



Social Emotional Learning & Responding To Student Trauma

**Phase II - LPSD School
Reopening Plan**

Guiding Questions...

- **What can we do as a district to help prepare for the return to school after many months?**
- **How can we be proactive in helping our students process trauma that they may have experienced or have sensed or seen in the media?**
- **What guidelines should be given to our schools?**

Working Groups...

- SEL Working Group - “The First Few Weeks Of The Return To School”: **Mike Domina**
 - Getting Back To School Routines
 - Acclimating To The “New Normal”
 - Interactions With Others
 - Self-Care
- Trauma Support Working Group - “Trauma Related Factors”: **Frank Vicente**
 - Trauma Related To Time Away From School
 - Trauma Related Resources & Tools
- Social Justice Working Group - “Recent Events & Movements”: **Kimberlee Henry**
 - Current Events - “Black Lives Matter Movement”
 - Equity & Diversity Awareness
 - Community Barriers

Social Emotional Learning (SEL)

| Topics to Address | Group Recommendations | Action-Steps |
|-----------------------------------|---|---|
| <p>Student Focus/Needs</p> | <ul style="list-style-type: none"> • District to develop clear, consistent, non-negotiable mandates for adhering to safety protocols, including response actions for those who don't comply • Conduct parent forums weeks leading up to schools to provide expectations and clarity around CDC, DESE recommendations • Implement a weekly 20/30 minute block to check in and address students social emotional status districtwide • Utilize building non-academic staff (SRO, Nurse, guidance, security officers) to do outreach virtually/in person for those students that may be identified as struggling or not engaged. (ie. SRO, security guards, allied arts) • Create and distribute parent/ student survey to obtain data collection around our SEL work/plan/guidelines. • Establish a welcome page protocol for each teacher in time for students to familiarize and prepare • Devise a plan for termination with previous school or class/step up day if hadn't done so. • Providing template/hub (listed under online staff resources) for SEL lessons and launch resources and other avenues from district level for teachers. • Provide comprehensive teacher training along with support team staff before the start date. • Development of a Social Justice | <p>A way to wrap up/end last school year with their previous teacher(s)</p> |
| | | <p>"Step Up" day to meet their new teacher (once all schools have their class lists)</p> |
| | | <p>Video tours of building and Admin</p> |
| | | <p>Expectation visuals based on CDC/DESE</p> |
| | | <p>Principal hold virtual assemblies for expectations</p> |
| | | <p>Included in the virtual assembly, introduce school nurse, social worker, school psychologist and guidance counselor.</p> |
| | | <p>If on remote learning or hybrid students to have a class buddy or peer. Allows a student to work with an online peer. This also allows for one consistent connection. Assigned even if we start in school.</p> |
| | | <p>Wash Your Hands posters in 9 different languages</p> |
| | | <p>Understand the "New Normal" School Day (Full Inperson & Hybrid) - See the detailed document that has been created and can be used as a "checklist" for each school to consider using a SEL lens highlighting the "why" and not only the "what" and "how".</p> <p>SEL "Return To School" Prep</p> |

| | "Student Advisory Council" in all schools including district-wide group. | |
|---|---|---|
| <p style="text-align: center;">Teacher Focus/Needs</p> | <ul style="list-style-type: none"> ● District to develop clear, consistent, non-negotiable mandates for adhering to safety protocols, including response actions for those who don't comply ● Conduct parent forums weeks leading up to schools to provide expectations and clarity around CDC, DESE recommendations ● Implement a weekly 20/30 minute block to check in and address students social emotional status districtwide ● Utilize building non-academic staff (SRO, Nurse, guidance, security officers) to do outreach virtually/in person for those students that may be identified as struggling or not engaged. (ie. SRO, security guards, allied arts) ● Create and distribute parent/ student survey to obtain data collection around our SEL work/plan/guidelines. ● Establish a welcome page protocol for each teacher in time for students to familiarize and prepare ● Devise a plan for termination with previous school or class/step up day if hadn't done so. ● Providing template/hub (listed under online staff resources) for SEL lessons and launch resources and other avenues from district level for teachers. ● Provide comprehensive teacher training along with support team staff before the start date. ● Social Justice topics with a district-wide focus including activities once per month. | <p>Welcome letter/newsletter to students and parents before school year begins</p> |
| | | <p>Make a "new norms"/ protocols document (building or district based) to be shared with students on the first day</p> |
| | | <p>SEL Unit for first 2 weeks (during homeroom/ with first class)</p> <ul style="list-style-type: none"> - Could the day start off with an advisory group, so every teacher in the building would have a smaller group of students to check in with/ do SEL with? - Choose Love |
| | | <p>PD for teachers about recognizing and addressing mental health issues due to COVID</p> |
| | | <p>Newsletter website suggestions: S'mores, Adobe Spark</p> |
| | | <p>SEL Roadmap to Reopening Schools</p> |
| | | <p>Understand the "New Normal" School Day (Full Inperson & Hybrid) - See the detailed document that has been created and can be used as a "checklist" for each school to consider using a SEL lens highlighting the "why" and not only the "what" and "how".</p> <p>SEL "Return To School" Prep</p> |

Parent Focus/Needs

- District to develop clear, consistent, non-negotiable mandates for adhering to safety protocols, including response actions for those who don't comply
- Conduct parent forums weeks leading up to schools to provide expectations and clarity around CDC, DESE recommendations
- Implement a weekly 20/30 minute block to check in and address students social emotional status districtwide
- Utilize building non-academic staff (SRO, Nurse, guidance, security officers) to do outreach virtually/in person for those students that may be identified as struggling or not engaged. (ie. SRO, security guards, allied arts)
- Create and distribute parent/ student survey to obtain data collection around our SEL work/plan/guidelines.
- Establish a welcome page protocol for each teacher in time for students to familiarize and prepare
- Devise a plan for termination with previous school or class/step up day if hadn't done so.
- Providing template/hub (listed under online staff resources) for SEL lessons and launch resources and other avenues from district level for teachers.
- Provide comprehensive teacher training along with support team staff before the start date.

Parent Forum (Zoom) before heading back to school

Send a newsletter/ email out with tips, videos, and info.

[Supporting your child's mental health during COVID](#)

Parent Handouts from [CASEL](#)

School hours, school expectations

Recommendations on how to prepare for first day

Principal held forums for new students to buildings

Parent newsletter or other chosen forum, introduce other staff available in the school..(see student column)

Inform parents of attendance and daily sanitation protocols as well as if exposure happens in a classroom (these protocols would come from central and be uniform across the schools); results of non-compliance

Understand the "New Normal" School Day (Full Inperson & Hybrid) - See the detailed document that has been created and can be used as a "checklist" for each school to consider using a SEL lens highlighting the "why" and not only the "what" and "how".

