

Bolton Community Resource Guide 2018-2019



**Human Services &
Safety Committee**

Est. 2014 • Bolton, MA

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The information in the resource guide is reviewed annually. The most current version can be found at <https://www.townofbolton.com/human-services-and-safety>. For suggestions to be included in the resource guide, email lbroberts@live.com.

Revised March 2018

EARLY EDUCATION & CARE

Early Intervention

Family TIES of Massachusetts 1-800-905-TIES (8437)

www.massfamilyties.org

Family TIES of Massachusetts provides information and referral services, emotional support, and trainings to parents of children and youth with special needs.

Play Groups

Let's Move Playgroup 978-779-5547

Let's Move Playgroup encourages physical activity to support healthy development that supports brain development and many readiness skills including: language, scientific & mathematical thinking, body awareness, emotional-social and motor skills.

Stow Area Parent Network sapn.info@gmail.com

<https://www.bigtent.com/groups/sapn1>

The **Stow Area Parents Network (SAPN)** is a volunteer-run parent organization for new parents and families with children ages five and under in Stow and the surrounding towns. It offers a variety of social, educational, and community service events.

Resources

Child Care Resources 508.755.2340

The **Child Care Resources (CCR)** Program at Seven Hills provides resource and referral services to assist families in locating affordable, quality child care programs.

Mass Department of Early Education & Care 617-988-6600

www.mass.gov/eec

The **Mass Department of Early Education & Care** provides the foundation that supports all children in their development as life-long learners and contributing members of the community, and supports families in their essential work as parents and caregivers.

Massachusetts Advocates for Children 617-357-8431

www.massadvocates.org

Massachusetts Advocates for Children is an independent and effective voice for children who face significant barriers to equal educational and life opportunities, particularly those who have disabilities, are low income and/or are racially, culturally, or linguistically diverse.

Nashoba Community Partnership for Children 978-779-5547

<http://brainbuildinginprogress.org/about-us>

The **Nashoba Community Partnership for Children** Council is a collaborative of parents, community members, childcare programs, preschools, public schools and all those that have an interest in and/or providing services related to the care and education of children between the ages of birth-8 years old. *Brain Building in Progress* is a statewide campaign to raise public awareness and involvement in young children's healthy development and learning.

North Central Massachusetts Family Resource Guide

The **North Central Massachusetts Family Resource Guide** has been developed to help individuals, families, and professionals connect with many of the resources available in the North Central Massachusetts area.

EDUCATION AND TRAINING

Public Schools

Nashoba Regional School District 978-779-0539

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

The Pre K-12 **Nashoba Regional School District** includes students from the towns of Bolton, Lancaster, and Stow.

Charter Schools

Advanced Math and Science Academy Charter School 508-597-2400

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

The **Advanced Math and Science Academy Charter School's** teaching model is centered on rigorous college-oriented education for all students.

Massachusetts Charter Public School Association 978-212-5507

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

The mission of the **Massachusetts Charter Public School Association** is to serve, support, and advocate for Massachusetts charter public schools as they strive to achieve the goals of their charters.

Parker School 978-772-3293

www.theparkerschool.org/

The **Parker School** is a six-year secondary school of choice and open by lottery admissions to all residents of Massachusetts in grades 7 through 12.

Sizer School 978-345-2701

<https://www.ncces.org>

Sizer School, formerly known as North Central Charter Essential School, is a free public charter school in Fitchburg, Massachusetts with students in grades seven to nine.

Continuing Education

ALFA (Adult Learning/Fitchburg Area) 978-665-3706

<http://www.fitchburgstate.edu/offices-services-directory/alfa/>

ALFA is a lifelong learning institute offering non-credit daytime courses in fine arts, science, literature, music, history and other areas.

Assabet After Dark Adult Continuing Education 508-263-9651

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

Assabet After Dark offers classes in fields ranging from the arts, music, dance, photography, athletics, culinary, health, and many professional careers.

Career Center of North Central Massachusetts 978-534-1481

www.ccncm.com

The mission of **Career Center of North Central Massachusetts** is to be the primary link between the Commonwealth's employers and the workforce of North Central Massachusetts. We strive to strengthen this relationship by providing a pool of skilled workers for industry while offering a streamlined process for training and retraining for overall job enrichment.

