

A resource guide for the
CHNA5 member
communities of:
Brimfield, Brookfield,
Charlton, Dudley,
East Brookfield,
Holland, Oxford,
North Brookfield,
Southbridge, Spencer,
Sturbridge, Wales,
Warren, Webster and
West Brookfield



South County Connects

Community Health
Network Area 5

Resource Directory

2015

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Behavioral/Mental Health

The Bridge of Central MA, Inc.	508-755-0333 24 Hour Critical Incident Response Line: 1-888-851-2451	http://www.thebridgecm.org/	Trauma Response Team, Psychological First Aid: Assessment, Consultation and Coping Groups, Referrals for Schools, Community Organizations, Workplaces
Community Health Link	Youth and Family Services: 275 Belmont St., Worcester, MA 508-791-3261 Adult Mental Health:: 75 Jacques Ave., Worcester, MA 508-860-1000	www.communityhealthlink.org	Mental health services for children, adolescents and families. Outpatient counseling services for adults.
Community Health Link Homeless Outreach and Advocacy Program	162 Chandler St., Worcester, MA 508-860-1080	http://www.communityhealthlink.org/htmlpages/hoap.html	The HOAP medical team visits area shelters to evaluate and refer people for treatment. A psychiatrist and a team of licensed clinicians perform mental health screenings and offer counseling and medications. Case Managers help clients to enroll in available health insurance programs, access health care and social security benefits, and resolves other benefits-related issues.
GB Wells Behavioral Health Centers	Office locations in Charlton, Dudley, E. Brookfield, Southbridge and Webster All calls: 508-765-9167	http://www.harringtonhospital.org/our_services/other_services/behavioral_health_services	Provides full range of mental health and recovery services.

Green Valley Counseling & Behavior Analysts	687 N. Woodstock Rd. Southbridge, MA Eve DiPietro 508-764-1700 Bonnie Gaumont, LADC 508-909-6986 Beatrice Leveille, LMHC 508-612-6647 Serena Neslusan, LMHC 508-868-1875	http://www.greenvalleymontessori.org/Green%20Valley%20Behavior%20Analysts/Contact.html http://bgaumonttherapy.com/	Counseling services: Substance abuse, mental health, anger management, anger, anxiety, stress management, life management skills, individual counseling, group therapy, couples counseling.
Harrington Hospital – Psychiatric Emergency Services (PES)	508-765-3035	http://www.harringtonhospital.org/services/behavioral_health_services/	24 hour crisis intervention
Harrington Hospital – Outpatient Recovery Services	176 Main St., Southbridge, MA 508-765-2725 161 Main St., Dudley, MA 508-765-2725 Rt. 9, E. Brookfield, MA 508-765-2725		Substance abuse counseling, Suboxone program, 1 st and 2 nd offender DUI classes, intensive daily outpatient addictions treatment program.
Harrington Hospital Partial Hospitalization Program	29 Pine St., Southbridge, MA 508-765-2227	http://www.harringtonhospital.org/our_services/other_services/partial_hospitalization_program	7-14 day voluntary intensive outpatient program for continued stabilization, skill building and monitoring of patient mental status.
SouthBay Mental Health - Outpatient	340 Main St., Suite 818, Worcester, MA 508-791-4976	http://www.southbaymentalhealth.com/site/index.php/clinical-services	Home-based outpatient individual, family, couples therapy; In-home therapy; therapeutic mentoring; dialectical behavioral therapy groups in the community upon request; Mental Health and Substance Abuse Evaluations;

South Bay Day Treatment/Partial Hospitalization Program	340 Main St., Suite 819, Worcester, MA 508-752-3969	http://www.southbaymentalhealth.com/site/index.php/clinical-services/ind-family-community-recovery/partial-hospital-program	The Day Treatment/Partial Hospital Program provides group therapy M-F 9-3. Lunch is provided free of cost. Group placement is determined by the individual's specific need. 18+. Transportation can be set up through MassHealth.
VA Outpatient Clinic	650 Lincoln St., Worcester, MA 508-856-0104	http://www.centralwesternmass.va.gov/locations/worcester.asp	Mental health services for veterans.
YOU Inc.	328 Main St., Southbridge, MA 508-765-9101	www.youinc.org	Counseling and other support services for adults and families including in-home therapy throughout Central MA.

