

COMMUNITY RESOURCE GUIDE

Resident and practitioner's guide to human services and other valuable resources in
the Norwood area



Norwood Senior Service Provider Network
Norwood, MA 02062

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Additional Resource Guides

Department of Mental Health Director: Peter Angelos	5 Randolph St., Canton 781-401-9700 www.mass.gov/dmh/
Executive Office of Health and Human Services	www.state.ma.us
MASS 2-1-1 —Resources on variety of issues, including mental health screenings on whether to seek treatment	Dial: 211 or 1-877-211-MASS (6277) Hearing Impaired: 508-370-4890 (TTY) Mass211.org
Mass Resources —Massresources.org is a statewide web site with practical information about the many types of assistance available to those in need living in Massachusetts – what services are available, where and how to apply for benefits, eligibility requirements, benefit amounts, and answers to commonly asked questions.	www.massresources.org
The Massachusetts Commission on End of Life Care: End of Life Services Resource Guide —Online searchable resource guide organized by region, provider, and service type	One Ashburton Place 5th Floor, Boston 617-222-7512 http://www.endoflifecommission.org/

Adult Day Health Centers

Deutsches Altenheim-Senior Place	2222 Centre St., West Roxbury 617-325-1230 www.germancentre.org
Julia Ruth House	199 Canton St., Westwood 781-251-3393 www.thejuliaruthhouse.com
New England Sinai Hospital	150 York St., Stoughton 781-344-0600 http://steward.org/New-England-Sinai-Hospital
Norfolk Adult Day Health	595 Pleasant St., Norwood 781-769-4495 www.communityvna.com/adhc

Advocacy Groups & Legal Services

American Association of Retired Persons	1 Beacon St. Suite 2301, Boston 866-448-3621 www.aarp.org/states/ma
Executive Office of Elder Affairs (EOEA)	1 Ashburton Place, 5 th floor, Boston 617-727-7750 www.mass.gov/elders/
Greater Boston Legal Service	197 Friend St., Boston 617-371-1234 www.gbls.org
Mass Law Reform Institute	99 Chauncy St., Suite 500, Boston 617-357-0700 www.mlri.org
Mass Legal Help —Massachusetts legal aid programs put together this website to help you find practical information about your legal rights.	www.masslegalhelp.org
MetroWest Legal Services —Free legal aid to low-income people	63 Fountain Street, Suite 304, Framingham (508) 620-1830 (800) 696-1501 http://www.mwlegal.org/

Alcohol/ Substance Abuse

Billings/ Bay State Community Services —Addiction Counseling Services	99 Central St., Norwood 781-762-0060 www.baystatecs.org
Gosnold Outpatient Counseling Center —Addiction Counseling Services	111 Torrey St., Brockton 800-444-1154 www.gosnold.org
NORCAP —Offers inpatient care	71 Walnut Street, Foxboro 800-331-2900 ext. 2 http://steward.org/Substance-Abuse
Riverside Community Care	781-769-8674 190 Lenox St., Norwood www.riversidecc.org

Alzheimer's Assistance

Alzheimer's Association —Information and Referrals	311 Arsenal St., Watertown 800-272-3900 www.alzmass.org
Alzheimer's Day Health Center	New England Sinai Hospital 150 York St, Stoughton 781-297-1375 http://steward.org/New-England-Sinai-Hospital
MedicAlert + Alzheimer's Association Safe Return —Medical IDs and 24/7 Wanderer Support	888-572-8566 http://www.medicalert.org/
Norfolk Adult Day Health Center —Alzheimer's caregiver support group	595 Pleasant Street Norwood, MA 02062 781-769-4495
St. Timothy's Catholic Church —Alzheimer's caregiver support groups	St. Timothy's Parish, 650 Nichols Street, Norwood 781-769-2522 http://sttim.net/
StilMee —Alzheimer coaching for caregivers	157 Wilson Ave., Quincy 617-328-3400 www.stilmee.com
Sunrise Senior Living of Norwood —Support group & specialized environment/programs for individuals with Alzheimer's	86 Saunders Rd., Norwood 781-762-1333 www.sunriseseniorliving.com Sunrise of Norwood Alzheimer's Caregiver Support Group 2 nd Saturday of Every Month 10Am Hosted by StilMee the leaders in Alzheimer's Coaching

