



CHARLESTOWN COMMUNITY RESOURCE GUIDE



MassGeneral Hospital
for Children



MASSACHUSETTS
GENERAL HOSPITAL

CHARLESTOWN
HEALTHCARE CENTER

AFTER SCHOOL PROGRAMS & PHYSICAL ACTIVITY

Charlestown Boys & Girls Club

Activities for children and teens: painting, climbing wall, pool, music studio, gym, library, homework help, and free dinner served nightly. \$25/year for ages 6-12; \$5/year for ages 13-18. Financial help available. Mon-Fri 1:30-8pm. (617) 242-1775 | 15 Green St., Charlestown
<https://www.bgcb.org/find-your-club/charlestown-club/>

MGH Stay in Shape Program

Free after-school program offered at Charlestown, Chelsea and Revere public schools: Rumney Marsh|Clark Avenue|Eugene Wright Science & Technology|Clarence R. Edwards|Harver-Kent Elementary|Chelsea and Revere High School. Call to enroll your child. (781) 485-6477
<https://www.massgeneral.org/community-health/cchi/community-health-associates/stay-in-shape>

Malden Teen Enrichment Center

Activities for students ages 12 & up: access to gym space, homework help, field trips and volunteering opportunities. To become a member, students must: live or attend school in Malden and complete an application. (781) 397-7234 ext 781 | M-F 2-9pm
1 Salem St., Malden
<https://www.cityofmalden.org/611/Teen-Enrichment-Center>

CAPIC Programs

After school program for all students ages 5-12. Transportation to/from for Chelsea and Revere families. Call to enroll your child. (617) 889-9929 ext 4207 and 4208
100 Everett Ave., Unit 14, Chelsea
M-F 8:30am-4:30pm | <http://www.capicinc.org>

Charlestown YMCA

Swimming, Healthy Living Program, and other activities for families and children of all ages. (617) 286-1220 | Mon-Thurs 5:30am-10:00pm
Fri 5:30am-8:00pm, Sat-Sun 8am-5:30pm
150 3rd Ave., Charlestown
<https://ymcaboston.org/charlestown>

BCYF Charlestown Community Center

Gymnasium, fitness center, and indoor pool. Youth: Free, Teens: \$5/year, Adults: \$40/year (617) 635-5169 | M-F 2-9pm, Sat 9am-5pm
255 Medford St., Charlestown
<https://www.boston.gov/departments/boston-centers-youth-families/bcyf-charlestown>

Boston.gov Charlestown Parks & Playgrounds

<https://tinyurl.com/qlhgswa>

Malden Parks and Facilities

<https://www.maldenrec.com/info/facilities/default.aspx>

Outdoors Rx

Free outdoor program for families & children. Visit website for activities and to sign up for weekly emails. <http://www.outdoorsrx.org/>
(617) 523-0636 | (617) 391 6632

Charlestown Walking Club

April-June. Meets at 73 High St., Charlestown (617) 724-9642|(617) 724-8135
<http://mycharlestown.org/node/1218>

Tenacity Tennis Summer & Reading program

Free & open to all Boston residents ages 6-16. Takes place at 23 different sites around Boston. Registration begins in April. (617) 562-0900
www.tenacity.org/strp-boston/

NUTRITION

Fresh Truck for Fruits & Vegetables

Stop by the fresh truck in Charlestown and East Boston for affordable fruits & vegetables. Pay with cash, credit, SNAP. *Open to all, no registration or ID needed.* (617) 297-7685
Charlestown (150 Medfort St):

Mon 11am-2pm & Thurs 3-6pm.

East Boston (Maverick Sq, 201 Sumner St):

Mon 3-6pm & Tues 3-5pm.

<https://www.aboutfresh.org/fresh-truck/>

Fair Foods \$2 Bag Program

Receive a large bag of fresh produce for \$2. *Open to all, no ID needed* | (617) 288-6185
Charlestown: Thurs 2-3:30pm at The Kennedy Center (55 Bunker Hill St.)

East Boston: every other Friday starting 1/3/2020 at 120 Liverpool St. 2:30-4:00pm & 600 Border St. 2-4pm | (617) 568-4865

<http://www.fairfoods.org/dollarbag.html>

San Lucas Food Pantry

Food pick-up: Sat 9-12pm. Must visit church on Saturdays (12-1pm) to set up appointment before receiving food.

