

# **PREGNANCY AND FAMILY RESOURCE GUIDE**

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**“How a person experiences childbirth impacts their identity and confidence as a parent. Empowering births create healthy parents, children and communities.” - Anonymous**

Maternal health is the well-being of birthing individuals throughout pregnancy, delivery, and after giving birth. Each pregnancy and childbirth experience is unique, and the journey of having a family comes with challenges that can be addressed through various community resources. This guide compiles many Boston-area resources that may support you or a loved one in accessing the support you need through the pregnancy and parenting journey.

## → Using this Guide

- If using this resource on a phone, tablet, laptop, or other electronic device, feel free to click on the embedded hyperlinks within each resource to learn more.
- Each listed resource includes the services offered and any eligibility requirements.
- If you have any questions, please contact [admin@vitalcxns.org](mailto:admin@vitalcxns.org).

# PREGNANCY

## Birthing Gently Doula Services

(888) 236-8527 | [www.birthinggently.com](http://www.birthinggently.com)

- **Services:** The Birthing Gently Doula Services offers compassionate and professional doula support to expectant mothers. Their doulas are dedicated to providing physical and emotional assistance during labor and delivery, creating a comforting and empowering birthing experience.
- **Eligibility:** Open to pregnant women in Boston seeking support for their health and their children's health.

## Boston Healthy Start Initiative

1010 Massachusetts Ave. Annex  
Boston, MA 02118 | (617) 534-3961

[www.boston.gov](http://www.boston.gov)

- **Services:** The Boston Healthy Start Initiative offers support and resources for pregnant and postpartum women in need. They focus on improving maternal and infant health outcomes.
- **Eligibility:** Targeted at homeless and housing-insecure women who are pregnant and rely on Brigham and Women's Hospital for obstetrics care.

## Bridges to Moms

75 Francis Street, Boston, MA, 02115 | (617) 732-5500

[www.brighamandwomens.org](http://www.brighamandwomens.org)

- **Services:** Addresses five social determinants of health: housing, transportation to appointments and to visit their babies.
- **Eligibility:** Open to pregnant women in Boston seeking support for their health and the health of their children.

## FamilyAid Boston

3815 Washington Street, Boston, MA 02130

(617) 542-7286 | [www.familyaidboston.org](http://www.familyaidboston.org)

- **Services:** FamilyAid Boston provides housing and support services to homeless and at-risk families, including pregnant individuals. Their programs aim to stabilize families in need.
- **Eligibility:** Open to families with children experiencing homelessness or housing instability.

## Healthy Baby Healthy Child

1010 Massachusetts Ave. Annex  
Boston, MA 02118 | (617) 534-1650

[www.boston.gov](http://www.boston.gov)

- **Services:** The Healthy Families Program is designed to provide guidance and resources for families looking to improve their overall health and well-being. Our services focus on enhancing family dynamics, parenting skills, and access to healthcare.
- **Eligibility:** This program is open to families of all backgrounds residing in the Boston area who seek assistance with health, parenting, and family well-being.



# PREGNANCY CONT.

## Healthy Families

(781) 861-0890 | [www.mspcc.org/healthyfamilies](http://www.mspcc.org/healthyfamilies)

- **Services:** The Healthy Families Program is designed to provide guidance and resources for families looking to improve their overall health and well-being. Our services focus on enhancing family dynamics, parenting skills, and access to healthcare.
- **Eligibility:** This program is open to families of all backgrounds residing in the Boston area who seek assistance with health, parenting, and family well-being.

## Neighborhood Birth Center

[neighborhoodbirthcenter.org](http://neighborhoodbirthcenter.org)

- **Services:** *Opening in Roxbury in 2025.* Neighborhood Birth Center plans to offer essential services including education, psycho-social support, and referrals for non-medical services.
- **Eligibility:** Open to individuals seeking support on their birthing journey.

## Room to Grow

400 Shawmut Ave, Boston, MA 02118

(617) 859-4545 | [www.roomtogrow.org](http://www.roomtogrow.org)

- **Services:** Room to Grow provides support and essential items for low-income families with young children, including infants. They focus on enhancing child development and well-being. Programs offered in English and Spanish.
- **Eligibility:** Open to low-income families with children under the age of three who are in their third trimester. It is highly recommended that families apply in advance.