Ambulances

Alert EMS	800-950-6299
American Ambulance	617-361-4800
Brewster	617-983-1000
Eascare	617-464-1600
Fallon	1-888-FALLONS 617-745-2100
Lifeline	877-873-8586
Rapid	781-575-0777

Assisted Living & Rest Home Options

Arbors Assisted Living	2121 Central St., Stoughton 781-344-0310 www.arborsassistedliving.com
Avery Crossings	110 West St., Needham 781-444-6655 www.kindredaveryassisted.com
Avita of Needham A Northbridge Assisted Living Community	880 Greendale Avenue, Needham 781-444-2266 www.avitaofneedham.com
Canterbury Woods	100 Garfield Ave., Attleboro 508-222-2868 www.christopherheights.com
Emmanuel House Residence —Affordable options for low income elders	25 East Nilsson St., Brockton 508-588-5334 www.emmanuelhs.org
Landmark Senior Living —Affordable options for low income elders	63 Parker Hill Ave, Boston 617-975-0110 www.landmarkseniorliving.com
Mount Pleasant Home —Affordable options for low income elders	301 S. Huntington Ave, Jamaica Plain 617-524-9231 www.mountpleasanthome.org
Networks Supported Living Services/Enable, Inc. —Case management supports for adults with disabilities living in their own homes and apartments	603 Neponset Street, Canton, MA 02021 781-821-1386 x 500 Fax 339-502-6712 http://www.enableinc.org/networks.html
New Pond Village	180 Main St., Walpole 508-66-1555 www.newpondvillage.com
Orchard Cove Hebrew Senior Life	One Del Pond Drive, Canton 781-821-0820 www.orchard-cove.com
Sophia Snow Place —Affordable options for low income elders	1205-1215 Centre St., Roslindale 617-325-7900 www.sophiasnowplace.org
Sunrise Senior Living of Norwood	86 Saunders Rd., Norwood 781-762-1333 www.sunriseseniorliving.com
Traditions of Dedham —Affordable options for low-income elders	735 Washington St., Dedham 781-251-9330 www.traditionsofdedham.com

Blind Services/ Visually Impaired

<p>Mass Equipment Distribution Program (EDP) —Specialized phones for people with disabilities</p>	<p>1-800-300-5658 (voice / TTYL) www.massEDP.com</p>
<p>Mass Commission for the Blind</p>	<p>48 Boylston St., Boston 800-392-6450 www.mass.gov/mcb</p>
<p>Visions of Independence</p>	<p>34 Crest Road Way, Sharon 781-784-3320 www.visionsofindependence.com</p>

Caregiver Support

<p>Family Caregiver Support Program HESSCO Elder Services</p>	<p>1 Merchant St., Sharon 781-784-4944 www.hessco.org</p>
<p>Norfolk Adult Day Health Center — free, monthly caregiver support groups</p>	<p>595 Pleasant St, Norwood 781-769-4495 www.communityvna.com/adhc</p>
<p>Mansfield Adult Day Health Center —free, monthly caregiver support groups</p>	<p>300 Branch St., Mansfield 508-339-2119</p>
<p>StilMee —Alzheimer coaching for caregivers</p>	<p>157 Wilson Ave., Quincy 617-328-3400 www.stilmee.com</p>
<p>St. Timothy's Catholic Church —Alzheimer's caregiver support groups</p>	<p>St. Timothy's Parish, 650 Nichols Street, Norwood 781-769-2522 http://sttim.net/</p>

Cleaning & Organizational Services

<p>All Chores Considered —Residential organizing and clutter control in homes, offices, or downsizing.</p>	<p>Norwood, MA 781 – 428 – 5145 www.allchoresconsidered.com</p>
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Clothing Assistance

<p>Salvation Army Family Store</p>	<p>1202 Boston Providence Tpke., Norwood 781-440-0235 Mon. –Sat. 9am-8pm</p>
<p>Women's Community Committee, Inc. Thrift Shop</p>	<p>1091 Washington Street, Norwood 781-762-2991 Wed. 6-8pm Thurs. 9:30am-3pm (Jul – Aug) Sat. 9:30am-12:30pm www.norwoodthriftshop.com</p>