Community Dining: *Open to all, no appointment needed.* Sat 9-10am (breakfast), Sat 11am-12pm (lunch). (617) 884-4278

201 Washington Ave., Chelsea

<https://www.lukelucas.org/outreach/food-pantry.html>

ABCD Charlestown

Help applying for SNAP/Food Stamps.

Walk-ins accepted.

(617) 241-8866 | 23A Moulton St., Charlestown

To see if you qualify for SNAP, see here:

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

Harvest on Vine Food Pantry

Food distributed on 2nd Saturday of month at 10am & last Tuesday of month at 7pm.

Must live in Charlestown. (617) 990-7314
49 Vine St, St Catherine's Hall, Charlestown

Salvation Army/Chelsea Pantry

Food Pantry for Chelsea, Revere, East Boston and Winthrop residents. Mon, Tues, & Thrus 9am-12pm. Must call to make appointment and bring photo ID.

Open to all, no ID or appointment needed:

Fresh produce (Wed 12pm)

Community Kitchen (weekdays 12pm)

<https://tinyurl.com/yyo2xsty>

(617) 884-0260 ext 201

258 Chestnut St., Chelsea

Malden Salvation Army

Food Pantry for Malden, Medford, Everett, Melrose residents. M-F 10am-2pm. Must call to make appointment and bring ID.

Emergency Financial Assistance for utility bills, rent, clothing.

Summer Camp for youth 6-16. \$50 for 1 week.

(781) 324 1970 | 213-219 Main St., Malden

<https://massachusetts.salvationarmy.org/ma/mvyneedhelp>

Department Transitional Assistance (DTA)

Apply for SNAP/food stamps, cash benefits, emergency housing, job assistance.

Chelsea (617) 551-1700 | M-F 8am-5pm
80 Everett Ave., Chelsea

Malden (781) 388-7300 | M-F 8am-5pm
245 Commercial St., Malden

DTA free mobile app:

<https://www.mass.gov/how-to/download-the-dta-connect-mobile-app>

Project Bread FoodSource Hotline

Call for food resources near you. 1-800-645-8333 | Mon-Fri 8am-7pm; Sat 10am-2pm
During the Summer download SummerEats app or text "FOOD" or "COMIDA" to 877-877 or visit www.meals4kids.org

Bread of Life Meals and Pantries

<http://www.breadoflifemalden.org/where-we-serve>

Bread of Life—Malden Food Pantry

Pantry held Wed: 4-6pm Fri: 2-4 pm. Open to residents of Malden, Medford, Everett, Melrose, Saugus, Stoneham, Wakefield, Reading, North Reading & Winchester with proof of address. Families can receive once every 4 weeks.
(781) 397-0404 | 54 Eastern Ave., Malden

MGH Charlestown WIC Program

Parent support groups and resources for child care, adult education, employment.
Tues 8:30am-5pm, Thurs 8:30am-7pm
(617) 724-8198 | 73 High St., Charlestown
<https://www.chelseareverewicprogram.com/resources-for-parents>

Bread of Life – Malden Evening Meals

Free evening meals *open to all, no registration needed*. You do not have to live in Malden.
(781) 397-0404 | Tues- Fri 5:15-6:30pm
First Baptist Church 493 Main St., Malden

Bread of Life - Everett Food Pantry

3rd & 4th Thursday of every month 3-5pm for Everett residents only with proof of address. Families may receive once every 4 weeks.
(781) 397-0404 | City Hall 484 Broadway, Everett

FOOD RESOURCES IN THE SUMMER

Charlestown Farmer's Market

June-October: Wed 2-7pm. Pay cash, credit, debit, WIC & SNAP coupons.
(617) 241-8866 | Main St. & Austin St
<https://www.kennedycenter.org/communityservices/cfm/>

East Boston Farmer's Market

July-October: Wed 3:00- 6:30 pm.
Pay cash, credit, debit, WIC & SNAP coupons.
(617) 568-4783
Central Square Park 201 Border St., East Boston
<https://www.ebnhc.org/en/food-access/farmers-market.html>

Chelsea Summer Food Service Program

Free breakfast & lunch for ages 1-18. See website for all food site locations and hours
(617) 466-4000 | M-F hours depend on location.
<https://www.chelseama.gov/home/news/summer-food-program-location-hours>

HOUSING & UTILITIES

Action for Boston Community Development

Housing, tax assistance, immigration services, help paying for heating bills, clothing, food stamps/SNAP, job fairs, summer employment programs for teens. All housing services: https://bostonabcd.org/service_categories/housing/

