

# Information & Resources for Arlington Residents

## GENERAL RESOURCES

**Connection to all resources:** call 2-1-1 or 1-877-211-MASS (6277). 24 hrs a day 7 days a week. United Way

The Arlington town website has a complete list of resources to help you:

<https://www.arlingtonma.gov/departments/health-human-services/assistance-programs>

## EMOTIONAL AND FAMILY SUPPORT

**Parents Helping Parents:** Parental Stress Line 24/7, **1-800-632-8188**

**Samaritans** (of Boston) Hotline **1-877-870-HOPE** (4673) -- Call or Text 24/7

**Arlington Youth just Counseling Center (AYCC):** Outpatient mental health services for Arlington youth (ages 3-21) and their adult caregivers. For more information, call **781-316-3255** or visit [www.arlingtonma.gov/aycc](http://www.arlingtonma.gov/aycc)

**Arlington Council on Aging:** if you are 60+ and need to know about issues such as SNAP, fuel assistance, housing, home care, caregiving, financial issues and other concerns, please call **781-316-3400**.

**Community Connections:** providing virtual early literacy learn & play groups.

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

**SafeLink** is Massachusetts' statewide 24/7 multilingual hot line and a resource for anyone affected by **domestic violence: 877-785-2020. As always, please call 911 in an emergency.**

**Cartwheel Care** is available to all Arlington Public Schools students & families. Services are virtual & include short-term individual & group therapy, parent/caregiver consultation. After an initial session, additional services may include medication evaluation & prescription, & longer-term support. <https://www.cartwheelcare.org/> Referrals to Cartwheel Care go through school based support staff.

**Free Outpatient Therapist Referral Service for Arlington residents 18+:** William James Interface Referral Network: **888-244-6843** (toll free) Monday - Friday, 9:00 am - 5:00 pm <https://interface.williamjames.edu/>

**The Massachusetts Behavioral Health Help Line** is for any person that needs to be connected to care for mental health or substance use. Call or Text 833-773-2445

## FOOD

**Arlington EATS** provides fresh produce, meat, dairy products, and a wide variety of pantry staples to **any Arlington resident in need of food**. To make a shopping appointment, go online <https://www.arlingtoneats.org/get-food/> or call our hotline and someone will call you back: 339-707-6761

**Fresh Bucks SNAP match at the Farmer's Market:** Each week, SNAP card holders can come to the Arlington EATS booth at the farmers' market and receive a match up to \$15 in Fresh Bucks for any SNAP purchase made at the farmers' market. Fresh Bucks may be used with most vendors. **29 Mystic Street in Arlington, MA Wednesdays 2pm-6:30 pm June - October.**

**For School Aged Children in Arlington:** The Arlington Public Schools is offering FREE breakfast and FREE lunches to all children attending APS schools. Meals are available to ALL children regardless of income.

**Neighbors Eating All Together (NEAT):** Free monthly community meals <https://www.neatarlington.org/>

**Mystic Community Market:** 291 Mystic Ave, Medford, MA. Free groceries - open to anyone. 617-629-5120 See website for hours: <https://mv-ymca.org/food-security/mystic-community-market>

**SNAP Application** assistance call Council on Aging (all ages): 781-316-3400

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**Project Bread's FoodSource Hotline** is toll-free and confidential, at **1-800-645-8333**.

## INCOME AND EMPLOYMENT

**Assistance Applying for Unemployment:** <https://www.mass.gov/applying-for-unemployment-benefits>

**Just a Start** Tuition-free training for quality science and technology careers. Fill out an inquiry form: <https://justastart.org/adult-career-training/> or call/email: [workforcetraining@justastart.org](mailto:workforcetraining@justastart.org) or 617-918-7520.

**MassHire Metro North Career Centers.** Job search and training support. Customers can call **617-661-7867** and leave a message or through this link <https://masshiremncareers.com/contact/> .

## HOUSING & GENERAL SUPPORT

Massachusetts's **Eviction Legal Help** is available statewide for both low-income tenants and owner-occupants. You can find legal help at: <https://evictionlegalhelp.org/>

**Housing Corporation of Arlington:** Homelessness Prevention Program - assistance with rent, moving expenses, or security deposit for eligible households. <https://housingcorporation.org/homelessness-prevention/>

**Just a Start** can help with mediation, financial support, Elizabeth Winston, Housing and Mediation Services Director, at [ElizabethWinston@justastart.org](mailto:ElizabethWinston@justastart.org) or 617-918-7518 for more information.

**LIHEAP Fuel Assistance** for eligible Arlington households can be applied for by contacting the Arlington Council on Aging regardless of age. **Application opens October 1.** **Town of Arlington Heating Assistance Fund** also offers help with heating costs after LIHEAP grant is spent. **Contact Council on Aging 781-316-3400.**

**Salvation Army's Emergency Assistance Program:** A wide variety of assistance is offered to individuals and families in need and is available on an as-needed basis. Assistance can be for utilities, clothing, food, rent/mortgage, counseling and more. **Visit <https://massachusetts.salvationarmy.org/ma/camneedhelp> or call 617.547.3400 to schedule an appointment.**

## TOWN & COMMUNITY RESOURCES

**Robbins & Fox Libraries:** Get an e-card online instantly (no ID or proof of address required), and access free ebooks, audiobooks, movies, and more. Visit [robbinslibrary.org](http://robbinslibrary.org) **Social Worker Drop-In Hours** second Tuesday of each month from 11-1 in the 4th floor conference room.

If you are an Arlington resident who is **under the age of 60** and need additional support accessing local or statewide resources, please contact the town Community Resource Specialist, Libby Lazar: **781-316-3255 ext.13271**, [LLazar@town.arlington.ma.us](mailto:LLazar@town.arlington.ma.us). Contact in any language, translation services available.

If you are an Arlington resident who is **60 or older** and need additional support accessing local or statewide resources, please contact the Council on Aging Social Worker, Marci Shapiro-Ide : **781-316-3419**.

## English Language Learners

**Lamplight Women's Literacy:** **FREE** English Classes for students with low income. Day & evening class times. All levels. September through June. Classes are fun & teach English speaking, listening, reading, & writing skills. Register online at: [www.lamplightliteracy.org](http://www.lamplightliteracy.org). Questions: call 781-859-7922 or email [lisa@lamplightliteracy.org](mailto:lisa@lamplightliteracy.org)

Check Library (see above) for information on upcoming conversation groups and other English classes in town.