[SEL "Return To School" Prep](#)

Critical Questions/Action-Items To Be Considered By The LPSD

- Is there a way to dictate a deadline for class lists to be developed and shared in all buildings across the district?
- Would we be able to implement a morning meeting/advisory block that aligns to the Union Contract that we as a district could utilize as a formal SEL supports/check ins in a more uniform manner?
- Distribute Guidelines regarding open house (usually happens in September as a way to welcome students and families) other family engagement opportunities usually conducted throughout school year
- Outline district “new norms” like wearing a mask, how to access the bathroom, traveling between classes, etc. are we developing a plan on how to handle students who don’t follow the new norms? And how we will unite as to if those expectations are not followed
Ex: refusal to wear a mask
- Assess the need for Requiring an amount of school time dedicated to SEL instruction
- Development of a District Wide, Equitable, and Robust Racial Complaint Reporting Form (Separate from a Bullying Report)

Resources

| Tool/Resource/Recommendation | Information/Summary |
|---|--|
| Supporting your child’s mental health during COVID | <p>The COVID-19 outbreak has caused major disruptions to daily life and children are feeling these changes deeply. While the return to school will be not only welcome but exciting for many students, others will be feeling anxious or frightened. Here are tips to help your children navigate some of the complicated emotions they may be facing with going back to school.</p> |
| Parent SEL Handouts from CASEL | <p>This is a comprehensive guide offered by CASEL that highlights ideas and tools when working, supporting, and training parents and families the critical importance of Social Emotional Learning.</p> |
| CASEL SEL Reopening School Roadmap https://casel.org/wp-content/uploads/2020/07/SEL-ROADMAP.pdf | <p>More than 40 organizations have come together to produce this roadmap to support the return to school with equity-focused SEL strategies centered on relationships and built on the existing strengths of a school community. Schools—in partnerships with their communities, districts, and states—can use these four SEL Critical Practices to foster the competencies and learning environments that students and adults need to reunite, renew, and thrive.</p> |
| Choose Love | <p>Learning to choose love even when life is difficult will change your life for the better and the lives of those around you. Social and emotional learning (SEL) is a way to teach children and adults how to understand and manage their emotions. It helps people make good decisions and work towards positive goals while caring for and nurturing the relationships around them.</p> |

| | |
|--|--|
| | <p>Choose Love Movement's next-generation SEL programming is built upon a simple formula: courage, plus gratitude, plus forgiveness, plus compassion in action equals Choosing Love.</p> <p>When learned and practiced daily, these character values transform you, your relationships with others, and create a ripple effect of happiness, health and productivity throughout your school, home and community.</p> <p>And the best news is that, once you've learned them, you will have them in your tool belt for the rest of your life.</p> |
| <p>Wash Your Hands posters (9 Different Languages)</p> | <p>These printable posters can be used to help raise awareness about handwashing in highly visible public areas, such as schools, workplaces, and restrooms. They are designed for all audiences, and some are available in multiple sizes and languages, and can be ordered for free via CDC-Info on Demand.</p> |
| <p>Positive Behavioral Interventions and Supports (PBIS) https://www.pbis.org/</p> | <p>This page highlights resources to support the use of a multi-tiered systems of support (MTSS) framework to support students, families, and educators during the transitions back to school during and following the global pandemic in a manner that prioritizes their health and safety, social and emotional needs, and behavioral and academic growth.</p> |
| <p>Open Circle https://www.open-circle.org/</p> | <p>Open Circle provides a unique, evidence-based social and emotional learning program for grades K-5. Working with administrators, educators, counselors, and staff from across the school. Open Circle aims to: Proactively develop children's skills for recognizing and managing emotions, empathy, positive relationships and problem solving; Help schools develop a community where students feel safe, cared for and engaged in learning.</p> |
| <p>Yoga & Mindfulness</p> <ul style="list-style-type: none"> • Mindfulness practices for children, teens, and adults, Mindful Schools https://www.youtube.com/c/MindfulSchools/videos and their site https://www.mindfulschools.org/ • Yoga, mindfulness, and breathing videos specific to children and teens with classes on focused topics like anxiety, trauma informed yoga, emotional regulation, emotions and feelings, Yoga Ed. | <p>Yoga is becoming increasingly popular among American children. A national survey found that 3% of U.S. children (1.7 million) did yoga as of 2012 — that's 400,000 more children than in 2007.</p> <p>Yoga and mindfulness have been shown to improve both physical and mental health in school-age children (ages 6 to 12). Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.</p> <p>Emerging research studies also suggest that yoga can help children with attention deficit hyperactivity disorder (ADHD) by improving the core symptoms of ADHD, including inattentiveness, hyperactivity, and impulsivity. It can also boost school performance in children with ADHD. A growing number of schools now integrate yoga and mindfulness into physical education programs or classroom curriculums, and</p> |

| | |
|--|---|
| <p>https://www.youtube.com/c/Yogaed/videos and their site https://yogaed.com/</p> <ul style="list-style-type: none"> • Webinar - Simple Distance Learning Yoga and Mindfulness Tools, Yoga Ed. https://www.youtube.com/watch?v=cgs884MpVt0 • Yoga stories that reflect popular interests such as Frozen, camping, or sea animals, with the story leading the movement and breathing, Cosmic Kids https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ • Back to school themed yoga playlist, Yoga with Adriene https://www.youtube.com/watch?v=Td6zFtZPkJ4&list=PLui6Eyny-Uzx96yT2Ok7l6SGcxSxXiqUI • Mindfulness activity of the day, Yoga 4 Classrooms: https://www.youtube.com/channel/UCBMQ_5AI80btGMaBXA0cju • Calm app and Calm website https://www.calm.com/ • InsightTime meditation https://insighttimer.com/ | <p>many yoga studios offer classes for school-age children. Yoga can be playful and interactive for parents and children at home, as well.</p> <p>Yoga is really effective because it's so tangible. Learning physical postures builds confidence and strength as well as the mind-body connection. The effects of yoga go beyond physical fitness and also allow kids to build confidence and awareness beyond the classroom. Through yoga, kids start to realize that they are strong and then are able to take that strength, confidence, acceptance, and compassion out into the world.</p> <p>Here is a comprehensive list of resources focusing on infusing yoga and mindfulness practices into the school day with students and faculty. This is just the tip of the wellness iceberg but is enough to get your planning off the ground.</p> |
| <p><u>Behind My Mask Portrait (Cassie Stephens)</u> https://cassiestephens.blogspot.com/2020/07/behind-my-mask-super-kid-self-portrait.html?fbclid=IwAR3wRST1Li34ZDndVXjdx5EkNJw-k5s6hq76isVJv3hByNlnBc7a79t83Q0</p> | <p>Cassie Stephens has created a lesson for my students and any kiddos who wish to create titled "Behind My Mask". When our students return in the fall, they will be asked to mask-up. She always seems to start out the school year with a selfie and she was bummed when thinking of the idea of my students drawing themselves with their best facial feature hidden. And that's where the idea of this surprise drawing came from. There is a link to an engaging video along with some great ideas you can use with your students.</p> |

