



Crisis & Resource Guide

Our Mission

The North Reading Community Impact Team (CIT) is a collaborative partnership between community resources that emphasizes the use of innovative, non-traditional methods to identify factors that have a negative impact on the quality of life for all and to implement solutions that solve the underlying problems.

This guide was produced by the Social Services Action Team.

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HELPLINES

IN ANY EMERGENCY CALL 911

ABUSE

Animal Abuse

North Reading Animal Police Control (978) 664-3807
MSPCA (800) 628-5808

Child Abuse

National Child Abuse Hotline (800) 422-4453
Massachusetts Child Abuse Hotline (800) 792-5200

Domestic Violence

Jane Doe Domestic Violence Project (877) 785-2020
Gay Men's Domestic Violence (800) 832-1901
HAWC 24 Hour Hotline (800) 547-1649

Elder Abuse

Elder Abuse Hotline (After 5pm) (800) 922-2275
MVES Protective Services (Before 5PM) (781) 324-7705

Sexual Abuse

Y of Greater Lawrence Assault/Rape (877) 509-9922
Rape, Abuse, Incest National Network (800) 656-4673
North Shore Rape Crisis Center (800) 922-8772
Center for Hope & Healing of Lowell (800) 542-5212

Substance Abuse

Treatment Facility Locator (800) 662-4357
Mass. Information & Education (800) 327-5050
The Parents Toll-Free Helpline (855) 378-4373
Alcoholics Anonymous (617) 426-9444
Massachusetts Substance Abuse (800) 327-5050
Mental Health/Crisis Intervention (800) 988-1111
Narcotics Anonymous (866) 624-3578
Substance Abuse (800) 327-5050
Federal SA & MH Services Admin. (877) 726-4727
Families Anonymous, Medford (781) 727-1803
Families Anonymous, Wilmington (978) 973-5645

Helplines continue on next page

Helplines continued from previous page

CHILDREN & FAMILY SERVICES

Baby Safe Haven	(866) 814-7233
Massachusetts Child Abuse Hotline	(800) 792-5200
Mass. Dept. of Youth Services	(617) 727-7575
National Runaway Safeline	(800) 786-2929
Parental Stress Line	(800) 632-8188
Alzheimer's Association	(800) 272-3900
Girls & Boys National Help Hotline	(800) 448-3000
Planned Parenthood	(800) 230-7526
Mass. Alliance on Teen Pregnancy	(617) 482-9122

FOOD

FoodSource Hotline	(800) 645-8333
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HOUSING ASSISTANCE

Mass. Coalition for the Homeless	(781) 595-7570
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LGBTQ

LGBTQ Helpline	(888) 340-4528
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SUICIDE PREVENTION

National Suicide Prevention Lifeline	(800) 273-8255
Massachusetts Samaritan	(877) 870-4673
Samaritan 24-hour Helpline	(617) 247-0220
Samariteen Crisis Hotline	(800) 252-8336

VETERANS

Crisis Hotline (<i>Press 1</i>)	(800) 273-8255
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ABUSE

Animal Abuse

North Reading Animal Police Control
(978) 664-3807 www.nrpd.org

Massachusetts Society for the Prevention of Cruelty to Animals (MSPCA)
350 South Huntington Avenue
Boston, MA 02130
(800) 628-5808 www.mspca.org

MSPCA-Emergency Clinic
400 Broadway
Methuen, MA 01844
(978) 687-7453 www.mspca.org

Child Abuse

National Child Abuse Hotline (800) 422-4453
Massachusetts Child Abuse Hotline (800) 792-5200

Domestic Violence

HAWC (Healing Abuse Working for Change)
27 Congress Street
Suite # 204
Salem, MA 01970 (978) 744-8552, Hotline (800) 547-1649
Provides Domestic Abuse and Violence Abuse Family Services

Beverly Domestic Violence Unit
Herrick Street
Beverly, MA 01915
(978) 922-1155

Elder Abuse

Protective Services (Mystic Valley Elder Services)
(781) 324-7705 www.mves.org

Sexual Abuse

YWCA of Greater Lawrence Sexual Assault & Rape Crisis
24-Hour Hotline: (877) 509-9922

Substance Abuse

See page 19

BOARD OF HEALTH

Hoarding Issues, Sanitation, Tenant/Landlord Complaints, no heat, no water, etc.

