

# Community Resources

\*\*The Chelmsford School District is providing this information so that families can be informed about resources that may be helpful for their families. We do not endorse specific groups or agencies and recommend that you research them further to ensure they are a good fit for your family.

## Parent Support/Support Groups

### *Chelmsford Mothers' Club*

Email: [info@chelmsfordmothersclub.org](mailto:info@chelmsfordmothersclub.org)

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

The Chelmsford Mothers' Club was founded in 1996 and is a non-profit, volunteer-lead group of moms. They provide recreational, educational and service activities. These include: playgroups, Moms' Night Out, and monthly meetings with various parenting topics. They also organize a tag sale for children's clothing, toys, and gear two times a year. Their goal is to provide mothers support in challenging times and prevent them from feeling isolated, while also providing engaging activities for children. Their annual membership fees range from \$25-\$35.

### *Parents Helping Parents*

#### *Parent "Stress Line"*

Phone: 800-632-8188

The Parent Stress Line is a 24/7 staffed line available for parents to call when they need support and advise. The goal is not to replace therapy but to provide support in times of stress.

### *Support Group for ASD*

7 Bridge Street, Suite 7

Billerica, MA 01821

Phone: 978-777-9135

Email: [ASC@NE-ARC.ORG](mailto:ASC@NE-ARC.ORG)

Northeast Arc runs a support group for families raising children with Autism Spectrum Disorder. This is a great group to help you network and share information about services and supports in the local community. The group will be starting October 17 at 6pm and will be from 6-7:30. Please contact them to RSVP, and for additional information.

*NFI Family Resource Center*

Phone: 978-455-0701

The National Association of Anorexia Nervosa and Associated Disorders of Greater Lowell has a support group at the NFI Family Resource Center. It is a peer-based support is for adults eighteen and older. Please contact them for additional information.

*Health and Wellness Programs*

*Lowell General Hospital*

Phone: 1-877-544-9355

[www.lowellgeneral.org/health](http://www.lowellgeneral.org/health)

Lowell General Hospital has a variety of health and wellness programs that cover topics that range from: parenting, car seat safety, managing diseases, mental well-being for caregivers, fitness, and programs for kids and teens. Please see their website or contact them by phone to receive current information about their classes. They do offer financial assistance for their classes.

*Al-Anon/Alateen Family Groups*

Email: [ldcofma@aol.com](mailto:ldcofma@aol.com)

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

These meetings are for those whose lives are, or have been, affected by the disease of alcoholism in a relative or friend. Please see the above website and go to “meeting” to see the list of current meeting information. There has been an ongoing meeting at the North Chelmsford Congregational Church on Tuesdays at 7, but please check the website to confirm there have been no changes.

*NFI Family Resource Center*

*Grandparent Support Group*

27 Prescott Street

Lowell, MA 01852

Phone: 978-455-0701

Contact: Lori Souza

The Family Resource Center has a group has a group for Grandparents that occurs on the first and third Friday of the month. Please call them for additional information.

*NFI Family Resource Center*

*Parenting Education Classes*

27 Prescott Street

Lowell, MA 01852

Phone: 978-455-0701

NFI runs numerous FREE parenting classes at the Resource Center, including: Active Parenting, Parenting Journey I, and Nurturing Father's. They also put on workshops including: Mindfulness Techniques for Managing Anxiety and coordinate a "Family Fun Day" once a month. Please contact them for their current schedule.

*Adoptive Families Together*

Phone: 800-277-5387

Email Contact: Sybil Turk – [sturk@mspcc.org](mailto:sturk@mspcc.org)

[www.mspcc.org/aft](http://www.mspcc.org/aft)

Adoptive Families Together (AFT) provides education, advocacy, training, and support to families about topics unique to the adoption experience. They have free on-going support groups, with locations including: Billerica, Concord, and Worcester.

*Sesame Street*

<https://www.sesamestreet.org/toolkits> Sesame Street has a variety of resources and supports, including: health habits, divorce, brain development, autism, and education.

### *National Parent Helpline*

Phone: 1-855-4A Parent (1-855-427-2736)

Nationalparenthelpline.org

The National Parent Helpline provides emotional support and empowerment for parents.

### *Hope Group*

Winchester Hospital

200 Unicorn Park Drive

Woburn, MA 01801

Group Facilitator: Donna McDonnell: 978-663-5477

This is a support group for bereaved individuals and families who have faced the loss of a miscarriage, stillbirth, or neo-natal death. Please call them with additional questions

### *Community Support Line*

Phone: 800-882-1435

Toll-free information on resources, public benefits, eligibility and referrals for families of children with special health care needs.

## **Mental Health/Crisis Lines/Behavior**

### *Project Interface*

Phone: 617-332-3666 or 888-244-6843

Project Interface Community Resource and Referral Helpline is available to parents and community members to assist in finding appropriate mental health services for children, families and adults.

### *Suicide Crisis Line*

*National Suicide Prevention Lifeline*

Phone: 800-273-8255

This is a Crisis Line. If you feel in crisis, and feel you need to speak with someone immediately please contact this number. By calling 1-800-273-TALK (8255) be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

*JRI*

Phone: 617-735-7723

Provides in-home behavioral support to children. They often have a waiting list, but please contact them for current information.

*Northeast Family Services*

Phone: 1-774-206-1125

Provides in-home behavior support to children. Children must be on Mass Health insurance to qualify for this program. Please contact them for additional details.

*National Alliance for the Mentally Ill (NAMI)*

Contact Helpline:

Phone: 781-982-3318

Email: [nami.cmsx@gmail.com](mailto:nami.cmsx@gmail.com)

NAMI is dedicated to improving the quality of life of those dealing with mental illness. They provide education, support, and advocacy to those affiliated for mental illness and their families. They also have ongoing parent support groups. Their supports are generally for families with children ages thirteen and older, and for adults, as they do not recommend a referral for the pre-school age level. NAMI does not have any fees, or eligibility requirements.

*Lahey Emergency Service Program*

*Mobile Crisis Team*

391 Varnum Avenue

Lowell, MA

Phone: 978-455-3397

<http://www.nebhealth.org/>

Lahey Emergency Services has a Mobile Crisis Team that is available to come out to the home/school if staff is available but also can complete assessments in the office. They work with adults and children of any age. They take MassHealth insurance only.

### *New England Center for Anxiety*

Office locations are in Rhode Island

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

The New England Center for Anxiety provides services, including: psychotherapy for anxiety, parent consultation and support, workshops and seminars, and family therapy.

### *Center for Anxiety and Related Disorders at Boston University*

Contact Name: Bonnie Brown, Phone: 617-353-9610, Email: [bonnieb@bu.edu](mailto:bonnieb@bu.edu)

<https://www.bu.edu/card/>

The Center for Anxiety and Related Disorders at Boston University (BU CARD) is an internationally known clinical and research center specializing in helping both adults and children addressing a range of anxiety disorders and related challenges. Their website includes information on their programs, and tips on talking to children about tragedies.

### *The National Institute of Mental Health*

<https://www.nimh.nih.gov/health/topics>

The National Institute of Mental Health (NIMHO) is the lead federal agency for research on mental health disorders. Their website has a printable brochures and information on a variety of mental health disorders.

### *American Foundation for Suicide Prevention*

National Office Phone: Toll-Free: 1-888-333-AFSP (2377), or 212-363-6237

<http://www.afsp.org/>

The American Foundation for Suicide Prevention has resources related to: prevention, understanding survivor support, research and advocacy. They have a survivor Outreach Program that can assign you a trained volunteer, who is a suicide survivor, and can provide you support and a listening ear. Please review the website to direct you toward what needs you may have, or resources that will benefit and support you and your loved ones.

