



HOCKOMOCK AREA YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCIAL ACTION SERVICES

Community Resource Guide

For additional support or questions, please contact:

Brynne Kirwan, LCSW
Community Social Worker
Hockomock Area YMCA
BrynneK@hockymca.org
508-643-5225



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The Hockomock Area YMCA is committed to supporting the physical, emotional and mental well-being of staff, program participants and community members. The creation of a Community Resource Guide allows us to help individuals who turn to us for support. By providing recommendations found in this guide, the Hockomock Area YMCA is not endorsing specific services, diagnosing conditions or will be held liable for services resulting from a recommendation.

For resources or programs being offered around social emotional learning and mental health at the Hockomock Area YMCA, please contact Social Worker Brynne Kirwan at 508-643-5225 or BrynneK@hockymca.org.

COMMUNITY SERVICES & COUNSELING

CRISIS HOTLINES

- Elder Abuse Hotline 800-922-2275
- Nursing Facility or Rest Home Residents 800-462-5540
- Department of Children and Families 800-792-5200
- Disabled Persons Protection 800-426-9009
- Domestic Violence 877-785-2020
- Parental Stress Hotline 800-632-8188
- Rape Crisis Hotline 800-323-4673

CRISIS TEXT LINE

Text **HOME** to **741741** from anywhere in the US, anytime. A live, trained Crisis Counselor receives the text and responses immediately from a secure online platform.

EMERGENCY SERVICES

Responds to crisis regardless of type of insurance or lack of coverage. However, after crisis intervention, the types of follow-up services provided or recommended may depend on insurance.

- Riverside Emergency Services** 800-529-5077
Serves: Foxboro, Plainville, Sharon, Wrentham, Norfolk, Millis and Medfield
- Riverside Emergency Services** 800-294-4665
Serves: Bellingham, Mendon, Milford, Medway, Hopedale and Franklin
- Community Counseling of Bristol County** 800-660-4300
Serves: North Attleboro and Mansfield

MENTAL HEALTH

NATIONAL SUICIDE HOTLINE

800-784-2433 **OR** 800-273-8255

HOCKOMOCK AREA YMCA

Social Worker Brynne Kirwan
508-643-5225 **OR** Brynnek@hockymca.org

DOMESTIC VIOLENCE

NEW HOPE

- **Main Office**
247 Maple Street
Attleboro, MA 02703
508-226-4015
RESPECT (Intimate Partner Abuse Education Program) 877-222-0083
Please send all general email inquiries to: new-hope@new-hope.org
- **Milford Office (By Appointment Only)**
800-323-HOPE (4673)
- **Providence Office**
161 Cushing St. Providence RI 02906
401-273-2737

DISTRICT COURT ADVOCATE LOCATIONS

- **Attleboro District Court**
88 Main Street Attleboro, MA
Court Clerk's office: 508-222-5900
SAFEPLAN Advocate: 508-226-4015
Serves Attleboro, Mansfield, North Attleboro and Norton
- **Milford District Court**
161st Main Street, Milford, MA
Court Clerk's office: 508-473-1260
SAFEPLAN Advocate: 508-949-0452 Ext. 2181
Serves Milford, Bellingham, Hopedale, Mendon and Upton

COUNSELING SERVICES

Our YMCA is committed to supporting the mental well-being of our staff, program participants, and community members. By providing recommendations and resources related to mental health services found in our community, we are not diagnosing a condition or endorsing specific services.

