



PEDIATRIC GROUP PRACATICE COMMUNITY RESOURCE GUIDE



AFTER SCHOOL PROGRAMS

Boys & Girls Clubs

Activities for children and teens: homework help, physical activity, arts & crafts, pool. Dinner/snacks provided. Call to become member. \$25/year for ages 6-12; \$5/year for 13-18. Financial help available.

Edgerley Boys & Girls Club

<https://www.bgcb.org/find-your-club/edgerley-family-south-boston-club/>

(617) 268-4301 | M-F 1:30-8pm
230 W Sixth St, Boston

Condon Boys & Girls Club

(617) 307-6075 | M-F 2:30-6:30pm
200 D St, Boston

<https://www.bgcb.org/find-your-club/condon-club/>

Charlestown Boys & Girls Club

(617) 242-1775 | M-F 1:30-8pm
15 Green St., Charlestown

<https://www.bgcb.org/find-your-club/charlestown-club/>

MGH Revere Youth Zone

Free after-school program for youth in Revere and nearby communities. Visit website for registration forms (English, Spanish, Arabic) and call to sign up.

(617) 548-3723 | M-F 2:30-6:00pm.
300 Broadway, Revere

<https://www.massgeneral.org/revere/youth-zone/mgh-revere-youth-zone.aspx>

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>

MASS 2-1-1

Call 2-1-1 for child care options and vouchers, health insurance information, emergency housing and food assistance.

<https://tinyurl.com/y3qmjb7t>

NUTRITION

Grace Federated Church Food Pantry

East Boston residents can come one time per month and take home several bags of food.

(617) 569-5358 | Sat. 10am-12pm
760 Saratoga St., Boston

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

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 Kennedy Center (55 Bunker Hill St): Every Thurs 2-3:30pm
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>

Malden Salvation Army

Food Pantry M-F 10am-2pm for Malden, Medford, Everett, Melrose residents. Must call to make appointment before visiting pantry.
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>

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

Revere Fresh Produce Mobile Market

Market held first Sat. of month from 10:30-11:30am. See website for more dates. Register in person at market. (617) 806-8793.
Cambridge Health Alliance
454 Broadway, Revere
<https://tinyurl.com/rrave7w>

Chelsea Salvation Army

Food Pantry for Chelsea, Revere, East Boston and Winthrop residents. Mon, Tues, & Thrus 9am-12pm. Must call to make apointment and bring photo ID. (617) 884-0260 ext 201
Open to all, no ID or appointment needed:
Fresh produce (Wed 12pm)
Community Kitchen (weekdays 12pm)
258 Chestnut St., Chelsea
<https://tinyurl.com/yvo2xsty>

San Lucas Food Pantry

Food pick-up: Sat 9-12pm. Must visit church on Saturdays (12-1pm) to set up appoinment 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>

Help applying for SNAP/Food Stamps.

ABCD Boston (617) 348-6000
178 Tremont St, Boston
ABCD Malden (781) 321-2501
11 Dartmouth St. Suite #104 Malden
ABCD East Boston (617) 567-8857
21 Meridian St., East Boston
ABCD Charlestown (617) 241-8866
23A Moulton St., Charlestown

To see if you qualifiy for SNAP, see here:

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

MGH Charlestown WIC

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 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

Malden Transitional Assistance Office

Apply for SNAP & cash benefits
(781) 388-7300 | M-F 8am-5pm
245 Commercial St., Malden
DTA free mobile app <https://tinyurl.com/y4ycuhps>

Bread of Life Meals and Pantries

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

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

SUMMER FOOD RESOURCES

Charlestown Farmer's Market

June-October. Wed 2-7pm.
(617) 241-8866 | Main St. & Austin St., Boston
<https://www.kennedycenter.org/communityservices/cfm/>

Revere Farmer's Market

July-October. Fri 12:30-4:30pm.
(781) 286-8172 | 249 Broadway, Revere.
Pay cash, credit, debit, WIC & SNAP coupons.
<https://www.revere.org/departments/healthy-community-initiatives/farmers-market>