Boards of Health

Contact information for local boards of health appears at the end of this directory on pages 27 - 29

Child Care

Child Care Resources	799 W. Boylston St., Worcester, MA 508-856-7930	http://www.sevenhills.org/programs/child-care-resources	Provides resource and referral services to assist families in locating affordable, quality child care programs in Central MA.
Kids Unlimited	35 Trolley Crossing Rd.Charlton, MA 508-248-6772	http://www.kidsus.com/	Referral to licensed private day care homes and subsidized day care.
Tri-Community YMCA	115 Marcy St., Southbridge, MA 508-765-0222	http://www.tricomunityymca.org/childcare/	Group child care and subsidies for family child care providers.

Child Development and Early Education

Community Partnerships - SouthCounty	Serving Charlton, Dudley, Oxford, Southbridge and Webster 508-987-6050, ext 1123	http://south-county-community-partnership.osd.schoolfusion.us/modules/groups/integrated_home.phtml?gid=3117856 or www.oxps.org	Supports families and children from pregnancy through Age 8 by providing parent child programs, literacy enrichment and parent workshops.
Community Partnerships – Union 61	Serving Brimfield, Brookfield, Holland, Sturbridge, Wales 37 Central St., Brookfield, MA 508-867-2232		Supports families and children from pregnancy through Age 8 by providing parent child programs, literacy enrichment and parent workshops.
Community Partnerships – Wachusett	Serving Spencer , East Brookfield, North Brookfield, Leicester and the Wachusett Region 508-885-2964		Supports families and children from pregnancy through Age 8 by providing parent child programs, literacy enrichment and parent workshops.
Family Resource Center	486 Worcester St., Southbridge, MA 508-765-0292		Free playgroups for caregivers and children birth – age 5 Tues and Thurs, 9 am – 2 pm

Hitchcock Free Academy	2 Brookfield Rd., Brimfield, MA 413-245-9977	http://www.hitchcockacademy.org/	Educational, recreational and cultural programs for all ages; seasonal Farmer's Market.
Kennedy Donovan Center – Early Intervention (Birth – Age 3)	486 Worcester St., Southbridge, MA 508-765-0292	http://kdc.org/south-central-early-intervention/	Evaluation; Home Visiting; Direct Services by Multi-Disciplinary Team
WCAC Early Head Start (Birth – Age 3)	25 Cole Ave., Southbridge 508-765-4738		The Early Head Start program operates as a home-based model and a family childcare option for families in collaboration with the Tri-County YMCA.
WCAC Head Start (Ages 3 -5)	25 Cole Ave., Southbridge, MA 508-765-4738 Oxford/Webster/Spencer: 508-978-0829	http://wcac.net/yf_headstart.html	Serves children and families in Southern Worcester County in 3 locations: Spencer, Oxford (serving families from Leicester, Millbury, Oxford and Webster), and Southbridge. Full Day, full year; full day, school year; and half day, school-year options are available. The center-based programs provide developmentally appropriate curricula, health and nutrition services, breakfast, lunch and snack, special education opportunities, and family services. No fee for families meeting income-eligible guidelines.

Domestic/Sexual Violence

Worcester County District Attorney Sexual Assault and Child Abuse Unit	508-792-0214 (Worcester Office)	DA's Office Dudley District Court: 508-943-6446	Unit is the location of The Childrens' Advocacy Center of Worcester County. Prosecutors, Victim-Advocates and Forensic Child Interview Specialists available to contact with questions and concerns.
New Hope, Inc.	<u>24 Hour Hotlines:</u> 1-800-323-4673 (English) 1-800-223-5001 (Spanish)	140 Park St., Attleboro, MA (Main Office) Satellite Offices in Milford, Worcester and Taunton http://www.new-hope.org	Domestic violence and rape crisis services including emergency shelter, court advocacy, safety planning, counseling, supervised visitation and support groups RESPECT program for male abusers (1-877-222-0083)
Pathways for Change, Inc.	588 Main St., Worcester, MA 508-852-7600 <u>24 Hour Hotline:</u> 1-800-870-5905 (English) 1-800-223-5001 (Spanish)	http://www.centralmasspfc.com/	Free & confidential 24/7/365 hour crisis intervention for victims of sexual violence. Individual and group support counseling; medical and legal accompaniment services, prevention education services through the Sexual Assault Youth Education (SAYE) program, Males Advocating Change (MAC) program and Youth Access to Support & Services (YASS) program. Also provides support counseling to the Deaf and Hard of Hearing through the Deaf Survivors Program (DSP) by trained Deaf and ASL proficient counselors.
Secretary of State Address Confidentiality Program	866-723-3233	http://www.sec.state.ma.us/acp/acpidx.htm	For victims of domestic violence, sexual assault or stalking.
Tri-Town Domestic Violence Task Force	Serving Brimfield, Holland and Wales	https://www.facebook.com/groups/157158364454989/	