Harvard Community Education – Harvard Adult Education 978-456-4118

<http://www.ed2go.com/harvardaded/aboutus.aspx>

Harvard Adult Education provides the tools necessary for career development. These can range from the acquisition of new skills and knowledge to personal enrichment aimed at a hobby or fulfilling a passion.

Minuteman Continuing Education 781-861-7150

http://www.ed2go.com/mmce/about_us.html

The **Minuteman Continuing Education** Program offers a broad range of courses covering specialized technical training, career enhancement and skills, and home life enrichment.

Quinsigamond Community College's Center for Workforce Development and Continuing Education 508-751-7900

Quinsigamond Community College's Center for Workforce Development and Continuing Education offers high quality training programs that enable individuals to learn new skills which can be applied immediately on the job or utilized for future professional development.

Worcester State University Continuing Education 508-929-8127

Worcester State University Continuing Education has courses for those who want to earn a degree, learn a new professional skill, or take a class for personal enrichment.

HOUSEHOLD EMERGENCY SERVICES

General

CodeRED is a high-speed emergency notification service used by town officials to send critical, time-sensitive communications in an event of storm-related emergencies, evacuations, hazardous materials spills, downed power lines or other emergencies. Residents are encouraged to register online for this service.

<https://www.townofbolton.com/home/pages/codered>

Fuel Assistance

Friends of Bolton Seniors (FOBS) 978-779-5145

Fobsma@gmail.com

FOBS provides 100 gallons of fuel oil for qualified seniors at no cost.

Partners for Community 413-272-2200

Partners for Community has a fuel assistance program that is determined on the basis of a household's gross income (before deductions) and size.

WHEAT Community Connections 508-370-4943

<http://www.uwotc.org/WHEAT>

The mission of **WHEAT Community Connections** provides emergency assistance and programs that promote self-sufficiency to individuals and families who are experiencing economic and personal challenges.

Worcester Community Action Council Low Income Fuel Assistance Program (LIHEAP) 508-754- 1176

<http://www.wcac.net/fuel-assistance>

The **Worcester Community Action Council's Low Income Fuel Assistance Program (LIHEAP)** targets assistance to households with the lowest incomes and highest average energy costs.

Short-term housing and Shelters

American Red Cross of Central Massachusetts 508-595-3700

<http://www.redcross.org>

The **American Red Cross** exists to provide compassionate care to those in need.

Bolton Emergency Management Department 978-779-2276,

<https://www.townofbolton.com/emergency-management>

Working with federal, state, local, volunteer and private resources **Bolton Emergency**

Management Department is responsible for coordinating the emergency management and homeland security programs for Bolton during emergencies and disasters.

Massachusetts Housing and Shelter Alliance 617-367-6447

<http://www.mhsa.net>

The mission of the **Massachusetts Housing and Shelter Alliance** is to: 1) educate about the struggles of homeless individuals and solutions to their homelessness; 2) advocate for strategic use of public and private funding based on research and best practices; 3) provide innovative more cost-effective and humane solutions to homelessness; and 4) collaborate with all levels of government and the private sector to bring our poorest neighbors home for good.

Massachusetts Department of Housing and Community Development 617-727-7765

The **Massachusetts Department of Housing and Community Development** reference guide is for Massachusetts' residents who are low-and moderate-income families and individuals seeking information on housing.

Massachusetts Emergency Management Agency 508-820-2000

The Massachusetts Emergency Management Agency (MEMA) **ensures that the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters. It also provides help for information for residents for preparedness in case of emergency.**

shelterlistings.org For more information contact www.shelterlistings.com

<http://www.shelterlistings.org/city/clinton-ma.html>

Shelter Listings is dedicated to serving the homeless and low-income. The site has lists of homeless shelters, halfway houses, affordable housing, and more.

United Way of Central Massachusetts 508-757-5631, or dial 211

<http://www.unitedwaycm.org/safety-net/>

Through Safety Net funding **United Way of Central Massachusetts** supports members of our community in immediate crisis to stabilize them by providing emergency food, disaster relief, crisis intervention, emergency shelter, and more.

Homelessshelterdirectory.org For more information go to:

<http://www.homelessshelterdirectory.org>

Homeless Shelter Directory lists homeless shelters and services for the needy that provide help to those in need for Hudson and surrounding cities.

