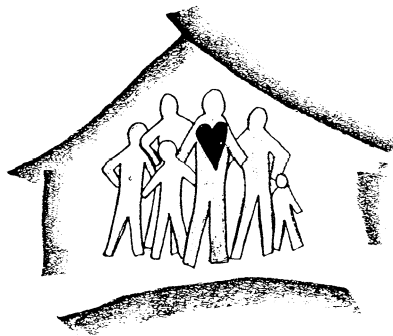


**Bedford Youth and Family Services
Town Center
12 Mudge Way
Bedford, Massachusetts 01730**

Community Social Services Reference Guide

Eleventh Edition
2018



This guide has been compiled to provide assistance to our staff, other municipal departments, and all Bedford residents in accessing most commonly requested local information.

Material has been gathered from a variety of not-for-profit sources and is not meant to be exhaustive or a duplication of other local directories. Information is correct as of publication date and will be updated periodically on our web page accessible from the Town of Bedford website, www.bedfordma.gov/youth under “resources”

Mention in this publication of any program or facility is not an endorsement by Youth and Family Services or The Town of Bedford.

Emergency Numbers

Hotlines and 24 Hour Resources

Mental Health Crisis

Dial 911 Ambulance/Fire/Police

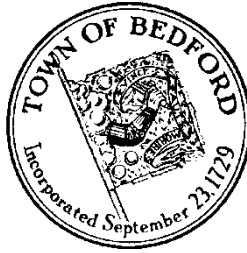
HOTLINES

AIDS Information	1-800/235-2331
Al-Anon, Alateen	1-800/356-9996
Alcoholics Anonymous	1-617/426-9444
Cancer Information Services	1-800/422-6237
Casa Myrna Vasquez (Safelink)(domestic violence)	1-877/785-2020
Child Abuse Hotline	1-800/422-4453
Crisis Hotline (Emergency Assessment & advocacy)	1-800/540-5806
Community Hot Line for Domestic Abuse (REACH)	1-800/899-4000
Eating Disorders Association	1-617/558-1881
Elder Abuse Hotline (after hours MA)	1-800/922-2275
Elder Crisis Line (national)	1-800/971-0016
Food Stamps/Food Source Hotline	1-800/645-8333
Lead Poisoning	1-800/532-9571
MA Dept. of Children & Families (after hours)	1-800/792-5200
Planned Parenthood	1-800/230-7526
Smoking Cessation	1-877/448-7848
Trevor Project LGBTQ	1-866/488-7386
USDA Meats & Poultry	1-800/535-4555

24 HOUR RESOURCES

MA Substance Abuse Helpline	1-800/327-5050
Advocates (24 hour resource) Mental Health Crisis Hotline	1-800/640-5432
Child-At-Risk (evenings, weekends, holidays)	1-800/792-5200
National Suicide Prevention Lifeline & Veterans Crisis	1-800/784-2433 or 1-800/273-8255
Parental Stress	1-800/632-8188
Poison Control	1-800/222-1222 or 1-617/232-2120
Rape Crisis Center	1-800/922-8772 or 1-617/492-7273
Runaway	1-800/621-4000 or 1-800/786-2929
Sexual Assault Domestic Violence	1-800/593-1125 or 1-508/626-8686
Youth in Crisis Samaritans	1-800/252-8336
Youth Peer Hotline	1-877/968-8454

TOWN OF BEDFORD
BEDFORD, MASSACHUSETTS 01730



YOUTH AND FAMILY SERVICES

Youth & Family Services Staff:
Sue Baldauf, Director
Fran Stander, Administrative Assistant
Jessica Wildfong, Prevention Services
Gina Rada & Bill Linnehan, Veterans Agents
Carla Olson, Healthy Bedford Coordinator

Town Center
12 Mudge Way
Bedford, MA 01730-2171
Phone: 781-275-7727
Fax: 781-275-7767

Summer 2018

Dear Bedford Residents,

Welcome to our eleventh Community Social Services Reference Guide! Bedford Youth & Family Services has revised and updated these local resources to help you with basic information and general questions about local resources. This electronic version is available on our web page accessed via the Town of Bedford website – www.befordma.gov/youth under the “Resources” tab.

A Town Department since 1987, Bedford Youth and Family Services envisions its role as a force in fostering a healthy community and improving the quality of life for all our residents. Our mission is to identify and nurture the social, emotional, and developmental growth of individuals and families in our community. Citizen oversight to our work is provided by the Selectmen and the nine member Youth and Family Services Committee.

While many of these references appear in the phone book or may be available online, we have included here the not-for-profit ones we refer to most frequently. We may have omitted a reference crucial to you or erred in some other way. Please notify us by giving us a call at 781/275-7727.

Please feel free to call on us if we can be of any assistance to you or your family. Better yet, drop by our offices in Town Center, the yellow building directly behind Town Hall. We are here to be a resource and provide support.

Sincerely,

A handwritten signature in cursive script that reads "Sue Baldauf".