Education/Cultural Programs

Hitchcock Free Academy	2 Brookfield Rd., Brimfield, MA 413-245-9977	http://www.hitchcockacademy.org/	Educational, recreational and cultural programs for all ages; seasonal Farmer's Market.
Jacob Edwards Library	236 Main St., Southbridge, MA Main: 508-764-5426 Children's Room: 508-764-5427	http://jacobedwardslibrary.org/	Free Educational, recreational and cultural programs for all ages. Books, DVDs, CDs, games and magazines to borrow, as well as downloadable materials, Wi-Fi access. The library is a place for information, reference and referral. Meeting rooms are available LED projector and surround sound.
Literacy Volunteers of South Central MA	236 Main St., Southbridge, MA 508-765-3880	www.lvscm.org	Tutoring in English language skills (speaking, reading and writing) for adults whose native language is not English; tutoring in basic literacy skills (reading and writing) for adults whose native language is English but whose ability in these areas is below the eighth grade level.

Quinsigamond Community College – Main Campus	670 West Boylston St., Worcester 508-854-4262	http://www.qcc.edu/main-campus-worcester	Over 70 associate degree and certificate career options in Business, Health Care, Technology, Liberal Arts, and Human Services. The College also offers a wide variety of non-credit courses, workshops, and seminars through its Training and Education Center. In addition, over 300 noncredit and nearly 35 credit courses are offered online.
Quinsigamond Community College – Southbridge Campus	5 Optical Dr., Southbridge 1-774-318-2110	http://www.qcc.edu/qcc-southbridge	A variety of courses for college credit towards a degree as well as short-term non-credit career training are available.
WCAC HiSet (formerly GED)	25 Cole Ave., Southbridge, MA		
Webster Adult Basic Education	41 E. Main St., Webster, MA01570 508-949-8282	http://adult-education.websterps.schoolfusion.us/modules/groups/integrated_home.phtml?&gid=1248869&msg_notify=Adult+Education+has+been+activated	English for Speakers of Other Languages (ESOL); ABE/GED (HiSet) services

Emergency Hotlines (24/7)

Emergency – Police, Fire, Ambulance	Dial: 9-1-1		Local emergency services
Poison Control Hotline	1-800-222-1222	http://www.aapcc.org/	Free, confidential medical advice 24 hours a day, seven days a week. This service provides a primary resource for poisoning information and helps reduce costly emergency department visits through in-home treatment.
Domestic Violence Hotlines	New Hope: 1-800-323-4673 (English) 1-800-223-5001 (Spanish) Pathways for Change: 1-800-970-5905 SafeLink: 1-877-785-2020	See page 6 for additional information	24/7 hotlines for those who have experienced or are experiencing domestic violence.
Parental Stress Hotline	Parents Helping Parents: 1-800-632- 8188	http://www.parentshelpingparents.org/	Trained volunteer counselors who are sympathetic and nonjudgmental are available to help 24 hours a day, 7 days a week.
Suicide Prevention	1-800-273-8255 (English) 1-800-273-8255 (press 2 for Spanish)	http://www.suicidepreventionlifeline.org/	Help by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area. Your call is confidential and free.
Suicide Prevention for LGBTQ (ages 13 -24)	1-866-488-7386	http://www.thetrevorproject.org/	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Employment/Job Training

Central Mass South School-to-Career	508-347-2761	http://centralmasssouth.org/training-programs/	Partnerships with Manufacturing Advancement Center Workforce Innovation Collaborative (MACWIC), Massachusetts Manufacturing Extension Partnership (MassMEP), Massachusetts Office of Business Development (MOBD), and other businesses to provide access to training programs, and provide support to the Central Mass South region.
QCC - Center for Workforce Development and Continuing Education	25 Federal St., Worcester, MA 508-751-7900	http://www.qcc.edu/center-workforce-development-and-continuing-education	High value, low cost training programs that enable individuals to learn new skills which can be applied immediately on the job or utilized for future professional development.
Workforce Central – Southbridge	5 Optical Dr., Suite 200, Southbridge, MA 508-765-6430	http://www.workforcecentralma.org/about-us/southbridge-center-info	Employment services for both job seekers and employers.

