

Lowell City Hall

<u>www.lowellma.gov</u> 375 Merrimack Street 01852 978-674-4000

Lowell Police

https://www.lowellma.gov/221/Police-Department 978-937-3200 Lowell Fire https://www.lowellma.gov/246/Fire 978-459-2444

State Police Missing Child Hot-line 800-622-5999

FOR ALL EMERGENCIES: DIAL 911

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EARLY CHILDHOOD PROGRAMS AND SERVICES

CFCE Membership 978-674-2065 Ivaldez@lowell.k12.ma.us

Weekly Playgroups 978-674-2065 Ivaldez@lowell.k12.ma.us

ParentChild+ 978-674-2065 Ivaldez@lowell.k12.ma.us

Positive Solutions for Families: Parenting Workshop 978-674-2065 Ivaldez@lowell.k12.ma.us

Developmental Screening 978-674-2050 slacroix@lowell.k12.ma.us

Ages and Stages Questionnaire (ASQ) jennifer.williams@lowell.k12.ma.us

SPED PAC Special Education Parent Advisory Council 978-454-1967 lowellspedpac@aol.com Receive information on upcoming community events, newsletters and resources for you, your child's development and more. To register go to: <u>https://forms.gle/wc2X2vEAcT3tdBGj9</u>

Weekly playgroups for young children under the age of five and their families! Join the fun and invite your friends! Sing songs, read books, share ideas and make new friends. Planned activities are provided to promote child development and lead by an Early Childhood home visitor.

A national home visiting program serving children 18 months to 4 years in their home to promote language and literacy. The home visitor comes to your home for 30 minutes and brings an educational book or toy for your family to keep. During the home visit, we talk about the importance of reading and playing with your child. Families promote learning with the book or toy between visits at home while strengthening parent/child bonds.

This free interactive parenting series engages families in discussions around how to promote social and emotional skills in children and help them establish friendships with peers. In Positive Solutions, families discuss various ways to address difficult parenting situations and challenging behaviors by filling their parental toolbox.

If you have a child older than 2 years 9 months and have concerns about your child's development, a developmental screening may be right for you. Developmental screenings provide a snap shot of a child's development. Information gleamed from the screening identifies areas of strength and opportunities for future learning. The ASQ will provide families with suggested ideas for a way to promote learning.

A parent completed developmental screening that provides a quick overview of your child's development and offers families suggested ideas for ways to promote learning.

A parent advisory group run by parents of children receiving special education services through the Lowell School Department. The group shares information about special education and promotes understanding between parents and the school

Facebook: Lowell SPED PAC

department.



Lowell Public Schools 155 Merrimack Street Lowell, MA 01852 <u>https://www.lowell.k12.ma.us/</u> Main Number: 978-674-2100

Early Childhood Programs and Services 21 Carter Street Lowell, MA 01852 https://www.lowell.k12.ma.us/Domain/83 Main Number: 978-674-4330 Family Resource Center 155 Merrimack Street Lowell, MA 01852 <u>https://www.lowell.k12.ma.us/Domain/84</u> Main Number: 978-674-4321

Special Education Department 155 Merrimack Street Lowell, MA 01852 https://www.lowell.k12.ma.us/Domain/92 Main Number: 978-674-4322

ABOUT LOWELL PUBLIC SCHOOLS

The Lowell Public Schools (LPS) is one of the largest school districts in Massachusetts, on average enrolling more than 14,150 students in grades PreK-12. LPS has a dedicated school community committed to serving our students and families. Our families are invited to participate in their children's educational experience. To facilitate this, we invite you to check out this website at https://www.lowell.k12.ma.us/ which will inform you of many things such as announcements, school happenings, school calendars, etc.

OUR SCHOOLS

After School Programs Key:

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Century 21 Program	Community Teamwork	ҮМСА

Abraham Lincoln Elementary School (PreK-4) 300 Chelmsford Street 01851 *Tel:* 978-937-2846 https://www.lowell.k12.ma.us/Domain/19

COMM UNITY TEAM WORK

Cardinal O'Connell Early Learning Center (PreK) 21 Carter Street 01852 Tel: 978-446-7000 https://www.lowell.k12.ma.us/Domain/30

Charlotte M. Murkland Elementary School (PreK-4) 350 Adams Street 01854 Tel: 978-937-2826 https://www.lowell.k12.ma.us/Domain/24



Bartlett Community Partnership (PreK-8) 79 Wannalancit Street 01854 Tel: 978-937-8968 https://www.lowell.k12.ma.us/Domain/9

Charles W. Morey (PreK-4) 130 Pine St. 01851 Tel: 978-937-7662 https://www.lowell.k12.ma.us/Domain/23



Dr. Gertrude Bailey Elementary School (PreK-4) 175 Campbell Dr. 01851 Tel: 978-937-7644 https://www.lowell.k12.ma.us/Domain/17



OUR SCHOOLS

Dr. Janice Adie Day School (PreK-12) 60 Carlisle Street, Chelmsford MA 01824 Tel: 978-674-2405 https://www.lowell.k12.ma.us/lowellday Frederic T. Greenhalge Elementary School (PreK-4) 149 Ennell Street 01850 Tel: 978-937-7670 https://www.lowell.k12.ma.us/Domain/18



John J. Shaughnessy Elementary School (PreK-4) 1158 Gorham Street 01852 Tel: 978-937-7657 https://www.lowell.k12.ma.us/Domain/27



Joseph G. Pyne Arts Magnet School (PreK-8) 145 Boylston Street 01852 Tel: 978-937-7639 https://www.lowell.k12.ma.us/Domain/12 Joseph A. Mc Avinnue Elementary School (PreK-4) 131 Mammoth Road 01584 Tel: 978-937-2871 https://www.lowell.k12.ma.us/Domain/21



Moody Elementary School (K-4) 158 Rogers Street. 01852 Tel: 978-937-7673 https://www.lowell.k12.ma.us/Domain/22