| | |
|--|---|
| <p><u>Coronavirus</u> https://www.youtube.com/watch?v=GoXxmzKdick</p> | <p>This is a link to a very user friendly video to discuss COVID-19 in a manner that students can understand. The video is geared more toward elementary aged students but can be something that can be used in middle school.</p> |
| <p><u>How To Stop The Spread</u> https://www.youtube.com/watch?v=RX3LgoW2Y_Q</p> | <p>This is a link to a very user friendly video that discusses how to prevent the spread of COVID-19. The video is geared more toward elementary aged students but can be something that can be used in middle school.</p> |
| <p><u>We Wear Masks</u> Video https://www.youtube.com/watch?v=lnP-uMn6q_U Book https://www.teacherspayteachers.com/Product/We-Wear-Masks-Coronavirus-Social-Story-about-Wearing-a-Mask-5425981</p> | <p>Here is a social story resource focusing on the importance of needing to wear a mask. There is also a link to a video that can be shown and discussed with students.</p> |
| <p><u>Social Stories and Visual Supports</u></p> <p>Resources from Autism Little Learners</p> <ul style="list-style-type: none"> ● Getting My Temperature Taken https://drive.google.com/file/d/13-kdS6Et_gisEwn4uYvhkccBN_u4fOmT/view ● Symptom Checker Visual Support https://drive.google.com/file/d/1B5g9Gc6glvBVn2ETgAlmWQVkuFvBdyJJ/view ● Riding the Bus Will Be Different ● Coughing, Sneezing and More ● Coronavirus, What Is It? ● Distance Learning, What Is It? ● Distance Learning Tips ● Expectations For Online Learning ● How To Video Chat With Other People ● Going Back To School ● What Is Social Distancing? ● What Is Hybrid Learning? ● Getting My Temperature Taken ● Wearing A Mask ● Wearing A Mask To School | <p>Here is a comprehensive list of social stories and visual supports provided by Autism Little Learners”.</p> <p>A Social Story is a visual preview, typically including a picture and caption of what to expect prior to a new experience. A social story is an aid to help children with social or sensory needs that prepares them for what to expect as well as what to do or how they might feel in an event or unfamiliar situation.</p> <p>Social stories have a wide variety of applications from understanding others’ actions and emotions, developing self-care skills, (i.e. cleaning teeth and washing hands) and general safety techniques (i.e. crossing the street) to specific events or changes in routine.</p> <p>Visual cues make the information more digestible for kids who aren’t able to conceptualize an image when someone verbally explains what to do or what to expect. Having that visual as preparation can really help kids who are still developing their symbolic thought. It’s beneficial to kids who are working on their ability to translate what’s being expressed into a picture in their minds and to help them understand what’s expected in new situations.</p> <p>The key is taking a concept and presenting it in a concrete, visual way. While some social stories cover broader topics or events, social stories are often tailored individually to a child or group of children related to a specific event or situation. The most exciting part of social stories is that it encourages kids to step into the unknown and explore new possibilities. They provide kids an opportunity to be included in complex discussions.</p> |

| | |
|--|---|
| <ul style="list-style-type: none"> ● When Can I Stop Wearing A Mask? ● Putting A Mask On My Toys ● Why Does My Teacher Look Different? ● My Teachers Are Wearing Face Shields ● Greeting My Teachers and Friends (during COVID19) ● Masks, Face Shields and Gloves, Oh My! ● Who Should Wear A Mask? ● Mask Etiquette Story <p>https://www.autismlittlelearners.com/2020/07/covid-19-related-stories-for-schools.html</p> | <p>Visual supports—concrete representations of information that is absorbed visually—are one way that educators can help students understand what is being communicated to them. Through visual supports, students can learn to communicate with others and make sense of the world around them when in the school setting. These supports can easily be customized to address individual needs and the student’s level of comprehension. For example, a student who is challenged by reading may not be able to understand a schedule that uses words, so the student would do better with a schedule that uses pictures instead.</p> <p>Utilized in the school setting, visual supports cover a wide range of student needs: understanding rules, increasing independence, making decisions, communication with people, providing organization, supporting transitions from one task to the next, providing clarity on what specific work to complete, and offering positive feedback. Visual supports can also thwart or diminish challenging behaviors in a variety of ways and can assist with decreasing exasperation, frustration, and anxiety.</p> <p>There are four common types of visual supports: visual schedules, information sharers, checklists/organizers, and visual behavior supports.</p> |
| <p>https://www.sesamestreet.org/caring</p> | <p>Your friends on Sesame Street are here to support you during the COVID-19 health crisis. We know that these are stressful times, and families everywhere are creating a new sense of normalcy. So our site is filled with content you can use to spark playful learning, offer children comfort, and focus a bit on yourself, too.</p> <p>We hope our resources help your family play, learn, and breathe deeply together—and we'll keep adding more in days and weeks to come, including new messages from your Sesame Street pals.</p> |

Trauma Focused Response

| Topics to Address | Group Recommendations | Action-Steps |
|--|---|---|
| Assessing the needs of our Students & Staff | Development of an assessment tool | Establish a multicultural and multidisciplinary committee for assessing student needs and development of an assessment tool |
| | Trauma focused webinars for families | Develop training related to: mental health, varied forms of trauma, how to assess student needs in all capacities. |
| | Establishing a mental health and resources hotline | Establish a multicultural and multidisciplinary committee to consider models for a hotline |
| | Development of a District Wide, Equitable, and Robust Racial Complaint Reporting Form (Separate from a Bullying Report) | Establish a multicultural and multidisciplinary committee for assessing this need and development of a form/tool. |
| | Offering supports and resources to our staff | Building based support networks - support groups, yoga, mindfulness are some of the potential options to make available. |
| | Partner with community support agencies | Establish connections/partnerships with community agencies |
| | Support networks for our support staff | Partner with agencies to offer professional and personal supports for our clinical staff members |
| Managing Anxiety for Students and Staff | Proactive work to prepare students for all 3 scenarios (in person, hybrid, remote) | Establish clear and consistent schedule, routines, learning platforms |
| | Create predictability by teaching structure/routines that are applicable to all scenarios | Build time into the school day to teach students about structures and routines |
| | Support staff understanding of Anxiety for students | Offer trainings to staff related to Anxiety, de-escalation, coping skills |
| | Support staff in managing their own Anxiety | Offer trainings and support groups/networks, self-care |
| | Help students to build their "Anxiety toolbox" | Teach students skills / "covid friendly" options for coping - figure 8s, desk velcro, ice cubes, rubber bands |

| | | |
|--|--|---|
| | Build community to establish school as a safe place for everyone | Get feedback from staff about needs, establish building based structures/SEL work |
| Supporting the Larger Community | Streamline communication to ensure everyone is aware of all resources | Establish/make available master list of resources |
| | Professional Learning for staff related to: Covid, Trauma -- loss, social issues, resources for basic needs, Anxiety & Coping Skills, Dysregulation/De-escalation, relationship building | Setup training / establish partnerships with community agencies that offer training and other supports to include training on Covid, Loss/Grief, Technology, Mental Health, Community Resources, Social Issues/Reform, Anxiety and Coping Skills, Dysregulation/De-Escalation, Building Relationships, and mandated professional learning focused on the process of difficult/racial conversations. |
| | Training for parents: Technology/remote learning. Mental health needs, support resources | |
| | Develop a Social Justice Crisis Team | Establish a multicultural and multidisciplinary committee for development of a crisis response team specific to issues of Social Justice. |
| | Revisions to X2 | Update X2 systems/information at building level and ensure all staff have appropriate access to tools. Create a network in X2 for families that have students in multiple buildings |
| | Mental Health support networks for teachers and staff | Create programming at building level and beyond to offer supports to staff in need Share resources districtwide |
| | Development of staff affinity groups for support/retention (e.g., BAFAS: Black Administrators Faculty & Staff) Development of a Student Advisory Council (Building Based and District Wide) | Create programming at building level and beyond to offer supports to staff in need Share resources districtwide |