*Boston Children's Hospital*

Phone: 617-355-6680

<http://www.childrenshospital.org/conditions-and-treatments/conditions/a/anxiety-disorders/overview>

Boston Children's Hospital has a Department of Psychiatry that works with children who have anxiety, and other mental health disorders. Their website includes: educational information about anxiety, and information about their programs and services.

*Trauma-Focused Cognitive Behavioral Therapist*

<https://tfcbt.org/>

This website provides more information about Trauma-Focused Cognitive Behavioral Therapy as well as a listing of certified therapists.

*International Obsessive-Compulsive Disorder (OCD) Foundation*

<https://iocdf.org/>

The International OCD Foundation provides education, awareness, and resources on OCD. It also allows you to search for a trained provider in your area.

*PPAL*

Phone: 617-542-7832

[www.ppal.net](http://www.ppal.net)

PPAL is a statewide family organization dedicated to improving the mental health and well-being of children, youth and families through education, advocacy and partnership.

*The Child Anxiety Network*

[www.http://childanxiety.net/](http://childanxiety.net/)

The Child Anxiety Network was created by a Doctor Donna Pincus to provide thorough, user-friendly information about child anxiety. The website includes: specific books for children, books for parents, and “coping cards”.

*Anxiety and Depression Association of America*

<http://adaa.org>

The Anxiety and Depression Society of America provides resources, including: facts and statistics regarding specific anxiety disorders, how to access supports, and strategies to manage anxiety.

*Substance Abuse and Mental Health Service Administration*

<http://www.samhsa.gov/disorder/mental>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health and efforts to advance the behavioral health of the nation. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness and America’s communities. Their website includes educational information, and additional resources.

*American Academy of Child and Adolescent Psychiatry*

<http://www.aacap.org>

The American Academy of Child and Adolescent Psychiatry has an Anxiety Disorder Resource Center. Their mission is to promote the healthy development of children, adolescents, and families through advocacy, education, and research. Their website resources include: Facts for Families (when to seek help...), frequently asked questions, and research and training listings.

**Financial Assistance**

*Chelmsford Food Pantry*

50 Rear Billerica Road

Chelmsford, MA 01824



Phone: 978-250-3818

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

The Chelmsford Food Pantry allows families to receive food every week, as needed. There are no income requirements. Families can obtain food during their open hours: Wednesday 5-8, Thursday 2-4, Fridays 6:30-8, and Saturdays 12-1:30 (Saturday hours are seasonal). In addition, they sometimes have holiday gifts, depending on donations.

*Department of Transitional Assistance (Cash Assistance, Food Stamps, and Housing)*

131 Davidson Street

Lowell, MA 01852

Phone: 978-446-2400 (Lowell Location)

877-0382-2363 (Massachusetts Information)

The Department of Transitional Assistance can help with Emergency Shelter, Food Stamps (SNAP) and Cash Assistance (TAFDC), if eligible. Families can also apply for food stamps online (<https://dtaconnect.eohhs.mass.gov/apply>)

*Comcast (Internet Essentials Program)*

1-855-846-8376

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

Comcast allows families to purchase a low-cost computer, and provide discounted internet services, if determined eligible. There are several ways families can qualify, including those who receive free lunch.

*KDK Foundation*

Phone: 978-273-2843

Email: [kdkfoundation@gmail.com](mailto:kdkfoundation@gmail.com)

<https://kdkfoundation.org/>

The KDK Foundation was started in remembrance of Kurt D. Kelly who died tragically in an accident. The fund started to help offset the cost of youth hockey but has expanded to a

Foundation that helps with a variety of financial needs, including housing. Please contact them for additional information.

*Massachusetts Coalition for the Homeless*

Phone: 781-595-7570 X21

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

Massachusetts Coalition for the Homeless can help families with housing and with applying for a variety of financial benefits including TAFDC, and SSI.

*Head Start/Early Head Start*

126 Pheonix Avenue

Lowell, MA 01852

Phone: 978-454-5100

Head Start and Early Head Start are programs for children from infant through age five. They offer home programs for women that are pregnant, or who have children up to age three, and have Center based programs. In order to start the process you may visit any one of their Centers to complete an application and determine eligibility.

*RAFT*

*Community Teamwork*

17 Kirk Street

Lowell, MA 01852

978-459-0551

RAFT is a state founded program to assist families in retaining housing, obtaining housing, or otherwise to avoid becoming homeless. A workshop is required to obtain this housing. Please contact Community Teamwork for additional information.

*Free and Reduced Lunch Application*

*Chelmsford School District*

<https://www.chelmsford.k12.ma.us/Page/873>

Contact: Nancy Antolini, Email: [antolinin@chelmsford.k12.ma.us](mailto:antolinin@chelmsford.k12.ma.us)

Free and Reduced Lunch is available for children who qualify for this program.

*WIC (Woman, Infants and Children Nutrition Program)*

45-47 Kirk Street, 1st Floor

Lowell, MA 01852

Phone: 978-454-6397

<https://www.mass.gov/forms/apply-for-wic-online>

WIC is a program for families with children under age five, and pregnant Mother's. WIC offers personalized nutrition consultations, free healthy food, tips for eating well to improve health, and additional referrals. Eligibility is based on financial guidelines. You can apply online at the above website, or attend the office listed above to apply.

*Catholic Charities*

70 Lawrence Street

Lowell, MA 01852

Phone: 978-452-1421

Catholic Charities has a Food Pantry open to anyone who needs food. The Food Pantry is open Mondays through Thursdays from 1-3:30 in the afternoon. Families can pick up food at the Food Pantry once a month. On their first visit they must bring: an identification card of everyone in the home (children can be a birth certificate, or school identification), and a bill confirming their address. Catholic Charities also provides Thanksgiving and Christmas assistance, including one gift for children under the age of fourteen.

*Chelmsford Lion's Club*

Phone: 603-402-6735

Email: [Chelmsfordlionsclub@outlook.com](mailto:Chelmsfordlionsclub@outlook.com)

The Lion's Club provides free glasses and vision screenings to adults and children and can provide free glasses to families in need.

*Society of Vincent de Paul*

*Saint Catherine*

107 North Maine Street

Westford, MA 01886

Phone: 978-320-4214

Contact Email: st.catherine.westford.svdv@gmail.com

The Society of Vincent de Paul is a ministry that provides services to needy and suffering families within the local community. Services they offer, include: rent, food, transportation, utilities, urgent home repairs, shopping and assistance with funeral expenses. Please contact them if you have questions, and/or need help.

*Daycare Assistance*

There are four options to apply for assistance:

1. Contact Child Care Circuit between 9-5 at 978-686-4288
2. Contact Massachusetts 2-1-1 by phone
3. Apply online at: <https://www.childcarecircuit.org/for-parents/paying-for-child-care/ie-registration>
4. Apply in the office (although they recommend the other three options): 190 Hampshire Street, Lawrence, MA 01840

*Homeless Shelters*

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

A listing of homeless shelters can be found under “get help” can be found on the website listed above.

*Mass Health*

*Diaper Assistance*

If you have Masshealth insurance and your child is over three and in diapers due to a medical situation, or diagnosis you can receive free diapers. Please contact your child’s pediatrician to assist with this need as they will need to write a script and letter to support the request.

*Chelmsford Mothers' Club*

Email: [info@chelmsfordmothersclub.org](mailto:info@chelmsfordmothersclub.org) (Mother's Club Email)

[info@kidstagsale.com](mailto:info@kidstagsale.com) (Tag Sale Email)

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

The Chelmsford Mother's Club was founded in 1996 and is a non-profit group of Mother's. They provide recreational, educational and service activities. They also organize a tag sale for children's clothing in the spring and the fall. The clothing consists of girls and boys sizes up through size fourteen.