Attleboro/ North Attleboro

- **Community Counseling of Bristol County (CCBC)**
Attleboro, MA
508-236-6045 Family Counselor
- **CCBC (Community Counseling of Bristol County)**
5 Bank Street Attleboro, MA
508-222-8812
- **Hockomock Area YMCA/Brynne Kirwan, Social Worker**
508-643-5225 or brynnek@hockymca.org
- **Northeast Health Services**
508- 409-0000
- **Fuller Hospital**
508-761-8500
- **New Hope**
508-226-4015
- **Self Help**
95 Pine Street, Attleboro
508-226-4192
- **New England Counseling Center**
792 South Main Street, Attleboro
508-261-7111
- **South Bay Community Services**
607 Pleasant Street Attleboro, MA
508-223-4691
- **Northeast Health Services**
8 North Main Street Attleboro, MA
508-409-0000

Bellingham

- **Elevate Counseling Services**
116 Mechanic St #6 & #7
508-297-1491
- **Riverside Outpatient Center**
16 North St, Bellingham, MA 02019
508- 883-1308

Foxboro

- **Norfolk Counseling Services**
34 School St # 104 Foxborough, MA
508-543-3411
- **Kerzner Associates**
30 Mechanic St # 2, Foxboro MA
508-543-2133
- **Neponset Valley Counseling Center**
32 Baker St, Foxborough, MA
508-543-8888
- **Foxboro Psychological Services**
38 Mechanic St # 201, Foxborough, MA 02035
508- 543-3133
- **SAFE Coalition**
774-847-9474
Serves the majority of the area

Franklin

- **Arbour Counseling Services**
Franklin Office Park
508-528-6037
- **Transitions Counseling Services, Inc**
233 W. Central Street, Suite 3
781- 742-4515
- **Elevate Counseling Services**
36 E Central St #106, Franklin, MA 02038
508-202-1811

Mansfield

- **Justice Resource Institute**
508- 222-7525
- **New England Counseling Center**
792 South Main Street
508-261-7111
- **CCBC (Community Counseling of Bristol County)**
5 Bank Street Attleboro, MA
508-222-8812
- **South Bay Community Services**
607 Pleasant Street Attleboro, MA
508-223-4691
- **Northeast Health Services**
8 North Main Street Attleboro, MA
508-409-0000

Milford

- **Milford-Franklin Counseling Services, Inc.**
409 Fortune Blvd., Milford, MA 01757
508- 473-7400
- **Riverside Community Care Outpatient Center**
176 West St, Milford, MA 01757
508-529-7000
- **Wayside Youth and Family Counseling**
10 Asylum St Milford, MA 01757 Phone: (508) 478-6888
- **Tri Valley Counseling Psychologists Counseling & Mental Health**
171 Main St Milford, MA 01757
508-473-4984
- **St Martin, Carolynne Psychologist Counseling & Mental Health**
160 West St Milford, MA 01757
508- 634-7799

Milford Continued

- **Community Impact**
211 Main St #1 Milford, MA 01757
Phone: (508) 422-0242
- **FCP 76**
301 Church St, Whitinsville MA
508-879-6252
- **Blackstone Valley Counseling & Mental Health**
291 Main St Milford, MA 01757
508- 529-3320
- **Commonwealth Counseling at Special Education Consultants of Massachusetts, LLC**
208 Main Street, Suite 115 Milford, MA 01757
508- 478-0126

Plainville / Norfolk / Wrentham

- **Reclaiming You Counseling, LLC**
Telehealth Services
508 413-6151
- **Debra L. Jarousky, LMHC**
30 Man-Mar Dr, Plainville, MA 0276
Phone: (508) 695-3885
- **Transitions Counseling Services, Inc.**
65 Holbrook St. Suite 220, Norfolk MA
781-742-4515
- **Phoenix Behavioral Health**
31 Pine Street, Suite 207, Norfolk, MA
508- 623-3931

ADDICTION TREATMENT FACILITIES

- **AdCare Outpatient Facility**
95 Lincoln Street, Worcester, MA 01605
855-661-4398
- **Good Samaritan Medical Center - NORCAP Lodge**
71 Walnut Street Foxboro, MA 02035
508- 543-1873
- **New Life Sober Living**
161/163 North Washington St., North Attleboro, MA 02760
508-942-1365
- **Association For Sober Living**
174 N Washington St, North Attleboro, MA 02760
508-699-2800
- **Column Health**
7 Railroad Ave, Attleboro, MA 02703
339-368-7696
- **Recovery Connection**
7 N. Main St, Attleboro, MA 02703
774- 331-0488
- **Spectrum Health Systems, Inc.**
200 E Main St, Milford, MA 01757
508- 634-1877
- **High Point Treatment Center**
Meadowbrook Road, Brockton, MA 02301
Inpatient: 508-584-9210
- **Drug & Alcohol Rehab at Brook Recovery Center**
673 Bedford St, Abington, MA 02351
508-532-9867