Resources

| Tool/Resource/Recommendations | Information |
|---|---|
| <p>UCLA Brief Covid-19 Screen for Child and Adolescent PTSD https://istss.org/getattachment/Clinical-Resources/Assessing-Trauma/UCLA-Posttraumatic-Stress-Disorder-Reaction-Index/UCLA-Brief-COVID-19-Screening-Form-English-4-13-20.pdf</p> | <p>For exploring student needs and identifying students who are most vulnerable and at risk there are existing and easily made assessment tools. The UCLA Brief Covid-19 Screen for Child and Adolescent PTSD is illustrative of the types of questions that may be asked to get a quick read on students via a brief Google Form or Web-based survey. Similar forms and surveys can be used for quick check-ins during the school year.</p> |
| <p>Strategies for Connecting with Parents and Students from Attendance Works https://www.attendanceworks.org/wp-content/uploads/2019/06/Attendance-Works-Finding-Unreachable-Students-Generic-051120.pdf</p> | <p>Strategies for Connecting with Parents and Students from Attendance Works offer guidance to school staff on creating the information pathways for identifying students who are having difficulties or struggling with school during the pandemic.</p> |
| <p>Remote Learning Resources Tips for Parents of Remote Learners (VLACS) https://docs.google.com/presentation/d/1zcDoptDEXgD9TSTrneScOfPnFCxykj0SaqS0pTaP-qk/edit#slide=id.g71973c30d3_1_140</p> <p>Counseling from a Distance https://covid19k12counseling.org/</p> <p>SEL Resources for Virtual Core Curriculum https://docs.google.com/document/d/184sbYevIdNW3Zuvb7AdRKxpFgiUkPDPn42AIAER0-hQ/view</p> | <p>Tips for Parents of Remote Learners from VLACS is an interactive tool to promote safety, connectedness, meaningful learning, and focusing on the issues and topics that are foremost on the minds of families. For instance, here's a link for a document from</p> <p>Covid19K12Counseling.org addresses key educational and counseling resources to support students during the COVID-19 outbreak.</p> <p>SEL Resources for Virtual Virtual Core Curriculum provides a broad selection of information sources that may be used to address topics of concern such as Teen Health, Stress Management, Resilience, and the like.</p> |
| <p>Social-Emotional Learning Assessment Measures for Middle School Youth https://www.search-institute.org/sites/default/files/a/DAP-Raikes-Foundation-Review.pdf</p> | <p>This document provides an overview of professional assessment tools for use only by school psychologists and social workers in evaluating the SEL needs of students. It highlights the scope of concerns educators and educational systems can be looking at when focusing on SEL in their schools. Many of the assessments listed cover students up to the age of 18.</p> |

| | |
|--|--|
| <p>Tools for Educators to Listen to and Learn from Families During COVID-19 School Closures</p> <p>https://docs.google.com/document/d/1S-l1afk_VzWtwk7pZzL7xRtyRGMHAY7x/edit</p> | <p>Tools for Educators to Listen to and Learn from Families During COVID-19 School Closures provides guidance for connecting and communicating with families, including conversation scripts and survey questions in English and Spanish.</p> |
| <p>The Commonwealth of Massachusetts' Childhood Trauma Task Force (CTTF) report (https://www.mass.gov/lists/childhood-trauma-task-force-cttf)</p> | <p>The findings provide guidance on services and support based on the simple idea that every child has been affected by the pandemic in some way. Understanding these effects is critical to addressing the needs of our schools.</p> |
| <p>Webinars for Parents, Guardians, and Students</p> <p>**Lowell High School Television Studio is a resource to consider in support of this work.</p> | <p>Large urban school districts (Los Angeles Unified School District for example) have determined that an effective way to address mental health trauma related to this time away from school has been to create parent-focused Webinars. Target areas to consider - anxiety, loss, social issues, physical health, absenteeism, and remote learning challenges. Webinars (created by the district or schools on topics that address student needs) provide a way to connect with families and primary caretakers.</p> |
| <p>Mental Health Hotline</p> | <p>Along with Webinars, LAUSD maintains a hotline for mental health needs and community resources staffed by clinical and identified school staff to address student and family needs related to the time away from school in the 2020 school year.</p> |
| <p>Massachusetts Partnerships for Youth Webinars https://massachusettspartnershipsfor youth.com/webinars</p> | <p>Massachusetts Partnerships for Youth, Inc. is an organization that provides training, fosters collaboration, and develops programming to increase the health and safety of students in the commonwealth of Massachusetts.</p> |

Community Resources for Lowell 2020 - 2021

LOWELL PUBLIC SCHOOLS

- **Lowell Public Schools** 978-674-4320
www.lowell.k12.ma.us
Early Childhood Programs and Services 978-674-2051
Family Resource Center 978-455-0701
Special Education Department 978-674-4322

ADULT EDUCATION

- **ABE/ESOL & GED Programs**

Lowell Adult Education Center - 978-937-8989
Adult Literacy Program @ Pollard Library 978-970-4120
Cambodian Mutual Assistance Association 978-454-6200
International Institute 978-459-9031
Massachusetts Alliance of Portuguese Speakers 978-970-1250
Merrimack Valley Young Parents Program 978-327-6600
Youth Build Lowell 978-446-9803
YWCA Young Parent Program 978-454-5405

- **State Colleges and Universities**

Middlesex Community College, Bedford 781-280-3200
Middlesex Community College, Lowell 978-656-3200
University of Massachusetts Lowell 978-934-4000

- **Vocational and Technical Schools**

Greater Lowell Technical School, Tyngsboro 978-454-5411

Lowell Academy Hairstyling Institute

978-453-3235

- **Massachusetts Adult Literacy Hotline**
www.massliteracyhotline.org/hotline/

800-447-8844

EARLY CHILDHOOD EDUCATION & SCHOOL-AGE PROGRAMS

- **ACRE Family Day Care**
55 Middle St Suite 500, Lowell
www.acrefamily.org

978-937-5899

- **Bethel Childcare Services Inc**
360 Merrimack St Suite 45
Lawrence, MA 01843

978 458-6577

- **Boys & Girls Clubs of Greater Lowell**
657 Middlesex Street
Lowell, MA 01851

978 4584526

- **Child Development & Education**
151 Warrant Street, Suite 250
Lowell, MA 01852

978 275-2843

- **Clarendon Family Daycare**
100 Merrimack Street, Suite 250 H
Lowell, MA

978 454-3026

- **CTI - Early Learning and School-Age Programs**
www.commteam.org

- **James Houlares Center**
126 Phoenix Ave Lowell MA 01852

- **Children's Corner**
554 Pawtucket Street, Lowell

- **Children’s Village at the Mill**
246 Market St #4 Lowell MA 01852
- **Girls INC** 978-458-6529
220 Worthen Street, Lowell
www.girlsinc.org
- **Little Sprouts Enrichment Center** 978-453-6614
900 Chelmsford St, Lowell, MA 01851
www.littlesprouts.com
- **Lowell Day Nursery** 978-454-5981
119 Hall St Ste 1, Lowell, MA 01854
www.lowelldaynursery.net
- **Lowell Public Schools Preschool** 978-674-4320
Program Family Literacy Center
- **Merrimack Valley Christian Day School** 978-452-2462
1195 Varnum Ave, Lowell, MA 01854
- **YMCA Child Care Programs** 978-454-7825
35 YMCA Dr, Lowell, MA 01852