Food/Fuel/Budget

Catholic Charities	79 Elm St., Southbridge, MA	http://www.ccworc.org/locations.html	Wide range of services for elders, families and children in need; help for families who seek independence and community support including Parent Education and Support, Health Outreach and Education
Citizens Energy Oil Heat Program	877-563-4645	http://www.citizensenergy.com/assistance-programs/joe-4-oil	The Oil Heat Program offers free heating oil to people in financial need who can't afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free.
Dept. Of Transitional Assistance	Southbridge: 508-765-2400 Worcester: 508-767-3100	http://www.mass.gov/eohhs/gov/departments/dta/	Agency responsible for administering all state-funded emergency programs: supplemental nutrition assistance (SNAP), transitional aid for families with dependent children (TAFDC) and emergency aid for the elderly, disabled and children (EAEDC)
Food Pantries	Brimfield: 413-245-7162 Charlton: 508-248-3292 Charlton: 508-248-4623 Dudley: 508-943-9171 E. Brookfield: 508-885-3332	Oxford: 508-987-5378 Southbridge: 508-764-6583 Southbridge: 508-765-0245 Spencer: 508-885-3332 Sturbridge: 508-347-7575 Webster: 508-943-9171	Food pantries are community-based programs that provide food directly for those in need. Days/times vary by location. Most food pantries require proof of residency.
MassResources.org	Dial 2-1-1 or 1-877-211-6277	www.massresources.org	A free online resource for MA residents in need of food, housing, healthcare and other basic services. Website offers a benefit screener and eligibility checks that allow visitors to quickly determine if they are likely to qualify for public assistance programs like food stamps, fuel assistance, rent vouchers and TAFDC.
Project Bread Food Source Hotline	1-800-645-8333	http://www.projectbread.org/get-help/	Statewide emergency food resource helpline.

SNAP Hotline	1-800-249-2007 or Dept. of Transitional Assistance 1 North St., Southbridge, MA 508-765-2400	http://www.mass.gov/snap http://www.gettingfoodstamps.org/	The Supplemental Nutrition Assistance Program (SNAP), is a government assistance program to help low-income households pay for food. SNAP used to be called the Food Stamp program. The amount of SNAP food stamps a household gets depends on the household's size, income, and expenses.
South Central WIC	Southbridge 508-765-0139 Webster 508-943-6183 E. Brookfield 508-867-0248 Ware 413-967-7735	http://www.mass.gov/eohhs/consumer/basic-needs/food/wic/	WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to MA families who qualify. WIC also provides breastfeeding classes, breastfeeding support, as well as immunization screening and referrals.
Southbridge Community Connections	346 Main St., Southbridge, MA 508-765-6670		Wide variety of advocacy and support service for residents of Southbridge.
The Good Neighbor Energy Fund (A Salvation Army program)	For area codes 508/617/781/978: 1-800-334-3047 For area code 413: 1-800-262-1320	http://www.magoodneighbor.org/assistance.html	The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance.
United Way of Southbridge, Sturbridge and Charlton	155 Main St., 2 nd floor, Southbridge, MA 508-765-5491	http://unitedwayssc.org/	Provider to provider assistance; resources and referrals.
Valley Opportunity Council Fuel Assistance Program	300 High St., Holyoke, MA 413-552-1548	http://valleyopp.com/index.php?page=energy-assistance	Serves low income households in Brimfield, Holland, Palmer, Wales and Monson.
WCAC Fuel Assistance	1-800-545-4577 or 508-754-1176	http://wcac.net/fe_fuelassistance.html	Assists homeowners and renters with winter heating bills, past due balances on utility bills and emergency repair or replacement of heating systems, weatherization assistance program for tenants or homeowners. Must be income eligible.