Utilities

Hudson Light and Power Department 978-568-8736

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

Hudson Light and Power Department is a not-for-profit municipal electric utility serving Hudson, Stow and parts of surrounding communities.

National Grid – Massachusetts For power outages call 1-800-465-1212

<https://www.nationalgridus.com/Default>

ENRICHMENT/RECREATION

ArtSpace-Maynard 978-897-9828

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

ArtSpace-Maynard is a nonprofit community art center with artist studios, an exhibition gallery, a printmaking studio, and the Acme Theater. It coordinates educational endeavors with local schools and organizations, presents public discussion groups and lectures about art and art-related matters, hosts tours for schools, organizations and the community at large.

Animal Adventures – Family Zoo and Rescue Center 978-779-8988

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

Animal Adventures rescues abandoned, orphaned and neglected animals and provides them with a high-quality life while using them to inspire and educate.

Assabet After Dark Adult Continuing Education 508-263-9651

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

Assabet After Dark offers classes in fields ranging from the arts, music, dance, photography, athletics, culinary, health, and many professional careers.

Bolton 4H Club 978-760-0202

<http://ag.umass.edu/mass4h/about/4-h-club-directory>

Bolton 4H Club has various programs for kids 8-18, including animal raising, hiking, gardening, rabbits, and sheep shearing. It runs a 4H Club Fair annually.

Bolton Conservation Trust 978-429-3004

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

The **Bolton Conservation Trust** offers many family programs to connect to Bolton's natural world including nature walks, workshops, and the Tom Denny Nature Camp.

Bolton Historical Society 978-779-6392

<http://www.boltonhistoricalsociety.org/index.html>

The purpose of the **Bolton Historical Society** is to stimulate and perpetuate an active

interest in Bolton history, to disseminate information, and to conduct research on subjects pertaining to the town and its residents.

Bolton Parks and Recreation Commission

<https://www.townofbolton.com/parks-recreation-commission>

Bolton Parks & Recreation Commission manages the scheduling and maintenance of Bolton's parks, fields and recreation facilities and organizes several town celebrations.

Bolton Public Library 978-779-2839

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

As part of the C/W Mars network the **Bolton Public Library** has access to numerous books, DVDs, audiobooks and movies, and hosts e-books, e-magazines, and databases. The library's children's room offers storytime and craft space. The library also provides passes for discounted or free admission to museums, and parks, and activities, and occasionally offers free concert passes.

Boy Scouts of America – Bolton

<http://www.troop1bolton.org/>

The mission of the **Boy Scouts of America** is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Concord Band 978-897-9969

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

The Concord Band is comprised of musicians from towns in the Boston and Boston-metrowest area. It presents formal and Pops concerts year-round and works with guest conductors, composers, and soloist.

Concord Museum 978-369-9763

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

The **Concord Museum** brings Concord's remarkable past to life through an inspiring collection of historical, literary, and decorative arts treasures.

deCordova Sculpture Park and Museum 781-259-8355

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

The **deCordova Sculpture Park and Museum** fosters the creation, exhibition, and exploration of contemporary art through exhibitions, learning opportunities, collection, and unique park setting.

Discovery Museums of Acton 978-264-4200

www.discoverymuseums.org

The Discovery Museums are two complementary museums with hands-on activities for children.

EcoTarium 508-929-2700

www.ecotarium.org

The EcoTarium is a unique indoor-outdoor museum that offers a chance to walk through treetops, take a thrilling multimedia journey through the galaxy at a digital planetarium, meet wildlife, stroll nature trails and get hands-on with family-friendly exhibits.

Fitchburg Art Museum 978-345-4207

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

The **Fitchburg Art Museum** features exhibitions from its art historical collections as well as special loan exhibitions focused on regional contemporary art. Museum maintains active educational partnerships with public and pre- schools and Fitchburg State University.

Fruitlands Museum 978-456-3924

www.fruitlands.org

Fruitlands Museum is the historic home of the Alcott family and now a scenic museum with art galleries, native American Artifacts, hiking trails and summer concerts and dining.

Girl Scouts of Central and Western Massachusetts 800-462-9100

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

The **Girl Scouts of Central and Western Massachusetts** serves girls and volunteers in all of central and western Massachusetts. The goal of Girl Scouting is to build courage, confidence, and character.