Sue Baldauf
Director

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*Town of Bedford Departments and/or committees listed first in category in bold print, private listings follow alphabetically

Alcohol and Drug Abuse Services

Bedford Youth and Family Services

Town Center
12 Mudge Way
Bedford, MA 01730
781/275-7727

Counseling for children, adolescents, adults and families, adult and youth information and referral, community education, substance abuse education, screening, and diversion

A.A.
(Alcoholics Anonymous)
12 Channel St., Suite 604
Raymond L. Flynn Marine
Park
Boston, MA 02210
1-617/426-9444

Central Service Center
www.aaboston.org

Al-Anon/Alateen
1-800/356-9996

Contact for Meeting Information
www.al-anon.alateen.org

MA Substance Abuse
Information
1-800/327-5050

Education and Referral Helpline
Referrals to detox, halfway houses, counseling
24 hrs/7 days wk www.helplinema.org

Substance Abuse Hotline
(and Mental Health)
1-800/662-4357

Information and referrals
Federal www.samhsa.gov

Veterans Administration
Hospital Center for
Addiction Treatment
781/687-2354

Substance Abuse and Day Treatment
www.bedford.va.gov/services/Center_for_Addiction_Treatment.asp

Health Department

781/275-6507

Fax: 781/687-6157

www.bedfordma.gov/health

Burial permits; communicable disease surveillance, investigation and reporting; food establishment inspections; temporary food event registrations; household hazardous waste collections; prescription drug and medical sharps kiosks (located at the Police and Fire Departments); community nursing program – health counseling and home visits (See Page 7); clinics – blood pressure screenings and pneumococcal and influenza vaccines; housing code inspections; lead paint issues at residences; tick and mosquito bite prevention; barn inspections; keeping of animal permits; rabies investigations and response; septic system approvals and decommissioning; tobacco – retail permitting and inspections; private well installation permits; public and semi-public pool permitting and inspections; bathing beach monitoring and inspections; camp inspections; and nuisance complaints

Library

781/275-9440

Fax: 781/275-3590

www.bedfordlibrary.netBedford@minlib.net

Reference, information and Readers Advisory service. Homebound delivery, internet, database, catalog and word processing computers. Photocopier, fax, microfilm/fiche reader & printer, and a print magnifier. Both flatbed and duplex document feeder scanners. Circulating collection of print books, including hardcovers, paperbacks, graphic novels, and large print, plus eBooks. Interlibrary loans available from the Minuteman Library Network, Commonwealth Catalog and nationwide. Local history and local authors collections housed in the Bedford Collection Room. Popular magazines in print and digital format. Audiobooks in multiple formats including eAudiobooks, CDs, and Playaways. Films on DVD and Blu-ray as well as streaming. Music on CD as well as downloadable and streaming. Puppets, puzzles, and circulating tablets for children (Launchpads). Chinese and Spanish collections for adults and children. Circulating equipment including tablets, HotSpots and a Roku. Laptops for in-house use. Programming for all ages including Summer Reading, weekly programming for teens during the school year, storytimes, weekly films, book clubs, cooking programs, and craft programs. Discounted museum passes. Rotating art displays in the main gallery and on the community art wall. The Bedford Flag and exhibit space dedicated to the Flag. Meeting room, conference room and study spaces. Hours Monday – Thursday 9-9, Friday 9-6, Sundays 1-5 from September to the first weekend in May.

Planning Department
781/275-1548
Fax: 781/271-0537

The Planning Board is responsible for administering the Subdivision Control Law, reviewing site plans for commercial development, conducting a special permit process for mixed use and certain business projects, drafting zoning bylaw revisions, undertaking planning studies, preparing the long-range Comprehensive Plan, developing other long and short range policies and action plans, approving special permits for residential cluster developments and planned residential developments, and holding public hearings for designated scenic roads if trees and/or stone walls are to be removed or changed. The five Planning Board members are elected at-large on a non-partisan basis for three-year staggered terms.

**Police Emergency
Police Department**
781/275-1212
Fax: 781/275-8336

911
Chief Robert Bongiorno x129 rborgiorno@Police.BedfordMA.gov
Detective Bureau: Scott Jones x128; Crime Prevention Officer: Jim Graham x121; Juvenile Officers/SRO: Jeff Wardwell x125/SRO: Steve Waite x147; Animal Control Officer: Michael Leskouski x120

Community Outreach Officer: Kristin Dineen x175; Safety Officer: Paul Saunders x174; Child Passenger Seat Installation: x151

Public Works
781/275-7605
Fax: 781/275-9010

Streets, bridges, and sidewalks, snow and ice removal, road signs, street lights, traffic signals, storm drainage systems, water supply and sewerage disposal, water and sewer service billing, cemetery lot sales and interments, athletic fields, parks and grounds, public shade trees, refuse and recycling collection, yard waste, town maps, Geographical Information System (GIS) , utility plans, street opening permits, water and sewer connection permits, and fleet management

781/275-1212

After Hours EMERGENCY

1-800/442-9006

Republic Services – Collection of white goods such as refrigerators, air conditioners, washers, dryer and electronics such as televisions, computer monitors, and VCR's
www.republicservices.com