## Roots Midwifery

7 Harvard Street Suite 204, Brookline, MA 02445

(617) 413-8300 | [rootsmidwiferyma.com](http://rootsmidwiferyma.com)

- **Services:** Roots Midwifery is committed to providing culturally competent and inclusive midwifery care to individuals and families. Their services include prenatal care, childbirth support, and postpartum care, emphasizing a personalized and respectful approach.
- **Eligibility:** Open to individuals in the Boston area seeking midwifery care for pregnancy and childbirth.

## Stronger Generations Initiative

Brigham and Women's Hospital | (617) 264-8750

[strongergenerations.org](http://strongergenerations.org)

- **Services:** Different programs have different eligibility. Some are open to individuals delivering at the Brigham (regardless of where they receive their prenatal care). Others are open to any expectant and parenting families under the age of 25.
- **Eligibility:** This program is open to Boston's expectant and parenting families under the age of 25.

# BREASTFEEDING / CHESTFEEDING

## Boston Baby Cafes

725 Albany Street, Boston, MA 02118

(617) 638-8000

[www.bmc.org/obstetrics/breastfeeding](http://www.bmc.org/obstetrics/breastfeeding)

- **Services:** Boston Baby Cafes are community-based locations where mothers and families can receive free breastfeeding support, education, and counseling from trained professionals and lactation consultants. They provide a supportive environment for breastfeeding and infant feeding.
- **Eligibility:** Boston Baby Cafes are open to all mothers, families, and caregivers seeking breastfeeding support and information.

## La Leche League of Massachusetts

[www.lllmarivt.org](http://www.lllmarivt.org)

- **Services:** La Leche League (LLL) is an international organization that offers mother-to-mother support for breastfeeding. The Massachusetts chapter provides local support groups and resources for breastfeeding mothers.
- **Eligibility:** You can learn more about their services and find local meeting information on the La Leche League website.

## Vital Village Network - Boston Breastfeeding Coalition

801 Albany Street, Boston, MA 02118

(617) 414-3674 | [www.vitalvillage.org](http://www.vitalvillage.org)

[breastfeedingboston@gmail.com](mailto:breastfeedingboston@gmail.com)

- **Services:** Vital Village Network is a community-based organization in Boston that focuses on supporting families and communities in promoting healthy child development. They offer resources, support, and education related to breastfeeding and early childhood development. Programs are offered in English, Haitian Creole, and Hindi. The Breastfeeding Coalition also offers a *Warmline* to support families with lactation questions open 7-days a week. For questions call (857) 301-8259. Operators are available in English and Spanish.
- **Eligibility:** Their services are generally open to families and community members seeking support for breastfeeding and child development.

## WIC Breastfeeding Support

1-800-942-1007

[www.mass.gov/info-details/wic-breastfeeding-support-resources](http://www.mass.gov/info-details/wic-breastfeeding-support-resources)

- **Services:** WIC offers 'Mother to Mother' Peer Counselor support at all 31 local WIC offices. WIC peer counselors have personal breastfeeding experience and are trained to give information and support to new parents. WIC Peer Counselors are available by phone, speak a variety of languages and will mentor, coach, and support you.
- **Eligibility:** Open to those needing support with breast/chest feeding.



# MATERIAL RESOURCE SUPPORT

## Beantown Diaper Bank

3815 Washington Street, Boston, MA 02130

(617) 542-7286 | [beantownbabydiaperbank.org](http://beantownbabydiaperbank.org)

- **Services:** The Beantown Diaper Bank is dedicated to providing diapers to families in need across Boston. They may also offer additional baby essentials, including formula, to support the health and well-being of infants.
- **Eligibility:** Families experiencing diaper need and financial hardship.

## Boston Basics

89 South Street, Boston, MA 02111

(508) 203-4373 | [thebasicsboston.org](http://thebasicsboston.org)

- **Services:** Boston Basics is a citywide initiative providing resources and support to families with young children. They help families connect with resources like diapers, breastfeeding pumps, baby formula, and other essentials, emphasizing the importance of early childhood development.
- **Eligibility:** Families with young children in Boston seeking support and resources.

## Boston Family Engagement Network

(BFEN)

(617) 474-1143 | [bfen.link/](http://bfen.link/)

- **Services:** BFEN supports families in the Boston area through various programs and resources. They provide diapers, baby formula, and other essential items to ensure the well-being of infants and young children.
- **Eligibility:** Families with children in Boston who may benefit from additional support.