PARTIAL HOSPITALIZATION PROGRAMS

- **Rockland Recovery - Addiction Treatment Center**
884 Washington St Suite 100, Weymouth, MA 02189
885- 732-4842
- **Fuller Hospital**
Attleboro, MA
508- 761-8500
- **Pembroke Hospital, Partial Hospitalization Program**
20 Winter St, Pembroke, MA 02359
781- 829-7121
- **BourneWood Hospital**
Chestnut Hill, MA
617- 469-0300
- **McLean SouthEast**
Middleborough, MA
774- 419-1000
- **Marlborough Hospital PHP**
UMass Memorial Health - Marlborough Hospital
157 Union St, Marlborough, MA 01752
508- 481-5000
- **Intensive Outpatient Program (IOP) at Brook Recovery Centers**
Braintree, MA

FOOD SUPPORT

YMCA Food Access Program

- **Branch Distribution**

Wednesdays 12:30-2pm

508-643-5287

- Foxboro YMCA Branch, 67 Mechanic Street, Foxboro, MA 02035
- Franklin YMCA Branch, 45 Forge Hill Road, Franklin, MA 02038
- North Attleboro Branch, 300 Elmwood Street, North Attleboro, MA 02760

- **Milford Summer Meal Program**

Monday – Friday, 10:30-12pm

Memorial School, Milford MA

508-643-5287

Community Food Pantries

- **Bellingham (Loaves & Fishes)**

St. Blasé Church

1158 S Main St

508- 966- 2862

- **Foxboro Food Pantry**

Bethany Congregational Church

3 Rockhill St, Foxboro, MA 0203

508- 543-5235

- **Franklin Food Pantry**

43 W. Central Street

508-528-3115

- **Mansfield (Our Daily Bread)**

15 West St, Mansfield, MA 02048

508- 339-1343

- **Medway (Village Church Food Pantry)**

170 Village St, Medway, MA 02050

508- 533-6401

- **Medfield**

496 Main Street

508-359-4958

- **Mendon** - Located at the Council on Aging

62 Providence Street

508-478-6175

- **Milford (Daily Bread Food Pantry)**
21 Exchange Street, Milford, MA
508- 478-4225
- **Millis (Ecumenical Food Pantry)**
132-128 Exchange St, Millis, MA
MEFPantry@gmail.com
- **Norfolk Food Pantry**
63 Rockwood Rd, Norfolk, MA 02056
Phone: (508) 528-5862
- **North Attleboro (Lenores Pantry)**
43 S Washington Street, North Attleboro MA
508-699-0103
- **Plainville (Living Bread Food Pantry)**
Plainville United Methodist Church
Address: 16 E Bacon St, Plainville, MA 02762
508- 695-9587
- **Sharon Community Food Pantry**
Located at the United Church of Christ
29 No. Main St
781-784-2631
- **Wrentham Food Pantry**
Congregational Church Route 140
508-384-3110

Food Collaboratives and Programs

- **Attleboro Area Council of Churches - Food Distribution Center Food Bank**
505 N Main St, Attleboro, MA 02703
- **SVDP Saint Theresa's Food Pantry - Food Distribution Center Food bank**
Saint Theresa of the Child Jesus Roman Catholic Church, Pawtucket RI
508- 761-6665
- **Hebron Village Outreach Center**
Food Distribution Center & Food Bank Centenary United Methodist Church
11 Sanford St, Attleboro, MA 02703
774- 331-2120
- **Our Open Umbrella**
Food support to school age youth in North Attleboro
Ouopenumbrella@gmail.com