Pawtucketville Memorial Elementary School (PreK-8) 425 West Meadow Road 01854 Tel: 978-937-7667

https://www.lowell.k12.ma.us/Domain/25



Peter W. Reilly School (PreK-4) 115 Douglas Road 01852 Tel: 978-937-7652 https://www.lowell.k12.ma.us/Page/45

S. Christa McAuliffe Elementary School (PreK-4) 570 Beacon Street 01850 Tel: 978-937-2838 https://www.lowell.k12.ma.us/Domain/20



Washington Elementary School (PreK-4) 795 Wilder Street 01851 Tel: 978-937-7635 https://www.lowell.k12.ma.us/Domain/29 STEM Academy @ the Rogers School (K-8) 43 Highland Street 01852 Tel: 978-674-4331 https://www.lowell.k12.ma.us/Domain/28



Lowell's Special Education Parent Advisory Council Email: Lowellspedpac@aol.com Webpage: https://www.lowell.k12.ma.us/spedpac Facebook: https://m.facebook.com/Lowellspedpac/?tsid=0. 5466778612323151&source=result



EARLY CHILDHOOD EDUCATION & SCHOOL-AGE PROGRAMS

The Department of Early Care and Education

50 Milk Street 14th Floor Boston, MA 02109-5002 617-988-6600 Find a licensed program

Key:

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Infant	Toddler	Preschool	School-age

Infant care and education – children 1 month to 15 months Toddler care and education – children 15 months to 2.9 years old Preschool care and education – 2.9 years old to kindergarten entry School-age care and education – kindergarten to thirteen years old

ACRE Family Child Care 55 Middle Street Lowell, MA 01852 www.acrefamily.org Phone: 978-937-5899



Bethel Child Care Services, Inc. Main Office: 411 Merrimack St, STE 100 Methuen, MA 01844 www.bethelccs.com Phone: 978-458-6577



Boys and Girls Club 657 Middlesex Street Lowell, MA 01851 http://lbgc.org/ Phone: 978-458-4526



Clarendon Early Education Services 100 Merrimack Street #205 Lowell, MA 01852 www.clarendonfamilydaycare.org Phone: 978-454-3026



Acre Family Child Care provides a pathway for women to achieve economic independence by operating high quality childcare businesses in their homes. Acre Family provides care for nearly 400 children every day in a network of family childcare homes. Acre Family staff visit the homes to monitor the quality of care, and offer family support services and early childhood training programs in multiple languages throughout the year. Acre Family Child Care (AFCC) was founded in 1988 in response to two related economic and community development needs: jobs and childcare. Acre Family Child Care provides training programs in English, Spanish, and Khmer that enable women to run licensed family childcare businesses in their own homes. The program has an innovative ripple effect in the community: the family childcare providers earn a living and are able to stay at home with their own young children; at the same time, they offer childcare to the community so other parents may work or attend job training programs.

Bethel Child Care Services, Inc. provides community-based, quality early learning programs to children from birth to 13 years of age in licensed family childcare educator homes. We support each child's development by working to meet their individual needs of early learning, literacy, and healthy social-emotional development. We support parents by collaborating with them to guide the best developmental outcomes for their children.

All young people ages 8-18 are welcome. Our members represent diverse socio-economic and ethnic backgrounds. Membership fees and grant scholarships may be available to ensure access to all youth who benefit from club services.

Clarendon Early Education Services, Inc. provides quality child care services to children from birth to 13 years, supporting families from diverse ethnic, social and economic backgrounds. Safe, healthy environments with a robust nutrition program set the stage for improved outcomes in school and in life.

Community Teamwork Inc.

155 Merrimack Street Lowell, MA 01852 <u>www.commteam.org</u> Phone: 978-459-0551



Girls Inc. 220 Worthen Street Lowell, MA 01852 <u>www.girlsinc.org</u> Phone: 978-458-6529



Learning Latta

75 Douglas Road Lowell, MA 01852 Phone: 978-323-9310



Little Sprouts Enrichment Center 900 Chelmsford Street Lowell, MA 01851 <u>www.littlesprouts.com</u> Phone: 978-453-6614



Lowell Day Nursery 119 Hall Street Lowell, MA 01854 www.lowelldaynursery.net Phone: 978-4545981



Our affordable child education and care programs provide support to infants and children through age 5, preparing them to be their developmental best through early learning and literacy and healthy social and physical development. We offer highquality, extended care for infants, young children up to age 5 and middle school age children, while supporting the demanding schedules of working parents.

Girls Incorporated of Lowell provides programs to help all girls develop the skills and tools for becoming women who are strong, smart and bold. Our aim is to develop strong interpersonal skills between students while bolstering self-confidence and an awareness of the world around them.

Learning Latta is a Large Group and School Age Child Care in Lowell with a maximum capacity of 46 children. Learning Latta provides various opportunities that help their students learn essential academic skills.

Little Sprouts is filled with passionate early educators committed to supporting children's social, emotional, physical, and academic growth. We create healthy and safe spaces to help infants, toddlers, preschoolers, kindergarteners, and school-aged children meet their milestones, expand their imaginations, and make plenty of new friends.

Lowell Day Nursery is a non-profit, early education child care center accredited by the National Association for the Education of Young Children (NAEYC). Accepting children from the age of 15 months up to Pre-k. Our school has been open since 1885that's 135 years of experience in child development.

EARLY CHILDHOOD EDUCATION & SCHOOL-AGE PROGRAMS

Merrimack Valley Christian Day School 1195 Varnum Ave. Lowell, MA 01854 www.merrimackvalleychristiand ayschool.com Phone: 978-452-2462 M.V.C.D.S. is a state licensed, non-profit corporation, which has functioned as a ministry of the Lowell First Church of the Nazarene for over 30 years. We offer high quality care and education for children ages 8 weeks through 5 years in a distinctively Christian Environment.



Small Steps 1275 Pawtucket Blvd. Lowell, MA 01854 https://smallstepsdaycarema.org/ Phone: 978-319-8829



Small steps offers part-time, full-time and hourly childcare services for children 3 weeks to 8 years old. We provide all meals and formula for infants including some special diets. Learning by interactions/hands-on approach is the best way for children to learn.