North Reading Health Department

235 North Street

North Reading, MA 01864

Health Agent (978) 357-5242

Email: rbracey@northreadingma.gov

CHILDREN, YOUTH & FAMILY SERVICES

Local

North Reading Youth Services

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Parks & Recreation

235 North Street

North Reading, MA 01864

(978) 357-5216

North Reading Public Schools: See page 16

YMCA - Burbank Branch in Reading

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Food Pantry

Christian Community Services -

See "FREQUENTLY LISTED RESOURCES" page 22

Regional

Child Care Circuit

190 Hampshire Street

Lawrence, MA 01840

(800) 660-2868

www.childcarecircuit.org

State

Baby Safe Haven

The Safe Haven Act of Massachusetts (2004) allows a parent to legally surrender newborn infants 7 days old, or younger, at a hospital, police station, or manned fire station without facing criminal prosecution.

(866) 814-7233

WIC (Women, Infants and Children)

Massachusetts Department of Public Health

250 Washington Street, 6th Floor

Boston, MA 02108-4619

(617) 624-6100 or (800) 942-1007

Department of Revenue

Child Support Enforcement Division

100 Trade Center, Suite 760

Woburn, MA 01801

(781) 376-1000

Department of Children and Families

DCF Child-at-Risk 24 hour Hotline

(800) 792-5200

Haverhill Area Office

3 Ferry Street

Bradford, MA 01835

(978) 469-8800

Lawrence Area Office

Everett Mills

15 Union Street 2nd Floor

Lawrence, MA 01840

(978) 557-2500

Department of Youth Services

The juvenile justice system of the Commonwealth of Massachusetts

100 Cummings Center, Suite 3476

Beverly, MA 01915

(978) 646-2300

DISABILITY SERVICES

**Eastern Middlesex Association of Retarded Citizens
(EMARC)**
(781) 942-4888
www.theemarc.org

Mass Commission for the Blind
(800) 392-6450
www.mass.gov/mcb

Mass Commission for the Deaf
(800) 882-1155
www.mass.gov/mcdhh

Mass Rehabilitation Commission
(For people with disabilities)
(781) 324-7160
www.mass.gov/mrc

ELDER AFFAIRS

Local

**North Reading Department of Elder Affairs
& O'Leary Senior Center**
See "FREQUENTLY LISTED RESOURCES" page 22

Mystic Valley Elder Services
See "FREQUENTLY LISTED RESOURCES" page 22

State

Executive Office of Elder Affairs
One Ashburn Place
Boston, MA 02108
(617) 727-7750
www.mass.gov/elders

1-800-AGE-INFO
One-Stop Shopping
(800-243-4636)
www.800ageinfo.com

EMPLOYMENT ASSISTANCE

Local

The Career Place
100 Sylvan Road
Woburn, MA 01801
(781) 932-5500
www.careerplacejobs.com

The Career Center of Lowell
107 Merrimack Street
Lowell, MA 01852
(978) 458-2503
www.careercenteroflowell.org

Valley Works Career Center
Heritage Place
439 South Union Street
Building 2, Suite 106
Lawrence, MA 01843
(978) 722-7000
www.valleyworks.cc

Horizon House Transitional employment training for
mental health population
78 Water Street
Wakefield, MA 01880
(781) 245-4272

American Training, Inc.
Work with individuals with developmental disabilities
102 Glenn Street
Lawrence, MA 01843
(978) 685-2151

State

Mass Resources
Employment and Job Training Programs
www.massresources.org/employment.html

Department of Labor and Workforce Development
Provides assistance with Unemployment Insurance, Job
Services, Labor Standards, Workers' Compensation, Labor
Relations and Labor Market Information
www.mass.gov/lwd

