

GLTHS Community Resource Guide

For Adolescents and Their Families at Greater Lowell Technical High School

*compiled by
Lauren Friedman and Abigail Mieko Vargus
School Adjustment Counselors
RISE Program, GLTHS*

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In Case of Emergency: Phone Numbers for Immediate Assistance

Abuse Reports and Child/Family Services

Department of Children and Families (DCF)

2 Omni Way, Chelmsford

978-275-6800

978-275-6900 (51A Reporting)

<https://www.mass.gov/orgs/massachusetts-department-of-children-families>

Mental Health Emergency/Crisis

9-1-1 (first responders)

9-8-8 (suicide and crisis hotline)

Youth Mobile Crisis (through Vinfen Behavioral Health)

40 Church Street, Lowell

<https://vinfen.org/cbhc/>

978-674-6744

Services can be mobile, received on site or telehealth. Mobile Crisis will service any MassHealth insured, or uninsured youth up to age 21, parent permission is needed to schedule. Many private insurance plans are accepted as well. For appointments on site at Vinfen, counselors can schedule a time, but parents will need to be informed and bring them to the appointment. No denial of service.

Physical Health Emergency

9-1-1

Poison Control Center

1-800-876-4766

Police and Fire Departments

9-1-1

Consumer and Financial Support (Bills, Clothing, Furniture, etc.)

Budgeting, Consumer, and Tax Assistance

Budget Buddies

114 Turnpike Road, Suite 2D, Chelmsford

<http://www.budgetbuddies.org>

978-703-0820

Free financial coaching for low-income women

MCC Law Center Local Consumer Program (LCP)

33 Kearney Square, Lowell

<https://www.middlesex.mass.edu/lawcenter/consumer.aspx>

(978) 656-3342

Weekdays, 11am-4:30pm (or fill out online complaint form)

Offers information on a variety of consumer issues, such as auto sales, tenant, credit, debt, and some may be eligible for dispute resolution services.

National Foundation for Credit Counseling (NFCC)

<https://www.nfcc.org>

800-388-2227

National organization that provides credit, housing, and bankruptcy counseling, as well as financial education and consumer tools. Some services are free; some are low-cost.

Clothing Aid

Catie's Closet

At Greater Lowell Technical High School

Open during school hours.

Can be accessed through the student's school counselor, school adjustment counselor or Student Activities Coordinator. Selection of gently used clothing (including maternity wear) and toiletries.

The Wish Project

166 Middlesex St, North Chelmsford

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

866-947-4360

Thrift shop open Tuesday through Saturday, 9am-2:45pm. Can access additional services for home goods and baby needs for free.

St. Vincent dePaul Thrift Shop

1488 Middlesex St. Lowell

<https://www.svdpboston.org/thrift-stores/>

978-453-7750

Hours: Monday-Wednesday: 10am-6pm, Thursday: 9am-7pm, Fri & Sat; 10am-6pm, Sunday 11am-5pm.

Clothing Aid: Prom-Specific

Belle of the Ball

<http://antons.com/belle/>

Distributes donated prom dresses to high school juniors and seniors who would otherwise be unable to attend prom. Students must register online, which opens in mid-January.

NFI Family Resource Center of Greater Lowell

27 Prescott St., Lowell

<https://www.nfima.org/services/behavioral-health/lowell-family-resource-center/>
978-455-0701

Hosts an annual prom shopping event with free dresses and tuxedos.

Financial Assistance (Assorted)

American Red Cross of Massachusetts

60 Island St., Lawrence

https://www.redcross.org/local/massachusetts/about-us/locations/northeastern-massachusetts.html?CID=organic_gmb_listings

978-922-2224

Financial assistance after a home fire. Services are also available for enlisted military and their families.

Care Connect USA Child Support Enforcement Hotline

<https://careconnectusa.org/child-support-enforcement-helpline/>

Connects custodial parents who are owed child support with the appropriate state agencies.

Department of Transitional Assistance (DTA)

131 Davidson St., Lowell

<https://www.mass.gov/economic-assistance-cash-benefits>

978-446-2400

Early Education and Childhood (EEC) Assistance

Massachusetts Department of EEC: call 2-1-1

OR Child Care Circuit (Lawrence): 978-686-4288

<https://www.mass.gov/guides/early-education-and-care-financial-assistance-for-families>

Financial assistance for families whose household income is at or below 50% of the state median income, or 85% with a child with a documented disability or special need. Some limitations/requirements.

Golden Door Scholarship

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

info@goldendoorscholars.org

Provides large scholarship for high-performing students who are part of DACA or TPS, or who are undocumented immigrants. Scholars also have year-round mentorship and career support. Applications due in mid to late October.

Massachusetts Assistive Technology Loan Program

800-244-2756 x431 or X428

TTY: 800-564-9700

Provides low-interest cash loans to purchase assistive devices and services.

Mass Save Moderate Income Program Enhanced Incentive

508-620-2342

Insulation and weatherization services through Mass Save, aided by SMOC.

Mass Transgender Political Coalition's ID Project Fund

<http://www.masstpc.org/get-help/the-id-project/>

Financial assistance for transgender people who cannot afford the fees to legally change their name and gender marker.

Fuel Assistance

Community Teamwork, Inc., 17 Kirk St., Lowell

<https://www.commteam.org/program/weatherization-and-conservation/>

<https://www.commteam.org/program/low-income-home-energy-assistance-liheap/>

978-459-0551

Conservation programs and LIHEAP (Low Income Home Energy Assistance Program) application. Program can include replacement of refrigerator/freezer and window A/C units for units with better energy efficiency, and a heating system repair/replacement program.

Assistance paid directly to heating vendors for eligible households. Applications for LIHEAP accepted November through April only.

Joe 4 Sun/Citizens Energy

<https://www.citizensenergy.com/joe4sun-ma>

Using solar energy to reduce energy bills, JOE4SUN pays 50% of the credits which becomes energy savings.

Massachusetts Good Neighbor Energy Fund

Salvation Army

150 Appleton St., Lowell

1-800-334-3047

<http://www.magoodneighbor.org/assistance.html>

Available to any Massachusetts household who cannot meet a month's energy expense due to temporary financial difficulty, but is not eligible for LIHEAP. Apply via the Salvation Army, Monday-Friday 9am-4pm. You must bring the following:

Photo ID, rent or mortgage receipt or statement, proof of income, utility bill (gas, electric or oil only) and social security cards for everyone in your home.

Furniture

Household Goods

530 Main St. Acton

www.householdgoods.org

978-635-1710

Requires a referral, appointment and transportation (van, truck, etc.) to take the furniture and household items.

Mission of Deeds

<https://www.missionofdeeds.org/client-services/>

781-944-9797

Free furniture and household items for clients in need. Will need a referral from a helping agency, appointment and transportation.

The Wish Project

166 Middlesex St, North Chelmsford

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

866-947-4360

Thrift shop open Tuesday through Saturday, 9am-2:45pm. Can access additional services for home goods and baby needs for free.

Counseling/Mental Health Agencies

Child/Adolescent Services

CTI Youth Services (16-24 y.o)

17 Kirk St. Lowell

978-856-5536

<https://www.commteam.org/program/youth-services/>

Helps teens and young adults with housing insecurity, support groups, as well as assisting young parents ages 14-24.

Massachusetts Department of Mental Health

55 Technology Dr. 2nd Fl., Lowell

<https://www.mass.gov/orgs/dmh-child-youth-and-family-services>

<https://www.mass.gov/info-details/am-i-eligible-for-dmh-services>

<https://www.mass.gov/locations/lowell-site-office>

978-322-5000

NFI Family Resource Center

27 Prescott Street, Lowell

978-455-0701

<https://www.nfima.org/services/behavioral-health/lowell-family-resource-center/>

Walk-In Hours, Monday 10-3, Tuesday 1-5, Friday 10-2. Connects families with community resources.