1-978/262-9010

Siemens Industry to report a burned out street light

Recreation Department

781/275-1392
Fax: 781/687-6156

781-275-5427

781/953-3014
781/275-0272 (seasonal)
781/275-1015 (seasonal)

Schools

781/275-7588
781/275-7708

781/275-1700
781/275-3201
781/275-7606
781/275-6804

**Town Center Building
and Old Town Hall**

781/275-4880

Town Clerk

781/275-0083

Town Manager

781/275-1111
Fax: 781/275-6310

Amy Hamilton, Director ~ amy@bedfordma.gov ~ www.bedfordrecreation.org – Adult and youth activities, including sports, fitness, art, science, dance, theater, music, swim camps, trips, special events, youth center and school age child care programs.

Kids Club School Age Child Care – link from our home page www.bedfordrecreation.org

The Corner
Springs Brook Park
Summer Adventures

www.bedfordps.org
Superintendent – Jon Sills
Business Office/Accounts Payable/Payroll, Director of Finance - David Coelho – Fax: 781/275-1332
Bedford High School (Grades 9-12), Principal – Heather Galante
John Glenn Middle School (Grades 6-8), Principal – Kevin Tracey
Job Lane Elementary (Grades 3-5), Principal – Rob Ackerman
Davis Elementary (Grades K-2), Principal – Beth Benoit

Rental space for non-profit groups and individuals, not-for-profit basis at Town Center. Limited business and event rentals (including weddings/receptions, showers, birthday parties, etc.) at Old Town Hall. Budd Rail Diesel Car #6211 on display at Bedford Depot Park and available for rental of small parties and meetings. Application forms with information including rental rates are available on the Town of Bedford website under Building Rentals. Contact Fay Russo - frusso@bedfordma.gov

Business certificates, census, dog licenses, elections/voter registration, genealogy, general bylaws, zoning and sign bylaw sales, marriage licenses, proof of residency, fish and game licenses, Town Meeting information, vital records (births, deaths, marriages), voter I.D. cards, general information on the Town of Bedford

Affirmative Action, affordable housing, alcoholic beverage licenses, annual reports, operating and capital budgeting, procurement supervision, common victualler licenses, fair housing, Hanscom Field concerns, labor negotiations, personnel, training, petitioner’s articles for Town Meeting, Selectmen, supervision of Selectmen departments and their personnel, appointment to citizen’s committees, taxi licenses, Town Counsel, Town Hall meeting room reservations, Bedford Byline, Town Meeting warrants, general citizen assistance, Community Preservation Committee and related CPC projects

Veterans Services

781/275-1328
781/698-4848 Lexington
Fax: 781/275-7767

Gina Rada & Bill Linnehan, Veterans Agents
Veterans' Agent available in Lexington in the Human Services Department Monday through Friday from 8:30 to 4:30 p.m. and in Bedford Tuesdays and Thursdays from 8:30 to 4:30 p.m.
Messages can be left at any time.

Youth and Family Services

781/275-7727
Fax: 781/275-7767
www.bedfordma.gov/youth

Sue Baldauf, Director
Counseling for children, adolescents, adults and families; adult and youth information and referral; prevention services, tobacco, alcohol, drug education and diversion; middle school after school programming; community education, peer mentoring and support, job match program, fuel assistance, Veteran's services



Patriotic Holiday Committee

Paul Purchia, Chair – Ppurchia@aol.com or 17 Reed Lane, Bedford, MA Volunteer committee responsible for organizing town ceremonies honoring our veterans on Veterans Day, Memorial Day and at special events.

Chamber of Commerce
781/275-8503
Fax: 781/275-8501
12 Mudge Way, Bedford
www.bedfordchamber.org
bcoc@bedfordchamber.org

Maureen McAuliffe Sullivan, Executive Director
Provide free information re: knowledge of town and businesses, represents Bedford businesses on several boards, raises funds for Scholarship, Flavors of Bedford, Barrett Sotheby's Senior Prom Stroll, Suzanne & Co. Holiday House Tour, & The Goddard School Trunk or Treat
Office hours: Monday, Wednesday & Thursday 9:00 to 2:00 p.m.

Bedford Community Table Food Pantry
12 Mudge Way, Bedford
781/275-7355

Collects foodstuffs and distributes to residents with proof of need, volunteers prepare a Thursday night dinner

Bedford Housing Authority
1 Ashby Place, Bedford
781/275-2428

Brenda Peacock, Director
Administers state public housing program for both families and elderly applicants.