*Salvation Army*

2507 150 Appleton Street

Lowell, MA 01852

Phone: 978-458-3396

The Salvation Army has a variety of financial assistance available, including: a food pantry, holiday assistance, utility assistance, and assistance for fire victims. They are taking applications for holiday assistance November 1, 2, and 5 from 10am-7pm. Please bring the following documents: photo identification, rent/mortgage receipt, a copy of utility bill, proof of income, and a birth certificate for children under age sixteen.

*NFI Family Resource Center*

27 Prescott Street

Lowell, MA 01852

Phone: 978-455-0701

The Family Resource Center has numerous resources to provide to families, including: financial assistance, and housing information. They also can assist with mental health referrals and have parent education classes.

*Dental Assistance – Sliding Scale*

*Lowell Community Health Center*

101 Jackson Street

Lowell, MA 01854

Phone: 978-221-6850

Lowell Community Health Center has dental services that include a sliding scale option. These services include: filings, exams, simple root canals, and crowns. They also have a department in the building that can assist families with applying for insurance if needed.

### *Social Security Disability*

Social Security Administration

151 Warren Street #300

Lowell, MA 01852

Phone: 800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security Disability can be applied for at the above location, by phone, or online.

### *Table of Plenty in Chelmsford Inc*

Phone: 978-710-8EAT (8328)

Email Contact: [tableofplentyinchelmsford@gmail.com](mailto:tableofplentyinchelmsford@gmail.com)

<http://tableofplentyinchelmsford.org/>

Table of Plenty is a non-profit organization that serves free weekly meals to individuals and families. Table of Plenty has no eligibility criteria and will serve anyone who comes in need of a meal. They serve meals on Tuesday nights from 5-6. Currently they are serving the meals at the Chelmsford Senior Center at 75 Groton Street, but please check with them before attending, as this is their temporary location.

### *Community Teamwork*

17 Kirk Street

Lowell, MA 01852

Phone: 978-459-0551

Community Teamwork provides a variety of financial assistance, including: fuel assistance, housing (including first month, last month, and security) and WIC. They recommend that you visit their Kirk Street address to begin the process.

*Economic Hardship Repair for Car Inspection*

Phone: 1-866-941-6277

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

The DMV has an Economic Hardship program for people whose cars fail inspection, if determined eligible. If found eligible you will be given one additional year to save up for inspection costs. Please contact them by phone to get additional information and determine eligibility.

*Catie's Closet*

<http://www.catiescloset.org>

Catie's closet provides clothing and basic necessities to students whose families are struggling financially. Referrals must come from a Social Worker.

*Chelmsford Housing Authority*

10 Wilson Street

Chelmsford, MA 01824

Phone: 978-256-7425

The Chelmsford Housing Authority has a variety of housing resources. It is recommended that you visit their office and they can give you the appropriate applications for your families' needs, including the Section 8 application.

*Verizon – Lifeline Program*

Phone: 1-800-234-9473

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

The Lifeline Program is a Federal Government Assistance Program that provides a discount for phone and internet for those who qualify. Eligibility is based on income, or eligibility of other

qualifying programs. You can apply online or contact them by phone for additional information.

### **General Community Information and Help Lines**

#### *Chelmsford Public Library*

25 Boston Road

Chelmsford, MA 01824

Phone: 978-256-5521

The Chelmsford Public Library has a variety of community and reading programs. They also have discounted museum passes for members. Their programs for children, include: yoga, story time and singalongs.

#### *Big Brothers Big Sisters*

75 Federal Street

Boston, MA 02110

Phone: 617-542-9090

The mission of BBBS is to help children reach their potential through professionally supported, long-term, one-to-one relationships with adult volunteers. They are currently taking children ages seven and older to match with mentors. Any parent that is interested can apply to the program. There is often a waiting list, but it is recommended that you call them if you are interested, to start the process.

#### *Community Education*

170 Dalton Road

Chelmsford, MA 01824

Phone: 978-251-5151

<https://www.chelmsford.k12.ma.us/commed>

Community Education has information about a variety of topics, including: summer programs, childcare, music lessons, and courses and recreational opportunities. Please see their website for additional information.



*Head Start/Early Head Start*

126 Pheonix Avenue

Lowell, MA 01852

Phone: 978-454-5100

Head Start and Early Head Start are programs for children from infant through age five. They offer home programs for women that are pregnant, or who have children up to age three, and have Center based programs. In order to start the process you may visit any one of their Centers to complete an application and determine eligibility.

*Poison Control Hotline*

Phone: 1-800-222-1222

*Community Support Line*

800-882-1435

The Community Support Line is a program under the Department of Public Health, so although they specialize in children with complex medical needs they provide resources to all callers and situations. The Line focuses on children ages 0 through 22 but sometimes can assist with adult needs. They provide information on resources, public benefits, eligibility and referrals for families of children with special health care needs.

*Child Care Circuit*

190 Hampshire Street

Lawrence, MA 01840

Phone: 978-686-4288

Email: [ccorso@childcarecircuit.org](mailto:ccorso@childcarecircuit.org)

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

Child Care Circuit is a full-service Child Care Resource and Referral agency allowing them to assist families in searching for child care. They have a database of all the licensed and legally operating child care entities in the state of Massachusetts. Parents can use the website to perform their own search, email a request, or call to conduct a search.

### *Car Seat Installation*

#### *Chelmsford Fire Department*

Phone: 978-250-5267

Email Contact: Michelle: [msacco@townofchelmsford.us](mailto:msacco@townofchelmsford.us)

The Chelmsford Fire Department has a FREE program where you can have assistance installing your child's car seat to make sure it is installed safely. If you need their installation services, you can contact the Fire Department by phone or email to schedule an appointment. They do not have car seats available for purchase, or to donate.

### *Macaroni Kid*

<https://lowell.macaronikid.com/>

Macaroni Kid is an online resource for families with children. Their goal is to share local family fun and resources with families. It includes upcoming activities in the community, summer camps, playground listings, an ice cream guide, and much more.

### *MASSHIRE, Lowell Career Center*

107 Merrimack Street

Lowell, MA 01852

Phone: 978-458-2503

<https://masshirelowellcc.com/>

MASSHIRE offers a variety of job search assistance, recruitments on site, and have a variety of workshops and webinars including resume writing, interviewing techniques as well as social media. They also have GED assistance, but depends on the age of the person, and eligibility. There are no charges for the services at MASSHIRE but there are eligibility services. Please contact them for additional information.

### *National Center for Missing and Exploited Children (NCMEC)*

Phone: 703-837-6420

<http://missingkids.org/NCMEC>

The NCMEC's mission is to help find missing and exploited children, but they also work to promote safety. They have handouts and resources available, including: child ID kits, and

safety handouts. Please also review their websites for internet safety: [www.netzmartz.org](http://www.netzmartz.org) and safety documents at: [www.KidSmartz.org](http://www.KidSmartz.org)

*Senior Center/Council on Aging*

75 Groton Road

North Chelmsford, MA 01863

Phone: 978-251-0533

The Senior Center has programs for seniors ages 60 and older, as well as a resource guide targeting this population. Activities and programs include: bus service, respite, congregate lunch, trips, financial services, and a variety of classes.

*2-1-1 Massachusetts*

Phone: 2-1-1

[www.mass211.org](http://www.mass211.org)

Mass 2-1-1 connects caller to information about health and human services available in the community. It serves as a resource to find government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources.

*Victim Connect Chat*

Phone: 1-855-4VICTIM

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

Referral helpline where crime victims can learn their rights confidentially and compassionately. It includes: a telephone-based helpline, online chat, and web-based information and service referrals.

*Northeast Legal Aid*

35 John Street, Suite 302

Lowell, MA 01852

Phone: 978-458-1465 or 1-800-336-2262

<http://www.northeastlegalaid.org>

Northeast Legal Aid provides free civil legal services to the elderly, and those who are eligible based on income. You can contact them by phone from 9am-1pm or apply online.

