

## Other Resources

### AA

Under Recovery

### Alzheimers

**Chelmsford Senior Center** has day program M-F from 8:30-3:00 for eligible seniors.  
Call Colleen Normandy, LSW (978) 788-6178  
Also ask for other resources/training...

**Elder Services of Merrimack Valley** have a Savvy Caregiver program that is a free 6 weeks of training for caregivers of those with Alzheimer's. It's to help those family members who become the caregiver to do be trained.  
Circle Home, Inc  
847 Rogers St., Suite 201  
Lowell  
To register call Crystal 978-651-3034  
Www.healthyliving4me.org

### Battered Women

#### Alternative House – MA

<https://www.alternative-house.org/emergency-shelter>

24 Hour Crisis Hotline – SafeLink 1-877-785-2020  
Local line 978-454-1436  
Offers emergency, confidential shelter for survivors of domestic violence.  
Advocates are available 24/7 365 days a year

### HAWC

<https://hawcdv.org/> (google for HAWC if link does not work)

Healing Abuse and Working for Change  
Provides free services to abuse victims.  
Several locations on the North Shore.

### Hagar Sisters

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

Christian support for those dealing with abuse and its aftermath  
Provide:

- Support group meetings including large group interactive teaching and small group discussion. You learn about domestic abuse and God's heart for those who have experienced it.
- One-to-one mentoring available to those regularly attending support group meetings.
- Resource referrals made to organizations that provide a variety of helpful specialized services.
- Safety planning develops individualized plans to keep the survivor and her Children safe.

Become a sister by e-mailing us [info@hagarssisters.org](mailto:info@hagarssisters.org) or calling 1-978-266-0053. For safety purposes, all interested are required to connect with a Hagar's Sisters representative prior to attending your first meeting

### **National Domestic Abuse Hotline**

24/7 / 365 Phone Support

Trained advocates are available to take your calls toll free at 1-800-799-7233

### **Care Giving**

#### **Companion Respite Care**

Cost-effective program for local area residents. Provides a break, can serve a meal, light activities, and companionship.

For more info call or see Betty Chaput at the Chelmsford Senior Center. (978) 788-6174

### **Divorce**

#### **DivorceCare**

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

A Christian group that will help you find healing and help for the hurt of separation or divorce

Meet for about 13 weeks for 1 ½ hours using video and discussion groups

#### **Divorce Support Groups MA**

<http://www.divorcehq.com/index.shtml> home page

There are a lot of links and helps on this site

<http://www.divorcehq.com/divorce-support-groups.shtml> - search by state

### **Food Disorders**

#### **FA**

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

Whether you are overweight, underweight, obsessed with food or dieting – FA helps you deal with food issues, disorders and controlling the way you eat.

No dues, no fees.

Meeting the needs in NH, Northern MA, VT, and Southern ME

#### **OA**

Overeaters Anonymous

<https://oa.org/>

### **Food Pantries and Meals**

**Central Food Pantry – Lowell**

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

370 W. Sixth St.  
Lowell, MA 01850  
978-454-7445

Tues. 10-1  
Wed. 10-1  
Thurs. 10-1 and 7-8

### **Chelmsford Food Pantry**

<http://chelmsfordfoodpantry.org/Pantry.html>

Not pre-bagged.  
Weekly pick up  
50 Billerica Rd. – in a trailer behind the town hall / fire station

Wed. Non-English 5-8      English 6:30-8  
Thurs. 2-4  
Fri. 6:30-8

*For help obtaining food or volunteering call the volunteer pantry director at this number: 978 -250 3818*

*Email: [vze2gt3p@verizon.net](mailto:vze2gt3p@verizon.net)*

### **Dracut Food Pantry**

<http://dracutfoodpantry.com/>

1934 Lakeview Ave.  
We are located in Beaver Brook Mills on Lakeview Avenue, the lower level, behind Owen & Ollie's Restaurant. Look for Dracut Food Pantry signs. In case of inclement winter weather, call the pantry first about our status.  
978-957-8600

4<sup>th</sup> Sat. of the month – see their website for dates

### **Dwelling House of Hope / Merrimack Valley Food Bank / Hope Dove - Lowell**

<http://mvfb.org/agencies/dwelling-house-of-hope/>

735 Broadway St.  
978-454-7272

The Mobile Pantry is a community-based health and nutrition service program that offers home delivery of nutritious foods specifically tailored to meet the health and dietary requirements of low income, homebound elderly and disabled individuals.