UTEC Early Education Center 15 Warren Street Lowell, MA 01852 https://utecinc.org/ Phone: 978-735-4660



YMCA Child Care Programs 35 YMCA Drive Lowell, MA 01852 www.greaterlowellymca.org Phone: 978-454-7825



UTEC Early Education Center is a large group and school-age facility that provides services for all children. Children experience quality early education and care in UTEC's Early Education Center while families are engaged in programing in the city of Lowell that will provide long-term benefits to the entire family.

The Greater Lowell Family YMCA Preschool offers exceptional care for children ages 2.9 to 5 years old. The program is licensed by the Department of Early Education and Care. The program creates an environment that both stimulates and strengthens each child's physical, educational, and social development. The YMCA offers before and afterschool childcare for children ages 5-13 with EEC certified staff.

PRIVATE AND CHARTER SCHOOLS

Collegiate Charter School of Lowell (K-11) 1857 Middlesex Street https://lowell.sabis.net/ Phone: 978-458-1399 **Community Christian Academy (PreK-8)** 105 Princeton Blvd. 01851 <u>www.communitychristian.academy</u> Phone: 978-453-4738

Hellenic American Academy (PreK-6) 41 Broadway Street.01854 www.hellenicaa.org Phone: 978-453-5422 Immaculate Conception School (PreK-8) 218 E. Merrimack Street 01852 www.icslowell.com Phone: 978-454-5339

Lowell Catholic (PreK-12) 486 Stevens Street 01851 www.lowellcatholic.org Phone: 978-452-1794 Lowell Community Charter Public School (PreK-8) 206 Jackson Street 01852 www.lccps.org Phone: 978-323-0800

St. Michael's School (Pek-8) 21 6th Street 01850 <u>school.saint-michael.com</u> Phone: 978-453-9511

Ste. Jeanne d'Arc School (PreK-8) 68 Dracut Street 01854 www.sjdarc.org Phone: 978-453-4114 **St. Patrick's School (PreK-8)** 311 Adams Street 01854 <u>saintpatricklowell.org</u> Phone: 978-458-4232

ADULT EDUCATION

ABE/ESOL & GED Programs

Adult Literacy Program @ Pollard Library	978-674-1541
Cambodian Mutual Assistance Association	978-454-6200
Financial Literacy Academy	978-654-5673
International Institute	978-459-9031
Lowell Adult Education	978-937-8989
Massachusetts Alliance of Portuguese Speakers	978-970-1250
Youth Build Lowell	978-446-9803
YWCA Young Parent Program	978-454-5405

State Colleges & 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
Lincoln Technical Institute	978-458-4800
Lowell Academy Hairstyling Institute	978-453-3235

AGENCIES SERVING PARENTS & CHILDREN

Big Brothers Big Sisters of Greater Lowell 155 Merrimack St. 3rd Floor, Lowell Phone: 978-654-5679 Big Brothers Big Sisters seeks to change the lives of children facing adversity for the better, forever. Our mentors work with children in the community, in their schools and many places in between.

Cambodian Mutual Assistance Association 120 Cross St., Lowell www.cmaalowell.org Phone: 978-454-6200 Educational, cultural, economic and social programs for Cambodian Americans and other minorities and disadvantaged persons in Lowell.

Catie's Closet

19 School St., Dracut, MA https://www.catiescloset.org Phone: 978-957-2200 Provides clothing and toiletries to children in Lowell from 3-18 years old, free of charge. Closets are set up in every school. This can be accessed through any Lowell Public School.

Catholic Charities Merrimack Valley

70 Lawrence St. Lowell www.ccab.org Phone: 978-452-1421

Family Connection of Greater Lowell

Pawtucket Congregational Church 15 Mammoth Rd., Lowell <u>www.TFCplayspace.weebly.com</u> Phone: 617-388-9210

Grandparents as Parents

70 Lawrence St., Lowell www.ccab.org Phone: 978-452-1421 Services vary by location and include emergency financial assistance for fuel, rent, and utilities: food pantries or vouchers, Young Parents Programs, Second Chance School, Young Fathers Program.

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

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.

AGENCIES SERVING PARENTS & CHILDREN

Healthy Families in Lowell Email: <u>rakram@eliotchs.org</u> Phone: 978-513-2365	An evidence-based home visiting program, funded by the Children's Trust, that serves first time parents 20 years and under. Services are provided from early pregnancy until the child is three years old and home visitors use a variety of evidence- based assessment tools and curriculum to support optimal health, growth and development in infancy and early childhood. All services are voluntary and of no cost to the family
International Institute 17 Warren St. 2nd Floor, Lowell <u>www.iilowell.org</u> Phone: 978-459-9031	Assistance with accessing community services, applying for refugee cash assistance when applicable, offering cultural orientations for newly arrived immigrants.
Programs for Children with Autism Molly Hancock, Coordinator of Youth Services Pollard Memorial Library 401 Merrimack St., Lowell www.pollardml.org Phone: 978.674-1527	Lowell Public Library offers many programs for children and families with Autism. Autism Resources Guide: <u>https://lowelllibrary.org/children/autism-resources-guide</u>
Massachusetts Alliance of Portuguese Speakers (MAPS) 11 Mill St., Lowell <u>maps-inc.org</u> Phone: 978-970-1250	MAPS works with the Brazilian, Cabo Verdean, Portuguese and other Portuguese speaking communities to increase access and remove barriers to health care, education and social services through direct services, advocacy, leadership and community development.
Massachusetts Department of Children & Family 2 Omni Way, Chelmsford Phone: 978-275-6800	The Department of Children and Families (DCF) is committed to protecting children from abuse and neglect, and in partnership with families and communities, to ensure that children are able to grow and thrive in a safe and nurturing environment.
NFI Family Resource Center of GR. Lowell 27 Prescott St., Lowell https://www.nfima.org Phone: 978-455-0701	The FRC's Family Support Workers assist families in connecting to resources, making referrals and provide follow up to ensure successful connections

Newborn & Pregnancy Support

126 Phoenix Ave., Lowell https://www.thomchild.org Phone: 978-453-8331 Home visiting program that serves pregnant women, post-partum mothers and their infants. Provides prenatal education, breastfeeding information and support, newborn education and more.