AGENCIES SERVING PARENTS AND CHILDREN

- **Adoption Community of NE** 508-872-2230
www.rfkchildren.org/acone/

Support for adoptive families and for people who want to learn about adoption

- **African Assistance Center** **978-453-9128**
 155 Merrimack St, Lowell, MA 01852

Provides information on: immigration issues, job trainings, health access, youth programs, ESL, translation and interpretation & community networking.
- **American Red Cross** **978-922-2224**

Services for Military Families, disaster relief-clothing, food pantry, housing and household goods.
- **Ann Sullivan Center/Early Intervention** **978-453-8331**
www.thomchild.org
 126 Phoenix Avenue, Lowell, MA 01852

Offers early intervention services for children who are at risk or have a disability
 ages birth to 3
- **Asian Center of Merrimack Valley** **978-683-7316**
www.asiancenterrmv.org

Offers various helpful services to the Asian-American Community.
- **Auto Safety Hotline** **888-327-4236**

Information about car safety seats, air bags and passenger safety.
- **Baby Safe Haven** **866-814-SAFE**
www.mass.gov/baby-safe-haven

The Safe Haven Act of Massachusetts

The Safe Haven Act of Massachusetts (2004) allows a parent to legally surrender newborn infants 7 days old or younger at a hospital, police station, or manned fire station without facing criminal prosecution. The Safe Haven Act is an amendment to Chapter 119 of the Massachusetts General Laws, section 39.5. The law went into effect on October 29, 2004.

- **Big Brothers Big Sisters of Greater Lowell** **978-654-5679**
www.comteam.org
 155 Merrimack Street, 3rd Floor, Lowell

Mentoring program for youth
- **Buckle Up Hotline** **202-662-0600**

Information on child safety and locations of car seat loan programs; takes reports of improperly restrained children and follows up with information. Always open
- **Cambodian Mutual Assistance Association** **978-454-6200**
www.cmaalowell.org
 465 School Street Lowell

Educational, cultural, economic and social programs for Cambodian Americans and other minorities and disadvantaged persons in Lowell.
- **Catholic Charities North** **978-452-1421**
www.ccab.org/location-merrimack
 70 Lawrence Street Lowell

Services: Basic Needs, Counseling, Family Support Services, Food Pantry, Grandparents as Parents, Parent Support Services

978-454-9946 (food pantry)
- **Child Care Circuit** **978-686-4288**
www.childcarecircuit.org

Information on childcare including how to choose a provider, free assistance locating licensed child care providers and subsidies to help pay for child care
- **Children's Trust Fund** **617-727-8957**

Referrals to parent education and support groups

- **CTI Head Start**
www.comteam.org
17 Kirk Street, Lowell MA 01852

The program is designed to assist families in the areas of child health and nutrition, child growth and development and parent information, skill development and community resource linking.

- **Family Connection of Greater Lowell** **617-388-9210**
www.TFCplayspace.weebly.com
Pawtucket Congregational Church
15 Mammoth Road, Lowell

Features a large indoor area where young children can play in a safe environment, and where parents can connect with one another.

- **Family and Parenting Services** **617-927-6243**

Information, resources, activities and support for gay and lesbian parents and their children.

- **Family TIES of Massachusetts** **800-905-8437**
www.massfamilyties.org

An information and support network run by and for parents of children with special needs.

- **Federation for Children with Special Needs** **800-331-0688**
www.fcsn.org

Advocacy for children with special needs and their parents or guardians.

- **First Call for Help** **800-231-4377**

Provides information and resources to any caller who needs help but does not know where to turn. Information is available on support groups, employment, housing, fuel assistance, and many other basic family needs.

- **First Candle (SIDS Awareness)**
www.firstcandle.org

800-221-7437

Grief Counselors Available 24/7. Information for expectant parents, professionals & grieving families.

- **F.O.R. families**

617-624-5913

Home Visitors coordinate services with community-based programs & services such as WIC, Early Intervention, health care, domestic violence as well as DTA, & Housing Assistance for homeless families

- **Grandparents as Parents**
www.ccab.org
70 Lawrence Street, Lowell

978-452-1421

Program offers home visits, support groups, workshops, socials, family outings, special education consultation, advocacy, referral services, referrals for legal assistance, and an exchange point for both grandparents and kinship caregivers.

- **Healthy Families For Young Parents**
www.healthyfamiliesma.org

978 513-2365

Program that provides free education and support to first-time young parents under the age of 21.

- **International Institute**
www.line.org/lowell
17 Warren Street, 2nd Floor Lowell

978-459-9031

Assistance with accessing community services, applying for refugee cash assistance when applicable, offering cultural orientations for newly arrived immigrants.

- **Kid's Net**

617-983-5800

Provides free respite, short-term daycare, training, support group referrals, funding for camp / after-school programs. Services are available only to DCF foster, adoptive and kinship parents.

- **Kid's Net Connection** **800-486-3730**

After-hours helpline providing immediate telephone support and referral for DCF foster, kinship and pre-adoptive services.

- **Lowell Early Childhood Advisory Council** **978-674-4330**
155 Merrimack Street Lowell, MA 01852

The goal of the council is to provide a network of needed and important services, foster partnerships among individuals/agencies who provide services to families, and share resources with educators, parents, and other caregivers working with young children.

- **Massachusetts Assistive Technology Partnership Center** **800-848-8867**

Information on assistive technology products, services and funding sources for people with disabilities.

- **MA Department of Early Education & Care Regional Office in Lawrence** **617-988-6600**
978-681-9684

State agency that monitors & licenses childcare programs; receives complaints & maintains history of proven companies against a provider.

- **Massachusetts Department of Education** **781-338-3000**

Information on public school programs

- Massachusetts Department of Children & Families Services** **978-275-6800**
2 Omni Way, Chelmsford, MA 01824

- Massachusetts Passenger Safety Program** **800-227-7233**

Locations of car seat loan programs; information about passenger safety, child safety seat installation and recalls.

- **Merrimack Valley Mothers of Twins**
www.mmota.org

A local group of Mothers of Twins and triplets

- **Nashoba Valley Mothers of Multiples**
www.nashobavalleymom.org

A support group for women from the Greater Lowell area who are expecting or are a mom to twins or higher order multiples. Also, play groups, play dates and Girl's Nights Out.

- **Newborn & Pregnancy Support**
www.thomchild.org
126 Phoenix Ave, Lowell

978-453-8331 x1102

Home visiting program that serves pregnant women, postpartum mothers and their infants. Provides prenatal education, breastfeeding information and support, postpartum and newborn education.

- **Parent Talk**
www.parenttalk.org

781-453-5418

Provides parent education programs, a newsletter, playgroups, family activities & more.

- **Parental Stress Line**

800-632-8188

Confidential counseling, support and information for parents. 24 Hours a Day, 7 Days a Week

- **Parents Helping Parents**
www.parentshelpingparents.org

617-926-5008

Telephone counseling and referrals to local support groups for parents.