#### *Free Legal Advice*

<https://mass.freelegalanswers.org/>

### **Health Insurance**

#### *Mass Health*

Apply Online: [www.MAhealthconnector.org](http://www.MAhealthconnector.org)

Print and Mail application: Health Insurance Processing Center, PO Box 4405, Taunton, MA 02780

#### *Child Disability Supplement*

Mass Health has a Child Disability Supplement referred to CommonHealth that allows families to apply for Mass Health based on a diagnosis versus income. You can apply for this online, or by mail. It is recommended that you apply for Mass Health first before sending in this application.

#### *Boston Public Health Commission*

Phone: 617-534-5050

Email: [mayorshealthline@bphc.org](mailto:mayorshealthline@bphc.org)

The Mayor's Health Line Navigators can assist in answering your questions about available health insurance through the Marketplace and health plan options available through MassHealth. They will assist you through the entire application and enrollment process.

#### *Local Navigator Sites*

<https://my.mahealthconnector.org/enrollment-assisters>

Navigator Sites will help you complete the MassHealth insurance forms in person. There are no locations, in Chelmsford, but the closest ones appear to be Lowell, and Tewksbury. You can also go to the website listed above to conduct a search of sites. However, two local sites are:

Lowell General Hospital

295 Varnum Avenue

Lowell, MA 01854

Phone: 978-937-6000

Lowell Community Health Center

161 Jackson Street

Lowell, MA 01852

Phone: 978-937-9700

### **Extra-Curricular Activities and Play Groups**

*YMCA*

35 YMCA Drive

Lowell, MA 01852

Phone: 978-454-7825

The YMCA has programs for all ages, including: sports, health and wellness, pre-school, and summer camp. Specific to pre-school they have: swim lessons, soccer, basketball, and dance class. Scholarships are available for families who are struggling financially.

*Goldfish Swim School*

3 Lyberty Way

Westford, MA 01886

Phone: 978-799-2700

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

Goldfish Swim School has swim lessons from for children ages six months through age twelve. Children with disabilities can be integrated into their classes, and they also provide semi-private and private lessons. They do not provide scholarships, however provide a 7% discount for siblings, or the second class of attendance.

*Alpha Martial Arts*

40 Vinal Square

North Chelmsford, MA 01863

Phone: 978-251-1331

Email: [Chelmsford@alphatkd.com](mailto:Chelmsford@alphatkd.com)

<http://alphatkd.wixsite.com/mobile>

Alpha Martial Arts has a variety of Martial Arts programs for children as young as age four. They offer individual and group opportunities, and work with students with disabilities. They sometimes can offer scholarships if there is a financial need. Please contact them for additional information.

*Chelmsford Community Education*

Phone: 978-251-5151

<https://www.chelmsford.k12.ma.us/commed>

Chelmsford Community Education has adult classes, family trips, a summer basketball league for children, and classes for children in the summertime (including pre-school age). Please see their website or contact them for a current listing. They also run the after school and before school programs, the Lion's Pride, and the Lion's Den programs.

*Ironstone Farm*

450 Lowell Street

Andover, MA 01810

Phone: 978-475-4056

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

Ironstone Farm has a variety of programs including: therapeutic riding, recreational riding, as well as a nature program at the pre-school age level. Please contact them for additional information.

*Discovery Museum*

177 Main Street

Acton, MA 01720

Phone: 978-264-4200

<https://www.discoveryacton.org/>

The Discovery Museum has exhibits that range from infant to school age. Please see their website for additional information. They do have free admission every Friday from 4:30-8, and WIC and EBT holders are provided admission for just \$1 each. In addition, the Chelmsford Public Library offers a museum pass which provides discounts for admission.

*Lochness Play Center*

18 Boston Road

Chelmsford, MA 01624

Phone: 978-770-2437

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

The Lochness Play Center has classes for children ages twelve months through age six. Their classes include: science kids, ballet, art, and tumbling. They also have “Drop in Play” time. Please see their website for additional information, including cost and schedule.

*Chelmsford Public Library*

25 Boston Road

Chelmsford, MA 01824

Phone: 978-256-5521

<https://www.chelmsfordlibrary.org/>

The Chelmsford Public Library has a variety of community and reading programs. They also have discounted museum passes for members. Their programs for children, include: yoga, story time and singalongs.

### *EcoTarium*

222 Harrington Way

Worcester, MA 01604

<http://ecotarium.org/science-and-nature-exhibits>

The EcoTarium is a children's museum. They offer a wide variety of hands on science exhibits appropriate for a variety of ages. The exhibits recommended for pre-school are: their Nature Explore Exhibit, the animals inside and out, and the small Pre-School discovery area located on their bottom floor. They also recommend parents read about their "Preschool Wednesdays", "Budding Scientist" and "Educational Programs" for preschool groups. They have discounts for the following: military personnel and their families, EBT cards, and half price September.

### *Recreational Education Center (REC)*

248 Mill Road

Chelmsford, MA 01824

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

The Recreational Education Center has after school programs, weekend/holiday programs, and a summer camp that works with children who would benefit from Applied Behavior Analysis therapy. Many of these children are autistic, but no diagnosis is required. The programs serve children ages 2-22. Their Afterschool program focuses on academic, play, social, communication, and daily living skills. All children who attend have an initial assessment, which helps to determine the treatment plan. Many insurances will cover ABA, and therefore may cover all or parts of this program. If not, they will also accept private pay.

### *Chelmsford Hockey Association*

Contact: Brad Marmo, Email: [vp@chelmsfordhockey.com](mailto:vp@chelmsfordhockey.com)

The Chelmsford Hockey Association has programs that start with Learn-to-Skate, Learn-to-Play and In-House programs before children can join their travel leagues. Their programs begin for girls and boys at the age of four. The Hockey Association welcomes all children into their



program, but currently do not have a specific program for children with disabilities. Please contact them if you need a scholarship and they will review each situation individually. Please contact them for additional information.

*Studio A*

9 Acton Road

Chelmsford, MA 01824

Phone: 978-502-7845

Contact: Amanda Garvey, Email: [amandagarvey328@gmail.com](mailto:amandagarvey328@gmail.com)

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

Studio A has dance classes for children ages three and older. Classes include: jazz, hip hop, ballet, contemporary, and summer camps. They can often integrate children with special needs into their classes. They do not have scholarships but do provide a 10% discount for siblings.

*The Maker Farm*

5 Gould Road

Westford, MA 01886

Phone: 978-995-7002

Email: [Info@themakerfarm.com](mailto:Info@themakerfarm.com)

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

The Maker Farm has a variety of activities for children and families. They recommend their “drop-in activities” for the 3-5 age group. They do not have scholarships, or discounts for their programs. Please see their website or contact them directly with additional questions.

*I Paint Today, Makay Art Center*

9 Acton Road

Chelmsford, MA 01824

Phone: 978-449-7890

Email: [info@ipainttoday.com](mailto:info@ipainttoday.com)

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

I Paint Today has drawing, painting classes available for children ages 3-13, as well as additional programs for teens and adults. They do not have scholarships, however would consider offering a discount if referrals were made through the CHIPS program.

### *Chelmsford Youth Baseball*

<http://chelmsfordyouthbaseball.org/>

Contact: Steven Troscianecki, Email: [s.troscianecki@comcast.net](mailto:s.troscianecki@comcast.net)

Chelmsford Youth Baseball has programs for children as young as age four. Scholarships are available for families who are struggling financially. They also have opportunities for young athletes with disabilities. The information can be found under the Chelmsford Youth Baseball website.

### *Chelmsford Community Playgroup*

Contact: Email: [communityplaygroup@gmail.com](mailto:communityplaygroup@gmail.com)

The Chelmsford Community Playgroup is a volunteer-based, free-play based group. The group time includes: snack, optional story time, and arts and crafts. There is a fee for attendance. Currently the group meets Mondays and Thursdays but will be ceasing during the summer months before beginning back up again in the Fall. Please contact them for additional information.