Harvard Community Education – Harvard Adult Education 978-456-4118

<http://www.ed2go.com/harvardaded/aboutus.aspx>

Harvard Adult Education provides the tools necessary for career development. These can range from the acquisition of new skills and knowledge to personal enrichment aimed at a hobby or fulfilling a passion.

Indian Hill 978-486-9524

<http://www.indianhillmusic.org/about/history.html>

Indian Hill Music (IHM) provides a place for first-time music makers and aspiring professionals to experience all facets of music. IHM's professional concert series features classical and popular music programs.

Minuteman Continuing Education 781-861-7150

http://www.ed2go.com/mmce/about_us.html

The **Minuteman Continuing Education** Program offers a broad range of courses covering specialized technical training, career enhancement and skills, and home life enrichment.

Museum of Russian Icons 978-598-5000

www.museumofrussianicons.org

The **Museum of Russian Icons** has a collection of 370 Russian icons spanning 6 centuries.

Nashoba Regional School District Vacation Enrichment Academy 978-779-0539

http://www.nrsd.net/families/district_enrichment/enrichment_vacation_academies

Nashoba Regional School District Vacation Enrichment Academy offers three different Enrichment Academy week opportunities; February (vacation week), April (vacation week) and if time allows a June Academy for children in grades K - 8.

Nashoba Symphonic Band jmccarthy@nrsd.net

The **Nashoba Symphonic Band** is a community band composed of adults and students in the Nashoba community and surrounding area.

New England Symphony Orchestra 978-466-1800

<http://newenglandsymphony.org/#welcome-1>

The **New England Symphony Orchestra** provides programs for the education, enrichment and pleasure of the citizens and musicians of the region.

River's Edge Arts Alliance 978-562-1646

<http://upwitharts.org/>

River's Edge Arts Alliance brings the full spectrum of the arts to the Hudson and Marlborough area by offering opportunities to experience visual and performing arts through participation and attendance.

Top Fun Aviation Toy Museum 978-342-2809

www.topfunaviation.com

The purpose of the **Top Fun Aviation Toy Museum** is to acquire, protect and display aviation- related toys and to encourage career guidance to youth particularly in the field of aviation.

Tower Hill Botanic Gardens 508-869-6111

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

Tower Hill Botanic Gardens, the headquarters of the Worcester County Horticultural Society, is dedicated to the cultivation and display of some of the most exquisite plants in the world.

Worcester Art Museum 508-799-4406

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

The **Worcester Art Museum**, houses over 35,000 works of art dating from antiquity to the

present day, representing cultures from all over the world. It also has a café, museum shop, library, and a year-round roster of classes for children and adults.

Worcester State University Continuing Education 508-929-8127

Worcester State University Continuing Education has courses for those who want to earn a degree, learn a new professional skill, or take a class for personal enrichment.

FAMILY SERVICES

Food Assistance

Clinton WIC Office Church of the Good Shepherd 978-228-8702;

WIC (Women, Infants and Children) is a nutrition program that provides nutritious food, personalized nutrition and breastfeeding counseling and education with Registered Dietitians, Nutritionists and Certified Lactation Consultants. Diapers are also available.

FoodPantries.org 978-562-5280 (Hudson); 978-365-7152 (Lancaster); 978-368-2190 (South Lancaster); 978-838-2508 (Berlin); 508-370-4943 (WHEAT Clinton)

<http://www.foodpantries.org/ci/ma-bolton>

FoodPantries.org provides a listing of local food pantries, soup kitchens, food shelves, food banks and other food help near Bolton and locations for subsidized groceries.

Department of Transitional Assistance (DTA) 877-382-2363

<http://www.mass.gov/eohhs/gov/departments/dta/>

DTA provides one in eight Massachusetts residents with food and nutritional assistance, cash assistance, and employment supports.

Hudson Food Pantry 978-562-5280

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

Hudson Food Pantry distributes food to those who have difficulty purchasing enough food to avoid hunger.

Supplemental Nutrition Assistance Program/SNAP: Food Assistance Refer to Wheat in Clinton.

SNAP allows qualified Massachusetts residents to purchase nutritious food at neighborhood grocery stores. Residents who participate in SNAP are families with children, elders and disabled.