- **Parents Without Partners**
www.parentswithoutpartners.org

800-637-7974

- Single parent support line
- **South Bay Early Intervention** **978-452-1736**
148 Warren Street Lowell

Offers early intervention services for children who are at risk or have a disability ages birth to 3
- **United Way of Massachusetts Bay & Merrimack Valley** **617-624-8164**
www.unitedwaymassbay.org
100 Merrimack Street, Suite 307 Lowell

EMPLOYMENT

- **Career Center of Lowell** **978-458-2503**
www.masshirelowellcc.com
107 Merrimack Street Lowell, MA 01852

Aids in obtaining employment & employment skills
- **Department of Transitional Assistance** **978-446-2400**
131 Davidson Street, Lowell, MA 01852 **877-382-2363**

The Department of Transitional Assistance (DTA) assists and empowers individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.
- **Equal Employment Opportunity Commission 800-669-4000**
- **Massachusetts Rehabilitation Commission** **978-458-4544**
55 Technology Drive, 2nd floor, Lowell **617-204-3600**

MRC provides comprehensive services to people living with disabilities that maximize their quality of life and economic self-sufficiency in the community. All programs have their own intake criteria including financial, medical, and other eligibility requirements.

- **Middlesex Community College** **216 255-3018**
www.careershift.com/?sc=Middlesex
 Career search for Middlesex Students
- **SuitAbility Program** **978-459-0551**
 155 Merrimack St Lowell MA 01852

Provides free interview/work clothing to low-income women & men. Referral required.

FAMILY VIOLENCE AND ABUSE

- **1-800 Run Away** **1-800-786-2929**
www.1800runaway.org

24-hour confidential crisis line for youth or concerned individuals offering information and help. Live chats also available.

- **Alternative House**
24-hour hotline **978-454-1436**
www.alternative-house.org **888-291-6228**

Offers shelter, support, options, counseling and advocacy for all battered women seeking help (and their children).

- **Battered Women's Hotline - SafeLink** **877-785-2020**
www.casamyrna.org

Referrals, peer support & information on location and availability of shelters. 24-hour line. Services available in Spanish, English, Portuguese, Creole & French.

- **The Center for Hope & Healing** **978-452-7721**
 21 George Street Suite 400 Lowell

24 Hour Hotline providing counseling services to survivors of sexual assault as well their friends and family

- **Child-At-Risk 24 Hour Hotline** **800-792-5200**

To report child abuse; follow-up services include crisis intervention and emergency services, counseling, protective childcare, parent aid services, substitute care and case management.

- **Child Witness to Violence Project** **617-414-4244**
www.childwitnessstoviolence.org

Counseling for children who have witnessed violence, especially family violence.

- **Department of Children & Families**
24hr line **800-792-5200**
Teen Peer Line **800-238-7868**
2 Omni Way, Chelmsford 978-275-6800

- **Disabled Persons Protection Commission** **800-426-9009**

Hotline receives calls of suspected abuse and neglect, investigation, oversight, public awareness and prevention

- **District Court Restraining Orders- Lowell** **978-459-4101**
370 Jackson St., Lowell, MA 01852

An emergency 209A order can be obtained through the Lowell Police Department after court hours. Call 978-937-3200 for more information

- **Lowell Asian Initiative Against Domestic Violence** **978-454-3651**
www.atask.org

Services include legal resources, domestic violence victim advocacy and shelter and rape crisis intervention. Provide culturally and linguistically appropriate care to help our clients heal from abuse and rebuild their lives.

- **Massachusetts Society for the Prevention of Cruelty to Children** 617-983-5800
www.mspcc.org
151 Warren Street 978-937-3087

Dedicated to ensuring the health and safety of children through direct services to children and families and public advocacy on their behalf.

- **Merrimack Valley Chapter of Parents of Murdered Children** 978-452-5858
Saints Medical Center, Stackpole Street, Lowell

Providing support for parents of murdered children and also to provide support for family and friends that also died by violence.

- **Michael B. Christensen Family Support Center** 978-681-4985

Helping parents in the Merrimack Valley learn positive parenting skills, assisting families at risk, to foster a sense of family and empowerment. Services free

- **National Domestic Violence Hotline** 800-799-7233

- **Rape, Abuse, Incest, National Network** 800-656-4673
www.rrainn.org

Web-based crisis hotline providing live and anonymous support for victims of violence and abuse

- **REACH** 800-899-4000

24-hour hotline and emergency shelter for victims of domestic violence

- **Turning Point Transitional House for Women and Children** 978-388-6600

Stable home environment for battered women and their children while allowing them the safety and freedom to use family support services

- **Women's Resource Center**
24-hour hotline #

978-373-4041
800-400-4700

Program for battered women with the following services: supportive counseling, advocacy within the legal system, support groups for abused women, emergency shelter and education.

For a complete listing of services related to domestic violence and sexual assault in MA go to www.janedoe.org

FOOD RESOURCES

- **Catholic Charities Food Pantry**
70 Lawrence Street, Lowell

978-454-9946

Monday & Wednesday - 1:00 - 3:30 PM
Tuesday & Thursday - 4:30 - 6:00 PM

In addition to food, clothing and other miscellaneous items are also available.

- **Central Food Ministry Food Pantry**
www.cfministry.org
370 West Sixth Street, Lowell

978-454-7445

Tuesday / Wednesday / Thursday
10:00 Am to 1:00 PM

Thursday - 7:00 to 8:00 PM

- **Chelmsford Comm. Exchange**
50 Rear Billerica Road, Chelmsford, MA. - In Beige Trailer

978-250-3818

Food distribution open to all.

Thursday / 2:00-4:00 PM

Friday / 6:30-8 PM

Saturday - Noon to 1:30 PM

First week in December through the last week of April

- **Christ Jubilee Food Pantry** **978-452-9976**

<http://chrisjubilee.com>

101 Smith Street Lowell

Distribution Fridays from 1-3:00 PM

- **Consumer Nutrition Hotline 800-366-1655**

Pre-recorded messages on various topics and issues in nutrition or speak to a registered dietician.

- **Food Stamp Program (SNAP)** **978-446-2400**

www.gettingfoodstamps.org

131 Davidson Street Lowell

Provides eligible households with a monthly food stamp allowance to purchase groceries at approved markets.

- **Merrimack Valley Food Bank Mobile Pantry
& Operation Nourish** **978-454-7272**

www.mvfb.org

735 Broadway Street Lowell

Mobile pantry offers home delivery of food for low income, homebound elderly and disabled individuals.

Operation Nourish provides supplemental food to children who may not have enough food to eat at home. Also operates a free community market in Summer.

- **Mill City Grows** **978-455-2620**

www.millcitygrows.org

650 Suffolk St g10, Lowell

Mill City Grows fosters food justice by improving physical health, economic independence and environmental sustainability in Lowell through increased access to land, locally grown food and education.

- **Open Pantry of Greater Lowell**
<http://theopenpantry.org>
13 Hurd St, Lowell

978-453-6693

Food Assistance every 30 days. Any person who lives in Greater Lowell may be eligible for assistance

Mon-Fri 9:00 AM - 12 noon

Wednesday 5:30 -7:00 PM

- **Project Bread**
www.projectbread.org

617-723-5000

Provides information and referral to local food resources. Also provides a confidential, pre-screening regarding eligibility for Food Stamp and other food programs.