Clubhouses

Elliot House	255 Highland Ave., Needham 781-449-1212 www.elliothouse.org
Crosscurrent	11 Williams Street, Hopedale (508) 473-4715 www.crossroadsclubhouse.org
MA Clubhouse Coalition	15 Vernon St, Waltham 781-788-8803 www.massclubs.org
Neponset River House — A service of Riverside Community Care; Recovery services offering support and services to help adults with mental illness.	595 Pleasant Street Norwood, MA 02062 1-781-762-7075 www.neponsetriverhouse.org

Community Health Center

Brockton Neighborhood Health Center	63 Main St, Brockton 508-559-6699
The Elder Dental Program —Reduced Dental Fees for Low Income Elders	c/o NADHC 10 Emory St., Attleboro, MA 02703 781-769-3710 http://elderdental.communityvna.com
Martha Eliot Health Center (Children)	75 Bickford St, Jamaica Plain 617-971-2100
Roslindale Medical & Dental Center	4199 Washington St, Roslindale 617-323-4440

Council on Aging

Norwood Senior Center — Outreach worker, transportation options, Support groups for various conditions, various and day actives	275 Prospect St., Norwood 781-762-1201 www.norwoodma.gov
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Dental Assistance

The Elder Dental Program —Reduced Dental Fees for Low Income Elders	595 Pleasant St., Norwood 781-769-3710 http://www.communityvna.com/elderdental/
Mass Health Enrollment Center —Mass. Health participants are eligible for free Dental Services	21 Spring St., Suite 4, Taunton 800-242-1340 www.mass.gov/masshealth
Metropolitan District Dental Society	209 West Central St., Suite 209, Natick 800-834-0051 www.massdental.org

Developmental Disabilities

Dept. of Developmental Disabilities —Case management for eligible people	125 West St., Walpole 508-668-3679 www.mass.gov/dds
Mass Rehab Commission Home Care Assistance Program	600 Washington St., Boston 800-223-2559 ex.3 www.mass.gov/mrc
McLean Hospital Geriatric Psychiatry Program	115 Mill St., Belmont 617-855-3183 www.mcleanhospital.org
Nizhoni Health Systems — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management	5 Middlesex Ave Suite 404, Somerville 800-915-3211 http://nizhonihealth.com/
Riverside Outpatient Center —Outpatient & substance abuse counseling and case management services	190 Lenox St., Norwood 781-769-8670

Disabled Person Services

MA Disabled Person Protection Commission	888-822-0350 617-727-6465 www.mass.gov/dppc
MA Office on Disability	800-322-2020 617-727-7440 www.mass.gov/mod

Domestic, Violence, Rape & Women's Shelters

Battered Women's Hotline SafeLink Toll free	877-785-2020 TTY: 877-521-2601
Batterer Intervention Service RESPECT Toll free line	877-222-0083 www.new-hope.org/respect
Boston Area Rape Crisis Center	800-841-8371
Brockton Family & Community Resources	508-583-5200 www.fcr-ma.org
Dept. of Corrections Victims Services Unit	866-6-VICTIM
Dove (Quincy) 24 Hour Hotline	617-471-1234 888-314-3683 www.doveinc.info
Emerge: Counseling & Education to Stop DV	617-547-9879 www.emergedv.com
Jane Doe, Inc. Coalition Against DV	877-785-2020 www.janedoe.com
Mass. Office for Victim Assistance	617-272-5200 www.mova.state.ma.us
Mass. Victim Compensation & Assistance	617-272-2200 www.mass.gov
Nation Domestic Violence Hotline	Toll-free multilingual hotline: 800-799-SAFE (7233) Toll-free TTY: 800-787-3224 www.thehotline.org
New Hope Violence and Rape Crisis Hotline	800-323-HOPE www.new-hope.org/domestic-violence.html
Penelope's Place 24 Hour Emergency Hotlines	Sexual assault: 508-588-8255 Domestic violence: 508-588-2041 Toll-free hotline: 888-293-7273 En Espanola: 800-223-5001 www.hcsm.org/dfhs/wcc.htm
REACH (Refuge, Education, Advocacy, Change) Hotline	800-899-4000 www.reachma.org
Spanish Domestic Violence Hotline	800-223-5001
Woman's Place Shelter (Brockton)	508-588-2045 (Lenira Peters or Erin Banner) www.bridgew.edu/homelessness/WomansPlace.cfm