Town Government Web Page
www.bedfordma.gov

Contains: Selectmen Agendas, town committee meetings schedules, town events calendar, general information, organization chart, employment opportunities, annual report, links to all Town of Bedford departments and other towns

Elder Services

Bedford Council on Aging (COA) 781/275-6825	See Page 2 for full description under heading “Town of Bedford Departments”. 12 Mudge Way, Bedford, MA Bedford residents 60+ and their families
Bedford Local Transit (BLT) 781/275-2255	Intown Services, Burlington Market Basket and Billerica Mall regular service. 8 a.m. to 9 a.m. dispatch hours only; Monday – Friday Medical appointment rides scheduled three days in advance Bus service 9 a.m. to 3 p.m. No Saturday service – Fare is \$1.00 each way in-town and \$2.00 each way out of Town http://www.bedfordma.gov/council-on-aging/pages/bedford-local-transit
The DASH 781/275-DASH(3274)	See Page 17
Public Health Nursing Bedford Health Department 781/275-6507 www.bedfordma.gov/health	A home visit by the Bedford Public Health nurse consists of a skilled health and safety assessment and evaluation. Vital signs physical status, emotional needs, general well-being and home safety issues will be considered. The nurse encourages regular contact with the health care provider and serves in a general health advocate/advisory role. After initial assessment and evaluation, additional client contacts may be made. Referrals are provided as deemed appropriate. The nurse is limited, however, by the fact that the Town of Bedford is not an accredited home health agency and cannot perform hands on nursing services such as injections or dressing wounds. Available to all residents. No fee.
Minuteman Senior Services (and Mass Home Care) 26 Crosby Dr. Bedford, MA 01730 781/272-7177 1-888/222-6171	See Page 12 for full description under heading “In-Home and Community Based Services” In-home services and case management; in-home and congregate meals; information and referral; Alzheimer’s disease counseling; nursing home ombudsman; services for abused or at-risk elders www.minutemansenior.org
Cooperative Elder Services 37 B St., Burlington, MA 01803 781/270-0339	Stimulating, structured day time environment for seniors from Bedford and surrounding communities. Health monitoring by R.N. Care provider services. Open Monday through Friday 8:00 a.m. to 4:00 p.m. www.elderdayservices.com
Right at Home Boston N.W. 60 Great Rd. Bedford, MA 01730 781/275-1400 Fax: 781/275-1401	Private duty nursing care; home care services; special home situations including traumatic brain injury, cancer recovery, hypertension/stroke, Alzheimer or other dementia. Companion/homemaking, physical limitations, cognitive disabilities. www.rightathome.net

Family Support Services Child Care and Parent Support

Child Care

Family Child Care
1-978/654-7101

Child Care Resource and Referral for families receiving a state subsidy for children 6 weeks to 10 years
126 Phoenix Ave., Lowell, MA 01852

www.commteam.org/how-we-help/family-children/family-child-care/

Commonwealth of Massachusetts Dept. of Early Education and Care Licensed Provider lists for Bedford under “Early Education & Care Programs” tab www.mass.gov

Pre-Schools and School Age Child Care:

Kids’ Club

Town Center
12 Mudge Way
781/275-5427
Fax:781/275-4882

Bedford Recreation School-Age Childcare - Provides school age children with organized activities before and after school as well as during school vacations. Accepts children grades K-5. Open all year including school vacation weeks. Licensed by the MA Dept. of Early Childhood Education
www.bedfordrecreation.org – kidsclub@bedfordma.gov

Bedford Children’s Center
781/271-9847

www.bedfordchildrenscenter.com

402 Concord Rd.
ages newborn – 5th grade

Bedford High Integrated Pre-School
781/275-1700 x3248

www.bedfordps.org/pre-school

9 Mudge Way
ages 3 – 5 years

Bedford Montessori School
781/275-3344

www.bedfordmontessori.org

8 Alfred Circle
ages 18 months – 6 years

Bright Horizons Children’s Center
781/271-9195

www.brighthorizons.com/ma/bedford/crosby

30 Crosby Drive
ages 6 weeks – 5 years.

The Goddard School
781/916-8842

www.GoddardSchool.com

52 Middlesex Turnpike
ages 6 weeks – 6 years

Inch by Inch Child Development Centers
781/242-2093

www.inchbyinchchildcare.com

19 Crosby Drive #C
ages 8 weeks – 11 years

The LEAP School
781/275-2010

www.leapschool.com

376 Concord Rd.
ages 1 – 5 years

Open Arms Christian Pre-School
781/271-1148

www.OpenArmsBedford.org

426 Davis Rd.
ages 2.9 – 5 years

St. Paul’s Weekday Nursery School
781/275-1383

www.stpaulsweekdayns.org

100 Pine Hill Rd.
ages 2.9 – 6 years

Family Support Services Continued Child Care and Parent Support

Parent Support

Bedford Youth and Family Services See Page 6
781/275-7727
Fax: 781/275-7767

Baby to Boomer Therapies Afterschool care for any child ages 4-8. Developmental programs focuses on fine motor skills and student's social/emotional skills. Summer program also available. www.babytoboomertherapies.com
4 Railroad Ave. email: baby2boomertherapies@icloud.com
Bedford, MA 01730
781/325-8514

Bedford Family Connection Has play group, child care listing, co-op group and family activities, and newsletter, focus is pre-school age, 0-5.
P.O. Box 636 www.bfctoday.com or www.bigtent.com/groups/bfctoday
Bedford, MA 01730