## Catholic Charities - Greater Boston

275 West Broadway, Boston, MA 02127

(617) 464-8500 | [www.ccab.org](http://www.ccab.org)

- **Services:** Catholic Charities offers a range of family support services, including material assistance for infants. They provide diapers, formula, and other essential items to families facing financial difficulties.
- **Eligibility:** Families in need of assistance, regardless of religious affiliation.

## The Family Nurturing Center

200 Bowdoin Street, Dorchester, MA 02122

(617) 462-1143 | [familynurturing.org](http://familynurturing.org)

- **Services:** Focused on strengthening families, The Family Nurturing Center provides resources and support to parents. They offer diapers, formula, and other essential items to families facing economic challenges. Support offered in English, Spanish, and Cabo Verdean Creole.
- **Eligibility:** Families with young children in need of additional support. To receive material items, families must be enrolled in programming offered by the organization.

## Parenting Journey

366 Somerville Avenue, Somerville, MA 02143 (617)

628-8815 | [parentingjourney.org](http://parentingjourney.org)

- **Services:** Parenting Journey provides support and education to parents and caregivers. They offer assistance with essential baby items, including diapers and formula, to families facing economic challenges.
- **Eligibility:** Parents and caregivers in need of support, regardless of income level.

# MATERIAL RESOURCE SUPPORT CONT.

## Project Hope

550 Dudley Street, Roxbury, MA 02119

617) 442-1880 | [www.prohope.org](http://www.prohope.org)

- **Services:** Project Hope empowers families to move out of poverty. They offer a range of services, including material assistance such as diapers, baby formula, and other essential items for families in need.
- **Eligibility:** Families facing homelessness or economic hardship in the Boston area.

## Room to Grow

(617) 859-4545 | <https://www.roomtogrow.org>

- **Services:** Room to Grow provides comprehensive support for low-income families with children up to three years old. In addition to developmental guidance, they offer essential items like diapers, baby formula, and breast pumps to ensure a healthy start for babies in need.
- **Eligibility:** Families with children under three years old living in poverty.

## Women, Infants, and Children (WIC)

Program - Massachusetts

(800) 942-1007 | [www.mass.gov/wic](http://www.mass.gov/wic)

- **Services:** WIC provides nutrition education, healthy food, and support to low-income pregnant women, new mothers, and young children. In addition to nutritional assistance, they offer support for obtaining diapers and formula.
- **Eligibility:** Pregnant women, new mothers, and young children from low-income families.

# CHILDCARE

## ABCD Head Start and Early Head Start

178 Tremont Street, Boston, MA, 02111

(617) 348-6000 | [bostonabcd.org/](http://bostonabcd.org/)

- **Services:** ABCD offers Head Start and Early Head Start programs, providing comprehensive early childhood education and family support services.
- **Eligibility:** Eligibility is typically income-based and takes into account family circumstances.

## Child Care Choices of Boston

1 Ashburton Place, Boston, MA 02108

(617) 542-5437 | [cccbboston.org/](http://cccbboston.org/)

- **Services:** Child Care Choices of Boston assists families in finding quality childcare options and offers resources and financial assistance for eligible families to access high-quality childcare.
- **Eligibility:** Eligibility for financial assistance is typically income-based, and requirements may vary by program.

## Child Care Circuit

190 Hampshire Street, Lawrence, MA, 01840

(617) 542-5437 | [www.childcarecircuit.org/](http://www.childcarecircuit.org/)

- **Services:** Child Care Circuit helps families find quality childcare options and offers resources to support parents and caregivers.
- **Eligibility:** Their services are available to families seeking childcare information and assistance in the Massachusetts area.

## The Ellis Early Education Center

58 Berkeley Street, Boston, MA 02116

(617) 482-7341 | [www.ellisearlylearning.org/](http://www.ellisearlylearning.org/)

- **Services:** The Ellis Early Education Center provides early education and care services, ensuring that children receive a strong foundation for their future learning.
- **Eligibility:** Specific eligibility criteria can be obtained by contacting the center directly.

## Epiphany Program Early Learning Center

154 Centre Street, Boston, MA 02124 | (617) 326-0425

[commodorebuilders.com/portfolio/institutional/epiphany-school/](http://commodorebuilders.com/portfolio/institutional/epiphany-school/)

- **Services:** The Epiphany Program Early Learning Center is a center in Boston that provides a transformative education to children from economically disadvantaged families. They focus on nurturing character development, academic achievement, and leadership skills.
- **Eligibility:** Typically, the program serves children from economically disadvantaged backgrounds who are seeking educational opportunities.