Drug & Alcohol Abuse Resources

Alcoholics Anonymous	617-426-9444 www.alcoholics-anonymous.org
Baystate Community Services	781-762-0060 www.baystatecs.org
CADCA (Community Anti-Drug Coalitions of America)	www.cadca.org
Check Yourself	www.checkyourself.org
CSAT (Center for Substance Abuse Treatment)	www.samhsa.org/about/csat.aspx
FAVOR (Faces and Voices of Recovery)	202-737-0690 http://www.facesandvoicesofrecovery.org
Life After	www.lifeafter.drugfree.org
MA Substance Abuse Information & Education Helpline —Info & referral on alcohol and drug abuse services, programs, & related concerns	800-327-5050 TTY: 888-448-8321 www.helpline-online.com
NAATP (National Association of Addiction Treatment Providers)	www.naatp.org
Narcotics Anonymous	866-624-3578 www.na.org www.newenglandna.org
NASADAD (The National Association of State Alcohol and Drug Abuse Directors)	www.nasadad.org
NCADD (National Council on Alcoholism and Drug Dependence)	617-482-5292 http://www.ncadd.org
NIAAA (National Institute on Alcohol Abuse & Alcoholism)	www.niaaa.nih.org
NIDA (National Institute on Drug Abuse)	240-276-1660
NORCAP Detox Program	800-331-2900
PDFA (Partnership for a Drug Free America)	www.drugfree.org
SAMHSA (Substance Abuse & Mental Health Services Administration)	www.samhsa.gov
Substance Abuse Hotline	800-327-5050 www.helpline-online.com
Time to Talk	www.timetotalk.org

Drug Stores/ Pharmacies

Betro's Pharmacy —Home delivery/medication	965 Main St., Walpole 508-668-0018
CVS —24 hr. service	136 Nahatan St., Norwood 781-769-2422
Rite Aid	991 Providence Highway, Norwood 781-762-5005
Rite Aid —Home delivery/medication (only the 469 Walpole St location)	469 Walpole St., Norwood 781-769-5400
Walgreens —Home delivery/medication	683 High St, Westwood (781) 329-4420
Walgreens	951 Providence Highway, Norwood 781-762-1561
Walmart Pharmacy —Mail Out Delivery	550 Providence Highway, Walpole 508-668-5959

Dual Recovery

Al-Anon and Alateen —Support meetings for those affected by someone else's drinking	508-366-0556 http://ma-al-anon-alateen.org
Dual Recovery Anonymous	http://draonline.org
MA Clubhouse Coalition —Dual recovery and dual recovery anonymous meetings in MA	781-788-8803 http://massclubs.org/DRMeetingList.pdf
Narcotics Anonymous —New England regional phone line	866-NA-HELP-U (624-3578) www.nerna.org

Eating Disorder Resources

MEDA —Support groups & resources for eating disorders	866-343-MEDA
Walden Behavioral Care	781-647-6727 www.waldenbehavioralcare.com

Education Resources

Parent/Professional Advocacy League (PPAL)	45 Bromfield St., 10th Floor Boston 866-815-8122 www.ppal.net
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Elder Information & Referral

CJP Senior Direct —Elder Care Advice	1430 Main St., Waltham 800-980-1982 www.cjpseniordirect.org
HESSCO Elder Services —Free info & referral for elders	1 Merchant St., Sharon 781-784-4944

Elder Issues & Services

AgeInfo —Info on the state's prescription medication program for elders and other elder services and programs	www.800ageinfo.com
Avita of Needham, A Northbridge Assisted Living Community	880 Greendale Ave, Needham 781-444-2266 www.avitaofneedhma.com
Elder Dental Program — Reduced Dental Fees for Low Income Elders	595 Pleasant St., Norwood 781-769-3710 http://www.communityvna.com/elderdental/
HESSCO Elder Services	781-784-4944 www.hessco.org
Home Instead Senior Care	1420 Boston Providence Turnpike, Suite. 267 Norwood, MA 02062
MA Dept. of Public Health, Office of Healthy Aging —Info on opportunities for older people to hear about & take responsibility for their health	413-527-6425 www.mcoonline.com/content/wellness/mdhp.php
MA Elder Abuse Hotline	800-922-2275
MA Prescription Advantage Program —Medication info and assistance	800-AGE-INFO (243-4636) TTY: 877-610-0241 www.massresources.org/prescription-advantage.html
MassMedLine —Info about free or low-cost prescription programs, and answers to health and medication questions. Interpreter services available	866-633-1617 www.massmedline.com