Health Care/Hospitals

Family Health Center	32 Orchard St., Southbridge, MA 774-318-1445	http://www.fhcw.org/en/Southbridge
Harrington Hospital	100 South St., Southbridge, MA 508-765-9771	www.harringtonhospital.org

Housing/Shelter

Abby's House	52 High St., Worcester, MA 508-756-5486	http://www.abbyshouse.org/	Emergency housing for women 18+ with or without children; no use of drugs or alcohol; also offers a housing program for low income women with or without children.
Frances Perkins Home	16-18 Cottage Street Worcester, MA 01609 508-757-7506		Homeless women (18 or older) with children or in third trimester of pregnancy. Self-referral or other referral. Residents must contribute 30% of income.
Friendly House	87 Elm St., Worcester, MA 508-792-1799	http://www.friendlyhousema.org/shelter/	Emergency shelter for families with children (DHCD referral only)
Jeremiah's Inn	1059 Main St., Worcester, MA 508-755-6403	http://www.jeremiahsinn.org/	Provides transitional housing for adult men in recovery. Weekly fee for residence.

Local Housing Authorities:	Brimfield: 413-245-7056 Brookfield/N. Brookfield: 508-867-2826 Charlton: 508-248-5067 Dudley: 508-949-0522 Oxford: 508-987-5055	Southbridge: 508-765-5858 Spencer: 508-885-3904 Ware: 413-967-4477 Warren: 413-436-7184 Webster: 508-943-1634 West Brookfield: 508-867-5891	Local housing authorities administer low-rent public housing for eligible low-income families, the elderly, and persons with disabilities.
MA Coalition for the Homeless	781-595-7570	http://www.mahomeless.org/get-help	Resources for single adults, families and survivors of domestic violence.
MA Dept. of Housing & Community Development	100 Cambridge St., Suite 300 Boston, MA 02114 617-573-1100	www.mass.gov/dhcd	Information on rental assistance, public housing and housing stabilization programs. Emergency temporary benefits for income eligible households.
RCAP Solutions	205 School St., Gardner, MA01440 978-630-6771 800-488-1969	www.rcapsolutions.org	Provides a comprehensive array of rental assistance programs. Tenants must be income eligible.
Veterans, Inc.	69 Grove St., Worcester, MA 01605 (800) 482-2565	http://www.veteransinc.org/services/housing-programs/	Transitional shelter and homeless services for US veterans
YWCA of Central MA	1 Salem Square, Worcester, MA	http://www.ywcacentralmass.org/support/transitional-housing	Women in need of short-term housing have access to safe, affordable dormitory style living quarters at One Salem Square for four weeks up to two years. For a modest program fee, each resident has a private room with essential furnishings and access to a community kitchen and living area.

Legal Assistance

Department of Revenue/Child Support Enforcement Division	1-800-332-2733	www.mass.gov/cse	Child support enforcement, including establishment of paternity; child support and medical insurance orders; genetic marker testing; collection of child support; enforcement and adjustment of support orders for any child or children under the age of 18.
Community Legal Aid	1-800-649-3718	www.communitylegal.org	Provides free civil legal services to low-income and elderly residents of central and western Massachusetts.

Pregnancy/Parenting

Healthy Families of Southern Worcester County	61 Pine St., Southbridge, MA 508-909-0061	http://wcac.net/yf_families.html	Health and pregnancy education services to first time parents.
Healthy Start	Eligibility: 888-665-9993 Applications: 800-841-2900	http://mchb.hrsa.gov/programs/healthystart/index.html	Provides health insurance to pregnant, low-income uninsured women to promote prenatal care.
La Leche League	508-987-1794	Meets 3 rd Wednesday 6:30 PM @ Sturbridge Coffee House and 1 st Monday 10 AM @ Jacob Edwards Library http://www.l11sturbridge.org/	La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who want to breastfeed
Pregnant and Parenting Teen Program	508-765-9101	http://www.youinc.org/index.php/services/community-based/pregnant-and-parenting-teen-and-voices-with-choices.html	Prenatal support, parenting education and support