Operation Nourish is a children's feeding program in the Lowell Public Schools. What started in 2011 as a pilot program at the Lincoln Elementary School has expanded to serve students throughout 15 schools. Selected Students at the Bartlett, Greenhalge, Lincoln, Moody, Morey, Rogers & Washington Elementary Schools receive

a bag of nutritious food twice a month on selected Fridays to reduce weekend hunger.

Mon – Fri. 8-4

**Lowell Transitional Living Center**

<http://ltlc.org/>

Provide 4-5 dinners a week – check their meal calendar  
205-209 Middlesex St., Lowell

**Merrimack Valley Catholic Charities – Lowell**

<http://www.ccab.org/location-merrimack>

70 Lawrence St.  
978-454-9946 – call to check on their pantry hours

Mon. 1:30-3:30  
Tues. 4:30-6:30  
Wed. 1:30-3:30  
Thurs. 1:30-3:30

**Open Pantry – Greater Lowell**

<http://theopenpantry.org/>

13 Hurd St.  
978-453-6693

Mon. 9-12  
Tues. 9-12  
Wed. 9-12 and 5:30-7  
Thurs. 9-12  
Fri. 9-12

**Salvation Army – Lowell**

150 Appleton St.  
978-458-3396  
Food pantry hours:  
Wed. 9-11  
Thurs. 9-11  
Fri. 9-11

**Table of Plenty - Chelmsford**

<http://tableofplentyinchelmsford.org/>

2 Westford St.  
First Parish Universal  
Dinner:  
Tues. 5-6 pm

### **All Souls House / Under the Oak**

<https://wewelcomeall.org/ministries/justice/underoak/>

180 E. Merrimack St.  
enter using Fayette St.  
Christ Church United - Lowell

Lunch, fellowship, help, & fun  
Wed. 10-2

### **Grief**

#### **GriefShare**

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

GriefShare is a friendly, Christian, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

This is a 13 week group where a video is watched, followed by a group discussion, and then personal study and reflection.

#### **The Children's Room**

<http://childrensroom.org/>

Offers hope and healing to children and teens ages 3 to 18 who have experienced the death of a parent or sibling. We also provide opportunities for parents and caregivers to meet with each other and talk about their own experiences parenting a grieving child, and to give and receive support, etc.

Located at 1210 Mass. Ave, Arlington, MA

Phone: (781) 641-4741

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

### **Homeless Resources**

#### **MA – Lowell area**

#### **DHCD Homeless Coordinator (families)**

<https://hedfuel.azurewebsites.net/>

131 Davison St., Lowell  
(978) 446-2400

MA Division of Housing Stabilization (SNAP & MassHealth)

#### **House of Hope**

<http://houseofhopelowell.org/services/>

Emergency food, shelter, and housing for 58 families

Case management, job help, some children's services, etc.

**Lowell Transitional Living Center**

<http://ltlc.org/>

205-209 Middlesex St.  
(978) 458-9888

Provide intensive services for the chronically homeless  
Have case management at the heart of our organization – to  
develop a plan that will lead to employment and housing.  
This may include obtaining a form of identification or  
accessing health care, along with many other helps.

The Lowell Transitional Living Center is the largest homeless  
shelter and support organization north of Boston with 90  
beds and 70 emergency beds. We provide shelter, food,  
services and support for the chronically homeless and those  
left homeless by crisis—job loss, illness, fire or other  
disaster. At LTLC we are committed to helping our clients  
make the transition to stable, permanent housing.

**Life Connection Center**

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

192 Appleton St., Lowell  
(978) 997-0588

Hunger relief, recovery supports, community center, faith-based support

**Living Waters Ministry of Hope**

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

10 Kirk St., Lowell  
(978) 323-HOPE (4673)

Drop in Center  
Tues / Thurs / Fri / 9-1:30

Brunch  
Guest services & homeless outreach  
Educational support

**The Hope Chest / House of Hope**

<http://houseofhopelowell.org/services/workforce-training/>

397 Market St., Lowell  
(978) 455-5301

Learn2Work

Work opportunities for homeless or previously homeless families  
It's a workforce development program that is delivered with the goal of empowering homeless parents with essential employment skills, a positive employment experience, and an increased sense of self-worth to serve as the foundation for long-term employment stability.