Wayside Youth and Family Network

73 E. Merrimack Street, Lowell

978-221-6923

<https://www.waysideyouth.org/aboutus/ourservicesoverview/services/waysidelowell-2/>

Offers Children's Behavioral Health Initiative (CBHI) services to families. Outpatient and in-home therapy, intensive care coordination (ICC), Therapeutic Mentors.

Outpatient Therapy Agencies (Individual, Group, Family, Couples)

***=Accepts MassHealth as of 2023**

Alpha Psychological Associates

505 Middlesex Turnpike, Billerica

978-663-7077

*Arbour Health**

21 George St., Lowell

978-453-5736

<https://arbourhealth.com/>

Mental health services for all ages, including outpatient care, family services, and partial hospitalization. As of 2022, has a prescriber on staff for both children and adults. To refer for adolescent partial hospitalization program, call 1-855-575-2273.

Bay State Counseling and Wellness

294 Concord Rd. Billerica

978-330-5105

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

BH Counseling and Wellness

1 Olde North Rd., Chelmsford

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

978-606-5514

Outpatient counseling and wellness programs provided on a sliding scale.

*Bridgewell Counseling Services**

35 Market St., Lowell

978-459-0389

<https://bridgewell.org/behavioral-health-services/outpatient-clinics/bridgewell-counseling-services-lowell/>

Outpatient behavioral health services, including medication management.

*Center for Family Development/Comprehensive Mental Health Services**

81 Bridge St. #215, Lowell

<https://chstherapy.net/>

978-459-2306/978-275-9444

Challenge Unlimited at Ironstone Farm

450 Lowell St. Andover

<https://ironstonefarm.org/>

978-475-4056

Clearview Center/New England

6 Pondview Pl, Tyngsboro

978-649-9980

Dracut Counseling Professionals

1595 Lakeview Ave. Dracut

appointments@dracutcounselingprofessionals.com

<https://dracutcounselingprofessionals.com/>

Empath Counseling Services

1 Olde North Rd. Ste. 104, Chelmsford

<https://www.empathcounselingandwellnesscenter.com/about-us>

978-770-2429

Family Associates of Merrimack Valley
121 Brick Kiln Rd., Chelmsford
<https://www.familyassociatesofmerrimackvalley.com/>
978-256-1467

Family Services of the Merrimack Valley
430 North Canal St. Lawrence
<https://fsmv.org/counseling/>
978-327-6612

Greater Lowell Psychiatric Association
73 Princeton St.#203, North Chelmsford
<https://www.greaterlowellpsychassoc.com/>
978-256-6579

Institute for Health and Recovery
97 Central St., Lowell
<https://www.healthrecovery.org/>
866-705-2807

*Lowell Community Health Center**
161 Jackson St., Lowell
<https://www.lchealth.org/health-wellness/additional-services/behavioral-health-services/>
978-937-9700

*MSPCC**
151 Warren St. Lowell
<https://www.mspcc.org/contact-us/>
978-937-3087

Northstar Guidance Center
100% Virtual services, mailing only: 21 Glen Ave. Chelmsford
<https://northstarguidancecenterinc.com/>
978-256-0667

*Pathways Counseling Associates**
134 Middle St., Ste. 340, Lowell
978-937-2696

St. Ann's Outpatient Services
100A Haverhill St., Methuen
<https://www.st.annshome.org/programs/outpatient/>
978-682-5276

*South Bay/The MENTOR Network**
22 Old Canal Dr., Lowell

<https://www.southbaycommunityservices.com/services-old/early-childhood-services/>

508-521-2200

Provides behavioral health services for all ages (early intervention, CBHI, counseling, in-home therapy, etc.).

*Stoney Brook Counseling/Comprehensive Mental Health Services**

2 Courthouse Lane #3, Chelmsford

<https://chstherapy.net/location-sbcc-chelmsford-ma/>

978-275-9444

*Trauma and Family Integration**

144 Merrimack St., Lowell

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

978-677-7823

Trinity Care Associates

100 Merrimack St. Ste. 205, Lowell

<https://www.tri-cares.com/index.php>

978-455-0756

*Vinfen**

40 Church St., Lowell

978-674-6700

<https://vinfen.org/services/behavioral-health-clinics/>

*Wayside Lowell**

77 E. Merrimack St., Lowell

<https://www.waysideyouth.org/aboutus/ourservicesoverview/services/waysidelowell-2/>

978-221-6923

Provides care coordination as well as in-home therapy and family-based services.

Peer Supports/Social Opportunities

Boys and Girls Club

657 Middlesex St., Lowell

<https://lbgc.org/>

978-458-4526

Multiple programs for member children and teens, including academic support, meals, "music clubhouse," and athletics. Open Monday-Friday, 2-6pm, for \$30 annual fee. Teen nights on Tuesday-Thursday, 6pm-8pm.

Girls, Inc.

220 Worthen St, Lowell

<https://girlsinclowell.org/>

978 458-6529

The Network, UMass Lowell

Monthly Social Network/Outlet for Young Adults with Autism and their Parents/Guardians

<https://www.uml.edu/research/autism/services/the-network.aspx>

Social activities for the young adults, concurrent group for parents.

Teen BLOCK, Lowell Community Health

161 Jackson St. Lowell

<https://www.lchealth.org/health-wellness/healthy-community/teen-block-youth-programs/>

978-937-9700

Utec

35 Warren St. Lowell

<https://utecinc.org/>

978-441-9949

YouthQuake

167 Dutton St. 3rd Fl, Lowell

<https://vinfen.org/services/young-adult-services/young-adult-access-centers/>

617-404-5505

Psychiatric Medication Providers

Chelmsford Psychopharmacology Assoc.

6 Courthouse Ln. Unit 12, Chelmsford

<http://www.chelmsfordpsychopharm.com/index.html>

800-275-3207

Greater Lowell Psychiatric Association

73 Princeton St., North Chelmsford

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

978-256-6579

**med provider for 18+ only

Lowell Community Health Center

161 Jackson Street, Lowell

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

978-937-9700

*Vinfen**

40 Church St., Lowell

<https://vinfen.org/services/outpatient-therapy-medication-management/>

978-674-6700

Cultural, Language/Literacy Support

GLTHS Family Liaisons/Translators

Ricardo Colunga (Spanish, Portuguese)

rcolunga@gltech.org

978-441-5361

Pheap Cortissoz (Khmer)

pcortissoz@gltech.org

978-441-4801

Agencies

African Community Center of Lowell

99 Church St., Lowell

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

978-364-0218

Refugee and immigrant support, as well as mediation and community involvement programs.

Asian Center of Merrimack Valley

1 Ballard Way #101, Lawrence

978-683-7316

Refugee and immigrant support.

Cambodian Mutual Assistance Association

465 School St., Lowell

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

978-454-6200

ESOL classes, Khmer translation services, and other programming for Cambodian Americans and other minorities in the Greater Lowell area.

International Institute of New England

Lowell Community Health Center

101 Jackson St. #2, Lowell

<https://iine.org/lowell/>

978-459-9031

Refugee and immigration support, including resettlement, job placement, language instruction, case management, asset development, and citizenship application support.

Massachusetts Alliance of Portuguese Speakers, Lowell Office

490 Central St., Lowell

<https://maps-inc.org/>

978-970-1250

Open Monday 10-6, Tuesday-Friday 9-5. Wide range of services available for Portuguese-speaking immigrants, including case management/connection to local resources and citizenship assistance. The Lowell office also has family support services, such as in-home therapy, in Portuguese.

Merrimack Valley Immigrant and Education Center

439 S. Union St.

Building 2, Basement, Lawrence

<https://mviec.org/>

978-683-7316

Monday-Thursday, 8am-2pm. Provides immigrant services such as citizenship classes, ESOL classes, youth workshops, and elder services.