FINANCIAL ASSISTANCE

Local

North Reading Food Pantry/Christian Community Services
See "FREQUENTLY LISTED RESOURCES" page 22

Mystic Valley Elder Independence Fund (ages 60+)
See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Veterans Services
See "FREQUENTLY LISTED RESOURCES" page 22

State

The Dept. of Transitional Assistance (Emergency Assistance)
Malden (781) 388-7300
www.mass.gov/eohhs/gov/departments/dta

The Salvation Army (617) 542-5420

Social Security
(866) 596-8598
(800) 772-1213 (National) www.socialsecurity.gov

FOOD

LOCAL

Food Pantries

North Reading Food Pantry - Christian Community Services
See "FREQUENTLY LISTED RESOURCES" page 22

International Family Church Food Pantry
99 Concord Street
North Reading, MA 01864 (978) 276-6400
www.intlfamilychurch.com The food pantry is open for residents of North Reading on the third Saturday of the month from 10:00 am to 12:00 pm

Hot Meals

Mystic Valley Elder Services
See "FREQUENTLY LISTED RESOURCES" page 22

Elder Services
See "FREQUENTLY LISTED RESOURCES" page 22

Bread & Roses
58 Newbury Street
Lawrence, MA 01840
(978) 681-8768

Cor Unum Meal Center

191 Salem Street
Lawrence, MA 01843
(978) 688-8900
Email: counummealcenter@comcast.net
www.corunummealcenter.org

My Brother's Table

98 Willow Street
Lynn, Massachusetts 01901
(781) 595-3224
www.mybrotherstable.org

State

FoodSource Hotline (800) 645-8333 www.projectbread.org
Food Stamps (SNAP) Hotline (866) 950-3663 www.mass.gov/snap
Mystic Valley Elder Services
See "FREQUENTLY LISTED RESOURCES" page 22

FUEL ASSISTANCE

Local

Reading Municipal Light Department
(781) 944-1340
www.rmlld.com

Greater Lawrence Community Action Council
(Fuel Assistance)
(978) 681-4900
www.glcac.org

State

Citizens Energy Oil Heat Program (Joe Kennedy)
(877) 563-4645
www.citizensenergy.com

Good Neighbor Energy Fund/Salvation Army
(617) 542-5420 (Service Extension Dept.)
www.salvationarmyma.org

Department of Housing and Economic Development

Low Income Home Energy Assistance Program (LIHEAP),
known commonly as Fuel Assistance.
www.mass.gov/hed/community/energy/low-income-home-energy-assistance-liheap.html

HEATLINE at (800) 632-8175
www.acf.hhs.gov/programs/ocs/programs/liheap

HEALTH / WELLNESS

Mass Commission for the Blind (800) 392-6450

Mass Commission for the Deaf (800) 882-1155

Mass Rehabilitation Commission

(For persons with disabilities) (781) 324-7160

www.mass.gov/mrc

Local

24 Hour Pharmacy

CVS – Andover (978) 470-0542

**Eastern Middlesex Association of Retarded Citizens
(EMARC)**

26 Princess Street

Wakefield, MA 01880

(781) 942-4888

Board of Health

235 North Street

North Reading, MA 01864

Health Agent (978) 664-6042

Commission on Disabilities – North Reading

http://nreadingma.virtualtownhall.net/Pages/NReadingMA_Building/disabres?textPage=1

**The Masons – (Free) Durable Medical Equipment Loan
Program-SMD HELP**

(781) 322-1052

Email: GABemiss@aol.com

YMCA - Burbank Branch in Reading

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Elder Affairs O'Leary Senior Center

See "FREQUENTLY LISTED RESOURCES" page 22

Mystic Valley Elder Services

See "FREQUENTLY LISTED RESOURCES" page 22

Sanborn - Place, Home Care & Day Services

Housing and Support Services

50 Baystate Road

Reading, MA 01867

(781) 944-6262

Email: info@sanbornphc.org

www.sanbornphc.org

Health Quarters

Confidential reproductive health care, prevention, and education services for women, men, and teens in Northeastern Massachusetts

Beverly: (978) 922-4490

Haverhill: (978) 521-4444

Lawrence: (978) 681-5258

Lynn: (781) 593-1115

www.healthq.org

HEALTH INSURANCE

Local

North Reading Department of Elder Affairs & O'Leary Senior Center - SHINE Program

(Serving Health Insurance Needs of Elders)

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Veterans Services

See "FREQUENTLY LISTED RESOURCES" page 22

Mass Health

Mass Health pays for health care for certain

low and medium-income people living in Massachusetts.