<p>Networks Supported Living Services/Enable, Inc. — Case management supports for adults with disabilities living in their own homes and apartments</p>	<p>603 Neponset Street, Canton, MA 02021 781-821-1386 x 500 Fax 339-502-6712 http://www.enableinc.org/networks.html</p>
<p>Nizhoni Health Systems — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management</p>	<p>5 Middlesex Ave Suite 404, Somerville 800-915-3211 http://nizhonihealth.com/</p>
<p>Norfolk Adult Day Health</p>	<p>595 Pleasant St, Norwood 781-769-4495 www.communityvna.com/adhc</p>
<p>Norwood Housing Authority — Resident Services- resident service coordination for current residents and their families.</p>	<p>40 William Shyne Circle, Norwood 781-762-8115 x208 (main office site) 781-702-5508 (Maguire site) www.norwoodha.org</p>
<p>Norwood Council on Aging & Senior Center — Referral for elder services, legal services, financial (Assistance w/ SNAP Applications/Fuel Assistance for 60+ etc.), medical, daily recreational activities, outreach services, and a variety of other services</p>	<p>275 Prospect St, Norwood 781-762-1201 www.norwoodma.gov (“Senior Center” under “Department” tab)</p>
<p>Norwood Senior Center, Council on Aging — Outreach worker, transportation options, Support groups for various conditions, various and day actives</p>	<p>25 Prospect St, Norwood 781-762-1201 www.norwoodma.gov</p>
<p>Right at Home In-Home Care & Assistance —Provide private pay in-home care, we also contract with HESSCO and Bristol Elder Services to provide services to seniors.</p>	<p>10 Lincoln Road, Suite 116, Foxborough 508-668-8001 www.bostonsw.rightathome.net</p>
<p>VNA Care Network and Hospice</p>	<p>800-728-1862 www.vnacarenetwork.org</p>
<p>Westwood Council on Aging —Dedicated to serving seniors and assisting their families and friends with aging issues</p>	<p>60 Nahatan Street Westwood, MA 02090 781-329-8799 (office)</p>
<p>Your Medicine: Play it Safe —Includes fill in medication chart</p>	<p>800-358-9295 www.ahrq.gov</p>

Emergency Services

<p style="text-align: center;">Norwood Fire Department</p>	<p style="text-align: center;">135 Nahatan St., Norwood 911- Emergency 781-440-5200- business line www.norwoodma.gov</p>
<p style="text-align: center;">Norwood Police Department</p>	<p style="text-align: center;">135 Nahatan St., Norwood 911- Emergency 781-440-5100- business line www.norwoodma.gov</p>
<p style="text-align: center;">Riverside Emergency Services —24/7 Crisis stabilization, substance abuse and risk assessment</p>	<p style="text-align: center;">190 Lenox St., Norwood 781-769-8674 http://www.riversidecc.org</p>

Fair Housing Organizations

Citizen's Housing & Planning Association	18 Tremont St, Suite 401, Boston 617-742-0820 www.chapa.org
The Fair Housing Center of Greater Boston	617-399-0491 www.bostonfairhousing.org
The Housing Discrimination Project —For Central or Western MA	800-657-7309 413-539-9796 www.massfairhousing.org