Public Assistance

Catastrophic Illness Relief Fund	1-800-882-1435	http://www.mass.gov/eohhs/gov/departments/dph/programs/family-health/cicrf/	Provides financial assistance for Massachusetts families with children experiencing a medical condition requiring services that are not covered by a private insurer, federal or state assistance, or any other financial source.
Dept. of Transitional Assistance	Southbridge: 508-765-2400 Worcester: 508-767-3100	http://www.mass.gov/eohhs/gov/departments/dta/	DTA provides MA residents with food and nutritional assistance, cash assistance, and employment supports.
MassHealth	100 Hancock St., 8 th Floor Quincy, MA 617-847-3186	www.mass.gov/masshealth	MassHealth is the name for the Medicaid program in Massachusetts. It is a public health insurance program for low- to medium-income residents of Massachusetts.
Social Security Administration	800-772-1213	www.ssa.gov	Administers Social Security, a social insurance program consisting of retirement, disability, and survivors' benefits.

Public Health

Central MA Tobacco Free Community Partnership	UMASS Dept. of Psychiatry 365 Plantation St., Bio Tech One, Suite 100 Worcester, MA	http://umassmed.edu/psychiatry/resources/Tobacco/Tobacco-Free-Community-Partnership/	Resources for reducing smoking and secondhand smoke.
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	508-865-5067		
AIDS Project Worcester	85 Green St., Worcester, MA 508-755-3773	http://aidsprojectworcester.org/	Provides a comprehensive range of services to support the medical care and various service needs of persons living with HIV/AIDS and those at greatest risk for the disease. All services are offered in English and Spanish with translation services available for other languages as needed. Services are available in the home, hospitals, respite settings, detoxification/substance abuse treatment programs, shelters, neutral locations, and other community settings based on client need.

Senior Resources

Central Massachusetts Agency on Aging	508-852-5539	http://www.seniorconnection.org/	CMAA provides information to help older adults and caregivers help themselves. Outreach and Education staff offer quick referrals to an agency that can provide services to help meet your caregiving and/or eldercare needs. We offer free services to older adults, anyone providing support to an older adult and professionals. Our website includes a searchable database where you can find local programs and services related to eldercare. Also on our website you will find helpful articles on elder and caregiving topics, a calendar of community events and a caregiver stress assessment. In addition, there is an online version of the Caregiver's Guide, a resource book with local resources for caregivers as well as practical caregiving tips.
Local Senior Centers:			
Brookfield Senior Center	508-867-2930	http://www.brookfieldma.us/aging_council.htm	Local services for senior citizens
Charlton Senior Center	508-248-2231	http://www.townofcharlton.net/councilonaging.htm	Local services for senior citizens
Dudley Senior Center	508-949-8010	http://www.dudleyma.gov/coa_page.htm	Local services for senior citizens
East Brookfield Council on Aging	508-885-5205	http://www.eastbrookfieldma.us/council-on-aging-senior-center	Local services for senior citizens

Holland Senior Center	413-245-3163	http://town.holland.ma.us/Pages/HollandMA_COA/index	Local services for senior citizens
North Brookfield Senior Center	508-867-0220	http://northbrookfield.net/council-on-aging/	Local services for senior citizens
Oxford Senior Center	508-987-6000	http://www.town.oxford.ma.us/Pages/OxfordMA_COA/index	Local services for senior citizens
Southbridge Senior Center	508-764-5436	http://www.ci.southbridge.ma.us/council-on-aging	Local services for senior citizens
Spencer Senior Center	508-885-7546	http://www.spencerma.gov/Pages/SpencerMA_Bcomm/COA/index	Local services for senior citizens
Sturbridge Senior Center	508-347-7575	http://www.town.sturbridge.ma.us/public_documents/f0000f869/coa	Local services for senior citizens
Wales Senior Center	413-245-9683	http://www.townofwales.net/index.php/departments/seniorcenter	Local services for senior citizens
Warren Senior Center	413-436-5662	http://www.warren-ma.gov/pages/warrenMA_bcomm/WarrenMA_COA/index	Local services for senior citizens
Webster Senior Center	508-949-3845	http://www.webster-ma.gov/index.php?option=com_content&view=article&id=116&Itemid=630	Local services for senior citizens
West Brookfield Senior Center	508-867-1407	http://www.wbrookfield.com/index.asp?SEC=94AE39D9-5043-4FD9-8123-0CD13F59FADA&Type=B_BASIC	Local services for senior citizens
Tri-Valley Elder Services	10 Mill St. Dudley, MA 800-286-6640	www.tves.org	Serving people 60 and over, younger people with disabilities. Information, referrals and care management for in-home and community services.