Stow Food Pantry 978-897-4230

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

The **Stow Food Pantry** serves the town of Stow and the surrounding towns of Acton, Bolton, Lancaster, and Maynard with the goal of providing enough food to help a family

eat for one week.

WHEAT Community Café 508-370-4943

<http://www.uwotc.org/WHEAT>

WHEAT Community Connections gives support to individuals and families who are experiencing economic and personal challenges by providing emergency assistance and programs that promote self-sufficiency. Hot dinners are available at the café.

Pregnant Women

Care Net Pregnancy Resource Center 978-342-4244

<http://carenetchburg.net/>

Care Net Pregnancy Resource Center provides free and confidential services for women.

First Concern Pregnancy Recourse Center 978-365-9817

<http://firstconcern.org>

First Concern Pregnancy Resource Center helps women and men of all ages who face planned and unplanned pregnancies.

Lipton Early Intervention Partnership Program (EIPP) 978-401-3892

Lipton Early Intervention Partnership Program helps new and expectant mothers with information and referrals for health insurance, health care, childbirth education, mental health services, substance abuse treatment services, parent support groups, family planning, breastfeeding, childcare and safety.

Orchard Street Shelter 978-537-3109

www.communityhealthlink.org

Orchard Street Shelter provides residential treatment for pregnant or parenting women for up to 12 months.

Planned Parenthood – Marlborough Health Center 800-258-4448

<https://www.plannedparenthood.org>

Planned Parenthood provides education about reproductive health to women, men, teens and families.

WHEAT Community Connections 508-370-4943

<http://www.uwotc.org/WHEAT>

WHEAT Community Connections gives support to individuals and families who find they are experiencing economic and personal challenges. Some of the services available include: Groceries, Hot Meals, Pet Food, Weekly Employment Listings, Access to Mass Health Applications and Food Stamp Applications as well as other local assistance

programs and services.

Children Developmental and Mental Health Services

Families and Communities Together 508-860-1260

The **Families and Communities Together (FCT)** program provides both ***Intensive Care Coordination (ICC)*** and ***Family Support and Training (Family Partners)***.

Intensive Care Coordination coordinates multiple services and supports for youth with serious emotional disturbance (SED), under the age of 21, and enrolled in MassHealth Standard or CommonHealth.

Family Support and Training is provided by ***Family Partner*** who are caregivers with experience raising a youth with special needs.

Flexible Support Services 978-466-8390

Individual and Family **Flexible Support services** focus on the needs of families with children who have a serious emotional disturbance. These services include ***Family Systems Intervention, Individual Youth Support, Youth Support Groups***, and ***Case Management***.

Family Systems Intervention (FSI) assists families and youth to develop the skills and supports that promote family cohesion and successful family living.

Individual Youth Support offers non-school hour mentoring to assist in developing the emotional self-management abilities, the social, communication and pre-vocational skills, and the self-confidence needed to participate in age-appropriate activities with peers, successfully negotiate daily living, and maximize quality of life.

Youth Support Groups provide psycho-educational and therapeutic recreational sessions for social and emotional skill building, conflict resolution, community integration, and vocational preparation.

Nashoba Community Partnership for Children 978-779-5547

<http://brainbuildinginprogress.org/about-us>

The **Nashoba Community Partnership for Children** Council is a collaborative of parents, community members, childcare programs, preschools, public schools and all those who have an interest in and/or providing services related to the care and education of children between the ages of birth-8 years old.

School Support Services 978-537-0956 or 978-466-8384

School Support Services program provides evidence-based mental health services to students in need.

Support for Success 978-401-3913

In-Home Therapy is a structured, consistent, strength-based therapeutic relationship between a clinician(s) and the youth and family for the purpose of treating the youth's behavioral health needs, and improving the family's ability to provide effective support for the youth to promote his/her healthy functioning within the family.

Therapeutic mentoring offers structured one-to-one, strength-based support services between a therapeutic mentor and a youth for the purpose of addressing daily living, social, and communication needs.

The purpose of the **Children's Behavioral Health Initiative (CBHI)** is to strengthen, expand, and integrate services into a comprehensive, community-based system of care to ensure that families and their children with significant behavioral, emotional, and mental health needs obtain the services necessary for success in home, school, and community.