ABCD Charlestown

(617) 241-8866 | Mon 11am-5pm

Tues-Fri 9am-5pm

23A Moulton St., Charlestown

<https://bostonabcd.org/location/john-f-kennedy-family-service-center/>

ABCD Malden

(781) 321-2501 | Mon 10am-5pm, Tues-Fri 9am-5pm | 11 Dartmouth St., Suite #104 Malden

www.bostonabcd.org/location/mystic-valley-opportunity-center/

Heading Home

Emergency shelter, transitional, and permanent housing. Financial education and job opportunities. (617) 864-8140

www.headinghomeinc.org/

529 Main St., Suite 100 Charlestown

Good Neighbor Energy Fund

Assistance paying heating fuel and other energy bills for people facing short-term financial crises and do not qualify for government fuel assistance programs. 1-800-334-3047

www.magoodneighbor.org

Housing Families Inc.

Emergency shelter, affordable housing, after school tutoring and homework help.

(781) 322-9119 | Mon-Fri 9-5pm.

919 Eastern Ave., Malden

<https://housingfamilies.org/>

Mass 2-1-1

Call 2-1-1 for help finding childcare, and information on health insurance, food and emergency housing.

<https://tinyurl.com/y3qmjb7t>

MA Emergency Assistance Shelter

All MA residents may call to apply for Emergency Housing. (617) 573-1106

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

Local Housing Authorities

Affordable housing programs:

Everett (617) 387-6389

Mon-Thurs 9am-4pm

393 Ferry St., Everett

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

Malden (781) 322-9460

Mon, Wed, Thurs 8:30am-4:00pm

Tues 8:30am-7pm, Sat 8:30am-12:30pm

630 Salem St., Malden

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

Mass Legal Help—Housing Rights

Call for referral and legal information on housing, employment, immigration, benefits & more. (617) 603-1700

<https://www.masslegalhelp.org/housing-homelessness>

Greater Boston Legal Services (GBLS)

Free legal assistance on civil (noncriminal) matters to residents of Boston & surrounding areas.

(617) 371-1234 | 1-800-323-3205

197 Friend St., Boston

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

SOCIAL SERVICES & HEALTHCARE

Charlestown Coalition: Family Support Circle

Family Support Circle connects parents and youth (ages 7-18) to resources for housing, food, legal, career, education, mental health. Family Support Circle & Adult Learning Center: (617) 726-0058

Drug & Alcohol Recovery: (617) 320-9058

Charlestown Coalition: 15 Green St.

www.charlestowncoalition.org/support-services/

Charlestown Adult Education

Job training and English classes. M-F 9am-5pm (617) 635-5221 | 76 Monument St., Charlestown
www.bhacharlestownadulthood.weebly.com/

Living Tobacco Free

Free one-on-one coaching in English, Spanish & many other languages. Appointments at MGH Chelsea, Revere, Charlestown and Everett HealthCare Centers. (781) 485-6210

English For Speakers of Other Languages (ESOL) Classes at ABCD

Free ESOL classes for all MA residents. (617) 241-8866 | 617-348-6000

Bunker Hill Charlestown Campus

English classes, HiSET (High School Equivalency Exam) classes in Spanish and English. (617) 228-2000 | 570 Rutherford Ave., Charlestown

ADDITIONAL INFORMATION

MGH ARCH Resources www.arch-mgh.org

Health information & resources for adults, families & youth of all ages. (781) 485-6400

Recipes

Visit website for low-cost recipes:

<http://cookingmatters.org>

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

Free Cell Phone Programs

Assurance Wireless

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

Safe Line Wireless

<http://www.Safelinkwireless.com>

MyCharlestown.org/guide

Online Charlestown community resource guide in English and Spanish.

24/7 Mental Health Helplines

Crisis Text line: Text “Brave” to 741-741 for any sort of crisis. A trained counselor will receive the text and respond from a secure, online platform. National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) to be connected to the closest crisis center in your area. *All lines free & confidential.*

MGH Clay Center for Young Healthy Minds

Free, online educational resource to support mental, emotional, and behavior well-being. www.mghclaycenter.org/topics/

Learn about Social Determinants of Health:

English: <https://tinyurl.com/y65xcf5a>

Spanish: <https://tinyurl.com/y39vt2cv>

Visit www.c4hprogram.com for more program information, and resources for your family.