South Bay Early Intervention

148 Warren St., Lowell southbaycommunityservices.com Phone: 978-453-6800 Offers early intervention services for children who are at risk or have a disability ages birth to 3.

Early Intervention Partnership Pregnancy and Newborn Support Thom Anne Sullivan 126 Phoenix Ave., Lowell www.thornchild.org Phone: 978-453-8331

Welcome Family Program Thom Anne Sullivan 126 Phoenix Ave., Lowell www.thornchild.org Phone: 978-453-8331

United Way of Massachusetts Bay & Merrimack Valley PO Box 9313, Lowell 01853 unitedwaymassbay.org Phone: 617-624-8000

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

A one-time home visit from a Maternal Child Health Nurse for families who reside in Lowell or who have delivered a baby at Lowell General Hospital. Provides information and support to help the new mother and new baby, including infant development and care, post-partum health care and breastfeeding education.

United Way is dedicated to improving the lives of individuals, families, and children in need throughout the Merrimack Valley. We want to end homelessness and move families out of poverty. We support young children and prepare youth for success. We won't rest until everyone in our footprint has the means for a better future.

EMPLOYMENT

Career Center of Lowell 107 Merrimack St., Lowell

https://masshirelowellcc.com/ Phone: 978-458-2503 Aids in obtaining employment and employment skills.

Department of Transitional Assistance 137 Davidson St., Lowell https://www.mass.gov/locations/

Provides basic education, job training and job search skills.

<u>dta-lowell-transitional-assistance</u> Phone: 978-446-2400

Middlesex Community CollegeServices open to all - no fee to register and attend most33 Kearney Square, Lowellworkshops. Provides employment and career developmenthttps://www.middlesex.mass.edu/services to individuals.

1-800-818-3434

The Career Place 33 Kearney Square, Lowell www.careerplacejobs.com Phone: 800-818-3434 Our dedicated and friendly team can help you find success in your job search, learn new skills, meet local employers, and connect with the resources and tools that are right for you.

SuitAbility Program 17 Kirk St., Lowell www.commteam.org Phone: 978-459-0551

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

FAMILY SUPPORT

Lowell Community Opioid Outreach Program (CO-OP) 107 Merrimack Street, 4 th Floor, Lowell Phone: 978-674-4010 Youth Outreach Specialist: Phone 978-866-2193	The Lowell CO-OP works to decrease the number of non-fatal and fatal opioid overdoses within Lowell while increasing the number of opioid-related overdose survivors who access treatment. The Lowell CO-OP connects opioid overdose survivors and their families to treatment, and recovery and supportive services. The Lowell CO-OP includes a <u>Youth Outreach Specialist</u> that works with youth under the age of 18 and up to the age of 24, families, and youth serving agencies in Lowell.
<u>Syringe Collection Program</u> 107 Merrimack Street, 4 th Floor, Lowell Phone: (978)-674-1049	The program works to educate community organizations, neighborhood groups, schools, and youth serving agencies regarding the importance of safe storage and proper removal of used sharps, avoiding used sharps, and reporting discarded syringes found in the community. The Syringe Collection Program is available to sweep green spaces prior to youth sporting events and outdoor actives, as well as attend community clean-up events.
The Center for Hope & Healing 144 Merrimack St., Suite 304, Lowell <u>www.centerforhopehealing.org</u> Phone: 978-452-7721	Free Counseling services to survivors of sexual violence as well as their friends and family.
Department and Children and Families 2 Omni Way, Chelmsford http://dcfoffices.org/ Phone: 800-792-5200	DCF is the state agency with the primary responsibility of keeping children safe from abuse and neglect.
Lowell Asian Initiative Against Domestic Violence 151 Warren St., Lowell <u>http://atask.org/</u> Phone: 978-937-3087	Our mission is to prevent domestic violence in Asian families and communities and to provide hope to survivors.
Wayside Lowell Youth and Family Support Network 77 East Merrimack Street Lowell https://www.waysideyouth.org 978.460.8712	Empowering children, young adults and families to achieve greater independence and emotional well-being. Wayside Lowell's site provides a variety of in-home and community based services for youth with emotional and behavioral needs, and families experiencing significant stress. Services are insurance based or referred through DCF or DM

FOOD RESOURCES

Catholic Charities Food Pantry 70 Lawrence St., Lowell http://ccab.org/ Phone: 978-452-1421

Central Food Ministry Food Pantry 370 W. Sixth St., Lowell www.cfministry.org Phone: 978-454-7445 Call for updated Food Pantry hours.

Call for updated distribution hours.

Call to make an appointment to pick up food.

Christ Jubilee Food Pantry 101 Smith St., Lowell http://christjubilee.com Phone: 978-452-9976

Food Stamp Program (SNAP) 131 Davidson St., Lowell www.gettingfoodstamps.org Phone: 978-446-2400

Merrimack Valley Food Bank Mobile Pantry & Operation Nourish 735 Broadway St., Lowell www.mvfb.org Phone: 978-4547272 Provides eligible households with a monthly food stamp allowance to purchase groceries at approved markets.

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.

Open Pantry of Greater Lowell 13 Hurd St., Lowell <u>http://theopenpantry.org</u> Phone: 978-453-6693 Food Assistance every 30 days. Any person who lives in Greater Lowell may be eligible for assistance. Call for updated hours.