**Milly's Place - Lowell**

360 Pawtucket St.

**Merrimack House Family Shelter - Lowell**

767 Merrimack St.  
(978) 452-5410

**NH**

**Dial / Call 211**

<http://www.211nh.org/Content.aspx?aboutus>

Call from anywhere in NH to find help searching for services  
Imagine you are out of money, your rent is due, and you and your family risk becoming homeless if you can't find some help. Where do you turn? Or, your son is autistic and you want to know what services are available in your area. Or, your elderly mother is in the hospital after a fall, and you know she'll never be able to stay home alone again. Where can you quickly learn about your options? Call 2-1-1

**Harbor Homes (Nashua)**

<http://harborhomes.org/>

77 Northeastern Blvd.  
(603) 882-3616

Free counseling and case management for homeless veterans and other adults living in Hillsborough County

Goal is to prevent and reduce chronic homelessness

**Harbor Homes Wellness**

<http://harborhomes.org/harbor-care-health-and-wellness-center/>

45 High St.  
(603) 821-7788

Harbor Care Health and Wellness Center welcomes you to your Patient Centered Medical Home. Caring about you is our most important job. *Services are offered in all languages, including English and Spanish.* Care is offered to anyone in need of health care by walk-in or appointment. Harbor Care Health and Wellness Center offers

primary, preventive and behavioral health care services to children and adults who are homeless or at risk of homelessness, uninsured, under-insured, or low income. We also offer a sliding scale fee for self-pay patients, and accept Medicaid and Medicare, along with most insurances.

Southern NH Rescue Mission

## **Household Goods**

**Household Goods** – Acton, MA

<https://householdgoods.org/>

Provides a full range of donated furniture and household items, free of charge, to help people in need make a home

Need a referral from an agency and use online form and set up an appointment.

Website has details

## **Lowell Wish Project**

<https://thewishproject.org/>

**Wishes:** Social workers from our partner agencies place wishes for needed goods for their own clients using our online Wish Placement system. This way, we know all clients are qualified as needy and we get a list of what they really need. Once a wish is approved, the client brings the paperwork to the warehouse to pick up the items. Clients may not place wishes for themselves. They must be working with one of our partner agencies to receive goods. For a list of referring agencies click here: [Partner Agencies in the Merrimack Valley of MA.](#)

**Projects:** Project goods are bulk items given directly to our partner agencies to distribute to their clients. These include seasonal items such as: blankets, backpacks and Christmas gifts. Our contact person from each agency requests the items from us, and is responsible for picking them up and distributing to the other case workers for their clients. We do not give project goods directly to clients.

**Emergency Aid:** Victims of emergencies such as fire and natural disasters who are left homeless may bring their fire department or Red Cross paperwork to the warehouse during our open hours to receive emergency help such as clothing and food.

## **Job Resources**

**Complete Labor & Staffing** - Lowell

<http://completelaborandstaffing.com/>

978-710-5445

450 Chelmsford St.



### **National Senior Network - Lowell**

<http://npalowell.org/npa-members/national-senior-network/>

978-513-0505

175 Cabot St., Suite B10 (Wannalancit bldg.)

[sjepson@nationalable.org](mailto:sjepson@nationalable.org)

Purpose is to provide employment and training opportunities for older workers and to provide non-profit and government agencies with seasoned workers to add capacity to operations.

### **Work Opportunities Unlimited**

<https://workopportunities.net/>

A community-based employment service provider specializing in placing job seekers who experience barriers to employment.

### **CTI SuitAbility - Lowell**

<http://www.commteam.org/how-we-help/finance-business/suitability/>

978-459-0551

155 Merrimack St.

Free work clothing and accessories for low-income recipients who are referred to the program.

Mostly women's clothing but there are some available for men.

## **Mental Health Resources**

### **NAMI – National Alliance on Mental Illness**

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

Lowell Area (978) 677-0618

Nashua (603) 225-5359

Concord, NH 1(800) 242-6264

Providing welcoming and supportive resources, for individuals and families living with mental illness (includes depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), and borderline personality disorder.)

Helpline

800-950-NAMI

M-F 10-6 EST

### **Mental Health Resources of Greater Lowell**

<http://mhalowell.org/>

Walk-in mental health clinic  
99 Church St., Lowell

Mon. 8-6  
Tues.-Thurs. 8-8  
Fri. 8-5

Sliding fee scale but won't turn anyone away for inability to pay.  
Services available in English, Spanish, and Portuguese.