### *Chelmsford Youth Soccer*

Email: [registrar@chelmsfordyouthsoccer.com](mailto:registrar@chelmsfordyouthsoccer.com)

Email TOPS: [TOPSoccer@chelmsfordyouthsoccer.com](mailto:TOPSoccer@chelmsfordyouthsoccer.com)

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

Chelmsford Youth Soccer has programs for children as young as age three. Scholarships are available for families who are struggling financially. There is also a program called TOPSoccer for young athletes with disabilities. This information can also be found under the Chelmsford Youth Soccer website.

### *Tyngsborough Sports Center*

Phone: 978-649-9393

Email: Darryl.wickens@verizon.net

<http://tyngsborosportscenter.com/>

Tyngsborough Sports Center has programs for children as young as eighteen months of age. The programs include: soccer, t-ball, lacrosse, floor hockey, and basketball. They sometimes can provide scholarships on a case-by-case basis.

### *Chelmsford Center for the Arts*

1A North Road

Chelmsford, MA 01824

Phone: 978-250-3780

<https://chelmsfordarts.org/>

Chelmsford Center for the Arts offers adult painting with Trina Teele. They also have a music theater program for children ages eight through fourteen titled Applause Academy. They do not offer scholarships for their programming.

### *Cub Scouts*

Cub Scouts is for children in Kindergarten through fifth grade. The contacts for Chelmsford troops are:

Joe Nitch - Pack 45: New Member Coordinator [joinpack45chelmsford@gmail.com](mailto:joinpack45chelmsford@gmail.com)

Jesse Linnell - Pack 81: Incoming Cubmaster: [jesse.linnell@gmail.com](mailto:jesse.linnell@gmail.com)

Richard Friesner - Pack 70: [Friesner@gmail.com](mailto:Friesner@gmail.com)

Dave Wong - Pack 70: Cubmaster: [wongdp@gmail.com](mailto:wongdp@gmail.com)

Derald Hay - Pack 107: Cubmaster: [djh249@gmail.com](mailto:djh249@gmail.com)

### *Girl Scouts*

<https://chelmsfordgirlscouts.webs.com/>

Please see their website for additional information. You can contact them directly through this site.

*All Star Gymnastics*

5 Kidder Road

Chelmsford, MA 01824

Phone: 978-256-7766

<http://www.all-stargymnastics.com/>

All Star Gymnastics has classes for children from ages eighteen months through high school. These classes include: gymnastics, movement based educational programs, and ninja classes. All Star Gymnastics does not offer classes for children with disabilities, and do not offer scholarships.

**ELL/Cultural Information**

*English Language Learner Classes*

Chelmsford Public Library

25 Boston Road

Chelmsford, MA 01824

Email: [askus@chelmsfordlibrary.org](mailto:askus@chelmsfordlibrary.org)

The Continuing Conversations English Circle classes are for those who know some English and want to improve their conversational skills. There are two levels of classes. The classes take place on Tuesdays and are free to the public.

*Irish International Immigrant Center*

One State Street

8<sup>th</sup> Floor

Boston, MA 02109

Phone: 617-542-7654

The Irish International Immigrant Center has Free Legal Clinics, classes and advocacy for immigrants and refugees from over 100 countries. Their main office is in Boston, but clinics are offered at various locations. Please call them for their current resources and schedule.

*Cambodian Mutual Assistance Association of Lowell*

Phone: 978-454-6200

<http://www.cmaalowell.org/wp/>

The Cambodian Mutual Assistance Association of Lowell provides support for Cambodian families. These supports includes: Masshealth applications, translation (generally do not assist with translation in the community), and immigration support. They have an after-school program, and summer program for children ages seven through fourteen.

*Maria L Santos, ESQ*

*Immigration Attorney*

200 Littleton Road

Westford, MA 01886

Phone: 978-692-3107

Maria L Santos, ESQ is a private practice attorney who focuses on immigration and nationality law. She has vast knowledge in these areas and can provide resources for families in these legal situations.

*ELLPAC (English Language Learners Advisory Counsel)*

Contact: Maria Santos, Email: [msantos@alphensantos.com](mailto:msantos@alphensantos.com)

This group is a resource for parents and the community to establish collaborative relationships with the school district and the Counsel. Please contact Maria for additional information.

*Massachusetts Immigration and Refugee Advocacy Coalition (MIRA)*

105 Chauncy Street, Suite 901

Boston, MA 02111

Phone: 617-350-5480

MIRA promotes the rights and integration of immigrants and refugees. They provide education, training, leadership development, institutional organizing, strategic communication, policy analysis and advocacy.

### *Massachusetts Migrant Education Program*

This program is funded through Title 1, Part C and is a supplementary fund to support migrant children residing in Massachusetts to be successful in their education. They serve children ages 3-21 regardless of whether they are enrolled in school or not.

### **Social Skills**

#### *Simply Social Kids*

1 Industrial Way, Unit 4

Tyngsborough, MA 01879

Phone: 978-764-2758

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

Simply Social Kids offers social skills groups and bullying prevention programs. They serve children ages five through seventeen. Simply Social Kids also offers seminars and parent trainings. Simply Social Kids are unable to bill insurance, so their programs are private pay.

#### *Aha Connections*

7 Bridge Street Suite #7

Billerica, MA 01821

Contact: Email: [jen@ahaconnections.com](mailto:jen@ahaconnections.com)

Phone: 508-423-9564

Aha Connections has “creative play group” summer opportunities. These groups are open to any child who needs support with social emotional challenges, including: children with ASD (as long as children can participate independently in group). Their main goals include: increasing engagement, making connection with peers, focusing on collaboration, flexibility, and co-regulation. The Playgroups are for children ages 3-5 and are \$155 per six week class. Please contact them for additional information and to see if your child is a good fit for their groups.

#### *Peter Pan Center*

629 Massachusetts Avenue, Suite 201

Boxborough, MA 01719

Phone: 978-263-4947

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

The Peter Pan Center has social skill groups for children as young as age three. Most groups are self-pay but in certain situations they may be able to bill insurance.

### *Chelmsford Community Playgroup*

Contact: Email: [communityplaygroup@gmail.com](mailto:communityplaygroup@gmail.com)

The Chelmsford Community Playgroup is a volunteer-based, free-play based group. The group is for children birth through age five, and includes: snack, optional story time, and arts and crafts. There is a fee for attendance. Currently the group meets Mondays and Thursdays but will be ceasing during the summer months before beginning back up again in the Fall. Please contact them for additional information.

### *Northeast Arc*

6 Southside Rd

Danvers, MA 01923

Phone: 978-624-2335

<https://ne-arc.org>

Northeast Arc runs a program called Take One for ages 2 ½-5. This is a therapeutic play based pragmatic skills group. The group focuses on transitions, following group instructions, collaborating with peers and sensory experiences. The program is a drop-in group, with a fee, but sometimes can be billed through insurance. Please call them for additional information.

### *The Professional Center for Child Development*

32 Osgood Street

Andover, MA 01810

Phone: 978-475-3806

Contact: Kim Briggs, Email: [kbriggs@thepccd.org](mailto:kbriggs@thepccd.org)

The Professional Center for Child Development has a social skills group for children ages 3-5 that focuses on enhancing the pragmatic skills of play. The group meets on Saturdays from 10-11:30. Please contact them for additional information.

### **Adaptive Programs and Supports/Programs for Disabilities**

#### *Step-Inc (Special Teams for Exceptional People)*

Phone: 978-251-8245

Email: [secretary@stepinc.us](mailto:secretary@stepinc.us)

Step-Inc is a non-profit organization which provides sports, recreation and social events for the exceptional special need adults, children and their families of the community. Most of their programs and opportunities are geared toward adolescents and adults, however they do take registration for children as young as age seven.