East Boston Farmer's Market

July-October. Wed 3:00-6:30pm
Pay cash, credit, debit, WIC & SNAP coupons.
(617) 568-4783 | Central Square Park, 201 Border St, 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>

Revere Summer Food Service Program

Free lunch to all children at several locations in Revere, June-Aug. Call or see website for all times & locations. (781) 286-8190
<https://www.revererec.org/summer-food-service-program>

PHYSICAL ACTIVITY

East Boston YMCA

Swimming, basketball and other family activities. (617) 569-9622. M-F: 5:30am-9:00pm
Sat-Sun: 7am-7pm | 215 Bremen St.
<https://ymcaboston.org/eastboston>

Malden YMCA

Activities for all ages. Healthy Weight and Your Child Program for families & children 7-13 y.o. (781) 324-7680. For financial help: ext.221
M-F: 5:30am-10:00pm | Sat: 7:00am-8:00pm
Sun: 7:00am-6:00pm | 99 Darmouth St., Malden
<https://www.ymcamalden.org/classes-programs/join-us>

Charlestown YMCA

Swimming, healthy living program, and other programs for families and children of all ages. Mon-Thursday 5:30am-10pm, Fri 5:30am-8pm, Sat-Sun 8am-5:30pm.
(617) 286-1220 | 150 3rd Ave., Charlestown
<https://ymcaboston.org/charlestown>

Charlestown Community Center

Gymnasium, fitness center, and indoor pool. (617) 635-5169 | 255 Medford St., Charlestown
<https://www.boston.gov/departments/boston-centers-youth-families/bcyf-charlestown>

Outdoors Rx

Free outdoor program for families & children. Visit website to see upcoming activities and sign-up for weekly emails. Outdoorsrx.org
(617) 523-0636 | (617) 391 6632

Tenacity Tennis Summer & Reading program (STRP) Free & open to all Boston residents ages 6-16. STRP takes place at 23 different sites around Boston. Registration begins in April. (617) 562-0900
<https://tenacity.org/strp-boston/>

All Boston Parks & Playgrounds

<https://www.boston.gov/departments/parks-and-recreation/popular-playgrounds-and-parks-boston>

Malden Parks and Facilities

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

Revere Parks and Facilities

<https://www.revererec.org/facilities>

Boston Centers for Youth and Family

Gymnasium, teen center, soccer, basketball, after-school programs & more activities for all ages. Call to become member. Financial help available. www.boston.gov/community-centers
Various locations:

BCYF Pino Street (617) 635-5120
M-F 6:30am-9:00pm; Sat 9am-5pm
Youth/Teen: \$5/year; Adults: \$20/year
86 Boardman St., Boston

BCYF Paris Street (617) 635-5125
(617) 635-1409 (pool)
Mon-Sat 6:30am-9pm, Sun 9am-5pm
Youth/Teen: Free; Adults: \$40/year
112 Paris St., East Boston

BCYF Tynan (617) 635-5110
M-F 2-9pm. Youth/Teen: \$5/year Adults: \$10/year
650 East Fourth St., Boston

BCYF Curley (617) 635-5104
Mon-Sat 6:30am-9:00pm; Sun 9am-5pm.
Youth/Teen: Free
Adults: \$100/year
1663 Columbia Rd., Boston

HOUSING & UTILITIES

Action for Boston Community Development

Housing, tax assistance, immigration services, help paying for winter heating bills, clothing, food stamps/SNAP, job fairs, summer employment programs for teens.