Pollard Memorial Library

401 Merrimack St., Lowell

<https://lowelllibrary.org/services/adult-literacy/>

978-674-4120

One-on-one volunteer tutors for newer speakers of English, New Reader Collection (books aimed specifically at new readers of English), and online conversation groups for newer speakers of English.

Disability-Related Services

American Training, Inc.

150 Industrial Ave., Lowell

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

978-275-9989

Programs for people with disabilities and youth-at-risk. Includes job training, career placement, transportation, and clinical services.

Family Ties of Massachusetts

<http://www.massfamilyties.org>

800-905-TIES (8437)

Provides information, referral services, emotional support, and trainings to parents of children and youth with special needs.

Federation for Children with Special Needs

The Schrafft Center

529 Main Street, Suite 1M3

Boston, MA 02129

<https://fcsn.org/>

(800) 331-0688 or (617) 236-7210

Services for families of children with disabilities, available in multiple languages. Includes support navigating early intervention, IEPs, and healthcare.

Fidelity House

439 S. Union St. Ste 401, Lawrence

<https://fidelityhhs.org/>

978-685-9471

Services include Activities, Family Support Center, Adult Day Services, Adult Foster Care

Incompass Human Services

4 Omni Way, Chelmsford

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

978-349-3000

Services for persons with intellectual and developmental disabilities.

Massachusetts Department of Public Health/Case Management

<https://www.mass.gov/service-details/about-dph-care-coordination>

978-851-7261

Massachusetts Disabled Persons Protection Commission

<https://www.mass.gov/orgs/disabled-persons-protection-commission>

DPPC protects adults with disabilities from the abusive acts or omissions of their caregivers through investigation, public awareness, and prevention.

Reporting Hotline: 800-426-9009

MassHealth/CommonHealth

<https://massairc.org/factsheets/masshealth-commonhealth-fact-sheet/#page-content>

Available to persons with disabilities who don't qualify for MassHealth Standard.

Massachusetts Office on Disability

1 Ashburton Place, Room 1305, Boston

<https://www.mass.gov/orgs/massachusetts-office-on-disability>

617-727-7440

800-322-2020

Monday-Friday 9am-5pm. Provides information, training, and guidance around disability-related matters in Massachusetts.

Massachusetts Rehabilitation Commission, Lowell

55 Technology Dr., 2nd Fl., Lowell

978-458-4544

<https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

Monday-Tuesday, Thursday-Friday: 8:45am-5pm; Wednesday: 8am-5pm. Any individual with disabilities can ask about receiving services, including career counseling and pre-employment transition services.

MassMATCH

Massachusetts Rehabilitation Commission

600 Washington Street, Boston

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

877-508-3974

617-204-3851

Promotes access to/use of assistive technology. Helps with consumer advocacy and technical assistance.

Medicaid/MassHealth

<https://www.mass.gov/topics/masshealth>

Northeast Independent Living Program (NILP)

35 John St., 2nd Fl., Lowell

978-687-4288 x125

<https://www.nilp.org/youth-services/>

Services for young adults, ages 14-22, with transitional skills, support services, and work experiences.

Recreational Adult Resource Association (RARA)

195 High St., Lowell

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

978-453-5598

Nonprofit providing activities for developmentally disabled adults, aged 18 or older.

Domestic Abuse and Sexual Assault

Domestic Abuse

Alternative House

PO Box 2100, Lowell

978-937-5777, 24-hour crisis line: 978-454-1436 or 888-291-6228

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

Emergency shelter, additional housing (post-emergency), employment and life management skills training, support groups, and legal advocacy and support.

Department of Children and Families (DCF)

2 Omni Way, Chelmsford

978-275-6800

978-275-6900 (51A Reporting)

<https://www.mass.gov/orgs/massachusetts-department-of-children-families>

Disabled Persons Protection Commission

<https://www.mass.gov/orgs/disabled-persons-protection-commission>

617-727-6465

24/7 Hotline to report suspicions of abuse to adults with disabilities: 800-426-9009

Domestic Violence Support Network (DSVN)

<http://dvsn.org>

24/7 Helpline: 888-399-6111

Office: 978-318-3421

Collaboration of four agencies and local police departments providing a range of services to prevent DV and help its victims, including crisis support, legal support, outreach, skills training, and self-defense training.

Massachusetts DOJ: Restraining order and harassment court forms

<https://www.mass.gov/lists/restraining-order-harassment-court-forms>

Forms and information

Massachusetts Department of Transitional Assistance, Domestic Violence Unit

<https://www.mass.gov/orgs/department-of-transitional-assistance>

Assistance line: 877-382-2363

DV Unit/DV specialists can help access resources (including housing) and with waivers of some TAFDC rules

SafeLink

(877) 785-2020

Statewide domestic violence hotline

Legal Assistance for Victims of Domestic Abuse

Northeast Legal Aid

35 John Street, #302, Lowell

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

978-458-1465

Includes aid in family law and immigration for victims of domestic violence. Intake hours via phone Monday through Friday, 9am-1pm. In person, Monday and Wednesday, 9am-12pm.

Sexual Assault

Center for Hope and Healing

15 Hurd St., Lowell

<https://chhinc.org/>

978-452-7721

1-800-542-5212 (24-hour hotline)

Free and confidential support, including individual counseling (ages 4+), support groups, medical and legal advocacy.

Massachusetts Office of Victim Assistance

<https://www.mass.gov/orgs/massachusetts-office-for-victim-assistance>

1-844-878-MOVA (6682)

AskMOVA hotline connects crime victims, survivors, and witnesses to free local services

RAINN

<https://www.rainn.org>

1-800-656-HOPE

Free national sexual assault hotline, online chat, and information/resources

Eating Disorders

Hotlines

National Eating Disorder Association Hotline

800-931-2237

Monday-Thursday, 9am-9pm, Friday, 9am-5pm

Thursday's Child Eating Disorders Helpline

866-628-7494

Available 24/7. For teens with eating disorders or other mental health crises.

Therapy and Support

CNC360

33 Bedford St. #20, Lexington, MA

<http://cnc360.com>

781-647-1189

Nutrition and mental health practitioners who specialize in eating concerns and body image issues. Family therapy, home-based therapy, nutrition therapy, and psychotherapy.

ED Referral

<https://www.edreferral.com>

Eating disorder referral service.

Klarman Eating Disorders Center at McLean Hospital

115 Mill St., Belmont, MA

<https://www.mcleanhospital.org/programs/klarman-eating-disorders-center>

617-855-3410

Provides partial hospitalization, inpatient, and outpatient services for adolescents and adults with eating disorders.

Walden Behavioral Care

600 Hickory Dr., Waltham, MA

<https://www.waldeneatingdisorders.com/locations/massachusetts-locations/waltham-hickory-drive/>

888-791-0004

Provides partial hospitalization and residential treatment for young women, ages 16-26. Specializes in anorexia nervosa, binge-eating disorder, and bulimia nervosa.

Education

GLTHS In-House Services

All teachers have an after-school day to provide extra help.

After-school tutoring is available, usually beginning in September, 2-2:45pm.

Before-school tutoring is available, usually beginning in October, 7-7:30am.

Adult Education (16+)

Abisi Adult Education Center

408 Merrimack St., Lowell

<https://www.lowell.k12.ma.us/adulted>

978-937-8989

Free classes for adults who are residents of Greater Lowell to work towards a GED or high school equivalency certification (ages 16-19 must have withdrawn from high school), as well as ESOL classes (ages 18+). Classes are offered both in person and remotely, both mornings and evenings, in multiple locations.

Cambodian Mutual Assistance Association

465 School St., Lowell

<https://www.cmaalowell.org/wp/esol-class-english-speakers-languages/>

978-454-6200

English classes for speakers of other languages.