Salvation Army 150 Appleton St., Lowell www.salvationarmyusa.org Phone: 978-458-3396

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

School Pantry- Greater Boston Food Bank 43 Highland St. Lowell (Rogers School) Application: https://www.gbfb.org/what-we- do/our-programs/mobile- markets/	Fresh fruits and vegetables. Up to \$150 worth of food per family. Sign up information required. Contact school social workers for an application. Parents can come on the scheduled day with a completed application or register on site. Dates posted on the Lowell Public Schools Calendar.
WIC	The Women's, Infants, and Children Nutrition Program

45 Kirk St., Lowell www.commteam.org Phone: 978-454-6397

Main Campus- 295 Varnum Ave.,

Lowell Saints Campus- 1 Hospital

www.lowellgeneral.org Phone: 978-937-6000

provides free food and nutrition information to help keep pregnant women, infants and children under 5 healthy/strong.

Physician Referrals, Hospital Information/Patient Services,

HEALTH

Dr., Lowell

Lowell Community Health Center 161 Jackson St., Lowell Family Planning Department-2nd Floor www.lchealth.org Phone: 978-446-0236	High quality free or low-cost family planning and reproductive health care.
Lowell General Hospital	Free Screenings, Childbirth Classes, Support Groups,

etc.

scale available.

HEALTH

Mental Health Association of Lowell 99 Church St., Lowell Phone: 978-458-6282

Merrimack Valley Trauma 3 Littleton Rd STE 12, Westford, MA 01886 http://mvtraumaservices.com/ Phone: 978-303-8433

Offers various mental health services

MVT provides exceptional mental health services, consultation, evaluation, and training for and on behalf of children, adolescents, adults, and families who have been impacted by psychological trauma, using the latest evidence-based practice interventions.

Offers traditional Cambodian healing. Accepts most

insurances, including Medicaid and Medicare, sliding fee

METTA Health Center-LCHC 135 Jackson St., Lowell www.lchealth.org/Metta.shtml Phone: 978-441-1700

New Mothers Support Group Lowell General Hospital – Hanchett Auditorium concerns or just to meet other new mothers. https://www.lowellgeneral.org

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

Poison Control Center

Phone: 978-788-7224

www.poison.org Phone: 800-222-1222 Emergency advice on poisoning and information on poisons. Always open.

Wayside Youth & Family Support Network 73 E. Merrimack St. https://www.waysideyouth.org/ Phone: 978-221-6923

Wayside works with families under significant stress due to mental illness, behavioral problems, addiction issues and other challenges. We also support youth who have experienced abuse, neglect and trauma.

HOME VISITING PROGRAMS

Home visiting serves families with children birth to age 3 years old. Home visitors provides developmental information, assessments, parenting support, groups, connecting families with community resources, and helping caregivers to support their child's needs.

Thom Anne Sullivan Center/Early Intervention 126 Phoenix Ave., Lowell www.thornchild.org Phone: 978-453-8331 The Center works with over 14,000 infants, toddlers, and families throughout Massachusetts – providing critical Early Intervention and related services. Our dedicated occupational and physical therapists, social workers, nurses, speech-language pathologists, educators, counselors and other specialists are committed to working collaboratively with families, child care providers, and other professionals to facilitate each individual child's development

South Bay Early Intervention 148 Warren St., Lowell southbaycommunityservices.com Phone: 978-453-6800 Offers early intervention services for children who are at risk or have a disability ages birth to 3.

Parent Child Plus 21 Carter St., Lowell Ivaldez@lowell.k12.ma.us. Phone: 978-674-2065 Early language and literacy home visiting program for children and families. Goal to strengthen interaction between parents and children to foster development and strong relationships. <u>Parent Child Plus Application</u>



HOUSING/HOMEGOODS/UTILITIES

Alternative House

24-hour hotline P.O. Box 2100, Lowell <u>www.alternative-house.org</u> Phone: 978-937-5777 Phone: 888-291-6228 Provides emergency shelter, referral, counseling and legal advocacy services for battered women and their children.

Brigid's Crossing

48 Lawrence St., Lowell Phone: 978-454-0081

The Caleb Group

77 Chestnut St., Lowell www.thecalebgroup.org Phone: 781-595-4665

Community Teamwork

45 Kirk St., Lowell <u>www.commteam.org</u> Phone: 978-459-6161

Common Ground Development Corp.

155 Merrimack St., Lowell www.commongroundhousing.org Phone: 978-459-0551 A teen living program where young mothers experience independent living while they learn to access resources in the community and develop appropriate parenting skills.

Offers affordable housing combined with helping residents overcome adversity, prosper and move on with their lives by providing direct and indirect services, community programming and referrals.

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

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

Diaper Bank Collaborative

97 Central St, Suite 302, Lowell http://www.thediaperbank.org Phone: 978-454-5405 The Diaper Bank is open to service providers, who are able to pick up diapers at the bank, store them at their site and distribute them to their clients (contact your LPS school social worker for services) Call for an application.

HOUSING/HOMEGOODS/UTILITIES

Community Teamwork - Section 8 Housing/Shelter Program 155 Merrimack St., Lowell <u>www.commteam.org</u> Phone: 978-459-0051	Multiple housing programs including: vouchers for Section 8 and information and assistance with basic housing needs. Also provides emergency shelter and supportive services for homeless families.
Department of Transitional Assistance 131 Davidson St., Lowell www.mass.gov/locations/dts- Lowell-transitional-assistance-office Phone: 978-446-2400	Food stamps, Transitional Aid for Needy Families (TANF) and other assistance. New applicants: 800-445-6604
House of Hope 812 Merrimack St., Lowell www.hopelowell.org Phone: 978-458-2870	Provides short-term emergency shelter for low-income families in crisis who are without housing and are not drug involved.
Lowell Housing Authority 350 Moody St., Lowell www.lhma.org Phone: 978-364-5311	Responsible for taking applications and managing public housing units and rental subsidies.
Lowell Transitional Living Center 189 Middlesex St., Lowell www.ltlc.org Phone: 978-458-9888	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.
Merrimack Valley Housing Partnership 67 Middle St., Suite 501, Lowell www.mvhp.org Phone: 978-459-8490	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.

HOUSING/HOMEGOODS/UTILITIES

Salvation Army

150 Appleton St., Lowell www.salvationaryusa.org Phone: 978-458-3396

St. Vincent de Paul Thrift Store 1488 Middlesex Street, Lowell http://www.svdopboston.com/store.php Phone: 978-453-7750 Clothing/furniture assistance. Provides assistance in paying electric bills for low-income families who do not qualify for other public assistance.