First Connections Central source for parenting information and skill training for families with children, ages birth through 3 in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Lincoln, Littleton, Maynard, Stow, and Sudbury. Call for hours.
179 Great Rd., Suite 104A www.firstconnections.org
Acton, MA 01720

Minuteman Early Intervention Work with children – birth to age 3 with developmental delays
1269 Main St., Day habilitation, recreation & family services
Concord, MA 01742 www.minutemanarc.org
1-978/287-7900

Nashoba Learning Group Autism and related developmental disabilities for ages 3-22
10 Oak Park Dr. www.nashobalearninggroup.org
Bedford, MA 01730
781/275-2500

Parents Helping Parents Weekly support group for parents of all ages, including Virtual Groups.
108 Water St. Meeting sites listed on website with their contact information.
Watertown, MA 02472 www.parentalstressline.org
1-800/632-8188

Health Services

Bedford Board of Health 12 Mudge Way Bedford, MA 01730 781/275-6507	Town Department for all public health concerns and services outlined on Page 3; including Health Screenings, Immunization Clinics and Medical Equipment Loan Program – canes, walkers, shower seats, toilet seats. Call Council on Aging for wheel chairs - 781/275-6825 www.bedfordma.gov/health
Charles River Community Health Center 781/693-3800	564 Main St., Waltham, MA 02452 www.charlesriverhealth.org
Lowell Community Health Center 1-978/937-9700	Family Planning Dept. – 2 nd Floor, 161 Jackson St., Lowell, MA 01852 www.lchealth.org
Mass Health 1-888/665-9993 1-800/841-2900 1-800/462-1120	Mass Health Enrollment Center – visit, do <u>not</u> mail to: 367 East St., Tewksbury, MA 01876 Apply for or manage health coverage www.mahealthconnector.org Mass Health, the Health Safety Net or Massachusetts Medicaid and Children’s Medical Security Plan www.mass.gov/MassHealth
Mental Health Services	Contact Bedford Youth and Family Services 781/275-7727 or in an emergency either Emerson Hospital or Lahey Medical Center, see below.
Public Health-Care 1-877/623-6765	a. Commonwealth Health Insurance Connector www.mahealthconnector.org b. Commonwealth Home Health Care www.mass.gov/service-details/home-and-community-based-services-waivers
Social Security Admin. 1-800/772-1213	www.ssa.gov
<u>Hospitals</u>	
Emerson Hospital 1-978/369-1400 1-978/287-3690	133 Old Road to 9 Acre Corner (ORNAC), Concord, MA 01742 General Hospital www.emersonhospital.org Emergency Room
Lahey Clinic Medical Center 781/744-5100 781/744-8100	41 Mall Road, Burlington, MA 01803 General Hospital www.lahey.org Emergency Room
Veterans Administration Hospital 781/275-7500 781/687-2580	200 Springs Rd., Bedford, MA www.bedford.va.gov General information and connecting all departments Substance Abuse and Day Treatment

In-Home and Community Based Services

**Bedford Board of Health
And Public Health
Nursing**

Town Center, 12 Mudge Way
Bedford, MA 01730
781/275-6507

Blood pressure and general health counseling
See Page 7 for full description.
www.bedfordma.gov/health

Council on Aging

Town Center,
12 Mudge Way
Bedford, MA 01730
781/275-6825

In-home, office or phone consultation/case management;
transportation to medical appointments, family caregiver services
and counseling; information and referral regarding housing, day
care, benefits and services, both local and long distance.
SHINE, Recreation/social programming Monday – Saturday

Minuteman Senior Services
26 Crosby Dr.
Bedford, MA 01730
781/272-7177
1-888/222-6171

Aging information center and support services, home care, caring
conversations, care planning and management, memory disorder
consultation, meals, elder abuse and neglect, money management,
nursing home placement consultation, legal services, health
benefits counseling, community education, housing options,
support for caregivers, local and long distance referrals and
resources. Open 9-5. www.minutemansenior.org

Some services offered:

Adult Day Health Program * Chore Service * Companion
Home Health Services * Home Modification & Safety Equipment
Housekeeping * Laundry * Legal Services * Meals on Wheels
Memory Disorder Assessments * Personal Care * Transportation

Right at Home
60 Great Rd.
Bedford, MA 01730
781/275-1400

Skilled home private duty nursing care for the chronically ill,
terminally ill, permanently disabled, at home medical assistance,
after hospitalization care, family respite, private duty hospital
care. www.rightathome.net/bostonnorthwest Open 24 hrs.