International Institute

101 Jackson St. Ste. 2, Lowell

<https://iine.org/lowell/>

978-459-9031

English Classes for speakers of other languages, employment assistance, refugee resettlement

JobCorps

<https://www.jobcorps.gov/>

800-733-JOBS

High School Diploma and/or career training for individuals ages 16-24 who are low-income. Residential or non-residential training. Location in Devens, MA.

Lowell Middlesex Academy Charter School

67 Middle St., Lowell

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

978-656-3165

Public high school for students who have left their district high school prior to graduation and are at risk of dropping out. Primarily aimed at students aged 15-21 from Lowell, but services students from all of Massachusetts.

Pollard Memorial Library

401 Merrimack St., Lowell

<https://lowelllibrary.org/services/adult-literacy/>

978-674-4120

One-on-one volunteer tutors to teach literacy to adults, as well as the New Reader Collection (a selection of books specifically for basic literacy students and newer readers of English).

UTEC

35 Warren St., Lowell

<https://utecinc.org/>

978-856-3902

Helps youth/young adults (typically gang-involved or previously gang involved) earn a HiSet if they have dropped out of high school.

Youthbuild Lowell/CTI

17 Kirk St., Lowell

<https://www.commteam.org/program/youthbuild/>

978-454-5400

GED Prep, Vocational Training, Case Management, Employment assistance

Early Childhood

CTI

17 Kirk St., Lowell

<https://www.commteam.org/program/early-learning-head-start-early-head-start-earning-programs/>

<https://www.commteam.org/programs/>

978-454-5400

Early intervention services, parent training, and child care services available for eligible families with children ages 6 weeks to 10. Transportation for daycare available. Additional programming/services and supports available for families with children up to age 8 (see, for example, [Youth Outreach](#)).

South Bay/The MENTOR Network

22 Old Canal Dr., Lowell

<https://www.southbaycommunityservices.com/services-old/early-childhood-services/>

508-521-2200

Family-centered early intervention services for ages 0-3. Also provides a variety of mental health services for other ages.

Thom Anne Sullivan Center

126 Phoenix St., Lowell

<https://www.thomchild.org/locations/lowell-anne-sullivan-center/>

978-453-8331

Family-centered early intervention services for ages 0-3.

Financial Support

Golden Door Scholarship

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

info@goldendoorscholars.org

Provides large scholarship for high-performing students who are part of DACA or TPS, or who are undocumented immigrants. Scholars also have year-round mentorship and career support. Applications due in mid to late October.

Virtual Schools

TECCA Connections Academy

<https://www.connectionsacademy.com/massachusetts-virtual-school/>

844-216-8398

Online public K-12 school.

Greater Commonwealth Virtual School

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

413-475-3879

Online public K-12 school.

Emergency Mental Health Services

Crisis and Stabilization

9-1-1 (first responders)

9-8-8 (suicide and crisis hotline)

Youth Mobile Crisis (through Vinfen Behavioral Health)

40 Church St., Lowell

<https://vinfen.org/cbhc>

866-388-2242 or 978-674-6744

Services can be mobile, received on site or telehealth. Mobile Crisis will service any Mass-Health insured, or uninsured youth up to age 21, parent permission is needed to schedule. Many private insurance plans are accepted as well. For appointments on site at Vinfen, counselors can schedule the time, but parents will need to be informed and bring them to the appointment. No denial of service.

Emergency Rooms/Hospitals

Unless noted, all listings are 24 hours/day.

Lowell General Hospital/Main Campus

295 Varnum Ave., Lowell

978-937-6000

Lowell General Hospital/Saints Campus

1 Hospital Dr., Lowell

<https://www.lowellgeneral.org/services/emergency-department>

978-937-6000

Specialized areas for cardiac care; ear, nose and throat disorders; orthopedic injuries and casting; mental health; and an area for complete examinations. Interpreter services available: call 978-937-6591 for the main campus or 978-934-8356 for the Saints campus, or email Interpreter.Services@lowellgeneral.org

Employment/Workforce Assistance

GLTHS In-House Resources

Coop: Stacy Bezanson, Director of Co-Operative Education, Rm 2550, x4959
Part-time Employment and Co-Op Coordinator: Brian Jones, Rm. 3257x4935
Job Permits: School Counseling Office, x4952

Workforce Training

American Training, Inc.

150 Industrial Ave., Lowell
<https://www.americantraininginc.com/>
978-275-9989

Programs for people with disabilities and youth-at-risk. Includes job training, career placement, transportation, and clinical services.

CTI YouthBuild of Greater Lowell

17 Kirk St., Lowell
<https://www.commteam.org/cti-youthbuild-of-greater-lowell/>
978-446-9803

Primarily aimed at people ages 16-24 who have dropped out of high school. Helps with diploma acquisition and job skills/placement. Focus on construction and culinary work.

Department of Transitional Assistance (DTA)

131 Davidson St., Lowell
<https://www.mass.gov/dta-pathways-to-work>
978-446-2400

Programs to help secure employment through education and/or training.

House of Hope's Learn2Work Program

812 Merrimack Street , Lowell
<http://houseofhopelowell.org>
info@houseofhopelowell.org
978-458-2870

Employment and training for homeless and previously-homeless heads of households (retail and culinary programs)

Job Corps

Shriver Job Corps Center
270 Jackson Rd., Devens, MA
<https://www.jobcorps.gov/>
978-784-2600

Workforce training and career development program for young adults, ages 16-24 (or older with a documented disability), who are income eligible. Must apply and

then go through a residential program. Provides transitional services upon completion of training. Can include high school education completion as needed.

Mass Hire Lowell Career Center

107 Merrimack St., Lowell

<https://masshirelowellcc.com/>

978-458-2503

Massachusetts Career Center. Has a young adult department that provides job search and career assistance to youth ages 14-24 in Greater Lowell.

Massachusetts Rehabilitation Commission, Lowell

55 Technology Dr., 2nd Fl., Lowell

<https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

978-458-4544

Monday-Tuesday, Thursday-Friday: 8:45am-5pm; Wednesday: 8am-5pm. Any individual with disabilities can ask about receiving services, including career counseling and pre-employment transition services.

UTEC

35 Warren St., Lowell

<https://utecinc.org/>

978-856-3902

Multiple programs for at-risk youth, including job training, mental health services, and support for teen parents.

Fitness and Activities

Community Service and Life Skills

Salvation Army

150 Appleton St., Lowell

<https://massachusetts.salvationarmy.org/MA/Lowell>

978-458-3396

Bridging the Gap: life skills and community service program, aimed at weekly participation for 12 weeks, offered every Monday and Wednesday 3pm-6pm. Christian-focused.

Drop-in Centers

YouthQuake

167 Dutton St., Floor 3, Lowell

<https://www.facebook.com/YouthQuakeAccessCenter>

615-404-5505

Tues, Wed, Thurs, 12-6pm. By appointment on Monday and Friday. Ages 16-25. Programming includes movie nights, arts and crafts, game nights, cooking group, young parent group.

Sports/Gym Access

Greater Lowell YMCA

35 YMCA Drive, Lowell

<https://greaterlowellymca.org/>

978-454-7825

Open Weekdays 5am-10pm, Weekends 7am-4pm.

Sliding scale fees available upon application. Can also access with a daily rate.

Lowell Police Youth Services

Boxing: Portuguese American Youth Center

739 Central St., Lowell

Basketball: Holy Trinity Polish Church

340 High St., Lowell

<https://www.lowellma.gov/1581/LPD-Youth-Services>

LPDYouthServices@lowellma.gov

Boxing: Free boxing workouts for city residents aged 10-18. Must submit an application with guardian permission before joining. Classes offered Monday/Wednesday 3:30-4:30 and 4:30-5:30 (geared more towards students with less than 3 months experience) and Tuesday/Thursday 3:30pm-4:30pm and 4:30pm-5:30pm (geared more towards students who have been coming for more than 3 months, unless cleared by staff). *hours subject to change on school vacation breaks and holidays.