## The Home for Little Wanderers

10 Guest Street, Boston, MA 02135

(617) 534-1650 | [thehome.org](http://thehome.org)

- **Services:** The Home for Little Wanderers offers an extensive array of services, including foster care, adoption support, and family services, with a focus on children's well-being.
- **Eligibility:** For families in Boston.



# CHILDCARE CONT.

## Nurtury

2201 Washington Street, Roxbury MA 02219

(617) 522-2261 | [www.nurturyboston.org](http://www.nurturyboston.org)

- **Services:** Nurtury offers early education and care for children, including infants and toddlers. Their programs emphasize early childhood development and education.
- **Eligibility:** Eligibility varies by program and is often income-based.

## United South End Settlements

48 Rutland Street, Boston, MA 02118

(617) 375-8150 | [www.uses.org](http://www.uses.org)

- **Services:** United South End Settlements offers early childhood education programs, including preschool and after-school care, to nurture the intellectual and social development of young children.
- **Eligibility:** Available for interested families, access the enrollment link [here](#).

## The Wonderfund

600 Washington Street, Boston, MA 02111

[wonderfundma.org](http://wonderfundma.org)

- **Services:** The Wonderfund supports children involved with the Massachusetts Department of Children and Families (DCF) by providing resources for enrichment, education, and childcare to enhance their well-being.
- **Eligibility:** Focuses on children in the care of DCF in Massachusetts.

## YMCA of Greater Boston

316 Huntington Ave., Boston, MA, 02115

(617) 927-8060 | [ymcaboston.org](http://ymcaboston.org)

- **Services:** The YMCA of Greater Boston provides a diverse range of childcare programs, including after-school care, summer camps, and early childhood education, promoting the holistic development of children.
- **Eligibility:** Specific programs may have different eligibility criteria; details can be found on the organization's website.

# PARENTING

## Children's Trust Fund

55 Court Street, Boston, MA 02108

(617) 727-8957 | [www.mass.gov/orgs/the-childrens-trust](http://www.mass.gov/orgs/the-childrens-trust)

- **Services:** The Children's Trust Fund is an organization that focuses on preventing child abuse and neglect by providing resources and support to families. They offer parenting education programs, workshops, and advocacy.
- **Eligibility:** Services are generally open to families seeking support and resources to enhance their parenting skills.

## Family Engagement Network

200 Bowdoin St, Boston, MA 02122 |

(617) 474-1143 | [familynurturing.org/family-engagement-network](http://familynurturing.org/family-engagement-network)

- **Services:** Family Engagement Network (FEN) is a community-based organization that works to support families, improve educational opportunities, and foster community engagement.
- **Eligibility:** Eligibility criteria vary depending on the specific programs and services offered by individual FENs.

## Families First

[www.families-first.org](http://www.families-first.org)

- **Services:** Families First has programming to support new families navigate life with a new baby. The Power of Parenting and The Ripple Program are both offer peer support to strengthen their knowledge, skills, and brings parent voices to decisions and policies at a local, municipal, or state agency and advances career skills.
- **Eligibility:** Open to parents of children aged 0-3.

## Family Nurturing Center, Nurturing Fathers

(617) 474-1143 | [familynurturing.org](http://familynurturing.org)

- **Services:** The Family Nurturing Center offers parenting education and support, focusing on child development and family well-being. The center offers Nurturing Fathers' Programs, which bring together men from all family circumstances to understand the experience of nurturing and teaching a child.
- **Eligibility:** Open to parents and caregivers seeking support and education in the Boston area.

## Father Friendly

1010 Massachusetts Avenue, Boston, MA 02118

(617) 534-5832

[www.boston.gov/](http://www.boston.gov/)

- **Services:** The Boston Public Health Commission's (BPHC) Father Friendly Initiative focuses on engaging fathers in maternal and child health care and parenting. They aim to strengthen family bonds and promote healthy relationships.
- **Eligibility:** The initiative typically serves fathers and families seeking support in maternal and child health care.



# PARENTING CONT.

## Fathers Uplift

12 Southern Ave, Dorchester, MA 02124

(617) 708-0870 | [fathersuplift.org](http://fathersuplift.org)

- **Services:** Fathers Uplift is a non-profit organization that offers a range of programs and services aimed at providing support and resources to fathers. They focus on helping fathers develop the skills and knowledge needed to be actively engaged in their children's lives.
- **Eligibility:** Services are generally available to fathers looking to improve their parenting skills and engagement with their children.