Those in need/low-income families, emergency family stabilization support. Families responsible for picking up goods.

The Wish Project

1A Foundry St., Lowell https://thewishproject.org Phone: 978-441-9474 Wishes, Projects, & Emergency Aid Social workers can submit form for client. Clients can receive items one time, no repeat visits.

LEGAL ASSISTANCE

International Institute 17 Warren St. 2nd floor, Lowell www.iilowell.org Phone: 978-459-903 We create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship.

Children's Law Center of Massachusetts 35 John St., Lowell www.mylegal.org

Lawyer for the day www.mass.gov

Phone: 978-458-1465

Serving all of Greater Lowell. Offers low cost & free legal advice to low income & elderly people.

This is a program where a volunteer attorney gives limited legal assistance to tenants and landlords on the day of their housing court hearing. Volunteer attorneys are available in the Clerk's Office each Monday from 8:30 to 1:00 pm for the Lowell Session of Northeast Housing Court (370 Jackson Street, Lowell, MA 01852).

Northeast Legal Aid 50 Island Street Suite 203A Lawrence, MA 01840 https://www.northeastlegalaid.org/

Offers free legal aid to low-income individuals and families. They have attorneys that work in housing, family law, public benefits, elder law, discrimination, taxes, and record sealing.

Northeast Justice Center 35 John Street Suite 302 Lowell, MA Northeastjusticecenter.org Free legal aid to low-income individuals and families. They have attorneys that work in public benefits, housing, and elder issues. They also have immigration attorneys and a whole unit that helps support survivors of crime.



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FUN THINGS TO DO!

Beaches & Activities CITY OF LOWELL SUMMER PUBLIC SWIMMING LOCATIONS

Need to cool off this summer? The Lowell Recreation Department operates the following public swimming locations with staff.

Merrimack Waterfront

160 Pawtucket Boulevard Hours: 11 AM - 7 PM

South Common Pool 272 South Street Hours: 12 PM - 6 PM

Splash Pad at Shaughnessy Elementary School

1118 Gorham Street **"The Splash Pad,"** is operated by the city of Lowell and the Department of Parks and Recreation. This is a great area where supervised children can cool down with water sprays. For more information about the Splash Pad, please call the city's Recreation Office at (978)970-4175. McPherson Pool 185 Hildreth Street Hours: 12 PM - 6 PM

Splash Pad at Shed Park 433 Rogers Street

Raymond Lord Memorial Swimming Pool -State of MA 81 Cross Street, Lowell Phone: 978-459-7370

You may also visit the city of Lowell website, www.LowellMA.gov

City of Lowell Parks and Recreation 107 Merrimack Street 4th Floor <u>recreation@lowellma.gov</u> Phone: 978-674-4175 For a complete view of all programs and activities, please go to the website.



LIBRARIES

Many area libraries have museum passes available, which allow you to bring your family to a specific museum for free or reduced cost. Most passes are for town residents only and need to be reserved in advance. Call your local library or check their website for further information on passes as well as special children's events they may be sponsoring during the summer.

Pollard Memorial Library 401 Merrimack St., Lowell <u>lowelllibrary.org</u> Phone: 978-674-4120 Accessible. Closed Saturdays in the summer. Passes may be booked on-line, in person or on the phone.

MUSEUMS AND EXHIBITS IN LOWELL

The National Park runs various programs seasonally. Visitors are recommended to make reservations for all tours in advance as they can fill up quickly. To make a reservation call 978-970-5000. The website nps.gov/lowell/planyourvisit/hours.htm will have all up to date information on operating hours and other basic information to plan your visit.

MUSEUMS AND EXHIBITS IN LOWELL

Lowell National Historical Park 246 Market St. Phone: 978-970-5000	Accessible in most areas. Open to all ages. Limited free parking available. From March to November, a trolley ride is available between sites free of charge. Several walking tours available free of charge. The Visitor Center is the starting point for all tours. Visit the Children's Corner available as a self-guided tour during regular Visitor Center hours. Slide presentations given every 1/2 hour. Please call for up to date hours.
Boott Cotton Mills Museum 115 John St. Phone: 978-970-5000	See operating power looms, use interactive exhibits & learn about the Industrial Revolution and the rise, fall & rebirth of Lowell. Please call for up to date hours and admission fees.
Mill Girls & Immigrants Exhibit 40 French St. Phone: 978-970-5000	Admission is free. Tells the human story of the industrial revolution. Please check for up to date operating hours.
Boarding House Park 40 French St. <u>https://lowellsummermusic.org</u> Phone: 978-970-5200	Boarding House Park is a lush, grassy park located in downtown Lowell. It serves as an outdoor music venue that plays host to the Lowell Summer Music Series and the Lowell Folk Festival each summer. There are no reserved seating areas in the park and concert seating is typically general admission, with blankets and beach chairs welcomed. Rain information is posted on the website.
Summer Children's Series @ Boarding House Park https://lowellsummermusic.org/fr ee-fun-for-kids	All shows are Free! Crafts, Snacks, Performances & Trolley rides. Check the website for up-to-date information.
Lowell Heritage State Park 160 Pawtucket Blvd. www.mass.gov/dcr/forparks.htm Phone: 978-458-8750	Over two miles of landscaped esplanade, summer concerts & swimming & boating in the Merrimack River are additional attractions at this popular park.
New England Quilt Museum 18 Shattuck St. Phone: 978-452-4207	Four exhibits during the season. Check the website for up-to- date hours of operation and admission fees. Today's visitors can explore exhibits about Lowell's role in America's industrial history presented in conjunction with Lowell's National Historical Park

OUTDOOR SPACES

LOWELL-DRACUT TYNGSBORO STATE FOREST

Trotting Park Rd., Lowell https://www.mass.gov/locations/lowelldracut-tyngsboro-state-forest Phone: 978-369-6312 NOT ACCESSIBLE. Located in three towns, this forest contains 1,140 acres of ponds, swamps, and wetlands. It is the probable site of a Native American village prior to colonial settlement and later was acquired to obtain granite for canals and factory foundations. The forest has six miles of trails offering hiking, bicycling, horseback riding, cross-country skiing, and snow mobiling. Hunting is permitted in season. Park also has a boat ramp, fishing and permits non-motorized boating.