Some services offered:

Companionship * Dementia care * Homemaking * Hygiene
Non-medical home care * Non-senior care * Physical assistance
Respite Care * Right Meds Medication Management * Skilled
Nursing * Wellness

Social Services

Counseling, domestic violence, donations, food, fuel, income supports, legal services, work supports

Counseling

- Bedford Youth & Family Services** Counseling for individuals and families, information, referral, community education, youth development and support, prevention services
Town Center
12 Mudge Way
Bedford, MA 01730
781/275-7727
Sue Baldauf, Director sueb@bedfordma.gov
- Bedford Veterans Services** Accessing veteran's benefits and services – Gina Rada & Bill Linnehan. Veterans agent available in Lexington in the Human Services Department Monday through Friday 8:30 a.m. to 4:30 p.m. and in Bedford Tuesdays and Thursdays from 8:30 a.m. to 4:30 p.m. Messages can be left anytime.
Town Center
12 Mudge Way
Bedford, MA 01730
781/275-1328
781/698-4848 Lexington
Fax: 781/275-7767
veterans@bedfordma.gov
- Council on Aging (COA)** Town Department, social, health, outreach services, etc.
Town Center
12 Mudge Way
Bedford, MA 01730
781/275-6825
Alison Cservenschi, Director – Wendy Aronson, Elder Service Coordinator
- Eliot Community Human Services
ORNAC
Concord, MA 01742
1-978/369-1113
Counseling and supportive mental health services

Social Services

Counseling, **domestic violence, donations**, food, fuel, income supports, legal services, work supports

Domestic Violence

Bedford Police Department 911

DVVAP/DV Services Domestic Violence Victim Assistance Program/Domestic Violence Network (DVSN) P.O. Box 536, Concord, MA 01742
1-888/399-6111 Collaborative relationship with Bedford and area Police Departments www.dvsn.org

REACH Refuge, Education, Advocacy, Change
1-800/899-4000 Hot Line Domestic Violence Women's Shelter – 90 day emergency shelter
781/891-0724 Advocacy Line
Donations: P.O. Box 540024, Waltham, MA 02454
www.reachma.org

Donations

Some of the Bedford Donation Box locations

Big Hearted Books New England Nurseries Book Bin – 216 Concord Rd.
info@bigheartedbooks.com

Epilepsy Foundation Whole Foods sidewalk – 170 Great Rd. Bagged clothing
1-888/322-8209 www.donateneewengland.org

Middlesex Community College 591 Springs Rd. Parking Lot Areas “A” & “M” Reuse-Recycle
Footwear, clothing, accessories, linens, stuffed animals
Textile recycling. www.baystatetextiles.com

Planet Aid New England Nurseries - 216 Concord Rd. & Great Road Gulf -
1-888/893-0648 349 Great Rd. Call for tax receipts. Clothing and shoes only.
www.planetaid.org

St. Vincent de Paul St. Michael's Church parking lot rear – 90 Concord Rd.
1-877/382-7417 Bagged clothing only, shoes, books & linens
www.RecycleThat.com

Social Services

Counseling, domestic violence, **donations**, food, fuel, income supports, legal services, work supports

Household Goods Inc.
530 Main St. (Rte. 27)
Acton, MA 01720
1-978/635-1710

Provide household goods to the needy at no charge.
To donate, drop-off hours 9 a.m. – noon Tues., Thurs., Sat.
Pick up service available for large items for \$35 fee. Goods are distributed by referral and appointment only.
www.householdgoods.org

Mission of Deeds
6 Chapin Ave.
Reading, MA 01867
781/944-9797

Furniture bank and household goods. Covers Middlesex and Essex counties. Open Mon. – Fri. 9 a.m. – 3:30 p.m.
Open every second Sat. of the month from 9 a.m. – 12 p.m.
www.missionofdeeds.org

Wish Project
166 Middlesex St.
N. Chelmsford, MA 01863
1-866/947-4360

Furniture bank, household goods & clothing. Hours:
Tues. - Sat. 9 a.m. – 3 p.m.
www.thewishproject.org

Thrift Stores

St. Vincent de Paul
Thrift Store
701 Merrimack St.
Lowell, MA 01854
1-978/453-7750

Clothing, homegoods, furniture. Open Mon. – Sat. 9 a.m. – 5 p.m.
See website. www.svdpboston.com

Salvation Army
Thrift Shop
625 Main St.
Wilmington, MA 01887
1-800/728-7825

“Helping People, Helping Animals, Helping Our Planet!”
Clothing, furniture, food pantry, utility assistance, contact for more information.
www.satruck.org

Sister Thrift
374B Cambridge St.
Burlington, MA 01803
781/221-2216

Clothing & smaller household items. Benefits Metrowest Humane Society. See website.
www.sisterthrift.com

Wearovers
119 Great Rd.
Bedford, MA 01730
781/275-2705

Ladies Consignment & Style Gallery
Store Hours: Weds. 10 a.m. – 2 p.m. Thurs. 12 p.m. – 7 p.m.
Fri./Sat. 10 a.m. – 4 p.m.
www.wearovers.com

Social Services

Counseling, domestic violence, donations, **food, fuel, income supports**, legal services, work supports

Food

Bedford Board of Health
781/275-6507

Commercial Food Safety
www.bedfordma.gov/health

Community Table/Food
Pantry
781/275-7355

Collects foodstuffs and distributes to individuals with proof of need. Serves Thursday night dinner at Town Center (yellow building), 12 Mudge Way between 5 and 6 p.m.