#### *Northeast Passage*

Phone: 1-603-862-0070

Northeast Passage has competitive and adaptive sports. They also have equipment that is available for renting, for schools, and for individual families. Their programs begin as young as age three.

#### *Greater- Massachusetts Special Needs Events*

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

This website has postings of all sorts of events for families and children with disabilities, including: transitioning to adulthood, speakers and conferences, support groups, and extra-curriculum resources.

#### *Child Disability Supplement*

Mass Health has a Child Disability Supplement referred to CommonHealth that allows families to apply for Mass Health based on a diagnosis versus income. You can apply for this online, or by mail. It is recommended that you apply for Mass Health first before sending in this application.



*Boston Children's Museum*

Phone: 617-986-3697

<https://www.bostonchildrensmuseum.org/morningstar>

Boston Children's Museum has a program called Morning Star that provides families with children with special needs and medical needs to explore the Museum when there are few other visitors.

*LRTA Transit Authority – ADA Program*

Contact: Richard Garrett: 978-452-6161

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

The ADA Program takes people with disabilities to appointments or activities. They must qualify based on their disability (mental health or physical health), and they must be within  $\frac{3}{4}$  of a mile on either side of the LRTA route for transportation (they do not have to live at this marker but must be able to get to it for pick-up.) There are no income requirements.

*Flippin Out Gymnastics*

934 Lakeview Avenue

Dracut, MA 01826

Phone: 978-674-8449

Contact Name: Allison

<http://www.flippinoutgym.net/>

This Gym has adaptive gymnastics in Westford and in Dracut. The classes offer a 1:1 for an additional cost. Please see their website for additional information.

*Department of Developmental Services*

55 Technology Drive

Lowell, MA 01851

Intake Line: 978-774-5000 X850

The Department of Developmental Services has resources, supports, and funding for children who are eligible for this program. If you need to mail in an application please send it to: DDS Northeast Region, Regional Eligibility Coordinator, Hogan Regional Center, PO Box A, Hathorne, MA 01937.

### *MASSTART*

Phone: 978-851-7261 X 4022

MASSTART is a free public program providing services for children with special health care needs and who may be assisted by medical technology in the school setting.

### *Lifelinks Inc*

4 Omni Way

Chelmsford, MA 01824

Phone: 978-349-3000

[www.lifelinksinc.net](http://www.lifelinksinc.net)

Lifelinks is a non-profit agency that have a variety of programs and supports for adults and children with developmental and intellectual disabilities and their families. Their programs support children age young as age three, and include: day habilitation on-site, Shared Living, Group Homes, Individual Supports, and Family Support Services. Their Family Support Specialists often serve as “case management” for families. Please call them to get additional information.

### *Piers Park Sailing Center*

95 Marginal Street

East Boston, MA 02128

Phone: 617-561-6677

Piers Park Sailing Center has summer sailing classes for children between the ages of 8-18. The program is free for children with disabilities and is 100% inclusive.

### *New England Disabled Sports*

PO Box 26, 39 Loon Brook Road

Lincoln, NH 03251

Phone: 603-745-9333

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

New England Disabled Sports services individuals with disabilities from the age of four and up. There programs including skiing lessons. They sometimes can work with younger children if they are able to participate in the lesson. You can sign up for lessons online or call them for additional information. They have other recreational activities including: rock climbing, archery, paddling, golf, and cycling.

#### *Wachusett Mountain*

499 Mountain Road

Princeton, MA 01541

Phone: 978-464-2300 X3308

Contact Name: Dave Domke, Supervisor of Adaptive Snowsports Program

Wachusett Mountain has adaptive ski programs, typically for children ages five and older. They work with children with various disabilities, including: cognitive delays, developmental delays, and physical delays. All lessons are one-on-one with a trained Adaptive Instructor. Please contact them for additional information or to make reservations.

#### *Beede Swim and Fitness Center*

Phone: 978-287-1003

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

The Beede Center has adaptive classes as well as private lessons available for children with disabilities. On occasion they do have scholarships available. Please contact them for additional information.

#### *Great Massachusetts Special-Needs Events*

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

This website is a clearinghouse for recreational opportunities for children and teenagers in Massachusetts with special needs. They also have information on training, transitioning to adulthood, and many other resources.

*Sensory Friendly Flix*

*O'Neil Cinema's – The Point 8*

1208 Constitution Avenue

Littleton, MA 01460

Phone: 978-506-5089

The Point 8 has “Sensory Friendly Flix” Saturdays at 10am. These movies have lowered sounds levels and higher house lights allowing those with Autism and sensory disorders to have a positive movie experience.

*Liam's Nation Foundation*

Phone: 978-902-3661

<http://liamnation.org/>

Liam's Nation Foundation is a non-profit agency in the community that assists with funding and has athletic opportunities including baseball and soccer.

*Social Security Disability*

Social Security Administration

151 Warren Street #300

Lowell, MA 01852

Phone: 800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security Disability can be applied for at the above location, by phone, or online.

*Blue Wave Recreation*

20 Carter Street

Tewksbury, MA 01876

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

Blue Wave Recreation has an environment modeled after a “traditional” gym and have activities including: soccer, basketball, obstacle course, yoga, and an open art studio. The goal is to structure their program to promote wellness along with social skills in a positive community setting. They target those ages 10 and up and require parent attendance in activities. Blue Wave also have vocational opportunities for adults in day programs. Please contact them for additional information.

*Ironstone Farm*

450 Lowell Street

Andover, MA 01810

Phone: 978-475-4056

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

Ironstone Farm has a variety of programs including: therapeutic riding, recreational riding, as well as a nature program at the pre-school age level. Please contact them for additional information.

*K.I.D.S (Kids in Disability Sports)*

[www.kidsinc.us](http://www.kidsinc.us)

Phone: 1-866-712-7799

Contact Email: [info@kidsinc.us](mailto:info@kidsinc.us)

K.I.D.S offers approximately 15 sports programs throughout the year for individuals with disabilities. These programs start for children as young as six. K.I.D.S also offers social events and monthly themed dances. Please see their website for their calendar and additional information.

*Swymfit*

90 Swanson Road

Boxborough, MA 01719

Phone: 978-635-0500

www.swymfit.com

Swymfit has adaptive classes available for those with individuals with special needs. Please contact them for additional information.

### *Community Support Line*

Phone: 800-882-1435

Toll-free information on resources, public benefits, eligibility and referrals for families of children with special health care needs.

\*\*Please contact District Physical Therapist, Melanie Mazares (Email: mazaresm@chelmsford.k12.ma.us) or CHIPS Social Worker, Heather Parsons (Email: parsonsh@chelmsford.k12.ma.us) for additional information in regards to medical equipment resources.

## **Medical Supports**

### *Multiple Sclerosis Support*

Includes resources including: support, finances

MSFriends helpline at 1-866-673-7436 – Connects you with a peer for support

MS Navigator at 1-800-344-4867 – Helps connect you to resources and supports

<http://www.nationalmssociety.org>

### *Poison Control Hotline*

Phone: 1-800-222-1222

### *Dental Assistance – Sliding Scale*

### *Lowell Community Health Center*

101 Jackson Street

Lowell, MA 01854

Phone: 978-221-6850

Lowell Community Health Center has dental services that include a sliding scale option. These services include: fillings, exams, simple root canals, and crowns. They also have a department in the building that can assist families with applying for insurance if needed.

### *Diaper Assistance through Masshealth*

If you have Masshealth insurance and your child is over three and in diapers due to a medical situation, or diagnosis you can receive free diapers. Please contact your child's pediatrician to assist with this need as they will need to write a script and letter to support the request.