(800) 841-2900

www.mass.gov/eohhs/gov/departments/masshealth

Medicare & Medicaid Services

(800) 633-4227

www.medicare.gov

HOSPITALS & EMERGENCY ROOMS

Hospitals providing emergency room services 24/7

Lahey Clinic Medical Center

41 Burlington Mall Road
Burlington, MA 01805
(781) 744-5100

Lawrence Memorial Hospital

170 Governors Avenue
Medford, MA 02155
(781) 306-6000

Lawrence General Hospital

1 General Street
Lawrence, MA 01840
(978) 683-4000

Melrose-Wakefield Hospital

585 Lebanon Street
Melrose, MA, 02176
(781) 979-3000

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
(781) 729-9000

Facilities providing Walk In & Urgent Care

NO EMERGENCY SERVICES

Winchester Hospital; Family Medical Center

500 Salem Street
Wilmington, MA 01887 (978) 988-6000
www.winchesterhospital.org
Hours of Operation: (Mon. - Sun.) 7:30 am – 8 pm

Concentra

66B Concord Street
Wilmington, MA 01887 (978) 657-3826
www.concentra.com
Hours of Operation: (Mon. - Fri.) 8 am – 5 pm

HOUSING ASSISTANCE

Local

North Reading Health Department

Hoarding Issues, Sanitation, Tenant/Landlord Complaints, no heat, no water, etc.

235 North Street

North Reading, MA 01864 (978) 357-5242

Email: rbracey@northreadingma.gov

North Reading Housing Authority Senior Housing Peabody Court, North Reading, MA 01864

(978) 664-2982 Office hours Monday through Friday from 9:00 a.m. to 1:00 p.m. Includes Section 8 Housing.

Mission of Deeds (in Reading) Furniture, Etc.

(781) 944-9797 www.missionofdeeds.org

North Reading Youth Services

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Elder Services & O'Leary Senior Center

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Veterans

See "FREQUENTLY LISTED RESOURCES" page 22

State

Massachusetts Department of Transitional Assistance (DTA)

200 Pleasant Street

Malden, MA 02148 (781) 388-7300.

If you need shelter and are pregnant or have a child under 21

Tri-CAP (Tri-City Community Action Program)

(781) 322-4125 <http://www.shelterlistings.org/details/36603/>

Kaszanek House Transitional House: (781) 321-1773

22 Charles Street

Malden, MA 02148

Washington Street Residence: (781) 321-1159

115 Washington Street

Malden, MA 02148

Mass. Coalition for Homeless: (781) 595-7570

15 Bubier Street

Lynn MA 01901 11

LEGAL ASSISTANCE

Middlesex County District Attorney (781) 897-8300
<http://www.middlesexda.com>

Office of Attorney General (617) 727-2200
www.mass.gov/ago

Greater Boston Legal Services (ages 60+)
(617) 371-1234 www.gblls.org

GLAD (Gay and Lesbian Advocates and Defenders)
30 Winter Street, Suite 800
Boston, MA 02108
(617) 426 1350 www.glad.org

LGBTQ

Local

North Reading Youth Services
See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Elder Affairs
See "FREQUENTLY LISTED RESOURCES" page 22

Mystic Valley Elder Services
See "FREQUENTLY LISTED RESOURCES" page 22

AIDS Action Committee (AAC) of Massachusetts
75 Armory Street
Boston, MA 02119
(617) 437-6200 www.aac.org
HIV prevention programs, health & wellness services, and other programs.