Basketball: Basketball with LPD officers, open to city residents age 14-18. Offered Friday nights, 6pm-9pm.

To register, please visit

<https://docs.google.com/forms/d/e/1FAIpQLScVJDko4XPFVhukaNT6UqmxxZOv6oBuKc-rOLoXVzIVXOnC8A/viewform>.

Salvation Army

150 Appleton St., Lowell

<https://massachusetts.salvationarmy.org/MA/Lowell>

978-458-3396

Open gym basketball, second Friday of every month 4-7pm, open to youth ages

13-18.

Food Assistance

Food Pantries

Gryphon Market, Greater Lowell Technical High School

Small food pantry available for GLTHS students through Ms. Mosko in the Cafe. Keys also in School Counseling and Special Education. Backpacks are available so students can carry food discreetly.

Catholic Charities of Merrimack Valley

70 Lawrence St., Lowell

<https://www.ccab.org/basic-needs/food-pantries/>

978-454-9946

Open Monday through Thursday, 1-3:30pm.

Central Food Ministry

370 W. 6th St., Lowell

<https://cfministry.org/need-food>

978-454-7445

Five-day supply of food available once monthly per household, by appointment. Call to make an appointment the day you'd like to visit. Open for calls Tuesday through Thursday, 10am-1pm, and Thursday, 7pm-8pm. Visitors can also browse for bread and clothing.

Chelmsford Food Pantry

50 Rear Billerica Rd. Beige Trailer, Chelmsford

<https://chelmsfordfoodpantry.org/>

978-746-6914

Thursday 2-4pm, Saturday 12-1:30pm, Can also deliver in special cases, email chelmsfordfoodpantry@gmail.com

Dracut Food Pantry

1934 Lakeview Ave. #11, Dracut

978-957-8600

4th Saturday of the month, 9-11am, visit their Facebook page to confirm open hours.

Living Waters

10 Kirk St. Lowell

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

978-323-4673

Free food cart, Thursday, Friday, Saturday. Also provides free meals, see below for days/times.

Lowell Senior Center, age 60+

276 Broadway, Lowell

<https://www.lowellma.gov/373/Senior-Center>

978-674-4131

Meals 7 days a week, Breakfast, 6-7am, Lunch 11-11:30

Merrimack Valley Food Bank

735 Broadway Lowell

www.mvfb.org

978-454-7272

Does not have its own pantry but collects food and distributes it to local pantries. Website has a list of local food pantries, meals and opening times. They will deliver to elderly and homebound.

Open Pantry of Greater Lowell

Registration: 200 Central St.

Pickup: 13 Hurd St., Lowell

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

978-453-6693

Food pantry provides a standard order of food twice per month. Open to residents of Lowell, Billerica, Chelmsford, Dracut, Tewksbury, Tyngsboro, Westford, and Wilmington. To register, an identification card is requested.

Project Bread

www.projectbread.org

800-645-8333, 617-723-5000

Referrals to local food resources, confidential pre-screening for SNAP benefits

Salvation Army Lowell Corps Community Center, Choice Pantry

150 Appleton St. Lowell

<https://massachusetts.salvationarmy.org/MA/LOWNeedHelp>

978-458-3396

Weekly food pantry providing groceries that clients can select. Open weekly on Mon, Wed, and Fri (9-11am); Sunday 4pm (meal after religious services).

By appointment only during November and December. Must bring proof of address to apply, photo ID recommended, on first visit.

Tewksbury Community Food Pantry

999 Whipple Rd. Tewksbury

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

978-858-2273

Second Sunday 9-11am, the following Mon 7-8pm, the following Saturday, 10-11am

Meals

Life Connection Center (Adults only)

192 Appleton St. Lowell

<http://lifeconnectioncenter.org/>

978-997-0588

Lunch, Mon, Tues, Wed, 12-2pm for Middlesex County Adults.

Living Waters

10 Kirk St. Lowell

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

978-323-4673

Thursday, Cafe 9am, Lunch 12:00pm, Dinner4All, 6:00pm, Journey Church. Cafe open Thursday-Sat 10:30-1:00pm. Bagels for students, Friday 6:30am. Breakfast Friday and Saturday 9am. Lunch Friday 12:00pm. (Bag lunch available as well, Friday and Saturday.) Also has a free food cart, Thursday, Friday, Saturday.

Salvation Army Lowell Corps Community Center

150 Appleton St. Lowell

<https://massachusetts.salvationarmy.org/MA/LOWNeedHelp>

978-458-3396

Meal after religious services, Sunday 4pm. Weekly food pantry providing groceries that clients can select. Open weekly on Mon, Wed, and Fri (9-11am); By appointment only during November and December. Must bring proof of address to apply, photo ID recommended, on first visit.

St. Paul's Soup Kitchen

Eliot Presbyterian

273 Summer St., Lowell

<http://stpaulssoupkitchen.org/>

Dinner is served Monday through Friday, 5pm-5:45pm, rain or shine. Takeout available 5pm-5:45pm. Coffee available 3pm-4:55pm.

Table of Plenty

75 Groton Rd., North Chelmsford

<https://tableofplentyinchelmsford.org/meal-info/>

978-256-5133, 5555

Dinner Tuesday 5:00-6:00pm

Monetary Assistance

Mill City Grows (HIP Program)

<https://www.millcitygrows.org/healthy-incentives-program-hip/>

When paying for Mobile Market produce purchases using SNAP benefits (see site for schedule), families can earn \$40-80/month in their EBT accounts.

SNAP (Supplemental Nutrition Assistance Program)

Massachusetts Department of Transitional Assistance, Lowell Office

131 Davidson St., Lowell

877-382-2363

978-446-2400

<https://www.mass.gov/snap-benefits-food-stamps>

<https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

<https://www.mass.gov/snap-benefits-formerly-food-stamps>

<https://www.mass.gov/locations/dta-lowell-transitional-assistance-office>

<https://dtaconnect.eohhs.mass.gov/>

Apply for SNAP, TAFDC, EAEDC (food-related financial assistance) through the Massachusetts DTA. Local lobby is open for services Monday-Friday, 8am-5pm. Phones and copiers are available for client use; staff and interpreters are available for help as well.

Women, Infants, and Children (WIC)

<https://www.fns.usda.gov/wic/women-infants-and-children-wic>

800-942-1007

Health Services

Health Financial Assistance

Health Resource & Services Administration

<https://www.hrsa.gov/get-health-care>

Online resource guide to find affordable health care as well as assistance with specific conditions.

MassHealth

<https://www.mass.gov/how-to/apply-for-masshealth-the-health-safety-net-or-the-childrens-medical-security-plan>

Affordable health care for eligible Massachusetts residents. Immigration status and/or citizenship must be verified.

Health Information

AIDS Outreach Center

www.aoc.org

English Hotline: 800-342-AIDS (2437), Spanish Hotline: 800-344-7432

City of Lowell Health Department

107 Merrimack St. 4th Fl, Lowell

<https://www.lowellma.gov/275/Health>

978-970-4010

Lowell General Hospital Physician Referral Service

800-544-2424

Massachusetts Immunization Program

<https://www.mass.gov/massachusetts-immunization-information-system-miis>

Hospitals, Primary and Urgent Care

Lowell Community Health Center (walk-in center for current patients)

161 Jackson St., Lowell

<https://www.lchealth.org/health-wellness/healthy-community/hiv-sti-screening-treatment/>

978-937-9700

Weekdays: 8:30am-7pm; Saturday: 8am-4:30pm.

Provides physical, dental, eye, and mental health services. Walk-in services are available for minor illnesses Monday-Friday, 8am-1:20pm.

