy of insurance policies, bank account medical  
info  
Extra Cash  
First Aid Kit  
Whistle to signal for help  
Waterproof matches or lighter  
Water purification tablets  
Baby supplies  
Household chlorine bleach  
Camp stove or grill w/fuel or canned heat  
Paper plates, cups utensils  
Duct tape plastic sheeting or tarp  
Warm clothes for winter sleeping bag or blankets  
Books, games, puzzles, and other comfort items.

## Prepare Your Pets for Disaster

Build A Kit for your pet, just as you do with your family's emergency supply kit, think first about the basics for survival.

Some things to be included in your kit for your pet (s):

Food and water enough for several days  
Food in airtight, waterproof container, and bowls for each,

Medicine keep extra supply in a waterproof container

First aid kit

Backup collar with ID tague and a harness

Medical Records shots, medical conditions waterproof/airtight container.

Pictures of you and your pet together in case you get separated.

Sanitation needs litter, litter box trash bags

Familiar items favorite toys, treats, bedding.

## SERVICE COMMUNITIES

Beverly  
Danvers  
Essex  
Gloucester  
Hamilton  
Ipswich  
Lynn  
Lynnfield  
Manchester  
Marblehead  
Melrose  
Middleton  
Nahant  
North Reading  
Peabody  
Reading  
Rockport  
Rowley  
Salem  
Saugus  
Stoneham  
Swampscott  
Topsfield  
Wakefield  
Wenham

**Nothing About Me Without Me**