Fenway Health
Medical care and services for LGBTQ population
1340 Boylston Street
Boston, MA 02215
(617) 267-0900

LGBT Aging Project (ELDERS)
(857) 313-6590 www.lgbtagingproject.org

Old & Bold Coalition North Shore Elder Services
(978) 750-4540 x220 (GLBT and Aging)

GLAD (Gay and Lesbian Advocates and Defenders)
30 Winter Street, Suite 800,
Boston, MA 02108
(617) 426 1350
Email: gladlaw@glad.org

Greater Boston PFLAG (Parents, Families, and Friends of Lesbians and Gays)
85 River Street, Suite 3A
P.O. Box 541619
Waltham, MA, 02454
(781) 891 5966
Email: info@gbpflag.org
www.gbpflag.org

MENTAL HEALTH

Local

North Reading Youth Services
See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Department of Elder Affairs
See "FREQUENTLY LISTED RESOURCES" page 22

Eliot Community Human Services
(800) 988-1111
www.eliotchs.org
Psychiatric Emergency Treatment 24 hours a day,
7 days a week

Eastern Middlesex Association of Retarded Citizens (EMARC)
26 Princess Street
Wakefield, MA 01880
(781) 942-4888

NORTH READING PUBLIC SCHOOLS See page 16

Local Therapists (that accept MassHealth):

**Geriatric/Elder Psychiatry and Counseling
Lawrence Memorial Hospital**
Medical-Psychiatric Program
170 Governors Avenue
Medford, MA 02155
(781) 306-6155
www.hallmarkhealth.org

NSMC Union Hospital
500 Lynnfield Street
Lynn, MA 01940
(781) 581-9200
www.nsmc.partners.org/home

To find a local therapist who accepts MassHealth, you should use these on line resources. www.masspartnership.com

Boston Medical Center (BMC) HealthNet Plan
www.bmchp.org/utility-nav/find-a-provider

Fallon Community Health Plan (FCHP)
www.fchp.org/FindPhysician/Search.aspx

State

Dept. of Mental Health
365 East Street
Tewksbury, MA 01876-0387
(978) 851-7321 TTY: (978) 640-1193
<http://www.mass.gov/eohhs/gov/departments/dmh/>

Department of Developmental Disabilities - Metro North
27 Water Street
Wakefield, MA 01880
Intake Referral Number: (781)-338-2300

**Substance Abuse and Mental Health Services
Administration (SAMHSA) (877) 726-4727**

Eating Disorders

North Reading Youth Services

See "FREQUENTLY LISTED RESOURCES" page 22

Walden Behavioral Care

9 Hope Avenue #500

Waltham, MA 02453

(781) 647-6700

www.waldenbehavioralcare.com

The Klarman Eating Disorders Center at McLean Hospital

115 Mill Street

Belmont, MA 02478

(617) 855-3410

www.mclean.harvard.edu/patient/child/edc.php

Residential Program only. Does not offer outpatient services. Program for females ages 16-26.

Cambridge Eating Disorder Center

3 Bow Street

Cambridge, MA 02138

(617) 547-2255

www.eatingdisordercenter.org/

Offer Intensive Outpatient Program that meets 5 nights a week Monday-Friday and participants need to attend a minimum of 3 out of the 5 nights.

Eating Disorder Center of Andover, LLC

68 Main Street, #5

Andover, MA 01810

(978) 474-1777

NORTH READING PUBLIC SCHOOLS

Superintendent of Schools

Sherman Road
(978) 664-7810

E. Ethel Little Elementary School

7 Barberrry Road
(978) 664-7820

Principal: Christine Molle, cmolle@nrpsk12.org
School Psychologist: Joline Pepper, x:403,
jpepper@nrpsk12.org

J. Turner Hood Elementary School

298 Haverhill Street
(978) 664-7817

Principal: Glen McKay, x: 2024, gmckay@nrpsk12.org
School Psychologist: Jacklyn Kinsman, x: 2017,
jkinsman@nrpsk12.org