**Mental Health Crisis Team / Northeast Behavioral Health (Lahey)**

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

(800) 830-5177 24/7  
(978) 322-5120

391 Varnum Ave., Lowell

Help with any type of psychiatric or substance abuse issue emergency

**South Bay Mental Health - Lowell**

<https://www.southbaycommunityservices.com/services/day-services/>

22 Old Canal Dr.  
(978) 453-6800

**Day Services**

South Bay is dedicated to improving the lives of people who suffer from psychiatric illness to help them regain control of their situation.

Our strengths-based treatment model is designed to address each individual's unique areas of need and ability. The Day Services teams consist of physicians, psychiatric clinicians, social workers, behavioral health counselors and other behavioral health professionals. These dedicated men and women are trained in a variety of specialty areas including substance use disorders, psychiatric illness and dual diagnosis. It's made up of four main programs. See the website for details.

**Recovery Resources**

**List of all kinds of recovery**

<http://www.nacr.org/referral-center/finding-a-group>

Includes gambling, food, sex addiction, alcohol, etc.

**AA Meetings - MA**

**To find a meeting in Lowell area**

<http://www.aabosmeetings.org/search.aspx>

Search by day, town, or type of meeting

**24hr AA Hot Line**

If you are having trouble with alcohol and need to speak to someone immediately, call  
617- 426-9444

**Chelmsford**

Harbor of Hope  
68 Princeton St.  
Mon. at 7pm  
Is young people group

Journey Church (formerly Central Baptist)  
9 Academy St. on the common  
M-F 12:15  
Sun. 7pm

**Alateen**

**Breaking the Chains Biblical Recovery Ministry**

<http://btcbm.org/about/>

A faith-based program to help with all kinds of addictions:

Addictions	Fear	Pornography
Abuse	Gambling	Procrastination
Anger	Grief	PTSD
Anxiety	Insecurities	Unforgiveness
Compulsive	Lust	Shopping
Unworthiness (feelings of not being good enough)		
Depression	Lying	Eating
Disorders	Perfectionism	and more...

**For Men Only – porn addiction**

Rick Kardos - [rick@nathanproject.net](mailto:rick@nathanproject.net)  
Nathan Project  
(603) 682-7800  
Bedford, NH

<http://www.nathanproject.net/group-help/fmo/fmogroups.php>

**For Women Only**

Vicki Kardos - [vlkardos@comcast.net](mailto:vlkardos@comcast.net)  
Nathan Project  
(603) 682-7828  
Bedford, NH

<http://www.nathanproject.net/group-help/fmo/fmogroups.php>

### **Life Connection Center**

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

Hunger relief, recovery supports, community center, faith-based support  
192 Appleton St., Lowell  
(978) 997-0588

### **Megan's House – Lowell**

<http://themeganhouse.org/>

32 Berry Rd.  
(978) 455-6973

A residential treatment home for women.  
Up to six months of care and a follow-up home in Dracut for successful graduates.

For women between ages 18-30 with substance abuse disorder  
Minimum 90 days sobriety  
See website for rest of details

<http://themeganhouse.org/house-and-program/about-the-program/>

### **Place of Promise**

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

Place of Promise operates three types of programming:

**Promise Residential Treatment Program** – a residential program designed to help those who are hurting, lost, and broken to choose and find new Life by getting to know God and building a relationship with him through Jesus Christ in order to find holistic healing. This program supports the operation of four houses in Lowell, MA.

**Promise Network** – a network aimed at promoting unity and growth amongst individuals and organizations who look to disciple, train and nurture those who are hurting and broken.

**Kids of Promise** – an outreach and summer day camp for children in the neighborhood of the Promise Residential Treatment Program and the children of current and former Promise Residential Treatment Program participants. The programming teaches the children about the love of Jesus for them and the truth of who they are and who God is.

### **Teen Challenge**

<https://tcnewengland.org/>

Teen Challenge New England & New Jersey provides adults, teens and families with an effective and comprehensive Christian faith-based solution, clinical counseling, and life-coaching for drugs, alcohol, and other life-controlling problems in order to become productive members of society.

## **Safe Families**

<https://safe-families.org/>

Safe Families for Children is a movement fueled by compassion to keep children safe and families intact. Through Host Families, Family Friends, and Family Coaches, we temporarily host children and provide a network of support to families in crisis while they get back on their feet.

We open our hearts, our arms, and our homes.