### *National Eating Disorder Association (NEDA)*

Information and Referral Helpline: 800-931-2237

<http://www.nationaleatingdisorders.org/toolkits>

This website has a lot of information, including a Parent Toolkit. The Parent Toolkit is a comprehensive resource for patients and family members detailing topics ranging from basic information and myths to how to appeal insurance. The website also has a wealth of information on eating disorders and body image, including printable handouts. They also can provide you a list of professionals, including doctors, therapists, and nutritionists.

### *Monte Nido*

Phone: 888-228-1253

Monte Nido is a treatment facility for eating disorders. They have a residential program called Clementine that is for adolescent girls, and programs for partial hospitalization or outpatient treatment. Their programs start for children as young as age twelve, as well as programs for adults. Please call them for additional information.

### *Kids Health*

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

KidsHealth is the most-visited site on the Web for information about health, behavior and development from before birth through the teen years. They have a section for parents, kids, and teens, which include the topic of anxiety. KidsHealth not only provides facts about health it provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

*Chelmsford Lion's Club*

Phone: 603-402-6735

Email: [Chelmsfordlionsclub@outlook.com](mailto:Chelmsfordlionsclub@outlook.com)

The Lion's Club provides free glasses and vision screenings to adults and children and can provide free glasses to families in need.

*Alzheimer's Association, Massachusetts/New Hampshire Chapter*

166 South River Road

Bedford, NH 03110

24/7 Helpline: 800-272-3900

[www.alz.org/MANH](http://www.alz.org/MANH)

The Alzheimer's Association provides education to the community and family members, support groups, and free consultation to meet with families and talk about how they can provide information/support.

*MASSTART*

Phone: 978-851-7261 X 4022

MASSTART is a free public program providing services for children with special health care needs and who may be assisted by medical technology in the school setting.

*Lucy's Love Bus*

21 Water Street

Amesbury, MA 01903

Phone: 978-204-8734

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

Lucy's Love Bus works with families who are coping with: a diagnosis of childhood cancer, life threatening illness, or intensive medical needs that affect a child's daily life. They run the Sajni Center in Amesbury, Massachusetts which provides programs on site, and provides funding to children with cancer for integrated therapies in their home, at the hospital, or on hospice. Please see their website for additional information.



### *Community Support Line*

Phone: 800-882-1435

The Community Support Line is a program under the Department of Public Health, so although they specialize in children with complex medical needs they provide resources to all callers and situations. The Line focuses on children ages 0 through 22 but sometimes can assist with adult needs. They provide information on resources, public benefits, eligibility and referrals for families of children with special health care needs.

### *NFI Family Resource Center*

Phone: 978-455-0701

The National Association of Anorexia Nervosa and Associated Disorders of Greater Lowell has a support group at the NFI Family Resource Center. It is a peer-based support is for adults eighteen and older. Please contact them for additional information.

### *Epilepsy Foundation of New England*

335 Main Street

Wilmington, MA 01887

Phone: 617-506-6042

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

The Epilepsy Foundation of New England has support groups for parents of children living with epilepsy, kids' social events, fundraising walks, and conferences. They also have resources and supports, some financial assistance, and scholarships for young adults going to college or vocational training.

### *Health and Wellness Programs*

#### *Lowell General Hospital*

Phone: 1-877-544-9355

[www.lowellgeneral.org/health](http://www.lowellgeneral.org/health)

Lowell General Hospital has a variety of health and wellness programs that cover topics that range from: parenting, car seat safety, managing diseases, mental well-being for caregivers, fitness, and programs for kids and teens. Please see their website or contact them by phone to

receive current information about their classes. They do offer financial assistance for their classes.

### *On-Belay*

Phone: 1-866-442-3529

Email: [info@on-belay.org](mailto:info@on-belay.org)

[www.on-belay.org](http://www.on-belay.org)

On-Belay is a program for children ages 8-18 who have a family member that has been affected by cancer. The program encourages children to have fun, build a community of support, and to uncover their “inner resilience”. They have adventure-based programs including: low and high challenge course, hiking, and rock climbing. Events are listed on their website, and you can register online. On-Belay has no costs to their programs, or activities.

### *Cambridge Eating Disorder Center*

Cambridge, MA 02138

Phone: 617-547-2255

<https://www.eatingdisordercenter.org/>

The Cambridge Eating Disorder Center has a Residential program, Partial Hospitalization, and an Intensive Outpatient Program. Their services begin for children as young as twelve. They have support groups for families who are involved in the program, but not available for the general community. Please call them for additional information.

\*\*Please see your School Nurse for additional Medical Resources

### **Domestic Violence**

#### *Chelmsford Police Contact*

Officer Brian Ubele at 978-256-2521 X 262.

#### *National Domestic Violence Hotline*

1-800-799-SAFE (1-800-799-7233) and 1-800-787-3224 (TTY) & 1-855-812-1001 (video phone for hearing impaired)

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

The National Domestic Hotline provides: crisis intervention, safety planning, and information and referrals.

*NFI Family Resource Center*

*Parenting Education Classes*

27 Prescott Street

Lowell, MA 01852

Phone: 978-455-0701

NFI runs numerous FREE classes including one addressing children who have witnessed domestic violence. Please contact them for their current schedule.

*Victim Compensation*

*Office of Attorney General*

One Ashburton Place

Boston, MA 02108

Phone: 617-727-2200

Financial Assistance is available for Victims of violent crimes, dependents and family members of homicide victims, and any person responsible for the funeral expenses of a homicide victim. This compensation can cover expenses, including: medical, mental health, lost wages, and funeral costs. If you think you are eligible for this compensation assistance, please call the Office of the Attorney General.

*Alternate House*

Lowell, MA 01853

Phone: 978-937-5777

24/7 Hotline: 978-454-1436

The Alternate House provides support to domestic violence victims, including: legal advocates, and a support group. They have a victim shelter and recommend that you call the Hotline if you need immediate placement in a shelter, due to domestic violence.

### *RAFT*

#### *Community Teamwork*

17 Kirk Street

Lowell, MA 01852

978-459-0551

RAFT is a state founded program to assist families in retaining housing, obtaining housing, or otherwise to avoid becoming homeless. Reasons for eligibility in determining that there is a housing crisis include violence or abuse in the home. A workshop is required to obtain this housing. Please contact Community Teamwork for additional information.

### *Safelink*

Phone: 1-877-785-2020

Safelink is a hotline that provides families or professionals a listing of domestic violence shelters in Massachusetts that have openings. The listing can change by the hour so if you are in need of this service they recommend you contact them regularly.

### *Victim Connect CHAT*

Phone: 1-855-4VICTIM

Victimconnect.org

Referral helpline where crime victims can learn their rights confidentially and compassionately. It includes: a telephone-based helpline, online chat, and web-based information and service referrals.

### **Grandparent Support**

*The Commission on the Status of Grandparents Raising Grandchildren*

<http://www.massgrg.com>

This is a resource for Grandparents Raising Grandchildren, including information on legal resources, supports, Financial resources, and tips.

### *Learn To Cope*

[www.learn2cope.org](http://www.learn2cope.org)

This website has a variety of resource information for Grandparents. Go under “Resources” and you will see the Grandparent option.

### **Substance Abuse**

#### *Al-Anon/Alateen Family Groups*

Email: [ldcofma@aol.com](mailto:ldcofma@aol.com)

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

These meetings are for those whose lives are, or have been, affected by the disease of alcoholism in a relative or friend. Please see the above website and go to “meeting” to see the list of current meeting information. There has been an ongoing meeting at the North Chelmsford Congregational Church on Tuesdays at 7, but please check the website to confirm there have been no changes.

#### *Substance Abuse and Mental Health Service Administration*

Phone: 1-800-662-HELP

<http://www.samhsa.gov/disorder/mental>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health and efforts to advance the behavioral health of the nation. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness and America’s communities. Their website includes educational information, and a directory of Treatment programs by state. In addition, they have a helpline that provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery.