Shedd Park 453 Roger Street, Lowell

Rogers Fort Hill Park

53 Park Ave E., Lowell

This 50-acre community park features athletic courts & fields, a splash pad, playground & pavilion.

All park area are generally accessible and open year round from dawn to dusk, though the actual hours may vary according to available sunlight, the use of night time lighting for certain park areas and fields, and permits issued though the Board of Parks.

Splash Pad 1118 Gorham Street All park area are generally accessible and open year round from dawn to dusk, though the actual hours may vary according to available sunlight, the use of night time lighting for certain park areas and fields, and permits issued though the Board of Parks.

Umass Lowell Kayak Center

500 Pawtucket Blvd. Lowell, MA kayakcenter@uml.edu Phone: 978-995-2362 The Umass Lowell Kayak Center is open to the public as well as the Umass community. We offer rentals, instruction, tours, and fun with Kayaks, canoes and stand-up paddleboards. Check the website for up to date visitor information.

Great Brook Farm

948 Lowell St., Carlisle, MA https://www.mass.gov/locations/ great-brook-farm-state-park Phone: 978-369-6312 The Farm and buildings at Great Brook Farm comprise a classic eastern Massachusetts agricultural landscape. The arrangement of open fields, sturdy walls, diversified woodlands and historic structures are significant images of our agricultural past. Visitor's center, pavilion & indoor restrooms. Picnic tables provide shade relief under the pavilion and overlook a butterfly garden. During the winter months, cross-country skiing is available (for a fee) and one trail is lantern lit for a "moonlight" experience on Tues. & Thurs. evenings! Ski rentals are available. The park is home to the first robotic milking system in Massachusetts, installed in a stateof-the-art "smart" barn. Please contact the park office for additional information on tours of the new dairy facility.

FARMS/FOOD PRODUCTION

Mill City Grows

650 Suffolk St. Suite G10, Lowell, MA <u>info@millcitygrows.org</u> Phone: 978-455-2620 At the heart of the Mill City Grows is our Urban Farm Program, which produces all the seasonal fruits and vegetables we make available to the community. We use organic practices and work side-by-side with community volunteers to grow fresh food for our Mobile Market, education classes, and local emergency food providers. Our urban farms host educational classes for youth, community groups, and volunteers throughout the growing season.

Parlee's Farm

95 Farwell Road, Tyngsboro https://parleefarms.com Phone: 978-649-3854 Located on 93 beautiful acres near the Merrimack River in Tyngsboro, Massachusetts. Parlee Farms offers the finest fruits, vegetables and flowers. We offer pick your own apples, blueberries, cherries, cut flowers, peaches, pumpkins, and strawberries. Please check website for the harvest schedule Annie's Animal Barns have over 90 young animals to feed and pet-baby goats, sheep, chickens, and bunnies. Mary's Country kitchen offers tasty treats related to each picking season, as well as a great selection of ice cream. For the young farmers there is a tractor training course and a hay play maze.

ZOO AND ANIMAL EXHIBITS

The Butterfly Place at Pavilion Park 120 Tyngsboro Road, Westford, MA www.butterflyplace-ma.com Phone: 978-392-0955 Accessible. At any given time, the atrium may contain up to 500 butterflies representing as many as 50 different species from around the world. Best to go on sunny days. To really enjoy the butterflies, plan to spend at least an hour.

Davis Farmland & Mega Maze Redstone Hill Road. Sterling, MA www.davisfarmland.com Phone: 978-422-MOOO(6666) Davis Farmland is home to the nation's largest exhibit of endangered farm animals. A7-generation family farm. Davis Farmland is home to such species as the rare Jacob sheep and the critical San Clemente Goat. Discovery exhibits are developmentally appropriate for children ages 2-8. Included are admissions to the Imagine-Acres, the Safari Hayride, Adventureland and the water spray-ground! Week day events include bottle feeding, egg collecting and more. Picnic area, onsite cafe, ice cream and playground available. Apple & pumpkin picking begins in September - reduced price for apples with paid admission. Special events most weekends. A separate attraction, the "Mega Maze" operates across the street. The "Mega Maze" opens in August and is a giant maze cut into a cornfield. Maze is designed by world class designer Adrian Fischer. Appropriate for ages 4 and up. Call (978)462-8888 for more information. Web site has daily updates.

Franklin Park Zoo	Accessible. Visit "Kalahari Kingdom", "Serengeti Crossing", the
One Franklin Park Road, Boston,	"Tropical Forest", "Franklin Farm", the "Outback Trail", "Tiger
MA	Tales", or "Giraffe Savannah". Picnic areas available.
www.zoonewengland.com	

Phone: 617-541-LION

Stone Zoo

149 Pond Street, Stoneham, MA www.zoonewengland.com Phone: 781-438-5100 Accessible. Zoo highlights include snow leopards, jaguars, Treasures of the Sierra Madre, Yukon Creek, the Touchable Barnyard, Grey Wolf exhibit and the Black Bears exhibit. Picnics allowed in designated areas. Annual Zoo-lights display runs the month of December.

For more information on special events call 617-541-LION, select option 3. An AZA accredited zoo.