## First Teacher

221 Blue Hill Ave, Roxbury, MA 02119

(617) 238-7275 | [www.firstteacherboston.org](http://www.firstteacherboston.org)

- **Services:** First Teacher is a non-profit organization that offers parenting education and support programs to empower parents and caregivers. They focus on providing resources to help parents become their child's first and best teacher.
- **Eligibility:** Typically, their programs serve parents and caregivers seeking support and resources for early childhood education.

# BEREAVEMENT

## The Children's Room

1210 Massachusetts Avenue, Arlington, MA 02476 |  
(781) 641-4741 | [childrensroom.org](http://childrensroom.org)

- **Services:** The Children's Room provides support and services for grieving children, teens, and families. They offer counseling, peer support groups, and educational resources to help individuals cope with loss.
- **Eligibility:** For more information and to access their services, you can visit The Children's Room website.

## First Candle

(800) 221-7437 | [firstcandle.org](http://firstcandle.org)

- **Services:** First Candle is a national non-profit organization that offers support and resources for families who have experienced the loss of a baby during pregnancy, infancy, or early childhood. They provide grief support, educational materials, and community engagement.
- **Eligibility:** This program is open to families of all backgrounds residing in the Boston area who seek assistance with the bereavement process.

## The Good Grief Program

801 Albany Street, Roxbury, MA 02119  
(617) 414-4005 | [www.mspcc.org/healthyfamilies](http://www.mspcc.org/healthyfamilies)

- **Services:** The Good Grief Program at Boston Medical Center provides support and counseling for children and families dealing with the loss of a loved one. They offer bereavement services and resources.
- **Eligibility:** This program is open to families of all backgrounds residing in the Boston area.

## Hospice of the North Shore & Greater Boston: Care Dimensions

(888) 283-1722 | [www.caredimensions.org](http://www.caredimensions.org)

- **Services:** Hospice of the North Shore & Greater Boston offers grief support and counseling to individuals and families facing end-of-life issues and bereavement. They provide services for both adults and children.
- **Eligibility:** Open to families and children in North Shore and the Greater Boston area.

## Louis D. Brown Peace Institute

15 Christopher Street, Dorchester, MA 02122 (617)  
825-1917 | [ldbpeaceinstitute.org](http://ldbpeaceinstitute.org)

- **Services:** The Louis D. Brown Peace Institute offers healing and support to families affected by homicide and community violence, including grief counseling, violence prevention education, survivor services, and community engagement. They host the annual Mother's Day Walk for Peace.
- **Eligibility:** Open to individuals and families directly impacted by homicide and community violence. community engagement.

## Propa City

(617) 407-5347 | <https://www.propacityco.org>

- **Services:** Propa City Community Outreach advocates for increased awareness of pregnancy and infant loss through personal connection and community resources.
- **Eligibility:** Open to all individuals seeking support through pregnancy and infant loss.



# BIPOC-CENTERED SUPPORT

## Association of Haitian Women in Boston (AFAB-KAFANM)

330 Fuller Street Dorchester, MA 02124

(617) 287-0096 | [afab-kafanm.org](http://afab-kafanm.org)

- **Services:** The Association of Haitian Women in Boston is an organization that empowers low-income women and their families to gain access to social and economic opportunities. Services include Financial literacy workshops, ESOL classes, domestic and sexual violence prevention. Programming focuses on Haitian Creole speakers and the larger Haitian community.
- **Eligibility:** *Services are offered to low-income women and families, with a focus on the Haitian community in Metro-Boston.*

## The Family Van

200 Longwood Avenue, Boston, MA 02115

(617) 442-3200 | [www.familyvan.org](http://www.familyvan.org)

- **Services:** The Family Van is a mobile health clinic in Boston that provides accessible healthcare services, including prenatal and postpartum care, to underserved communities. They offer support and resources for BIPOC mothers and families.
- **Eligibility:** Open to all, with a focus on serving underserved communities, including BIPOC families in Boston.

## Melanin Mass Moms

[info@melaninmassmoms.com](mailto:info@melaninmassmoms.com)

[www.melaninmassmoms.com](http://www.melaninmassmoms.com)

- **Services:** Melanin Mass Moms is a Boston-based community organization that focuses on providing support and resources for Black, Indigenous, and People of Color (BIPOC) mothers and families. They offer a range of services, including educational workshops, support groups, and assistance with essential items such as diapers and baby formula.
- **Eligibility:** Open to BIPOC mothers and families in the Boston area seeking support.