## **Sexual Abuse / Rape**

**The Center for Hope and Healing** – Lowell

<http://www.chhinc.org/survivor-services.html>

24/7 Hotline 1-800-542-5212

21 George St., Suite 400

Offer *free and confidential* support to survivors of sexual assault and abuse.

Support to friends and family members 12 and over.

Individual, short-term counseling (17 and under requires parent or guardian permission)

Support groups available. Please call 978-452-7721 for more information

Medical advocacy – an advocate can accompany or meet a survivor at the hospital in an emergency situation. Please call the hotline and ask for a medical advocate.

A legal advocate can support a survivor going through the legal process, either in court or the police station. Please call 978-452-7721 for more information

Office hours are 9-5 M-F

## **Sex Trafficking Help**

**All Hands In**

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

An opportunity in a safe place for healing, prayer, and fellowship at no cost to the attendee.

Major focus is to provide a house and residence program for women survivors of human trafficking and exploitation.

**Amirah** – 30 day residential program (can stay for 2 years)

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

Amirah, Inc.

10 Tower Office Park, Ste 413

Woburn, MA 01801

Tel: 1-781-462-1758

Is a faith-based nonprofit organization located in the Boston area that strives “to provide a refuge for those seeking to break free from exploitation and heal in community on their journey toward lasting hope.”

We do this by providing safe homes for those that want to break free from sexual exploitation, mobilizing the greater community to create opportunities for healing, restoration and reintegration. We use individualized approaches to address the physical, mental, emotional, spiritual, social and vocational needs of each survivor in our care and allow for survivors to engage with their community in a mutually meaningful manner.

### **My Life My Choice**

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

One on one survivor mentoring.

This pairs exploited youth, or youth suspected of being exploited, with an adult female survivor of the commercial sex industry. This powerful relationship helps young victims of exploitation build the intangible skills that they need to be successful, healthy adults: self-worth, a positive self-image, the ability to trust, and the tools to know how and where to seek help when they need it.

Intensive Case Management

Mentees receive personalized case management support in the areas of educational and career planning, life-skills, health and wellness, and substance abuse.

### **National Human Trafficking Hotline**

<https://humantraffickinghotline.org/>

1-888-373-7888 or Text to BeFree (233733) open 24/7

There are a lot of people who care, many of whom have been there, and they are ready to help, whenever you are ready. Whether you need a place to sleep right now, food to eat, or help untangling your life.

### **Shelters:**

See Homeless Resources

### **Suicide:**

National Suicide Prevention Lifeline – 24/7

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Samaritans – prevention – 24/7

<https://samaritanshope.org/>

877-870-4673 (HOPE)

Call or text

Suicide support groups – **for those who have lost** someone to suicide

<http://www.suicide.org/support-groups/massachusetts-suicide-support-groups.html>

They help you work through the shame, guilt, etc.

### **Teen Pregnancy:**

**My Father's House** – Chelmsford

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

My Father's House is a loving home with a family atmosphere, where pregnant and parenting teenage girls and young women up to the age of 21 can finish their education and learn the life-skills that will prepare them to face the challenges of being a parent and providing a home for themselves and their children.

Our residents receive weekly counseling and attend classes that will help them prepare for the future. These include prenatal care, nutrition, childbirth, parenting, decision-making, personal goal setting, financial planning, budgeting, household management, searching for jobs and housing, and building healthy relationships.

As young families move on from My Father's House, we invite them to participate in our Transition and Care visitation program, which assists them in their new homes with maintaining or locating services while providing support and care during their time of transition.

**House of Hope** - Lowell

<http://houseofhopelowell.org/services/>

978-458-2870

812 Merrimack St.

info@houseofhopelowell.org

Emergency food, shelter, and housing for 58 families

Case management, job help, some children's services, etc.

### **Youth Programs**

**CTI YouthBuild**

<http://www.commteam.org/cti-youthbuild-of-greater-lowell/>

**United Teen Equality Center**

<https://www.utec-lowell.org/>

978-441-9949

35 Warren St.

UTEC's mission is to ignite and nurture the ambition of Lowell's most disconnected young people to trade violence and poverty for social and economic success.

Ages 16-24

[https://www.utec-lowell.org/uploads/uploads/utec\\_overview\\_for\\_referral\\_sources.pdf](https://www.utec-lowell.org/uploads/uploads/utec_overview_for_referral_sources.pdf)

For youth with at least one risk factor such as gang issues, court issues, or

pregnancy.

Help with life skills

Onsite mental health counseling

Workforce development help