L.D. Batchelder Elementary School

175 Park Street
(978) 664-7814

Principal: Sean Killeen, skilleen@nrpsk12.org
School Psychologist: Tabitha Heidorn, X: 4,
theidorn@nrpsk12.org

North Reading Middle School

19 Sherman Road
(978) 664-7806

Principal: Catherine O'Connell, coconnell@nrpsk12.org
School Psychologist: Sylvia Weisz, x: 5278,
sweisz@nrpsk12.org

School Psychologist: Carly Capuano, x: 5277
ccapuano@nrpsk12.org

North Reading High School

191 Park Street
(978) 664-7800

Principal: Anthony Loprete, x: 5280, aloprete@nrpsk12.org
School Psychologist: Justin Mattison, x: 5288,
jmattison@nrpsk12.org,

Guidance Secretary: Anne Chambers, X: 5284,
achambers@nrpsk12.org

Contact Mrs. Chambers to find out which guidance counselor
your child is assigned to.


PUBLIC SAFETY

(Police & Fire Departments NON-EMERGENCY)

North Reading Police Department

www.nrpd.org/SitePages/NRPDHome.aspx

 facebook.com/NorthReadingPD

 twitter.com/NorthReadingPD

Chief of Police: Michael P. Murphy
(978) 357-5052 Email: mmurphy@nrpd.org

Patrol Division: Lieutenant Mark Zimmerman
(978) 357-5031 Email: mzimmerman@nrpd.org

Detectives: (978) 357-5046

Safety Officer: Officer Scott Tilton
(978) 357-5055 Email: stilton@nrpd.org

Sex Offender Registry: Sergeant Derek Howe
(978) 357-5064 Email: dhowe@nrpd.org

North Reading Fire Department

www.northreadingma.gov/Pages/NReadingMA_Fire/index

Chief of Fire: William L. Warnock (978) 357-5100
Email: wwarnock@northreadingma.gov
Monday-Thursday 8:00am - 4:00pm
Friday 8:00am - 1:00pm

Deputy Chief of Fire: Barry Galvin (978) 357-5102
Email: bgalvin@northreadingma.gov
Monday-Thursday 7:30 am-5:30pm

RELIGIOUS ORGANIZATIONS

Aldersgate Methodist

235 Park Street
North Reading, MA 01864
(978) 664-2951
Rev. Rachel Fisher rachelmeredith22@gmail.com

Congregation Beth Israel

501 S. Main Street,
Andover, MA 01810
(978) 474-0540
socialaction@bethisraelmv.org

International Family Church

99 Concord Street
North Reading, MA 01864
(978) 276-6400
Rev. Verna Del Turco
verna.delturco@intlfamilychurch.com

Martin's Pond Baptist

4 Cogswell Road
North Reading, MA 01864
(978) 664-4926
Pastor Josh Wilson jm_wilson83@hotmail.com

Messiah Lutheran

708 Lowell Street
Lynnfield, MA 01940
(781) 334-4111
Pastor: Rev. Jeremy Pekari pastor@mlcspirit.org
Pastor David Brezina davidb207@gmail.com

St. Theresa's Parish

63 Winter Street
North Reading, MA 01864
(978) 664-3412
Mary Ann Thomas mthomas@parishmail.com

Temple Emanuel

7 Haggetts Pond Road
Andover, MA 01810
(978) 470-1356
Scott Mallory rsmallory@gmail.com

Temple Ner Tamid

368 Lowell Street
Peabody, MA 01960
(978) 532-1293
Adele Lubarsky office@templenertamid.org

Trinity Evangelical

105 Haverhill Street
North Reading, MA 01864
(978) 664-2416
Rev. Trish Ray Trish@trinityevangelical.org

Union Congregational

148 Haverhill Street
North Reading, MA 01864
(978) 664-3703
Rev. Dr. Richard Hughes revdrrah@aol.com

SUBSTANCE ABUSE

Refer to www.northreadingcit.com for a full substance abuse resource guide.