All housing services:

www.bostonabcd.org/service_categories/housing/

ABCD East Boston (617) 567-8857

Mon: 11am-5pm, Tues-Fri: 9am-5pm

21 Meridian St., East Boston

www.bostonabcd.org/location/east-boston-apac/

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/

ABCD Charlestown (617) 241-8866

Mon 11am-5pm, Tues-Fri 9am-5pm

23A Moulton St., Charlestown

www.bostonabcd.org/location/john-f-kennedy-family-service-center/

ABCD Boston (617) 348-6000

M-F 9am-5pm. 178 Tremont St., Boston

www.bostonabcd.org/location/abcd-central-offices/

Greater Boston Legal Services (GBLS)

Free legal assistance on civil (noncriminal) matters to residents of Boston and surrounding cities and towns. <https://www.gbbs.org/>

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

197 Friend St., Boston

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>

Housing Families Inc.

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

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

919 Eastern Ave., Malden

<https://housingfamilies.org/resources/other-services/>

Neighborhood of Affordable Housing

English classes, finance classes in English and Spanish, rental housing counseling, foreclosure prevention classes, and emergency housing assistance program. (617) 567-5882

M-F 9am-5pm | 143 Border St., East Boston

<https://noahcdc.org/?q=programs>

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:

Malden Housing Authority

(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/>

Boston Housing Authority

(617) 988-4000

Mon-Fri 9am-5pm

52 Chauncy St., Boston

<https://www.bostonhousing.org/en/Housing-Communities/Housing-Community-Search.aspx>

SOCIAL SERVICES & HEALTHCARE

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

<https://www.massgeneral.org/community-health/cchi/community-health-associates/living-tobacco-free>

Bay Cove Human Services

Baycove offers addiction, housing, and early intervention services. (617) 371-3000

M-F 8:30am-4:30pm | 66 Canal St, Boston

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

CleanSlate Outpatient Addiction Medicine

Addiction treatment services.

(617) 874-4160 | Mon, Tues, Thurs 9am-5pm,

Wed 9am-8pm, Fri 9am-2pm

82 Paris St., 3rd Floor, Boston

<https://www.cleanslatecenters.com/east-boston-massachusetts>

Catholic Charities Archdiocese of Boston

10 locations in Greater Boston offering food pantries, rent and mortgage assistance, utility assistance, baby supplies, clothing and more.

(617) 464 8500 | 275 W Broadway, Boston

<https://www.ccab.org/basic-needs?q=about>

MassHire Career Center at CONNECT

Free credit reports, financial coaching, resume help, job fairs, English & GED classes, college application assistance.

617-884-4333 | 617-545-8310

Mon-Thurs 8:30am-4:30pm, Fri 9:45am-4:30pm

4 Gerrish Ave., Chelsea

<https://masshiremncareers.com/resources/>

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

Free ESOL classes for all MA residents.

(617) 241-8866 | 617-348-6000

Charlestown Adult Education

Job training and employment courses, English classes and child care services.

(617) 635-5221 | M-F 9am-5pm

76 Monument St., Charlestown

<https://bhacharlestownadulthood.weebly.com/>

Charlestown Coalition: Family Support Circle

Family Support Circle connects parents and youth (ages 7-18) to local resources related to housing, food, legal, career, education, mental health, drug addiction recovery.

Family Support Circle & Adult Learning Center:

(617) 726-0058

Drug & Alcohol Recovery: (617) 320-9058

Main Line: (617) 726-0059

15 Green St., Charlestown

<http://charlestowncoalition.org/support-services/>

East Boston Harborside Community School

English classes, computer classes, and more.

(617) 635-5115 | 312 Border St., East Boston

<https://sites.google.com/site/eastbostonharborside>

ADDITIONAL INFORMATION

Recipes

Visit websites for healthy, 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>

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.

<https://www.mghclaycenter.org/topics/>

Learn about Social Determinants of Health

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

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

MGH ARCH Resources www.arch-mgh.org

Learn about health information and community resources for adults, families and youth of all ages. (781) 485-6400

MyCharlestown.org

Online Charlestown community resource guide in English and Spanish.

http://mycharlestown.org/guide?tid=43&tid_1=All&tid_2=All

Charlestown Coalition Resource Guide

<http://charlestowncoalition.org/wp-content/uploads/2019/09/Family-Resource-Guide-2019-finalGGM.pdf>

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