Family Services

Department of Social Service Hotline —Hotline to report suspicions of child abuse or neglect	1-800-792-5200
Jewish Family & Children's Service	781-647-JFCS (5327) www.jfcsboston.org
Lifeworks —Provides homes, jobs, education, and supportive living for people with developmental disabilities	781-762-4001 www.lifeworks.org
March of Dimes MA Chapter	508-366-9066 www.marchofdimes.com/massachustts
MSPCC —A private nonprofit society dedicated to leadership in protecting and promoting the rights and well being of children and families	617-587-1500 www.mspcc.org
Norfolk Adult Day Health Center	781-769-4495
Planned Parenthood	800-258-4448 www.plannedparenthood.org/ma/
Riverside Community Care —Community Service Agency, In-Home Therapy, Therapeutic Mentoring, Child Day Services	190 Lenox St., Norwood 781-769-8674 www.riversidecc.org
Social Security Office	1 Edgewood Dr, Suite 102, Norwood 866-563-9533
South Norfolk County Arc —Advocates for and provides supports and services to people disabled by mental retardation and other developmental disabilities and to their families	781-762-4001 www.sncarc.org

Food Pantries

Dedham Food Pantry	600 Washington St, Dedham (Dedham Plaza) 781-320-9442
Norwood Ecumenical Food Pantry	150 Chapel St, Norwood 781-769-0425
USCC/Hyde Park Food Pantry	1179 River St, Hyde Park 617-839-0985
Westwood Council on Aging	60 Nahatan St, Westwood 781-329-8799

Food Resources – See also Meal Site section

HESSCO Meals on Wheels	One Merchant St, Sharon Ma 02067 781-784-4994 www.hessco.org
Info on Food Stamps	www.gettingfoodstamps.org
Info on School Meals	www.meals4kids.org
Norwood Council on Aging & Senior Center —SNAP Applications Assistance, elder services referrals, legal services, financial assistance, medical, daily recreational activities, outreach services, lunch program, and a variety of other services	275 Prospect St, Norwood 781-762-1201 www.norwoodma.gov (“Senior Center” under “Department” tab)
Norwood Meals on Wheels	135 Ellis Ave, Norwood 781-769-9061 www.mealcall.org
Office of Transitional Assistance	617-348-8500 Food Stamps Benefit Hotline: 866-950-3663
Project Bread, The Food Source Hotline	800-645-8333 www.projectbread.org
SERVE New England —Information on low-cost food	888-742-7363 www.bostonresourcenet.org/assistance/food-serve.htm
Serve New England Food Coop, St Timothy Church	781-769-9228 www.unitedchurchofnorwood.org
United Church of Norwood —Meal program	781-762-2589 www.unitedchurchofnorwood.org
Women, Infants & Children —Info on nutrition and health services for women, infants, and children	800-942-1007 www.massresources.org/wic.html

Fuel Assistance

Massachusetts Energy Assistance —Website with collection of resources to help low-income households pay for their heating fuel and other utilities	http://massresources.org/energy.html
Norwood Council on Aging & Senior Center — Assists with Fuel Assistance applications for individuals 60+, referral for elder services, legal services, financial (SNAP Applications etc.), medical, daily recreational activities, outreach services, and a variety of others	275 Prospect St, Norwood 781-762-1201 www.norwoodma.gov (“Senior Center” under “Department” tab)
Town of Norwood: Fuel Assistance Hotline	800-225-0875

Funeral Homes

(most offer pre-paid burial arrangements)

Gillooly Funeral Home	126 Walpole St., Norwood 781-762-0174 www.gilloolyfuneralhome.com
Kraw Kornack Funeral Home	1248 Washington St., Norwood 781-762-0482
May Funeral Home	85 Nichols St., Norwood 781-762-1509 www.folsonfuneral.com

Furniture Pick-up

Big Brothers/Big Sisters	5 Mear Road, Holbrook 800-483-5503 www.bbbsfoundation.org
The Epilepsy Foundation	888-322-8209
Salvation Army	209-233 Broadway St., Saugus 781-231-0803
St. Vincent De Paul	18 Canton St., Stoughton 800-675-2882

Gambling

Gamblers’ Anonymous, MA Hotline	888-GA-HELPS (424-3577) www.gamblersanonymous.org/mtgdirMA.html
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Gay & Lesbian Resources

PFLAG (Parents & Friends of Lesbians and Gays)	866-427-3524 http://community.pflag.org
Bostong Alliance of Gay & Lesbian, Bisexual, and Transgendered Youth	617-227-4313 www.bagly.org
Fenway Community Health & Violence Recovery	800-834-3242 888-340-GLBT (4528)
Gay Men's Domestic Violence Project	800-832-1901
Network for Battered Lesbian & Bisexual Women	Main phone: 617-423-7233 Hotline: 617-742-4911
National Gay and Lesbian Hotline	888-843-4564
GLBT National Hotline Youth	800-247-7743
GLBTQ Domestic Violence Project —Call for support, shelter & information	955 Massachusetts Ave., PMB 131, Cambridge 617-354-6056 (Office) 800-832-1901 (24/7) www.glbtdvp.org