Lowell General Hospital
295 Varnum Ave, Lowell
1-978-369-1400
TTY:1-800-439-0183

Lowell General Hospital/Saints Campus
1 Hospital Dr., Lowell
978-937-6000

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

Includes ER, wellness center classes, concussion care, behavioral health (including substance use, crisis stabilization, adult inpatient and outpatient)

Middlesex Community College Dental Clinic
44 Middle St., Talbot Building, Lowell
<https://www.middlesex.mass.edu/dhclinic/>
978-656-3250

Women's Health Network
<https://www.womenshealthnetwork.com/>
1-800-448-4919

Insurance

Children's Medical Security Plan, Medicaid/MassHealth
<https://www.mass.gov/topics/masshealth>
800-841-2900

Healthcare for All
1 Federal St, 5th floor. Boston
<https://hcfama.org/>
800-272-4232, 617-350-7279

Pediatric Support

Lowell General Hospital Pediatric Emergency Care
295 Varnum Ave, Lowell
1-978-369-1400
TTY:1-800-439-0183
<https://www.lowellgeneral.org/services/pediatric-emergency-care>
Specialized emergency room for pediatric visitors, as well as pediatric emergency clinicians.

Hotlines/Helplines/Informational Websites

First Call for Help

<https://mass211.org/>

211

Multi-functional help site: financial assistance, housing, CRA, child care, food security, general support, transportation, domestic violence, youth homelessness

Addiction(for substances, see Substance Use)

National Council on Problem Gambling

<https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>

800-522-4700 hotline - phone/text

Child Safety

Child-at-Risk Hotline

800-792-5200

24 hour hotline to report suspected abuse/neglect.

Kid's Net Helpline

<https://www.mspcc.org/kidsnet/>

800-486-3730

1-800-RUNAWAY

www.1800runaway.org

800-786-2929

Counseling, Crisis and Suicide Prevention

Crisis Text Line

<https://www.crisistextline.org>

Text HOME to 741741

Free 24/7 crisis support

Make It OK

<http://makeitok.org>

Massachusetts Behavioral Health Helpline

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

833-773-2445

Mental Health America
<https://mhanational.org/>
800-969-6642

SAMSHA Suicide and Crisis Hotline; Samaritans
Call or text: 988
<https://988lifeline.org/>
Provides 24/7 crisis support as well as resources for mental health services.

Domestic Violence and Sexual Assault

Asian Initiative Against Domestic Violence
<https://www.atask.org/>
617-338-2355, 24/7 multilingual hotline

National Domestic Violence Hotline
<https://www.thehotline.org/>
800-799-7233 or Text START to 88788

RAINN
<https://www.rainn.org>
1-800-656-HOPE
Free national sexual assault hotline, online chat, and information/resources

REACH Beyond Domestic Violence
<https://reachma.org>
Hotline: 800-899-4000
Free local hotline to connect victims of domestic violence with emergency assistance

Safelink
www.casamyrna.org
877-785-2020

Women's Resource Center/Jane Doe
www.janedoe.org
978-373-4041

Eating Disorders

National Eating Disorder Association Hotline
<https://www.nationaleatingdisorders.org/help-support/contact-helpline>
800-931-2237
Call or text; Monday-Thursday, 9am-9pm, Friday, 9am-5pm, online chat option

Thursday's Child Eating Disorders Helpline
866-628-7494
Available 24/7. For teens with eating disorders or other mental health crises.

Fuel Assistance/Housing

Energy Assistance/Cold Relief Heat Line

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

800-632-8175

Foreclosure Prevention Hotline

<https://995hope.org/>

888-995-HOPE

Literacy

Massachusetts Adult Literacy Hotline

<https://www.sabes.org/content/massachusetts-adult-literacy-hotline-how-we-can-help-you>

800-447-8844

LGBTQ+

BAGLY Information Line

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

617-227-4314

Boston Alliance of Gay and Lesbian, Bisexual, Transgender, Queer Youth

LGBTQ Helpline

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

866-488-7386

or Text 678-678

Peer Listening Line

800-399-PEER (7337)

PFLAG

<https://gbpflag.org/>

866-312-5007

Support line for Parents and friends of LGBTQ people

Trans Lifeline

1-877-565-8860

Primarily for transgender people in crisis, but welcomes any transgender person in need.

Parental Support

Parents Helping Parents/Parental Stress Line

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

800-632-8188

Parents without Partners

www.parentswithoutpartners.org

800-637-7974

Substance Use

Lowell House

101 Jackson St. 4th fl, Lowell

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

978-788-4545

After-hours helpline for urgent/non-emergency matters. Can be connected with a clinician.

Massachusetts Substance Abuse Information and Education Helpline

800-327-5050

TTY: 888-448-8321

www.helpline-online.com

Available 24/7. Provides information and referral for substance use problems, including DUI, anger management, detoxification, residential programs, outpatient counseling. Interpreter services available in 140 languages.

SAMHSA National Helpline

1-800-662-HELP (4357)

Treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

Youth/Adolescents

Hey Sam (Samaritans)

Text 439-726

Peer to Peer text line; 9am-midnight daily.

TeenLine

<https://teenlineonline.org/talk-now/>

1-800-TLC-TEEN (1-800-852-8336)

Text TEEN to 839863

Calls: 6pm-10pm PST (9pm-1am EST)

Texts: 6pm-9pm PST (9pm-12pm EST)

Connects teens with peer counselors. Answers emails every night. Online message board also available.

Housing

Affordable Housing

Lowell Housing Authority (LHA)

350 Moody St.

Lowell, MA

978-364-5311

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

Provides affordable rental housing units in the Lowell area and rental assistance in the form of subsidies to low-income individuals and families (Section 8). Website includes a list of housing opportunities, with eligibility, waitlist, and contact info for each property.

NOTE: Local applicants are likely to wait multiple years. Emergency cases 6 months to 1 year.

Massachusetts Housing Resource & Rental Assistance Guide

English: <https://www.hud.gov/sites/dfiles/State/documents/MA-BlueBook.pdf>

Spanish:

https://www.hud.gov/sites/dfiles/State/documents/Blue_Book_2022_Spanish.pdf

Online guide to Housing and Urban Development (HUD) programs related to housing and housing insecurity.

Disability-Related Housing Services

Pathfinders

94 Rock St., Lowell

<https://bridgewell.org/homeless-housing-services/pathfinder-residential-program/>

978-459-3387 or 781-593-1088

Housing and assistance for people with psychiatric disabilities.

Tenancy Preservation Program (TPP)

Eliot Community Human Services

Northeast Housing Court

2 Appleton Street, Lawrence

<https://www.mass.gov/info-details/tenancy-preservation-program>

Phone: 978-685-0116

hlsmnreferral@eliotchs.org

Homelessness prevention program for people with disabilities and their families who are facing eviction.

Housing Consumer Education Centers

Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. Tenants, landlords, prospective buyers, and homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes. Includes resources for homeless/those at risk.

<http://www.masshousinginfo.org>

Community Teamwork

17 Kirk St., Lowell

<http://www.commteam.org>

978-459-0551

Also provides tenant workshops, fuel assistance, family support, employment services, and financial education.

Foreclosure Prevention Hotline

<https://995hope.org/>

888-995-HOPE

Merrimack Valley Housing Partnership

67 Middle St., Suite 501, Lowell

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

978-459-8450

mvhp@mvhp.org

Promotes home ownership opportunities to low- and moderate-income earners through training and counseling (in both English and Spanish) as well as access to special mortgage assistance and down-payment programs.

Legal Support for Housing

Northeast Legal Aid

35 John Street, #302, Lowell

<https://www.northeastlegalaid.org/housing-unit>

978-458-1465

Eviction defense, administrative appeals for housing request denials, foreclosure representation. Free “Lawyer for a Day” services at Northeast Housing Court for income-eligible tenants and small landlords. Visits by appointment only. Call or visit during intake hours (phone: Monday through Friday 9am-1pm; in-person: Monday and Wednesday 9am-12pm).

Also provides many other legal services (see p. 41).