- **Salvation Army**
www.salvationarmyusa.org
150 Appleton Street, Lowell

978-458-3396

A variety of services available including food assistance, holiday assistance, emergency assistance & clothing/furniture assistance.

- **UMass Extension**

978-689-4744

Teach participants how to eat healthy on limited budget.

- **WIC**
45 Kirk Street, Second Floor, Lowell

978-454-6397

The Women, Infants and Children Nutrition Program provides free food and nutrition information to help keep pregnant women, infants and children under five healthy and strong.

For more information on Lowell food pantries & meals go to: www.nmcog.org/lowell or go to the Greater Boston Food Bank web site at <https://www.gbfb.org/>

FUEL/UTILITY ASSISTANCE

- **Community Teamwork** **978-459-6161**
www.comteam.org
45 Kirk Street, Lowell

Provides energy programs, fuel assistance to help low income individuals become self-sufficient.

- **Citizens Energy Assistance Program** **877-563-4645**
www.citizenenergy.com

Works in partnership with fuel assistance agencies to provide low cost heating oil & natural gas

- **Energy Assistance Programs Heat Line** **800-632-8175**

Financial aid for heat. Also provides eligible households with full-scale home energy weatherization services

- **Mass Energy Consumers Alliance** **800-287-3950**
www.massenergy.org

A nonprofit consumer energy corporation which contracts with oil dealers for decreased oil prices for members. Their mission is to make energy more affordable and environmentally sustainable.

- **SafeLink** **877-785-2020**
www.casamyrna.org

Free Cell phone for income qualifying clients, free monthly minutes

- **Salvation Army** **978-458-3396**
150 Appleton Street, Lowell

Provides assistance in paying electric bills, For Low-income families who do not qualify for other public assistance programs.

- **Good Neighbor Energy Fund** 800-334-3047
www.magoodneighbor.org

Fuel assistance available to income eligible families during the heating season: Eastern Massachusetts.

HEALTH/MENTAL HEALTH

- **AIDS information** 800-235-2331
- **Spanish Hotline** 800-344-7432
www.aac.org

- **Al-Anon** 800-344-2666

Support for family members affected by alcoholism or other substance abuse.

- **Alcohol and Drug Hotline** 800-327-5050
www.helplinema.org

Provides free and confidential referrals to substance abuse treatment services

- **Alcoholics Anonymous** 978-957-4690

Confidential support groups and resources

- **American Academy of Pediatrics, MA Chapter** 781-895-9852
www.mcaap.org

Information about child health issues

- **Asthma & Allergy Foundation of America** 877-7-ASTHMA
www.aafa.org

Education support group for parents

- **Children’s Medical Security Plan** **800-909-2677**

Health insurance to eligible children 18 and under for primary care, limited emergency care and prescription drugs
- **CommonHealth** **800-841-2900**

Health insurance for working disabled adults and children under 18
- **Depression After Delivery** **800-944-4773**
www.psichapters.com/ma/

Information for new parents and referrals to local providers and support groups
- **Early Intervention Services** **800-905-8437**

Developmental assessment, intervention and family support services to eligible children birth-3 years old.
- **Eating Disorders & Prevention Hotline** **800-931-2237**
- **Gambling Help Hotline** **800-522-4700**
- **Good Grief Program** **617-414-4005**
www.bmc.org/programs/good-grief-program

Training for providers and teachers about children and grief; books, videos and other resources.
- **Healthcare for All** **800-272-4232**
www.hcfama.org **617-350-7279**

An advocacy organization with information about health care rights and insurance
- **Healthy Start** **888-488-9161**
www.bmc.org/pediatrics-special-kids-special-help/ **800-841-2900**

Insurance for eligible pregnant women and referrals to health care and other services

- **La Leche League** **800-525-3243**
www.lleus.org/state/Massachusetts.html

Telephone counseling on breastfeeding, new mothers' groups and information on breast pump rentals and sales.

- **Lahey Health Behavioral Services** **978-968-1700**
Lowell psychiatric emergency line **800-830-5177**
www.nebhealth.org

Includes traditional and intensive outpatient therapy for individuals, families and teens, also includes special programs such as women, gamblers, and aftercare prison groups.

- **Lead Poisoning Prevention** **800-222-1222**

Information about lead laws and consumer rights.

- **Lowell Community Health Center** **978-446-0236**
www.lchealth.org
Family Planning Department-2nd Floor
161 Jackson Street, Lowell

High quality free or low-cost family planning and reproductive health care.

- **Lowell General Hospital** **978-937-6000**
www.lowellgeneral.org
295 Varnum Avenue, Lowell
Saints Campus **877-544-9355**
1 Hospital Drive, Lowell

Woman's Health Free screenings, Childbirth Classes, Support Groups, Physician Referrals, Hospital Information/Patient Services, etc....

- **Lowell High School** **978-458-6642**
School-Based Health Center
50 French Street, Lowell

- **Massachusetts Center for Sudden Infant Death Syndrome (SIDS) Hotline** 617-414-7437
Counseling about SIDS

- **Massachusetts Department of Mental Health**
Emergency evaluations and treatment for persons having a mental health crisis.
Main telephone 617-626-8000

- **Massachusetts Department of Public Health Case Management**
- Northeast Region 800-882-1435

Case management, support and technical assistance to help parents of children with special health care needs to get services from public and private agencies.

- **Massachusetts Family Planning Program** 617-624-6012
- **www.massfamilyplanning.org**

Promotes and provides comprehensive family planning services, which include clinic-based services, access to Emergency Contraception and may include community education and outreach.

- **Massachusetts Immunization Program** 617-983-4335

Information about immunization and where to get them.

- **Massachusetts League of Community Health Centers** 617-426-2225
www.massleague.org

Referrals to local health centers

- **Massachusetts Office on Disability** 800-322-2020

Information, referrals and advocacy for people with disabilities

- **MassDentists CARE** **800-342-8747**
www.massdental.org

Referrals to dentists and special needs dentists Also provides qualified children with access to affordable quality dental healthcare services.

- **Medicaid/MassHealth** **800-841-2900**
Health insurance for eligible families **617-573-1770**

- **Mental Health America** **800-273-8255**
www.mhanational.org

Referrals to mental health providers and Information on mental health.

- **Mental Health Association of Lowell** **978-458-6282**
www.mhalowell.org
99 Church Street, Lowell

Offers various mental health services

- **METTA Health Center- LCHC** **978-441-1700**
- **www.lchealth.org/Metta.shtml**
161 Jackson St. (3rd Floor), Lowell

Offers traditional Cambodian Healing, accepts most insurance, including Medicare and Medicare, sliding fee scale available.

- **Middlesex Community College Dental Clinic** **978-656-3250**
44 Middle, Street, Lowell

Clinic provides preventive dental hygiene services available at reduced cost to the local community.

- **New Mother's Support Group** **978-788-7224**
Hanchett Auditorium at Lowell General Hospital

A free drop-in support group for new mothers and their babies. Provides a place to come with your questions and concerns or just to meet other new mothers.