Hairdressers (Home Visits)

Denise Wilbur	508-384-2672
Donna Thomas	781-771-5466
Pam Luciano	617-325-6466
Rachel Boor	781-492-8939

Halfway Houses

Recovery Learning Community Peer Support and Peer Run Activities	460 Quincy Ave, 2 nd Floor Activity Area B, Quincy 617-472-3237 www.metrosubrlc.org
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Health Department

Norwood Health Department	566 Washington St., Norwood 781-762-1240 www.norwoodma.gov
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Health Insurance Information

MassHealth & Medicaid Enrollment	MassHealth Enrollment Center Central Processing Unit P.O. Box 290794 Charlestown, MA 02129-0214 1-888-665-9993 or TTY: 1-888-665-9997 www.mass.gov/masshealth
Medicare Resources	800-633-4227 www.medicare.gov
Senior Resource Center — Long-term care planning & Medicaid assistance	50 Quincy Ave., Quincy 888-869-6295 www.helpingelders.com
SHINE Program — Free Health Insurance Info. For Medicare and Medicaid beneficiaries	One Merchant St, Sharon, MA 02067 www.hessco.org/SHINE
Steward Norwood Hospital — Patient financial counselors available to discuss plans and enrollment	800 Washington St., Norwood 781-769-4000 www.steward.org

Hearing Aids

Flynn Associates	661 Washington St., Norwood 781-762-2210 www.flynnassociates.net
Hearing Solutions	6 Central St., Norwood 781-769-8866 www.hearingsolutionsinc.org
National Hearing Aid Centers —House Calls by appt.	59 Temple Place Room 661B, Boston 617-542-3373

HIV/AIDS

AIDS Hotline, AIDS Action Committee of MA	800-253-2331
Service Coordination Collaborative —work to improve the service system for people living with HIV in different geographic regions of the state; South Shore & Southeastern MA; Healthcare of Southeastern MA (HCSM) Brockton	508-583-2250

Home & Personal Care Assistance Programs

<p>Elder Service Plan of Harbor Health —All inclusive care for elderly (PACE)</p>	<p>2216 Dorchester Ave., Dorchester 617-296-5100 www.elderserviceplan.org</p>
<p>Family Service Association Inc. Group Adult Foster Care Program (GAFC) —Daily personal care program servicing, Norwood Housing Residents 21+</p>	<p>66 Nahatan St, Norwood 781-769-0150. 508-678-7542 www.frfsa.org</p>
<p>HESSCO Elder Services —Full Range of Home Assistance Programs Servicing Norwood Residents Ages 60+</p>	<p>1 Merchant St., Sharon 800-281-2895 www.hessco.org</p>
<p>Jewish Family & Children Service —In-home services for people with disabilities</p>	<p>1430 Main St., Waltham 781-647-JFCS (5327) www.jfcsboston.org</p>
<p>Mass Rehab Home Care —Home care for clients ages 18-59+</p>	<p>27 Wormwood St., Suite 600, Boston 617-204-3853 www.mass.gov/mrc</p>
<p>Options for Independent Care —Personal care attendant program for people with disabilities</p>	<p>30 Taunton Green, Unit 8, Taunton 800-924-7570 www.masscp.org</p>