Shelters and Transitional Housing

Addresses may not be published for the safety of the residents. Please call.

Alternative House, Lowell

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

978-454-1436

24-hour crisis hotline: 888-291-6228

Emergency shelter for survivors of domestic violence (including those with disabilities). Transitional housing with a two-year program also available.

House of Hope

812 Merrimack St., Lowell

<https://houseofhopelowell.org/>

978-458-2870

Lowell Transitional Living Center

205-209 Middlesex St., Lowell

<http://ltlc.org/housing/>

978-458-9888

Shelter space, plus winter emergency bed program (November–April). LTLC also provides meals, detox placement, clothing, and GED programming.

Massachusetts Department of Housing and Community Development, Division of Housing Stabilization

<https://www.mass.gov/how-to/find-emergency-family-shelter>

617-573-1370, 877-418-3308

TTY: 617-573-1140

Assists families in locating emergency housing for victims of disaster, domestic violence, no-fault eviction, or health/safety risk to children.

Pathfinders

94 Rock St., Lowell

<https://bridgewell.org/homeless-housing-services/pathfinder-residential-program/>

978-459-3387 or 781-593-1088

Housing and assistance for people with psychiatric disabilities.

Project Kompass

N. Chelmsford, MA and Lowell, MA

<https://projectkompass.org/>

978-710-4255

Assists housing-insecure and at-risk females (ages 18-24) transition to independent living. Provides shared housing, consumer support, parenting support transportation and driving education.

REACH Beyond Domestic Violence Hotline

Hotline: 800-899-4000

<https://reachma.org>

Organization providing shelter, education, therapy, and advocacy for survivors of abuse, serving 27 communities in Metrowest Massachusetts. Hotline workers will aid in finding emergency shelter.

Legal Assistance

Children's Law Center of Massachusetts

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

1-888-543-5298 or 781-581-1977

Dial-a-Lawyer

<https://www.massbar.org/public/dial-a-lawyer>

617-338-0610

Health Law Advocates/Mental Health Advocacy Program for Kids

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

1-888-218-2519 or 617-338-5241

International Institute

<https://iine.org/lowell/>

978-459-9031

Legal assistance/civic engagement for refugee families

Massachusetts Advocates for Children

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

617-357-8431

Education rights for newly arrived children

Massachusetts Child Support Enforcement

<https://www.mass.gov/orgs/child-support-enforcement-division>

800-332-2733

Mass Legal Resource Finder

<https://masslrf.org/en/home>

Northeast Legal Aid

35 John Street, #302, Lowell

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

978-458-1465

Wide range of legal services provided, including family law, elder law, housing law, tax law, racial injustice/discrimination, and record-sealing. Services available in English, Portuguese, and Khmer. Visits by appointment only. Call or visit during intake hours (phone: Monday through Friday 9am-1pm; in-person: Monday and Wednesday 9am-12pm).

LGBTQ+ Issues

Helplines and Chat Rooms

LGBT National Help Center

Youth Talkline: 1-800-246-PRIDE (7743)

Online Peer-Support Chat: <https://www.lgbthotline.org/peer-chat.html>

Weekdays, 4pm-12pm; Saturday, 12pm-5pm

Peer support for teens and young adults up to age 25. Online resources and chat rooms are also available.

Trans Lifeline

1-877-565-8860

Available 24/7.

Primarily for transgender people in crisis, but welcomes any transgender person in need.

TrevorChat

<https://www.thetrevorproject.org/get-help-now/>

Available 3pm-10pm daily.

Online instant messaging with counselors for LGBTQ youth and young adults in need of counseling support.

TrevorLifeline

1-866-4-U-TREVOR (488-7386)

Available 24/7.

Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults.

TrevorText

Text TREVOR to 1-202-304-1200

Available weekdays, 3pm-10pm.

Local Organizations

YouthQuake

167 Dutton St., Floor 3, Lowell

<https://www.facebook.com/YouthQuakeAccessCenter>

617-404-5505

Weekly LGBTQ+ group in person and on Zoom, Thursday 4-6pm. Ages 16-25.

Social Support

GLADLY

Center for Hope & Healing

15 Hurd St., Lowell

clarence@chhinc.org

In-person LGBQ/T+ youth space. Contact Clarence for more information.

LGBT National Help Center

LGBTQ Teens Online Talk Group: <https://www.glbthotline.org/lgbtqteens.html>
(Tuesday, 7-9pm ET; ages 12-19)

Trans Youth Online Chat Group: <https://www.glbthotline.org/transyouth.html>
(Thursday, 7-9pm ET; ages 13 and younger)

Trans Teens Online Talk Group: <https://www.glbthotline.org/transteens.html>
(Thursday, 7-9pm ET; ages 12-19)

Weekly moderated chats. Online resources and one-to-one peer counseling/helpline also available.

Massachusetts Transgender Political Coalition

<https://www.masstpc.org>

Online resources and connections, including the ID Project (legal assistance to change name and gender marker) and financial assistance for the ID Project.

Life Connection Center

192 Appleton St., Lowell

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

978-997-0588

Free HIV and STI testing, drop-in services Monday through Friday, 9am–4pm.

TrevorSpace

<https://www.trevorspace.org>

Online chat rooms for LGBTQ+ young people (ages 13-24) to connect.

Miscellaneous/Other Services

Grief Support Services for Minors

GLTHS has a bereavement group that meets weekly through the School Counseling Department. Please direct the student to their School Counselor for details.

Children's Room

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

Peer support groups, teen programming, family nights, etc.

Comfort Zone Camp

<https://comfortzonecamp.org/>

Summer camp for children and young adults who have experienced loss.

Heart Play Program

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

Groups and summer camp (Camp Erin) for children and teenagers who have experienced loss or serious illness in a family member.

Pregnancy/Parenting

Acre Family Day Care
55 Middle St. Ste. 500, Lowell
<https://acrefamily.org/>
978-937-5899

Baby Safe Haven
www.nationalsafehavenalliance.org
888-510-BABY (2229)
Information on surrendering a child within the first 7 days of birth

Brigid's Crossing/Housing for Pregnant/Parenting Teens
2 group homes in Lowell
<https://www.ccab.org/basic-needs/shelters/>
978-454-0081
Only open to DCF involved youth or through a referral from DTA

Child Care Circuit
www.childcarecircuit.org
800-660-2868
Information on child care, choosing a provider, free assistance locating a provider, subsidies

CTI Head Start
5 programs in Lowell/Dracut
<https://www.commteam.org/program/early-learning-head-start-early-head-start-learning-programs/>
978-454-5100

Family Ties
<https://www.massfamilyties.org/>
800-905-TIES (8437)
Referrals to local Early Intervention Programs, Parent2Parent support

First Candle
www.firstcandle.org
800-221-7437
SIDS Awareness & Grief Counseling

Healthy Families
151 Warren Street, Lowell
www.mspcc.org
978.937.3087

LaLeche League

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

800-LA-LECHE

Support for breastfeeding Moms

Lowell Community Health Prenatal Clinic/Teen Clinic

<https://www.lchealth.org/health-wellness/medical-services/ob-family-planning/>

978-937-9700

Lowell General Hospital Childbirth Classes

<https://www.lowellgeneral.org/explore/events/childbirth-education>

Planned Parenthood

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

Postpartum Support International

<https://www.postpartum.net/>

Welcome Family/Thom Anne Sullivan Center

126 Phoenix Ave., Lowell

<https://www.thomchild.org/locations/lowell-anne-sullivan-center/>

978-453-8331 x1140

Home visits from staff and/or a nurse for mothers and newborns, Early Intervention

WIC/CTI

17 Kirk St. Lowell

<https://www.commteam.org/program/women-infants-and-children-wic/>

Young Parent Support Program/Children's Friend

<https://jri.org/services/foster-adoption-ecs/young-parents-support>

Home visits helping young parents secure items and services they need, parenting education and referrals to community agencies.