FAMILY SUPPORT SERVICES

- **Abundant Hope Pregnancy Resource Center**
Diapers, wipes, formula, baby food, clothing, blankets for children 24 months and younger
152 Emory Street, Unit 4, Attleboro, MA
508-455-0425 (Must call for an appointment)
- **Catholic Charities**
Services Basic needs and financial assistance as resources allow including case management, budgeting assistance, food pantry, pet pantry, federal fuel applications, and information and referrals, SNAP (food stamps) Sign-up assistance for new eligible households and assistance for re-certification of existing households. Serves: Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millville, Northbridge, Sutton, Upton, Uxbridge, Whitinsville
200 Main Street, Milford, MA 01757
508.234.3800
- **Chris's Corner**
12 Main Street, Milford, MA 01757
508-552-8080
- **Focus Family Resource Center**
11 Peck Street, Attleboro, MA 02703
508-226-5722
- **Hockomock Area YMCA**
brynnek@hockymca.org
508-643-5225
- **Keeping Pace with Multiple Miracles**
389 West Center St., West Bridgewater, MA
508-559-0040, Keepingpace.org
Open Monday-Saturday 9-4pm, Closed on Sundays
- **Little Bottoms Diaper Program**
200 Main Street, Milford, MA 01757
508-234-3800
- **Milford Family Resource Center**
14 Walnut Street, Milford, MA 01757
508-473-1245
- **Plainville_Thrift Store**
173 Washington St (Route 1)
508-685-5150

- **Stoughton Thrift Store**
18 Canton Street
781-341-4246

- **St. Vincent De Paul Society**
Local chapters support clothing, utility assistance, rent, support at holidays and food security efforts
 - Franklin 508-918-2291
 - Plainville 508 - 695-5150
 - Attleboro / North Attleboro 508- 226-1115
 - North Attleboro: 508-695-6161
 - Milford 508-473-2000 ext. 214

- **Taunton / Attleboro Family Resource Center**
37 Main Street Taunton, MA
774-501-2633

- **WIC Attleboro (Women, Infant, Children Food Supplemental Program)**
95 Pine Street, Attleboro, MA 02703
508-226-4543

HOUSING RESOURCES

- **Emergency Housing Assistance Resource Contact**
100 Cambridge St, Suite 300, Boston, MA 02114
866-584-0653 (Speak with a Homeless Coordinator)
- **SMOC Common Ground Resource Center**
508-620-2690
- **Catholic Charities Emergency Stabilization & Homeless Prevention**
200 Main Street, Milford, MA 01757
508-234-3800
- **NeighborWorks Housing Solutions**
Rental assistance; emergency financial help; shelter and homelessness prevention; first-time homebuyer education and counseling; financial coaching; foreclosure prevention; affordable residential and small business loans; and construction and management of high-quality rental housing across Southern Massachusetts.
 - Kingston, MA (781)-422-4204.
 - Quincy, MA (617) 770-2227
 - Brockton, MA (617)-770-2227
 - New Bedford, MA (774)-328-9925
- **St. Vincent De Paul Society**
 - Franklin 508-918-2291
 - Plainville 508 - 695-5150
 - Attleboro / North Attleboro 508- 226-1115
- **Plainville Thrift Store**
173 Washington St (Route 1)
508-685-5150
- **Stoughton Thrift Store**
18 Canton Street
781-341-4246

- **Department of Transitional Assistance**

- 21 Spring Street Taunton, MA
508-884-5300
- 75 Fountain Street Framingham MA
508-661-6645
- Housing Consumer Education Center
1-800-224-5124
- DHCD Division of Housing Stabilization
1-866-584-0653

- **HomeBASE**

*The Commonwealth's re-housing benefit created to provide families who are in the emergency shelter assistance system an opportunity to overcome some of the financial barriers to ending their homelessness. **Can provide** funds for first and last month's rent and security deposit in a new home, furniture, a monthly stipend to help pay rent for up to one year, utilities, travel costs and many other expenses that would otherwise prevent a family from accessing a new home. The amount and type of assistance is based on a family's needs, which will be determined through an assessment. HomeBASE additionally provides a designated stabilization worker for each family to help access community supports and offer resources to resolve issues that may arise, including tenancy-related issues.*