Skilled Nursing and Rehabilitation Facilities

The Overlook – Charlton	88 Masonic Hill Rd., Charlton, MA 1-866-753-5429	http://overlook-mass.org/health-services
Southbridge Rehabilitation & Health Care Center	84 Chapin St., Southbridge, MA 508-765-9133	http://www.athenanh.com/MA_Southbridge.aspx

Special Needs

Autism Center of Central MA	508-835-4278	www.autismresourcecentral.org	Offers family activities, support groups, workshops, clinics, conferences and a resource library.
Center of Hope Foundation, Inc.	100 Foster St. (P.O. Box 66) Southbridge, MA 508-764-4085	www.thecenterofhope.org	Serves individuals with developmental delays providing vocational supports, day habilitation programs, extended day supports, recreational supports.
Family TIES of Massachusetts	MA Dept. of Public Health 180 Beaman Street West Boylston, MA 01583 800-905-TIES (8437)	www.massfamilyties.org	Statewide information, referral and parent-to parent network for families of children with disabilities, special health care needs or chronic illness funded by the Massachusetts Department of Public Health.
Federation for Children with Special Needs	800-331-0688	www.fcsn.org	Provides information, support, and assistance to parents of

			children with disabilities, their professional partners, and their communities.
MA Department of Developmental Services	800-328-3123	www.mass.gov/dds	Offers service coordination and family support services to eligible children with developmental disabilities and their families.
Seven Hills – South Valley Family Support Center	128 Main St. Sturbridge, MA 508-796-1950	http://www.sevenhills.org/programs/family-support-centers	Services include: Individualized support and advocacy; Education on systems of care and funding; Information and referral; DESE/DDS wrap-around services; Agency with Choice self-directed funding model; Community Connections, sports & recreation;; Friendship and relationship-building; Transition to adult supports; Assistive Technology

Support Groups

<p>“Good Grief” Presented by Guardian Hospice and Palliative Care</p>	<p>508-347-3538</p>	<p>1st and 3rd Thursday 6 -7 pm Sturbridge Senior Center</p>	<p>Support group open to anyone experiencing a loss: loss of job, loss of independence, loss of a loved one etc.</p>
<p>Grandparents in the Know</p>		<p>https://www.facebook.com/pages/Grandparents-in-the-Know/109318309108628</p>	<p>Support for grandparents raising their grandchildren.</p>
<p>Outpatient Weight Loss Support</p>	<p>508-765-9771, ext. 2474</p>	<p>2nd Wednesday 5:30 – 6:30 pm Harrington, Conf. Room 4</p>	<p>Weight loss support group.</p>
<p>Alcoholics Anonymous (AA)</p>	<p>See website for local meeting times and locations</p>	<p>http://www.aaworcester.org/meetinglookup.htm</p>	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; AA is not allied with any sect, denomination, politics,</p>

			organization or institution.
Narcotics Anonymous (NA)	See website for local meeting times and locations	http://centralmassna.org/	NA offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. Membership is free; NA is not affiliated with any sect, denomination, politics, organization or institution.

Transportation

SCM Elderbus	124 Southbridge Rd., Charlton, MA 01507 1-800-321-0243	www.scmelderbus.org	Provides transportation services to help meet the everyday needs of seniors and people with disabilities
Worcester Regional Transit Authority -WRTA	Route 29 – Worcester-Charlton-Southbridge 508-791-9782	http://www.therta.com/schedules/route-29/	Local bus service to/from Worcester, Auburn, Charlton and Southbridge