- **Planned Parenthood** **800-682-9218**
www.plannedparenthood.org

Referrals to confidential pregnancy testing; reproductive health services and information

- **Poison Control Center** **800-222-1222**
www.poison.org

Emergency advice on poisoning and information on poisons. Always open.

- **Samaritans (teen-to-teen line)** **800-252-TEEN**

Teen help line provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 15 and 18.

Available 24 hours.

- **Samaritans of Merrimack Valley** **866-912-4673**

Free and confidential 24-hour phone befriending and Crisis Help Line

- **Scleroderma Foundation** **781-324-7426**
www.scleroderma.org

Offers support groups, newsletter and other information for those with scleroderma.

- **Women's Health Network** **877-414-4447**

Offers free Pap tests and Mammogram screenings, free transportation and babysitting for appointments.

HOUSING

- **Alternative House** **978-937-5777**
24-hour hotline **888-291-6228**
www.alternative-house.org
P.O. Box 2100, Lowell

Provides emergency shelter, referral, counseling and legal advocacy services for battered women and their children.

- **Brigid's Crossing** **978-454-0081**
48 Lawrence Street, Lowell

A teen living program where young mothers experience independent living while they learn to access resources in the community and develop appropriate parenting skills.

- **The Caleb Group** **781-595-4665**
www.thecalebgroup.org

Operates 3 properties in Lowell: Affordable housing combined with helping residents overcome adversity by providing community programming and referrals

- **Common Ground Development Corp.** **978-459-0551**
www.commongroundhousing.org
155 Merrimack Street, Lowell
Property Management & Availability **781-794-1000**

Mission is to produce more housing for homebuyers and tenants, and to preserve exist apartments at affordable rent levels. Has 6 properties in Lowell.

- **CTI Section 8 Housing/Shelter Program** **978-459-0551**
www.comteam.org

Section 8 housing and information and assistance with basic housing needs. Also provides emergency shelter and supportive services for homeless families.

- **Department of Transitional Assistance** **978-446-2400**
131 Davidson Street, Lowell

Food stamps, Transitional Aid for Needy Families (TNAF) and other assistance
New applicants **800-445-6604**

- **Foreclosure Prevention Hotline** **888-995-HOPE**
- **www.995hope.org**

Provides answers, connection to a counselor, and comprehensive phone counseling to help homeowners avoid foreclosure. Services are free of charge.

- **Habitat for Humanity of Greater Lowell** **978-692-0927**
www.lowellhabitat.org

Provides ownership opportunities to economically disadvantage families. Criteria apply

- **House of Hope** **978-458-2870**
www.hopelowell.org
812 Merrimack Street, Lowell

Provides short-term emergency shelter for low-income families in crisis who are without housing and are not drug involved

- **Lowell Housing Authority** **978-364-5368**
21 Salem Street, Lowell

Responsible for taking application and managing public housing units and rental subsidies

- **Lowell Transitional Living Center** **978-458-9888**
www.ltlc.org
189 Middlesex Street, Lowell

Provides emergency food and shelter for single adult male and female people over the age of 18. Pregnant women may receive shelter through their 1st and 2nd trimesters only due to safety considerations.

- **Making Home Affordable** **888-995-4673**
www.makinghomeaffordable.gov

For those homeowners for whom homeownership is no longer affordable, the program can provide a way out that avoids foreclosure. Additionally, there are options for helping get better loan repayment plans, for unemployed homeowners and homeowners who owe more than their homes are worth.

- **Massachusetts Housing Alliance** **617-822-9100**
www.mahahome.org

Counseling for first-time homebuyers and advocacy on housing issues.

- **Massachusetts Housing Consumer Education Centers** **800-224-5124**
www.masshousinginfo.org

Offers answers to a wide range of questions about all types of housing problems as well as referrals to local agencies.

- **Massachusetts Coalition for the Homeless** **781-595-7570**
www.mahomeless.org

Donations Assistance Center has a “Furniture Bank” that provides furniture and household goods.

- **Massachusetts Mortgage Foreclosure Assistance Hotline** **800-495-2295**
Assistance and guidance for families facing foreclosure.

- **Merrimack Valley Housing Partnership** **978-459-8490**
www.mvhp.org
67 Middle Street, Suite 501 Lowell

Promotes home ownership opportunities for low- and moderate-income earners by producing comprehensive training and counseling as well as promoting the use of special mortgage products and down payment assistance programs.

- **Mission of Deeds** **781-944-9797**
www.missionofdeeds.org

Provides furniture, household goods & other items free of charge to families & individuals indeed. Also has a children’s library.

- **Salvation Army** **978-458-3396**
www.salvationarmyusa.org
150 Appleton Street, Lowell

Clothing/furniture assistance

- **United Teen Equality Center (UTEC)** **978-441-9949**
www.utec-lowell.org
35 Warren St, Lowell

Free services for teens including assistance with homelessness.

LEGAL ASSISTANCE

- **Children's Law Center of Massachusetts** **781-581-1977**
www.clcm.org

Provides direct legal representation for indigent children in cases involving special education, early intervention, school issues & children in state custody

- **Dial-A-Lawyer** **617-338-0610**

The 1st Wednesday of every month you can get free legal help, by telephone, from 5:30 PM - 7:30 PM

- **Hale & Door Legal Services Center** **617-522-3003**

Legal services for housing, family, benefits and AIDS-related discrimination

- **International Institute** **978-459-9031**
www.iilowell.org
17 Warren St 2nd floor, Lowell, MA 01852

Legal services available to refugees, asylum seekers and immigrants, especially to low- and moderate-income clients. Services include green cards, citizenship, petitions for relative, employment authorizations, and removal of restrictions.

- **Legal Advocacy Resource Center** **800-343-LAWS**
Provides legal information primarily to low-income residents on a wide range of issues
- **Massachusetts Advocates for Children** **617-357-8431**
● **www.massadvocates.org**
Advocacy for children needing special education services
- **Massachusetts Child Support Enforcement** **800-332-2733**
Information of child support laws, filing claims and help with a specific case.
- **Massachusetts Legal Assistance Corp.** **617-367-8544**
www.mlac.org
Legal services for income-eligible people
- **Mass Legal Services**
www.masslegalservices.org
Mass Legal Services offers resources to lower income Massachusetts residents to legal services advocates and social services professionals.
- **Massachusetts Office on Disabilities** **800-322-2020**
Information, referrals and advocacy for people with disabilities.
- **Merrimack Valley Legal Services** **978-458-1465**
www.mvlegal.org
Serving all of the Greater Lowell. Offers low cost & free legal advice to low income & elderly people

- **National Consumer Law Center**
www.consumerlaw.org

617-542-8010

Basic information for consumers on the most critical consumer issues, including debt collection, credit card debt, telemarketing fraud, loss of utility services and other issues.

- **Neighborhood Legal Services, Inc.**
www.neighborhoodlaw.org

781-599-7730

Provides free civil legal assistance to low-income individuals and families throughout Northeastern Massachusetts.

- **Web-site for legal information www.masslegalhelp.org**

MASS 211 HOTLINE

Always a confidential call, Mass 2-1-1- is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities and other local resources.

877-211-6277; Hearing Impaired: 508-370-4890 TTY