Substance Programs

Alcoholics Anonymous

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

Website allows search by town.

Lowell House

101 Jackson St. 4th fl, Lowell

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

978-459-8656

Substance misuse treatment and groups.

Massachusetts Substance Abuse Information and Education Helpline

800-327-50505

TTY: 888-448-8321

www.helpline-online.com

Available 24/7. Provides information and referral for substance use problems, including DUI, anger management, detoxification, residential programs, outpatient counseling. Interpreter services available in 140 languages.

National Council on Problem Gambling

<https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>

800-522-4700 hotline - phone/text

SAMHSA National Helpline

1-800-662-HELP (4357)

Treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Trinity Care Associates

100 Merrimack St. Ste. 205, Lowell

<https://www.tri-cares.com/index.php>

978-455-0756

Suicide Prevention and Response

Hotlines

9-8-8–Massachusetts 24/7 Suicide Hotline

Crisis Text Line

<https://www.crisistextline.org>

Text HOME to 741741

Free 24/7 crisis support

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

(Press # 1 if you are a veteran)

Samaritans Statewide Hotline

<https://samaritanshope.org/>

Call or Text: 1-877-870-HOPE (4673)

Resources

Now Matters Now

<https://www.nowmattersnow.org>

Online video-based program specifically designed to teach coping skills, such as mindfulness and opposite action, to people struggling with suicidal thoughts. Based in dialectical behavior therapy.

Support Groups

By Topic

GLTHS In-House Resources

Contact the School Counseling Office for a list of current groups. Topics have included anger management, anxiety, bereavement, chronic illness, executive functioning, teen parent support.

Domestic Abuse

Alternative House

PO Box 2100, Lowell

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

978-937-5777

24-hour crisis line: 978-454-1436 or 888-291-6228

Emergency shelter, additional housing (post-emergency), employment and life management skills training, support groups, and legal advocacy and support.

Eating Disorders

The Renfrew Center Virtual Group Therapy

<https://renfrewcenter.com/services/virtual-treatment/>

800-RENFREW

Weekly support group run by eating disorder treatment center, The Renfrew Center. Virtual intensive day treatment is also available.

Grief and Suicide Loss

Care Dimensions

<https://www.caredimensions.org/grief-support/>

A free virtual workshop series for parents/caregivers focused on supporting grieving children/teens. Held on the second Wednesday of every month, 7:30-9pm. Register by emailing ChildLife@CareDimensions.org.

Children's Room

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

Peer support groups and other services specifically for children and adolescents.

LGBTQ+

YouthQuake

167 Dutton St., Floor 3, Lowell

<https://www.facebook.com/YouthQuakeAccessCenter>

617-404-5505

Weekly LGBTQ+ group in person and on Zoom, Thursday 4-6pm. Ages 16-25.

Sexual Assault Survivors

Center for Hope and Healing

21 George St., 4th Floor, Lowell

<https://chhinc.org/>

1-800-542-5212 (24-hour hotline)

Other services include individual counseling (ages 4+) and medical and legal advocacy.

Substance Issues

Al-Anon/Alateen

<https://al-anon.org/newcomers/teen-corner-alateen/>

1-888-425-2666

Youth Outreach and Family Support

Court-Involved Youth

Justice Resource Institute

Juvenile Justice Division

<https://jri.org/services/acute-care-and-juvenile-justice/juvenile-justice>

Division Director: Mark Hutchinson (as of September 2022)

617-851-9805; mhutchinson@jri.org

Variety of services for court-involved youth, including mental health services, advocacy, and residential homes. Online “Navigator” can aid in finding the best services for each person.

Massachusetts Department of Children and Families (DCF)

Greater Lowell Office

2 Omni Way, N. Chelmsford

<https://www.mass.gov/orgs/massachusetts-department-of-children-families>

978-275-6800

Massachusetts governmental department in charge of child and family welfare. This includes providing services to families with parents and/or caregivers with disabilities.

One Can Help

<https://onecanhelp.org>

Connects court-involved youth and families to resources and provides support when no other avenue is available.

UTEC

35 Warren Stl., Lowell

<https://utecinc.org/>

978-856-3902

Multiple programs for at-risk youth, including home visits for court-involved teenagers/young adults.

Family Support

Family Connection of Greater Lowell

Pawtucket Congregational Church

15 Mammoth Rd., Lowell

TFC.Lowell@gmail.com

<http://tfcplayspace.weebly.com/>

Low-cost, nonprofit, member-run playspace.

Family Ties of Massachusetts

<http://www.massfamilyties.org>

800-905-TIES (8437)

Provides information, referral services, emotional support and trainings for parents of children and youth with special needs.

Home Base

One Constitution Wharf, Suite 140, Charlestown

<https://homebase.org/>

Services for veterans and their families, including physical and mental health, family support, substance misuse treatment, and fitness/wellness.

Michael Christensen Family Support Center

Greater Lawrence Community Action Council

<https://www.glcac.org/departments/Community-Family-Support-Center-CFSC.html>

978-681-4900

Exchange Parent Aide Program, which works with families with caregivers under stress and whose children are at risk of abuse or neglect.

One Tough Job

<https://onetoughjob.org/>

Resource guide for parents in Massachusetts.

YWCA of Greater Lowell

97 Central St., Lowell

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

978-454-5405

Parenting support, as well as multiple youth-oriented services.

Runaway Services

National Runaway Safeline

<https://www.1800runaway.org>

1-800-RUNAWAY (786-2929)

Chat online: <https://www.1800runaway.org>

Text 66008

Provides 24/7 phone support, help finding emergency shelter, bus transportation home for runaway youth who want to return (for ages 12-21), three-way conference calls with parents or messaging service with parents.

Transitional Living Program (TLP)

U.S. Department of Health and Human Services

<https://www.benefits.gov/benefits/benefit-details/619>

1-800-621-4000

Call to locate the nearest youth basic center. Provides homeless youth with stable, safe living accommodations for up to 21 months.

Youth Programs

Boys and Girls Club

657 Middlesex St., Lowell

<https://lbgc.org/>

978-458-4526

Multiple programs for member children and teens, including academic support, meals, "music clubhouse," and athletics. Open Monday-Friday, 2-6pm, for \$30 annual fee. Teen nights Tuesday-Thursday, 6pm-8pm.

Girls Inc.

220 Worthen St., Lowell

<https://girlsinclowell.org/>

978-458-6529

After-school and summer programs for girls, ages 5-18. Fee-based with scholarships available.

Teen BLOCK (Lowell Community Health Center)

161 Jackson St., Lowell

<https://www.lchealth.org/health-wellness/healthy-community/teen-block-youth-programs/>

978-937-9700

Free after school program for ages 13-18. Includes multiple activities and events, such as a support group, community outreach opportunities, and healthy relationship mentoring.

Merrimack Valley Immigrant and Education Center

439 S. Union St., Building 2, Basement, Lawrence

<https://mviec.org/>

978-683-17386

Free youth writing summer workshops in the evenings, aimed at immigrant/refugee teenagers. May be accessible virtually.

UTEC

35 Warren St., Lowell

<https://utecinc.org/>

978-856-3902

Multiple programs for at-risk youth, including job training, mental health services, and support for teen parents.

YouthQuake

167 Dutton St., Floor 3, Lowell

<https://www.facebook.com/YouthQuakeAccessCenter>

Tues, Wed, Thurs, 12-6pm. By appointment on Monday and Friday. Ages 16-25. Programming includes movie nights, arts and crafts, game nights, cooking group, young parent group.

Youthbuild Lowell

17 Kirk St., Lowell

<https://www.commteam.org/program/youthbuild/>

978-905-7385

YWCA of Greater Lowell

97 Central St., Lowell

978-454-5405

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

Provides multiple youth programs, including young parenting support, work readiness, community involvement, and advocacy.