Youth Mobile Crisis Intervention (YMCI) 1-800-977-5555

YMCI is a mobile, community-based resource for youth in crisis and their families providing assessment, intervention, stabilization and links to community resources.

HEALTH SERVICES

General

MassHealth 800-841-2900

MassHealth pays for health care for certain low- and medium-income people and, includes a program for individuals who are HIV positive.

Urgent Clinics

Doctor's Express – Marlborough 508-658-0764

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

Doctors Express Marlborough provides efficient and cost effective alternative to the emergency room for non-life threatening medical conditions/injuries or when your Primary Care Physician is unavailable. It also offers onsite X-rays and performs school/sport physicals and provides preventative vaccinations.

Minute Clinic – Hudson 978-562-2663

http://www.cvs.com/minuteclinic/clinics/massachusetts/hudson/234-washington-street/1179/md&WT.mc_id=LS_MC_GOOGLE_1179

Minute Clinic offers a broad range of services diagnosing and treating illnesses, injuries and skin conditions. It also provides wellness services, including vaccinations, physicals, screenings and monitoring for chronic conditions.

Minute Clinic – Maynard 978-897-2939

http://www.cvs.com/minuteclinic/clinics/massachusetts/maynard/105-main-street/973/md&WT.mc_id=LS_MC_GOOGLE_973

Minute Clinic offers a broad range of services diagnosing and treating illnesses, injuries and skin conditions. It also provides wellness services, including vaccinations, physicals, screenings and monitoring for chronic conditions.

ReadyMed – Hudson 508-595-2700

<http://readymed.org/readymed-is-now-open-in-hudson/>

ReadyMed provides care for non-emergency issues such as cold & flu, sore throats, minor cuts, sprains, fractures and vaccinations and school physicals.

Hospitals

Emerson Hospital 978-369-1400

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

Emerson Hospital is a 179-bed hospital with more than 300 primary care doctors and specialists, caring for everything from arrhythmias to urology.

Nashoba Valley Medical Center 978-784-9000

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

Nashoba Valley Medical Center offers community-based primary care and a wide range of specialty services.

Reliant Medical Group – Central Massachusetts Healthcare 800-283-2556

<https://reliantmedicalgroup.org/>

Reliant Medical Group provides medical care, innovative delivery models, medical research and education.

UMass Memorial-Clinton Hospital 978-368-3000

<http://www.umassmemorialhealthcare.org>

Umass Memorial-Clinton Hospital is a community hospital and a member of UMass Memorial Health Care. It provides emergency care as well as a wide range of inpatient and outpatient medical, surgical and ancillary services.

UMass Memorial-Marlborough Hospital 508-481-5000

<http://www.umassmemorialhealthcare.org/marlborough-hospital/>

UMass Memorial - Marlborough Hospital is a community hospital and a member of UMass Memorial Health Care. It provides emergency care as well as a wide range of inpatient and outpatient medical, surgical and ancillary services.

UMass Memorial Medical Center-Worcester 508-334-1000

<https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/>

UMass Memorial Medical Center is part of the UMass Memorial Health Care system and committed to improving the health of people in Central Massachusetts through comprehensive health services, teaching and research.

MENTAL HEALTH SERVICES

General

National Alliance of Mental Illness (NAMI) of Massachusetts 1-800-370-9085

<http://namimass.org/programs/grief-support-services>

The mission of NAMI Massachusetts is to improve the quality of life both for people with mental illnesses and for their families.

Depression/Suicidal Call2Talk 508-532-2255

<http://www.uwotc.org/call2talk>

Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal.

Community Healthlink Leominster Counseling Center 978-534-6116

<http://www.communityhealthlink.org/chl/>

Community Healthlink is committed to promoting, restoring, and maintaining the physical health, mental health and dignity of adults, children and families in Central Massachusetts who are experiencing mental illness, addiction or homelessness.

LUK Inc.: STEP 800-579-0000

www.luk.org

LUK Inc. addresses the needs of victims of operating under the influence (OUI) crashes and offers brief counseling, crises intervention, support groups, referral, information, advocacy, outreach, and education.

Massachusetts Suicide Prevention Program

The goal of the **Massachusetts Suicide Prevention Program** is to reduce the number of suicides and suicide attempts among residents.