Local

Elder Affairs

See "FREQUENTLY LISTED RESOURCES" page 22

Veterans Services

See "FREQUENTLY LISTED RESOURCES" page 22

North Reading Police Department:

Detective Thomas Hatch: (978) 357-5067

North Reading Youth Services:

See "FREQUENTLY LISTED RESOURCES" page 22

NOTE: *Narcan Nasal Spray is indicated for the emergency treatment of known or suspected opioid overdose. Narcan is available in North Reading at the following locations:*

CVS 22 Main St. 978-664-4621

Walgreens 158 MainSt. 978-276-1380

Additional information can be found at <http://www.drugs.com/pro/narcan.html>

Regional

Overdose Prevention & Education Network

(617) 665-3872

Al-Anon

St. Athanasius Church

300 Haverhill Street

Reading, MA. 01867

Discussion meetings are held every Wednesday night from 7:30 to 8:45 p.m. in the church basement

Al-Anon is for friends & family and anonymity is the spiritual foundation of our program. Meetings are free,

please contact Al-Anon Family Groups of MA

(508) 366-0556 or Email: ldcofma@aol.com

Learn to Cope is a support group for parents and family members dealing with a loved one addicted to heroin, Oxycontin and other drugs. Meetings are held in Lowell and Salem Monday-Thursday.

www.learn2cope.org

Email: learntocope2001@yahoo.com

Overdose Prevention & Education Network

Site offers information for Users, Family & Friends, Service Providers and Others. For information on signs of overdose and responding to overdose. If you would like to talk to

someone about Overdose Prevention call: (617) 665.3872

www.odprevention.org

Regional Center for Poison Control & Prevention

Serving Massachusetts & Rhode Island.

Information and hotline about inhalants & other poisons.

(800) 222-1222 (toll-free 24 hours)

(TTY) (888) 244-5313

www.maripoisoncenter.com

Toll-Free Treatment Referral Helpline

(800) 662-4357

VETERANS SERVICES

North Reading Veterans Services

See "FREQUENTLY LISTED RESOURCES" page 22

Serving the disabled, homeless, elderly, veterans, unemployed, court involved individuals

Services Provided: financial assistance, food nutrition, assistance with government forms, housing assistance, substance abuse assistance, assistance with family issues, fuel assistance, health/wellness assistance, employment assistance, veterans services, locating available resources, VA compensation/pension

Mass. Dept. Veterans Services (617) 210-5480

www.mass.gov/veterans

Mass Vets Advisor www.MassVetsAdvisor.org

Benefitting veterans and their families. An easy to use website for benefits and services you are eligible for and deserve.

Crisis Hotline (Press 1)

(800) 273-8255

FREQUENTLY LISTED RESOURCES

Mystic Valley Elder Services

300 Commercial Street
Malden, MA 02148
(781) 324-7705
www.mves.org

North Reading Food Pantry - Christian Community Services

North Reading Town Hall
North Reading, MA 01864
(978) 276-0040

The food pantry is open Monday from 9:00 to 10:00 a.m. and on the first and third Monday of the month from 7:00 to 8:00 p.m.

Email: nrfoodpantry@gmail.com

North Reading Department of Elder Affairs & O'Leary Senior Center

Third Meeting House, Building on the Common
157 Park Street
North Reading, MA 01864
(978) 664-5600

Email: mprenney@northreadingma.gov

Contact Person: Mary Prenney, Director

North Reading Veterans Services

235 North Street
North Reading, MA 01864
(978) 357-5212 Email: nrvets@northreadingma.gov
Contact Person: Susan Magner, Director

North Reading Youth Services

235 North Street
North Reading, MA 01864
(978) 357-5281
Email: northreadingyouthservices@gmail.com
Contact Person: Amy Luckiewicz, Director of Youth Services
www.northreadingyouthservices.com

YMCA Burbank Branch in Reading

36 Arthur B. Lord Drive
Reading, MA 01867
(781) 944-9622
Email: burbank@ymcaboston.com
Contact Person: Juli Fahey
www.ymcaboston.org/burbank