Food Stamps
1-800/645-8333

Department of Transitional Assistance – SNAP benefits
Food Source Hotline
www.mass.gov/snap

WIC Program
1-800/WIC-1007
(942)
1-978/454-6397

Women, Infants and Children Program provides nutrition education and food for pregnant women and children up to age five
Lowell WIC Program, 45 Kirk St., 1st Floor, Lowell, MA 01852
www.wicprograms.org

Fuel

Fuel Assistance

Age 60+ contact: **Council on Aging** (see listing Page 2)
Under 60 contact: **Bedford Youth and Family Services** (see listing Page 6) 781/275-7727 Available November through March

Income Supports

Community Teamwork
1-978/459-0551
1-978/459-6161
1-877/451-1082

155 Merrimack St., Third Floor, Lowell, MA 01854
Main # (section 8 housing)
Fuel Assistance – Energy Resources, 45 Kirk St., Second Floor, Lowell, MA 01852
Fuel Assistance toll-free
www.commteam.org

Dept. of Transitional
Assistance
1-800/445-6604 or
1-978/446-2400

131 Davidson St., Lowell, MA 01852
SNAP, Transitional Aid for Families with Dependent Children,
Emergency Assistance for Elderly, Disabled & Children,
Employment Services
www.mass.gov/eohhs/gov/departments/dta

See **Food** and **Fuel Assistance** above

Social Services

Counseling, domestic violence, donations, food, fuel, income supports,
legal services, work supports

Legal Services

Greater Boston Legal Services Main Office
1-617/371-1234
Cambridge and Somerville
1-617/603-2700

197 Friend St., Boston, MA 02114 (Over age 60)
www.gbls.org

60 Gore St., Ste. 203, Cambridge, MA 02141

Metrowest Legal Services
1-508/620-1830 or
1-800/696-1501
Fax: 1-508/620-2323

63 Fountain St., Ste. 304, Framingham, MA 01702 (Under age 60)
Hours M-F 9-5, handicapped accessible, free parking
www.masslegalservices.org

Work Supports

The Career Place, Trade Ctr.
100 Trade Center, G100
Woburn, MA 01801
781/932-5500

One stop career center. Hours: Mon., Thur., Fri., 8:30 a.m. - 5 p.m.
Tues. 8:30 a.m. – 7 p.m. Weds. 9:45 a.m. - 4:30 p.m.
www.careerplacejobs.com

Dress for Success Boston
c/o The Family Justice Ctr.
989 Commonwealth Ave.
Boston, MA 02215
1-617/779-2177

Promoting the economic independence of disadvantaged **women**
by providing professional attire, a network of support and the
career development tools to help women thrive in work and life.
www.dressforsuccess.org Hours: M-F 9:30 a.m. – 4 p.m.
Email: boston@dressforsuccess.org

MA Rehabilitation
Commission
1-800/245-6543 (Voice/TDD)
or 617/204-3600

The Mass. Rehabilitation Commission Administrative Offices
600 Washington St. 2nd Flr., Boston 02111
www.mass.gov/eohhs/gov/departments/mrc

Solutions at Work
1-617/576-0039

391 Evereteze Way, Cambridge, MA 02141
Helps people transition out of homelessness. By appointment only.
www.solutionsatwork.org

SuitAbility Program
Community Teamwork
155 Merrimack St.,
Lowell, MA 01852
1-978/459-0551

Created to enhance the marketability of economically challenged
women by providing appropriate clothing, at no cost, to those
who are actively seeking employment. Periodically offers
workshops and mentoring related to employment issues.
www.commteam.org/how-we-help/finance-business/suitability

Transportation

Bedford Local Transit
781/275-2255

Handicapped accessible, runs Monday – Friday 9 a.m. – 3 p.m.
See Page 7

The DASH
781/275-DASH(3274)

The Bedford DASH is a two-year pilot on demand transportation service serving Bedford residents and employees for in-town service as well as trips to Billerica, Burlington, Concord (Monday and Tuesday only) and Lexington, based on availability. Runs Monday-Friday 11 a.m. – 6 p.m.
www.bedforddash.com

Wheels of Life
781/275-6825

Call Bedford Council on Aging
Free taxi rides for elders to medical appointments
funded by a gift for seniors from Carleton Willard Village M-F
8 a.m.- 3:30 p.m. Limited number of rides on annual basis

MBTA
1-617/222-3200
1-800/392-6100

Massachusetts Bay Transit Authority
www.mbta.com

The Ride
1-877/765-7433

Wheelchair accessible rides for those with disabilities lasting more than six months
www.mbta.com/riding_the_t/accessible_services