Suicide/Crisis Hotlines

National Suicide Prevention Hotline 800-273-8255 Samaritans Statewide Hotline 877-870-4673

The Trevor Helpline 866-488-7386 (TGLB community)

Grief Support Groups

Psychology Today Therapy Groups Go to

https://groups.psychologytoday.com/rms/prof_results.php?city=Marlborough&state=MA&spec=14 for specific phone numbers

Psychology Today provides a detailed listing of psychologists, psychiatrists, therapists, counselors, group therapy and treatment centers near Bolton.

VNA Care Network & Hospice Bereavement Support Groups 1-800-521-5539

<http://www.vnacarenetwork.org/services/clinicssupport/bereavementgroup>

VNA Care Network & Hospice Adult Bereavement Support Groups provide a place to express feelings, share experiences, and to begin the process of moving forward with grief.

Substance Abuse Treatment and Support

AdCare 877-218-8056 <http://adcare.com/>

AdCare offers in-patient and outpatient care programs for substance abuse helping individuals and families cope with drug and alcohol dependency.

Motivating Youth Recovery 508-860-1244 or 508-438-5642.

<http://www.communityhealthlink.org/chl/substance-abuse-treatment-and-recovery-programs/adolescent-substance-abuse-treatment/myr-menu>

Motivating Youth Recovery (MYR): MYR is a 20-bed acute detoxification and stabilization program (up to 30 days) for adolescents 13-17. The program provides medically monitored detoxification, comprehensive assessment and diagnosis, treatment, and aftercare planning and referral.

Highland Grace House: Highland Grace House is a 90-day program for girls between 13 and 17 years of age who seek long-term recovery from their addiction to drugs and/or alcohol.

Alcoholic Anonymous 800-570-4562

www.aa.org

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem.

Community Healthlink Emergency Services 1-800-977-5555

The **Community Healthlink Emergency Services unit** is available 7 days per week, 24 hours per day to provide on-site or mobile assessment and screening to any individual experiencing a mental health or substance abuse problem, or both.

McLean Hospital 800-333-0338

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

McLean Hospital is dedicated to improving the lives of people and families affected by psychiatric illness.

Narcotics Anonymous 877-589-4611

www.centralmassna.org

Narcotics Anonymous offers recovery from the effects of addiction through working a twelve- step program, including regular attendance at group meetings.

Spectrum Health Systems, Inc. 800-464-9555 x1161

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

Spectrum Health Systems, Inc. is a private, nonprofit organization dedicated to improving the lives of individuals impacted by addiction and/or mental health disorders.

Domestic Abuse

Battered Women's Resources, Inc. 978-537-8601

<http://www.ywcacentralmass.org/domestic-violence/dvs-bwr/battered-womens-resources>

Battered Women's Resources, Inc. provides support for women and their children involved in domestic violence situations.

Victim Witness Assistance Program 508-755-8601

<http://worcesterda.com/resources/victim-resources/victim-witness-assistance-program/> The

Victim Services Unit is committed to providing victims of crime with access to comprehensive, quality services regardless of the nature of their victimization, age, race, religion, gender, ethnicity, sexual orientation, capability, or geographic location.

SENIOR SUPPORT SERVICES

Alzheimer Association of Central Massachusetts 800-272-3900

<http://www.alz.org/manh/>

The mission of the **Alzheimer Association** is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The Council on Aging 978-779-3313

<https://www.townofbolton.com/council-aging>

The purpose of the **Bolton Council on Aging** is to coordinate or carry out programs that meet the needs of the aging. THE COA also provides senior and handicapped transportation through the MART Van Service.

Massachusetts Family Caregiver Support Program 800-243-4636

<http://www.mass.gov/elders/caregiver-support/>

The **Massachusetts Family Caregiver Support Program** offers caregivers assistance and support to ease the strain and reduce the challenges of caregiving.

Montachusett Home Care Corporation 978-537-7411

<http://montachusetthomecare.org/>

The goal of **Montachusett Home Care Corporation** is to maximize the independence and self-determination of elderly and disabled individuals by providing comprehensive information, advocacy, and access to community long term care.

WHEAT Community Connections 508-370-4943

<http://www.uwotc.org/WHEAT>

WHEAT Community Connections gives support to individuals and families who find themselves experiencing economic and personal challenges. Some of the services available include: Groceries, Hot Meals, Pet Food, Weekly Employment Listings, Access to Mass Health Applications and Food Stamp Applications as well as other local assistance programs and services.