## Mothers for Justice and Equality

(617) 516-8086 | [mothersforjusticeandequality.org](http://mothersforjusticeandequality.org)

- **Services:** Mothers for Justice and Equality is a Boston-based organization that works to address violence and inequities affecting mothers and families. They provide resources, advocacy, and support programs to empower BIPOC mothers.
- **Eligibility:** Open to BIPOC mothers in the Boston area seeking support in addressing issues of violence and inequity.

## Sociedad Latina

1530 Tremont Street, Roxbury, MA 02120

(617) 442-4299 | [www.sociedadlatina.org](http://www.sociedadlatina.org)

- **Services:** Sociedad Latina is a Boston-based organization that empowers Latino youth and families. They offer a range of programs and resources, including educational support, leadership development, and family engagement initiatives.
- **Eligibility:** Open to Latino youth and families in the Boston area.

# BIPOC-CENTERED SUPPORT CONTD.

## The Urban League of Eastern Massachusetts

88 Warren St, Roxbury, MA 02119

(617) 442-4519 | [www.ulem.org](http://www.ulem.org)

- **Services:** The Urban League of Eastern Massachusetts works to advance economic and social equity in the Boston area. They offer programs and resources that support BIPOC families, including job training, education, and community services.
- **Eligibility:** Open to BIPOC individuals and families in the Boston area seeking economic and social support.



# COMMUNITY & DOMESTIC SAFETY

## Casa Myrna & Safelink Hotline

451 Blue Hill Ave, Boston, MA 02121

(877) 785-2020 | [casamyrna.org](http://casamyrna.org)

- **Services:** Casa Myrna is a domestic violence shelter and support service provider for individuals and families experiencing domestic violence. They offer safe housing, advocacy, and resources to empower survivors. The Safelink Hotline offers direct support for individuals experiencing domestic violence across Massachusetts. Offered in English and Spanish.
- **Eligibility:** The shelter primarily serves individuals and families experiencing domestic violence and seeking safety and support.

## Center for Violence Prevention & Recovery Program

(800) 799-7233 | [www.bidmc.org](http://www.bidmc.org)

- **Services:** The Center for Violence Prevention & Recovery Program is a community-based program that provides support and resources to individuals and families affected by domestic violence. They offer services such as crisis intervention, safety planning, and support for survivors.
- **Eligibility:** The Center for Violence Prevention & Recovery Program's services are generally open to individuals and families impacted by domestic violence who are seeking support and assistance.

## Neighborhood Trauma Teams

725 Massachusetts Avenue, Boston, MA 02118

(617) 534-5395 | [www.boston.gov](http://www.boston.gov)

- **Services:** Neighborhood Trauma Teams provide trauma-informed care and support to individuals and communities impacted by violence, trauma, and crises. They offer resources, crisis intervention, and assistance in healing and recovery.
- **Eligibility:** Their services are generally open to individuals and communities affected by violence and trauma who are seeking support.

## Passageway

75 Francis Street, Boston, MA 02115

(617) 732-5500

[www.brighamandwomens.org](http://www.brighamandwomens.org)

- **Services:** Passageway is a program provided by Boston Medical Center that offers comprehensive services and support to survivors of domestic violence, sexual assault, and human trafficking. Their services include medical care, counseling, legal support, and advocacy.
- **Eligibility:** Passageway's services are available to survivors of domestic violence, sexual assault, and human trafficking who are seeking medical, legal, and emotional support.

# COMMUNITY & DOMESTIC SAFETY CONT.

## Saheli

(866)-4SAHELI | (781)-999-1506 (text)

[saheliboston.org](http://saheliboston.org)

- **Services:** Saheli offers multilingual support for domestic and sexual violence survivors with a special focus on the South Asian and Arab communities. Besides intervention and prevention, Saheli offers local support groups, financial literacy workshops, and legal advocacy programming to assist with further empowerment. Services offered in Arabic, Bengali, Gujarati, Hindi, Kannada, Marathi, Punjabi, Telugu, and Urdu.
- **Eligibility:** Saheli supports South Asian and Arab women and families in need of intervention from domestic and sexual violence.