Youth Programs

Bedford Recreation Dept. 781/275-1392	A Town of Bedford Department; Amy Hamilton, Director Offering recreational opportunities for all ages. See Page 5
Kids' Club 781/275-5427	School Age Child Care Operates within the Recreation Department. See Page 9
Bedford Public Library 781/275-9440	Story hours and craft programs See Page 3
Bedford Youth and Family Services 781/275-7727	Youth activities at Middle School and other Town locations See Page 6
Bedford Family Connection	Group of parents formed play group and child care co-op P.O. Box 636, Bedford, MA 01730 See Page 10 www.bfctoday.com
Bedford Babe Ruth Baseball and Softball 781/275-9222	Operates youth baseball and softball, along with summer leagues P.O. Box 136, 1 Depot Sq. Bedford, MA 01730 www.bedfordbaseballsoftball.com
Boy Scouts of America 1-617/615-0004	Boston Minuteman Council www.bsaboston.org
First Connections 1-978/429-8284	Parenting information and skill training See Page 10 www.jri.org
Lexington-Bedford- Hanscom Popwarner	Youth football program www.lbhpopwarner.com
Lexington-Bedford Youth Hockey	Hockey programs, Lexington Recreation Dept. Hayden Rink, 24 Lincoln St., Lexington, MA 02421 www.lbyh.net
Middlesex 4-H Youth Development 781/891-0650 x29	240 Beaver St., Waltham, MA 02452 www.4h-middlesex.org
Girl Scouts of Eastern Massachusetts 781/893-6113	265 Beaver St., Waltham, MA 02452 www.gsema.org
The Edge Sports Center 781/275-9700	191 Hartwell Rd., Bedford, MA 01730 www.theedgesportscenter.com



Become familiar with resources important to you on:

Residents	Employment	Business	Education	Housing
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A sampling of the topics included under these tabs:

<ul style="list-style-type: none"> - Dept. of Children & Families (DCF) - Dept. of Transitional Assistance (DTA) - Seniors - Caregiver Support - Veterans - Mental Health Services - Special Needs & Accessible Living - Health Insurance 	<ul style="list-style-type: none"> - Finding a job - Unemployment - Professional Licensing - Career Development - Workplace Support - Civil Service Exam Schedule - Section 30 Training Opportunities Program - Workers' Rights & Safety - Taxes 	<ul style="list-style-type: none"> - MassTax Connect - Register Your Business - Labor Market Information - Energy Efficiency for Businesses - Environmental Assistance for Business - Minimum Wage Program - Small Business Guides - Professional Licenses & Permits - Step by Step Guide to Starting a Business 	<ul style="list-style-type: none"> - Early Education & Care (EEC) - Elementary & Secondary Education (ESE) - Higher Education (DHE) - Executive Office of Education (EOE) - Educator Licensure & Renewal - Early Education & Afterschool Programs - Early Education & Care 	<ul style="list-style-type: none"> - Dept. of Housing & Community Development (DHCD) - Local Housing Authorities - Housing & Rental Assistance - Tenant & Landlord Rights & Responsibilities - First-Time Home Buyers Resources - Emergency Family Shelter - Homeowner Assistance Programs - Safety & Inspections
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Additions, Corrections, Changes?

Try as we might, we are not perfect! We may have omitted an important resource or an address or a phone number may have changed. Please pass this information along to us, and we will correct it on our website and in our next guide.

Listing and Page Number

Correct Information

Please fax to us at 781/275-7767, email to Y&F@bedfordma.gov
or mail to: Bedford Youth and Family Services
Town Center
12 Mudge Way
Bedford, MA 01730

Emergency and Crisis Numbers

Bedford Only

FIRE * AMBULANCE * POLICE Emergency – 911

Fire Non-Emergency/Business Only – 781/275-7262

Police Non-Emergency/Business Only – 781/275-1212

Domestic Violence Services

SAFELINK 1-877/785-2020 – 24 Hour Resource – 1-617/521-0100 Main Office
– Casa Myrna Vasquez www.casamyrna.org or
www.SafeLinkWireless.com

Domestic Violence Services 1-978/318-3421 office line Concord, MA
Network, Inc. (DVSN) www.dvvap.org

DVVAP Warmline 1-888/399-6111 or 781/275-6111

Elder Abuse Services 781/272-7177 Minuteman Senior Services

GLBTQ 1-800/832-1901 – 24 HOUR HOTLINE
www.glbtdvp.org

Mass. Coalition of Sexual 1-617/248-0922 Jane Doe Safety Fund
Assault and Domestic www.janedoe.org – 24 HOUR HOTLINE 1-877/785-2020
Violence

National Domestic Violence 1-800/799-SAFE (7233)
Hotline

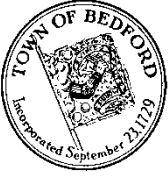
REACH 1-800/899-4000 24 HOUR HOTLINE - 781/891-0724
www.reachma.org

Massachusetts Office for 1-617/586-1340 www.mass.gov/mova
Victim Assistance One Ashburton Place, Suite 1101, Boston, MA 02108

Legal Services

Elder Legal Services and 1-617/371-1234 www.gbls.org
Greater Boston Legal
Services

Metrowest Legal Services 1-800/696-1501 or 1-508/620-1830
63 Fountain St., Suite 304 formerly South Middlesex Legal Services
Framingham, MA 01702 www.masslegalservices.org



Bedford Youth and
Family Services
Town Center
12 Mudge Way
Bedford, MA 01730

PRESORTED
STANDARD
US POSTAGE PAID
BURLINGTON, MA
PERMIT NO. 42
01803

Residential
Postal Customer
Bedford, MA 01730