SPECIAL NEEDS SERVICES

General

Montachusett Home Care Corporation 978-537-7411

<http://montachusetthomecare.org/>

The goal of **Montachusett Home Care Corporation** is to maximize the independence and self-determination of elderly and disabled individuals by providing comprehensive information, advocacy, and access to community long term care.

Perkins Programs 978-365-7376

<http://perkinsprograms.org/>

The **Perkins Program** serves children and adolescents with a range of psychiatric, social, emotional, executive function, and learning challenges as well as children with mild- to moderate-neurological impairment.

Seven Hills Foundation 508.755.2340

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

Seven Hills Foundation provides integrated clinical, educational and community-based supports to children and adults with disabilities and significant life challenges.

Recreational Opportunities

Camp Sunshine 207-655-3800 <https://www.campsunshine.org/>

Camp Sunshine provides retreats combining respite, recreation and support for children with life-threatening illnesses and their families through the various stages of a child's illness.

Hole-In-The-Wall Gang Camp 860-429-3444

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

Hole-In-The-Wall Gang Camp is an overnight summer camp for children with cancer.

Adaptive Equipment

Assistive Technology Resource Center 508-831-5217

The **Assistive Technology Resource Center** at Worcester Polytechnic Institute specializes in the design of assistive devices and the dissemination of related technical information. By working with individuals with physical, sensory, and cognitive disabilities, the Center aims to develop personalized assistive devices where commercial products are not available.

TOWN INFORMATION

Newspapers/TV

Action Unlimited 978-371-2442

<http://www.actionunlimited.com/hudson/hudson.html>

Action Unlimited provides direct mail circulation numbers, articles, and list of editions for eastern part of state.

Bolton Access TV

<http://boltonaccess.tv/>

Bolton Access Television is as the Access Provider for Comcast Channel 99 and Channel 8 and provides non-commercial public, education and government programming and related services.

Bolton Independent Newspaper General Information: info@boltonindependent.com

<http://boltonindependent.com/>

Bolton Independent is a community newspaper for Bolton. One free copy is distributed to every Bolton address.

Clinton Item Newspaper

<http://www.telegram.com/theitem>

The **Clinton Item** reports news of Bolton.

Social Media

Bolton Fire Department

https://www.facebook.com/search/267718143399094/local_search?surface=tyah

Bolton Police Department

<https://www.facebook.com/boltonpolice/?fref=ts>

Social Media/Websites

Bolton Local BoltonLocal@yahoo.com

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

Bolton Local is grassroots group of people from Bolton, Massachusetts, whose mission is to build a strong, self-reliant community made up of people committed to living sustainably on the planet, in a way that inspires, builds friendships, and offers a hopeful vision for the future.

Bolton Next Door

<https://nextdoor.com/city/bolton--ma/>

Next Door is the private social network for your neighborhood.

Bolton Wicked Local

<http://bolton.wickedlocal.com/>

Bolton Wicked Local has news of Bolton and the surrounding areas.

Town of Bolton Website

<http://www.townofbolton.com/Pages/index>

Town of Bolton Website provides general information to Bolton residents.

VETERANS SERVICES

Town of Bolton Veteran's Agent 978-838-2441

<http://www.townofbolton.com>

Go to the Town of Bolton, select Departments, choose Veteran's Agent

VA New England Healthcare System Veterans Crisis Line – 800-273-2855 (press 1)

<http://www.newengland.va.gov/>

The **VA New England Healthcare System** is one of 21 Veterans Integrated Service Networks that provides quality healthcare and related services to eligible New England veterans.

Town of Bolton Human Services and Safety Committee Members

Pat Bensetler
Fred Edling
Laura Roberts, Chair

Community Partners



MONTACHUSETT
PUBLIC HEALTH
NETWORK



Nashoba Associated
Boards of Health



CHNA 9
North Central MA

Nashoba Valley
Medical Center

A STEWARD FAMILY HOSPITAL



MONTACHUSETT
Opportunity Council
Making Opportunity Count



Spectrum
HEALTH SYSTEMS, INC.



UMassMemorial
Medical Center

A Member of UMass Memorial Health Care



United Way of Tri-County

Any errors or omissions, please report to: lbroberts@live.com