# HOUSING

## ABCD Fuel Assistance

178 Tremont St, Boston, MA 02111

(617) 357-6012 | [bostonabcd.org/service/fuel-assistance-2](https://bostonabcd.org/service/fuel-assistance-2)

- **Services:** ABCD (Action for Boston Community Development) Fuel Assistance assists low-income households for heating and energy costs during the winter months. The program helps eligible families and individuals stay warm and reduce energy bills.
- **Eligibility:** Eligibility is based on income and household size, and specific requirements may vary by state and program.

## ABCD Housing Counseling & Foreclosure Prevention

535 River Street Mattapan, MA 02126

(617) 918-2045

[bostonabcd.org/service\\_categories/housing](https://bostonabcd.org/service_categories/housing)

- **Services:** The ABCD assistance to those who are seeking to avoid homelessness and/or close to experiencing eviction or foreclosure. ABCD provides connections with local government and community organizations to support who support individuals and families to remain in an affordable home.
- **Eligibility:** Open to all families experiencing difficulties with their mortgage or rent.

## Bridge Over Troubled Waters

47 West Street, Boston, MA 02111

(617) 423-9575 | [www.bridgetw.org](http://www.bridgetw.org)

- **Services:** Bridge Over Troubled Waters is an organization that provides emergency shelter, housing solutions, and support services for homeless and at-risk youth in the Boston area. They offer a comprehensive range of programs to help young people overcome homelessness.
- **Eligibility:** Their services are primarily focused on homeless and at-risk youth.

## Greater Boston Legal Services

197 Friend Street, Boston, MA 02114

(617) 371-1234 | [www.gbls.org](http://www.gbls.org)

- **Services:** Greater Boston Legal Services is a non-profit organization that provides legal assistance and advocacy for low-income individuals and families. They offer support related to housing issues, including eviction prevention, housing discrimination, and housing benefits.
- **Eligibility:** Their services are generally available to low-income individuals and families who are facing housing-related legal challenges.

## Heading Home

186 Massachusetts Avenue, Boston, MA 02115 (617)

864-8140 | [www.headinghomeinc.org](http://www.headinghomeinc.org)

- **Services:** Heading Home is dedicated to ending homelessness in the Boston area. They provide emergency shelter, housing solutions, and support services to help individuals and families transition from homelessness to stable housing.
- **Eligibility:** The organization primarily serves individuals and families experiencing homelessness.

# HOUSING CONT.

## Housing Families First

919 Eastern Avenue, Malden, MA 02148

[\(781\) 322-9119](tel:7813229119) | [www.housingfamilies.org](http://www.housingfamilies.org)

- **Services:** Housing Families First is dedicated to ending family homelessness by providing shelter, housing, and support services to homeless and at-risk families. Their goal is to create a safe and stable environment for families in need.
- **Eligibility:** Mainly for homeless and at-risk families in need of support.

## Massachusetts Housing and Shelter Alliance (MHSA)

7 Bulfinch Pl #201, Boston, MA 02114

[\(617\) 367-6447](tel:6173676447) | [mhsa.net](http://mhsa.net)

- **Services:** MHSA advocates for permanent solutions to homelessness and supports programs and initiatives aimed at preventing and ending homelessness. They work collaboratively with service providers to address the needs of homeless individuals.
- **Eligibility:** MHSA primarily serves organizations and individuals involved in addressing homelessness.

## Metropolitan Boston Housing Partnership

1411 Tremont St, Boston, MA 02120

[\(617\) 859-0400](tel:6178590400) | [www.metrohousingboston.org](http://www.metrohousingboston.org)

- **Services:** Metropolitan Boston Housing Partnership (MBHP) offers housing search and stabilization services, as well as rental assistance programs, to ensure that low-income individuals and families have access to safe and affordable housing options.
- **Eligibility:** Eligibility requirements can vary by program and individual need. Check their website for specific program requirements. Families have access to safe and affordable housing options.

## Pine Street Inn

444 Harrison Ave, Boston, MA 02118

[\(617\) 892-9100](tel:6178929100) | [www.pinestreetinn.org](http://www.pinestreetinn.org)

- **Services:** Pine Street Inn is a leading organization in Boston dedicated to homelessness prevention, emergency shelter, and housing solutions for individuals experiencing homelessness. They provide comprehensive support services to help clients transition from homelessness to stable housing.
- **Eligibility:** Their services are open to individuals and families experiencing homelessness or housing instability.