100 Cambridge St, Suite 300, Boston, MA 02114
617-573-1100

- **Public Housing Resources**

- Bellingham Housing Authority: (508) 883-4999
- Foxborough Housing Authority: 508-543-5960
- Franklin Housing Authority: 508-528-2220
- Hopedale Housing Authority: (508) 473-8120
- Plainville Housing Authority: (508) 699-4212
- Sharon Housing Authority: (781) 784-2733
- Wrentham Housing Authority: (508) 384-2054
- Norfolk Housing Authority: (508) 528-4800
- Milford Housing Authority: (508) 473-9521
- Mansfield Housing Authority: (508) 339-6890
- Millis Housing Authority: (508) 376-8181
- Medfield Housing Authority: (508) 359-6454
- Medway Housing Authority: 508) 533-2434
- Mendon Housing Authority: (508) 473-9130
- North Attleboro Housing Authority: (508) 695-5142

- **Homeless Shelters**
 - **Medway House**
Holliston Street Medway
508-533-1487
 - **Bristol Lodge**
27 Lexington Street #2 Waltham
781-893-0108
 - **Bristol Lodge Family Shelter**
62 Church St, Waltham, MA 02452
781-647-9957
 - **Pine Street Inn**
444 Harrison Ave, Boston, MA
617-892-9100
 - **Turning Point Single Adult**
3 Merchant Rd, Framingham, MA 01702
508- 875-6429
 - **Pathways Family Shelter**
248 Edgell Rd, Framingham, MA 01701
508- 879-5047
 - **Family Resource Center**
11 Peck St, Attleboro, MA 02703
508- 226-5722
 - **New Hope Domestic Violence Shelter/Services**
140 Park St, Attleboro, MA 02703
508226-4015
 - **Worcester Community Housing**
5 King St, Worcester, MA 01610
508- 459-6368

UTILITY RESOURCES

- **Council on Aging and Human Services**
 - Can support all ages to receive lower rates
- **Low Income Home Energy Assistance Program**
 - Applications can be filled out at your local Senior Center during the heating season (November–April).
 - Income limits apply
- **Good Neighbor Energy Fund**
 - Provides heating bill assistances for households with incomes somewhat higher than Fuel Assistance income limits.
 - Call the Salvation Army 617-542-5420 during the heating season.
- **Reduced rates through utility company**
 - Nstar, National Grid, Colombia Gas, Liberty all have programs
 - Consumers who get help from programs such as SNAP and Fuel Assistances and MassHealth or who have limited incomes, may qualify for a discount on their utility bills.
- **Local Church Discretionary Funds or St. Vincent DePaul Chapters provide utility relief**
 - Franklin 508-918-2291
 - Plainville 508 - 695-5150
 - Attleboro / North Attleboro 508- 226-1115
- **Self Help Utility Program**
 - 508-588-5440 to schedule an intake appointment

ELDER SERVICES & SUPPORT

Elder Service Agencies provide meals on wheels and home health services.

Elders need to ask for “an Intake” if they are not in the system.

Contact the Elder Service Agency that serves your community to be connected to a program.

All Town Councils on Aging (COA) support Elder Services at different levels depending on each towns’ individual resources.

- **Bristol Elder Services**

508-675-2101

Service Area: *The following towns receive meals on wheels assistance from this elder branch*

- Attleboro
- North Attleboro
- Norton
- Raynham
- Berkley
- Dighton
- Fall River
- Freetown
- Mansfield
- Rehoboth
- Seekonk
- Swansea
- Taunton
- Westport

- **Tri-Valley Elder Services**

508-949-6640

Service Area: *The following towns receive meals on wheels assistance from this elder branch*