ONLINE RESOURCE

HEALTH

American Pediatrics: <u>https://www.aap.org/en-us/Pages/Default.aspx</u>

Behavioral Health Services: https://www.lchealth.org/patients/connect-services/behavioral-health-services

Boston Children's Hospital: https://www.childrenshospital.org/community-health

Bridgewell Counseling Services: <u>https://bridgewell.org/behavioral-health-services/outpatient-clinics/bridgewell-counseling-services-lowell/</u>

Deaf and Hard of Hearing: <u>https://www.mass.gov/info-details/specialty-services-for-infantstoddlers-who-are-deaf-or-hard-of-hearing</u>

Family Violence and Abuse: <u>https://www.lowell.k12.ma.us/Page/3088</u>

Healthy Children: https://healthychildren.org/English/Pages/default.aspx

Mindful: https://www.mindful.org/

National Resource Center For Health and Safety In Child Care and Early Education: <u>https://nrckids.org/</u>

https://www.mass.gov/service-details/children-services

EARLY LITERACY

ABC Mouse: https://www.abcmouse.com/abc/

First Things first: https://www.firstthingsfirst.org/

PBS Kids: https://pbskids.org/

Reading Rocket: https://www.readingrockets.org/

Sesame Streets in Communities: <u>https://sesamestreetincommunities.org/</u>

Zero to Three: https://www.zerotothree.org/

PARENTING

Boston Basics: https://boston.thebasics.org/

Center for the Developing Child: <u>https://developingchild.harvard.edu/</u>

Children's Trust: https://childrenstrustma.org/for-parents

Hand Hold MA: https://handholdma.org/

Keeping Kids Safe: Children's Trust

Macaroni Kid: https://lowell.macaronikid.com/

Mind in the making: https://www.mindinthemaking.org/

One tough job: https://onetoughjob.org/

Safe Kids Thrive: https://safekidsthrive.org/

Searching resources:

https://mass211.org/mass211-announces-collaboration-with-aunt-bertha-to-offer-support-for-those-seeking-covid-19-services/

Center Based CareFamily Child CareOut of School TimePrograms: Ages: 6 weeks to 5 yearsPrograms: part-day, full-day, full-day, full-day, full-day, full-day, full-day, full-day, full-day, full-yearPrograms: percent basePrograms: percent baseAges: 6 weeks to 5 yearsPrograms in Lowell:Programs in Lowell:Programs in Lowell:• 978-454-5100• 978-454-5100• Programs in Lowell:Ages: • Programs in Lowell:Programs in Lowell:• 978-454-5100• 978-453-6614• Programs in Lowell:Programs in Lowell: • 978-458-6571• • Programs in Lowell:• 978-454-5981• • Programs in Day School 978-454-2642• •<	You can apply for child can assistance! To be eligible to receive fu and your family must mee based and service r requirements. You meet the requirement for a s you are: beginning a job or have a job looking for a job participating in school or tra program (not including gradu or your child has a document "Service need must total 30 hours/week or a combin "If a 2 parent home, both parents must be meeting tha	See the back of this flyer to determine if you meet the income requirements!	
978-454-7825	 Programs: part-day, full-day, full-year Ages: 6 weeks to 5 years Programs in Lowell: Community Teamwork 978-454-5100 Little Sprouts 978-453-6614 Lowell Day Nursery 978-454-5981 Merrimack Valley Christian Day School 978-452-2462 UTEC 978-735-4660 	 Programs: part-day, full-day, full-year Ages: 6 weeks to 13 years Programs in Lowell: Acre Family Child Care 978-937-5899 Bethel Child Care Services 978-458-6577 Child Development & Education 978-275-2843 Clarendon Early Education Services 978-691-0018 Community Teamwork 	 <u>Programs:</u> before & after school, vacations, summer <u>Ages:</u> 5 years to 13 years <u>Programs in Lowell:</u> Boys & Girls Club 978-458-4526 Community Teamwork 978-654-7112 Girls, Inc 978-458-6529 YMCA

Ages: 4 years old by September 1st

Head Start Community Teamwork (CTI): 978-454-5100

<u>Programs:</u> Part Day/School Year <u>Ages</u>: 2years 9 months to 5 years

 $^{\star\star}\textsc{Education},$ Health, Nutrition, Mental Health and Family Development services offered

Family Size:	2	3	4	5	6
You qualify if your pre-tax income is below:	\$744	\$919	\$1,094	\$1,269	\$1,444
	weekly	weekly	weekly	weekly	weekly

How to determine if you are eligible:

Family Size:	2	3	4	5	6
You qualify if you or your child has a documented isability and your pre-tax income is below:	\$1,265 weekly	\$1,562 weekly	\$1,860 weekly	\$2,158 weekly	\$2,455 weekly

How to get started: The Department of Early Education & Care (EEC) Wait List

- 1. To Apply:
 - Dial 211 or access online at MASS 211.org or get application from Child Care Circuit—www.childcarecircut.org
 - * If a subsidy or seat is not available immediately you will be placed on a waitlist
- 2. To maintain spot on the waitlist:
 - · Update your address and phone number regularly
 - Respond ANY TIME you receive a letter or phone call, even if you are not interested
 - Call and check your status every 6 months (978-686-4288)
 - Call to update any changes (new children, a move, change of phone number, etc.)

- 3. If contacted:
 - Respond immediately, even if you're not interested in the program that you heard from
 - If you are interested, an appointment will be scheduled. Please bring the following items to appointment:

Social Security cards, birth certificates, proof of

(These guidelines apply as the date of publication and may change please contact 211 or Child Care Circuit for current income level eligiabilities)

Types of Subsidies You Could Receive:

Residency (utility bill), proof of income, (pay stubs or W2s), and Photo ID

Child Care Circuit 978-686-4288

<u>Type of Subsidy</u>: Income Eligible Voucher <u>Fee:</u> Sliding Fee Scale

Child Care Circuit is in Lawrence but offers hours in Lowell twice a week. Appointments are necessary.



Department of Transitional Assistance (DTA) 978-446-2400

Type of Subsidy: Voucher Fee: Sliding Fee Scale

If you are receiving cash benefits, you could be eligible for a child care voucher. Ask your DTA caseworker for a referral.

Department of Early Education & Care 978-686-4288

<u>Type of Subsidy</u>: Income Eligible Young Parent (teen parents up to age 24)

> Homeless Voucher <u>Fee:</u> Sliding Fee Scale

Contact any provider working with your family for more information and a referral.