## RAFT Program

[\(877\) 211-6277](tel:8772116277) | [www.mass.gov/](http://www.mass.gov/)

- **Services:** The RAFT (Residential Assistance for Families in Transition) Program is a state-funded initiative that provides financial assistance to eligible families facing housing instability or homelessness. It offers support for expenses such as rent, utility bills, and moving costs to help families stay in their current housing or secure new, stable housing.
- **Eligibility:** Income, family size, and specific requirements can determine eligibility.

## St. Mary's

90 Cushing Ave, Dorchester, MA 02125

[\(617\) 436-8600](tel:6174368600) | [www.stmaryscenterma.org](http://www.stmaryscenterma.org)

- **Services:** St. Mary's Center for Women and Children, often referred to as St. Mary's, provides shelter and support services to homeless mothers and their children in the Boston area. Their programs aim to empower families to achieve stability and self-sufficiency.
- **Eligibility:** Typically, St. Mary's serves homeless mothers with children who are seeking shelter and support services.



# WORKFORCE DEVELOPMENT & HIGHER EDUCATION

## Boston Adult Education Center

<https://bcae.org>

- **Services:** The Boston Adult Education Center provides adult education, English as a Second Language (ESL), and GED preparation programs to help adult learners enhance their skills and educational attainment.
- **Eligibility:** Services are open to adult learners looking to improve their education and language skills.

## Catholic Charities Boston

[www.ccab.org](http://www.ccab.org)

- **Services:** Catholic Charities Boston offers job training, high school equivalency classes, as well as ESOL courses for new English learners. The organization also offers child care and healthy parent and family programs to for new families.
- **Eligibility:** *Services are available for individuals based on need and program focus.*

## Duet

(857) 366-9313 | <https://duet.org>

- **Services:** Duet is an organization that provides services to help young mothers complete their education and build a strong foundation for their families. They offer a combination of support, mentorship, and education.
- **Eligibility:** Their programs typically serve young mothers who are seeking educational support and mentorship.

## Endicott College Single Parent Services

(978) 206-1298 | [vanloan.endicott.edu](http://vanloan.endicott.edu)

- **Services:** Endicott College Boston offers scholarships, connections to parent-centered organizations, flexible scheduling and access to technology for students who are single parents.
- **Eligibility:** Services are available to enrolled students at Endicott College.

## Jeremiah Program

<https://jeremiahprogram.org>

- **Services:** The Jeremiah Program is a non-profit organization that provides comprehensive support to low-income single mothers and their children. They offer safe and affordable housing, education, and career development opportunities to empower families.
- **Eligibility:** The program primarily serves low-income single mothers with young children who are seeking housing, education, and career support.
- **Contact:** For program details and enrollment information, visit the [Jeremiah Program website](https://jeremiahprogram.org).

## Jewish Vocational Services

75 Federal Street, Boston, MA 02110

(617) 996-1953 | [jvs-boston.org](http://jvs-boston.org)

- **Services:** JVS Boston offers a number of services to build skills, training, and advancements for high-need industries. The organization also offers refugee and immigrant services as well as disability services.
- **Eligibility:** Open to adults looking to advance in their professional career.

# WORKFORCE DEVELOPMENT & HIGHER EDUCATION CONT.

## MassHire

[www.masshirebostoncareerctr.org](http://www.masshirebostoncareerctr.org)

- **Services:** MassHire is a workforce development organization that offers a range of employment and training services to help individuals find and secure jobs, enhance their skills, and access career development opportunities.
- **Eligibility:** Services are typically available to job seekers and employers in the Massachusetts area.

## One Family Scholars

[www.onefamilyinc.org/scholars](http://www.onefamilyinc.org/scholars)

- **Services:** One Family Scholars is a program that provides educational opportunities and support to single parents who are pursuing higher education. They aim to break the cycle of poverty and promote self-sufficiency.
- **Eligibility:** The program primarily serves single parents who are seeking higher education opportunities.





## ABOUT VITAL CXNS

Our work began in December of 2020 in direct response to the COVID-19 pandemic which demanded community-centered, coordinated action. As a result, Vital CxNs was founded to facilitate collaboration, enhance efficiencies, and discover synergies amongst existing resources and stakeholders. We are a team of community organizers, medical professionals, and public health practitioners, bridging gaps and forging partnerships between health and wellbeing, healthcare and community, and individuals and institutions. Vital CxNs takes a grassroots approach to improving Boston's community health ecosystem through tackling the city's persistent and pervasive health inequities.

[www.vitalcxns.org](http://www.vitalcxns.org)



@vitalcxns