- Franklin
- Bellingham
- Blackstone
- Brookfield
- Charlton
- Douglas
- Dudley
- Hopedale
- Medway
- Mendon
- Milford
- Millville
- Northbridge
- North Brookfield
- East Brookfield
- Oxford
- Southbridge
- Spencer
- Sutton
- Upton
- Uxbridge
- Warren
- Webster
- West Brookfield

- **HESSCO Elder Services**

781-784-4944

Service Area: *The following towns receive meals on wheels assistance from this elder branch*

- Foxboro
- Sharon
- Walpole
- Norwood
- Canton
- Dedham
- Westwood
- Midfield
- Millis
- Norfolk
- Wrentham
- Plainville

A PLACE FOR ALL
Financial Assistance Program

A PLACE FOR ALL. To ensure that our membership, programs and services are accessible to everyone, the Hockomock Area YMCA offers “A Place For All” Financial Assistance Program. This income-based membership and program rate scale welcomes all individuals and families to become active members of the Y, no matter what their financial circumstances may be. We are able to offer A Place For All because of donations made through our Annual Fundraising Campaign.

The Hockomock Area YMCA’s A Place for All focuses on helping our community members feel hopeful, live healthier and be connected through spirit, mind and body.

Our model ensures that every individual has access to not only membership and programs regardless of income level, but also can benefit from our mission-based programming such as food access support, holiday and year-round gift giving, our annual backpack drive, and additional community resources with a social service focus.

Financial Assistance

A Place For All uses a sliding scale rate structure that is based on gross household income designed so that all individuals are able to receive a YMCA membership and participate in programs, regardless of income level. All information is kept strictly confidential.

While our YMCA is a non-profit organization, we depend on member contributed fees to help sustain our services and mission. Therefore, 100% assistance is unusual and members pay a fee based on their ability to pay. Membership and program fee(s) will be paid through monthly bank draft or credit card only.

To obtain a Place For All application, visit <https://www.hockymca.org/financial-assistance/> or talk to Member Services or our Social Action Services Department.

TRANSPORTATION SERVICES

- **GATRA**

1-800-483-2500

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

Dial-A-Ride

Dial-a-Ride is a curb-to-curb transportation service available to eligible passengers in each of GATRA's towns. Eligible residents are seniors (60 and over) or persons with a disability who cannot access public transportation.

- North Attleboro: 508-823-8828
- Bellingham: 508-966-0398
- Foxboro: 800-698-7676
- Franklin: 800-698-7676
- Mansfield: 800-698-7676
- Medway: 508-533-3210
- Norfolk: 800-698-7676
- Plainville: 508-823-8828
- Wrentham: 800-698-7676

- **MEDICAL TRANSPORTATION**

- **PT-1 Transportation**

With the support of the Human Services Transportation (HST) unit, MassHealth is able to provide transportation to MassHealth covered services for eligible individuals. GATRA provides these contracted transportation services which include, but are not limited to, medical, dental, mental health, and substance use disorder appointments, as well as transportation to and from Day Habilitation programs.

There are now 3 ways to schedule a ride to a MassHealth medical appointment.

1. Call 800-431-1713
2. Book Your Trip Online - <https://www.gatra.org/book-your-pt-1-trip/>
3. Download the QRyde Member App to book on your phone.

○ **Miles for Health - 800-698-7676**

Miles for Health is shared long distance medical transportation serving seniors and people with disabilities in the towns of Franklin, Foxboro, Norfolk, and Wrentham.

- *Persons 60 years of age or older*
- *Persons who are not 60 years of age but have a disability and are ADA eligible.*
- *Reservations are taken Monday – Friday, 8AM to 4PM. 24-hour advanced notice is required.*
- *Appointments must be made between the hours of 9AM and 1PM.
When making a reservation, explain that you are calling the Miles of Health Program.*

○ **CAR Collaborative Program**

- Society of St. Vincent de Paul conferences from the District Council of Attleboro may request Uber rides for those they serve.
- To request a District Council funded ride, please email the SVDP CAR Committee at CAR@svdpattleboro.org at least 24 hours in advance.
- Visit <https://svdpattleboro.org/District/CommunityAccessToRides.html> for more information.