### **Grief Supports**

#### *Sesame Street*

<https://sesamestreetincommunities.org/>

Sesame Street has the Topic of “Grief” on their website resource. It provides videos, articles, activities, and additional supports to helping your child deal with grief. These resources are for children ages 0-6 and their families.

*Merrimack Valley Hospice*

360 Merrimack Street Building 9

Lawrence, MA 01843

Phone: 978-552-4510

<http://www.merrimackvalleyhospice.org>

Merrimack Valley Hospice has grief support groups for children, and adults. They even have grief groups for men and the LGBTQ community. Please call them to get information on current groups and scheduling.

*National Alliance for Grieving Children*

<https://childrengrieve.org>

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. The National Alliance for Grieving children has direct resources, training, peer networking, and a database to provide resources in your local area.

*The Children’s Room*

1210 Massachusetts Avenue

Arlington, MA 02476

Phone: 781-641-4741

Email: [info@childrensroom.org](mailto:info@childrensroom.org)

<https://childrensroom.org/>

The Children's room has resources for families who have experienced the death of a child, sibling, spouse or partner. They have programs for children as young as 3 ½. Please review their website and contact them by phone for information about their current programs.

### *Learn To Cope*

[www.learn2cope.org](http://www.learn2cope.org)

This website lists grief groups available around the state.

### *Suicide Awareness Voices of Education (SAVE)*

<https://save.org/what-we-do/grief-support/>

This website has resource and information about suicide. It also has a section where you can search for Grief groups specific to suicide. Currently there is no group in Chelmsford, however there are groups in Lowell, and other surrounding towns. This information can also change so please review the website if you are looking to get involved in a local group.

### *Comfort Zone Camps (CZC)*

Phone: 781-756-4840

<https://www.comfortzonecamp.org/>

Comfort Zone Camps are bereavement camps for children who have lost a parent, sibling, or legal caregiver. Their New England Camp is located on the Cape in Massachusetts. Comfort Zone also launched "hellogrief.org" to start discussions about the impact of loss and build a community for supports for those living with loss. This is an online community.

### *Hope Group*

Winchester Hospital

200 Unicorn Park Drive

Woburn, MA 01801

Group Facilitator: Donna McDonnell: 978-663-5477

This is a support group for bereaved individuals and families who have faced the loss of a miscarriage, stillbirth, or neo-natal death. Please call them with additional questions.

## **PDD/Autism**

### *Autism Speaks*

Phone: 617-727-1515

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

This agency helps to connect families with information, tools, and agency referrals. They have a resource guide on their website that includes a listing of private providers that can provide services, diet information, books/toys, and a variety of other resources specific to autism. In addition, they have tool kits which provide you information on various subject areas (example: how to make the dentist a successful experience, dealing with challenging behaviors, strategies for sleep...). They also have resources specific to health insurance.

### *Paul Center*

39 Concord Road

Chelmsford, MA 18224

Phone: 978-256-4396

<http://thepaulcenter.org/>

The Paul Center has a variety of programs, including: Saturday Respite, Transition, School Vacation, and Extended year. Please contact them to get additional details and information.

### *Northeast Arc*

#### *Support Group for ASD*

7 Bridge Street, Suite 7

Billerica, MA 01821

Phone: 978-777-9135

Email: [ASC@NE-ARC.ORG](mailto:ASC@NE-ARC.ORG)

Northeast Arc runs a support group for families raising children with Autism Spectrum Disorder. This is a great group to help you network and share information about services and supports in the local community. The group will be starting October 17 at 6pm and will be from 6-7:30. Please contact them to RSVP, and for additional information.



### *Child Disability Supplement*

Mass Health has a Child Disability Supplement referred to CommonHealth that allows families to apply for Mass Health based on a diagnosis versus income. You can apply for this online, or by mail. It is recommended that you apply for Mass Health first before sending in this application.

### *The Network*

Lowell, MA 01854

Phone: 978-934-2930

The Network is a monthly social networking program for ASD young adults aged 15-30 years of age. The goal is for these young adults to meet others with ASD who they may have things in common with, and of whom they can connect with. The group has several activities each month. The cost is \$75 per year and includes an informal parent support group where parents meet during the group (this can be pro-rated and scholarships are available).

### *Sensory Friendly Flix*

*O'Neil Cinema's – The Point 8*

1208 Constitution Avenue

Littleton, MA 01460

Phone: 978-506-5089

The Point 8 has “Sensory Friendly Flix” Saturdays at 10am. These movies have lowered sounds levels and higher house lights allowing those with Autism and sensory disorders to have a positive movie experience.

### *NFI Family Resource Center*

*Parenting Education Classes*

27 Prescott Street

Lowell, MA 01852

Phone: 978-455-0701

The Family Resource Center has partnered with UMass Lowell's Psychology Department to provide FREE Support Services for Families that have a child with Autism from 0-6 years old. Students from UMass Lowell will run a socialization group for children with autism while parents are involved in the support group portion. Please contact them for additional information.

*Department of Developmental Services*

55 Technology Drive

Lowell, MA 01851

Phone: 978-322-0468

The Department of Developmental Services has resources, supports, and funding for children who are eligible for this program.

*Recreational Education Center (REC)*

248 Mill Road

Chelmsford, MA 01824

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

The Recreational Education Center has after school programs, weekend/holiday programs, and a summer camp that works with children who would benefit from Applied Behavior Analysis therapy. Their clients range in age from 2-22, and they also have an adult program. Many of these children are autistic, but no diagnosis is required. The Afterschool program focuses on academic, play, social, communication, and daily living skills. All children who attend have an initial assessment, which helps to determine the treatment plan. Many insurances will cover ABA and may therefore cover part or all of this program. If not, they will also accept private pay.

*Boston Children's Museum*

Phone: 617-986-3697

<https://www.bostonchildrensmuseum.org/morningstar>

Boston Children's Museum has a program called Morning Star that provides families with children with special needs and medical needs to explore the Museum when there are few other visitors.

### *Wings for Autism Program at Logan Airport*

Contact: Email: wingsforautism@massport.com

The Wings for Autism Program is a program that occurs at Logan Airport. The program allows children with autism to visit the airport and get comfortable with their surrounds, therefore easing the stress of flying. This “dress rehearsal” not only helps prepare the children for their flight but provides Logan Airport staff with informal training and awareness of Autism. It is a free program. Please contact them for additional information.

### *ABA Services and information*

Please contact our District BCSA Beth Deschenes at 978-251-5188 X6063 for additional information on Applied Behavior Analysis, as well as current local listings of providers.

### *Aha Connections*

7 Bridge Street Suite #7

Billerica, MA 01821

Contact: Email: jen@ahaconnections.com

Phone: 508-423-9564

Aha Connections has “creative play group” summer opportunities. These groups are open to any child who needs support with social emotional challenges, including: children with ASD (as long as children can participate independently in group). Their main goals include: increasing engagement, making connection with peers, focusing on collaboration, flexibility, and co-regulation. The Playgroups are for children ages 3-5 and are \$155 per six week class. Please contact them for additional information and to see if your child is a good fit for their groups.

### **Trauma Supports**

#### *Websites/Online Resources*

The National Child Traumatic Stress Network Resource

<http://www.nctsn.org/resources>

<http://www.dougy.org/>

<http://www.ovc.gov/publs/ThroughOurEyes/index.html>

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

*Merrimack Valley Trauma Services*

267 Boston Road, Suite 26

North Billerica, MA 01862-2310

Phone: 978-362-1695

<http://mvtraumaservices.com/>

Services include: trauma evaluations, trauma-focused mental health counseling, consultation, training and the Safe Kids Healthy Family Programs.

*Trauma-Focused Cognitive Behavioral Therapist*

<https://tfcbt.org/>

This website provides more information about Trauma-Focused Cognitive Behavioral Therapy as well as a listing of certified therapists.

## NOTES