Youth Programs

Boys & Girls Club of Webster-Dudley	55 Oxford Ave., Dudley, MA 508-943-0037	www.bgcwebsterdudley.org	Programs include character and leadership development, education and career development, health and life skills, the arts, sports, fitness and recreation.
Harrington Self Wellness Program	79 Sayles St., Southbridge, MA 508-764-2441	http://www.harringtonswp.org/	The Harrington Self Wellness Program offers teens and young adults, between the ages of 13-26, confidential, easy to access self -wellness information, resources, and services, to help delay the onset of sexual intercourse, unintended pregnancies, and the transmission of STIs, while teaching about sexuality and encouraging healthy relationships and self -wellness practices.
Office of District Atty. Joseph D. Early Prevention Education for Youth and Families	Worcester Trial Court, 255 Main St., Room G-301, Worcester, MA 508-755-8601	http://worcesterda.com/community-and-school-outreach/	The District Attorney's office is committed to working with communities and schools to help protect families and keep them safe. The idea is to make people aware, not afraid. To help educate parents and children alike, the DA's office offers many quality presentations on a variety of topics. These programs are free-of-charge.
Tri-Community YMCA	43 Everett St., Southbridge, MA 508-765-5466	www.tricomunityymca.org	Sport, fitness, education and recreation programs for all ages.
YOU Inc. – Voices with Choices	328 Main St., Southbridge, MA	http://www.youinc.org/index.php/services/community-	Teen pregnancy prevention program, providing youth (ages 10 – 19), parents, schools and

	508-765-9101, ext.63	based/voices.html	community providers with accurate, age-appropriate information about teen sexual health, healthy relationships, self-esteem, healthy decision making, and goal setting.
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LOCAL BOARDS OF HEALTH

Under Massachusetts General Laws, state and local regulations and community direction, Boards of Health are held responsible for disease prevention and control, and health and environmental protection and promoting a healthy community. Boards of Health serve as the local arm of both the Mass. Department of Public Health and the Mass. Department of Environmental Protection. To fulfill their duties, they develop, implement and enforce health policies, oversee inspections to maintain minimum standards for sanitation in housing and food service, and assure that the basic health needs of their community are being met.

[Info courtesy of the Massachusetts Association of Health Boards website, which provides updated information on all local boards of health, including contact information and membership listings: <http://www.mahb.org/>]

Brimfield:

Address: 23 Main St. P.O. Box 76
Brimfield 01010

Phone: (413) 245-4100 x3

Email: brimfieldboh@verizon.net

Website: www.brimfieldma.org

Phone: (508)248-2210

Email: Lani.Criasia@Townofcharlton.net

Website: www.townofcharlton.net

Brookfield:

Address: Town Hall 6 Central St.
Brookfield 01506

Phone: (508) 867-2930 x22

Email: tmcclroy58@aol.com

Website:

Dudley:

Address: Municipal Complex 71 W. Main
Dudley 01571

Phone: (508) 949-8017

Email: boh@dudleyma.gov

Website:

Charlton:

Address: 37 Main St.
Charlton 01507

East Brookfield:

Address: 122 Connie Mack Dr.
East Brookfield 01515

Phone: (508) 867-6769

Email: ebboh0343@charterinternet.com

Website:

Holland:

Address: Town Hall 27 Sturbridge Rd
Holland 01521
Phone: 413-245-7108
Email: hblakeley@cox.net
Website:

North Brookfield:

Address: 215 North Main St.
North Brookfield 01535
Phone: 508-867-0201
Email: nbboh@verizon.net
Website:

Oxford:

Address: 325 Main St.
Oxford 01540
Phone: 508-987-6045
Email: BOH@town.oxford.ma.us
Website:

Southbridge:

Address: Town Hall 41 Elm St.
Southbridge 01550
Phone: (508) 764-4252
Email: info@southbridgemass.org
Website: ci.southbridge.ma.us

Spencer:

Address: 157 Main St Town Hall
Spencer 01562
Phone: 508-885-7500 x180
Email: ljarvis@spencerma.gov
Website:

Sturbridge:

Address: Town Hall 308 Main St.
Sturbridge 01566-1082
Phone: (508) 347-2504
Email: boardofhealth@town.sturbridge.ma.us
Website:

Wales:

Address: 3 Hollow Rd. P.O. Box 107
Wales 01081
Phone: 413-245-7571 x105
Email: health@townofwales.net
Website:

Warren:

Address: PO Box 478 48 High Street
Warren 01083
Phone: 413-436-5708 x 112
Email: warrenhealthboard@comcast.net
Website:

Webster:

Address: 350 Main Street
Webster 01570
Phone: 508-949-3800 x 4002
Email: boh@webster-ma.gov
Website:

West Brookfield:

Address: PO Box 653 2 East Main St.
West Brookfield 01585-0653
Phone: 508-867-1421 x 310 or 302
Email: sallen@wbrookfield.com
Website:

2/16/15