Home Care Providers

Affinity Home Health Care of Foxboro	79 Church Green, Taunton 508-880-7914 www.affinityhomehealthcare.com
All Chores Considered —Private pay in home care	781-428-5145 www.allchoresconsidered.com
Anodyne Homemaker Services of Quincy	1515 Hancock St., Quincy 800-442-5581 www.anodyne-services.com
Community VNA Private Care AKA HealthCare Options of Attleboro	10 Emory Street Attleboro MA 02703 800-220-0110 www.communityvna.com
Care For Life Home Health Agency, LLC — Skilled nursing, physical therapy, home health aides, occupational therapy, speech therapy, medication social services, home health aid	1420 Boston Providence Tpke Suite# 200 Norwood, MA 02062 Tel: (781) 349-8178 Fax:(877) 490-3166 www.careforlifeagency.com
Family Services Association Inc. Group Adult Foster Care Program —Daily personal care program, serving Norwood Housing residents 21+	66 Nahatan St, Norwood MA 781-769-0150 www.frfsa.org
Helping Hands at Home	3 Edgewater Drive, Norwood 781-551-5600
Home Instead Senior Care	1420 Boston Providence Turnpike, Suite. 267 Norwood, MA 02062 Tel: 781-352-4660 Fax: 781-352-4664 www.homeinstead.com
Right at Home In-Home Care & Assistance —Provide private pay in-home care, we also contract with HESSCO and Bristol Elder Services to provide services to seniors.	10 Lincoln Road, Suite 116, Foxborough 508-668-8001 www.bostonsw.rightathome.net
VNA Care Network and Hospice	800-728-1862

Home Health Agencies

<p style="text-align: center;">Nizhoni Health Systems — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management</p>	<p>5 Middlesex Ave Suite 404, Somerville 800-915-3211 http://nizhonihealth.com/</p>
<p style="text-align: center;">Abbott Home Health Care</p>	<p>378 Page St., Suite 3, Stoughton 781-344-0344 www.abbottcare.com</p>
<p style="text-align: center;">Care For Life Home Health Agency, LLC — Skilled nursing, physical therapy, home health aides, occupational therapy, speech therapy, medication social services, home health aid</p>	<p>1420 Boston Providence Tpke Suite# 200 Norwood, MA 02062 Tel: (781) 349-8178 Fax:(877) 490-3166 www.careforlifeagency.com</p>
<p style="text-align: center;">Community VNA</p>	<p>10 Emory Street, Attleboro MA 02703 800-220-0110 www.communityvna.com</p>
<p style="text-align: center;">Home Instead Senior Care</p>	<p>1420 Boston Providence Turnpike, Suite 267 Norwood, MA 02062 Tel: 781-352-4660 Fax: 781-352-4664 www.homeinstead.com</p>
<p style="text-align: center;">Steward Home Care</p>	<p>3 Edgewater Dr. Norwood 718-551-5600 www.steward.org/homecare</p>
<p style="text-align: center;">Vista Care of MA</p>	<p>690 Canton St., Westwood 781-407-9900 www.vistacare.com</p>
<p style="text-align: center;">VNA Care Network Inc.</p>	<p>175 Highland Ave., Needham 781-455-6661 www.vnacarenetwork.org</p>
<p style="text-align: center;">Walpole Area Visiting Nurse Association</p>	<p>55 West St., Walpole 508-668-1066 www.wavna.org</p>

Hospice Programs

Community VNA Hospice Care	10 Emory Street, Attleboro MA 02703 800-220-0110 www.communityvna.com
Hospice and Pallative Care Federation of MA —Information & Referral abut Hospice Care	1420 Providence Highway, Norwood 781-255-7077 www.hospicefed.org
Good Shepherd Community Hospice	90 Wells Avenue, Newton MA 02459 (617) 969-6130 www.gscommunitycare.org
Steward Hospice Care	3 Edgewater Dr., Norwood 781-769-8282 www.steward.org
Vista Care of MA	690 Canton St., Westwood 781-407-9900 www.vistacare.com
VNA Care Network & Hospice	175 Highland Ave., Needham 800-728-1862 www.vnacarenetwork.org

Hospitals (Local)

Beth Israel Deaconess	148 Chestnut St., Needham 781-453-3000 www.bidmc.harvard.edu
Faulkner Hospital	1153 Centre St., Jamaica Plain 617-983-7000 www.faulknerhospital.org
Newton- Wellesley Hospital	2014 Washington St., Newton 617-243-6000 www.nwh.org
Steward Norwood Hospital	800 Washington St., Norwood 781-769-4000 www.steward.org Interpreter Services available 24hrs.
VA of West Roxbury	1400 VFW Parkway, West Roxbury 617-323-7700 www.boston.va.gov

Housing

Office of Transitional Assistance —Families in need of shelter	617-348-8500
MA Coalition of the Homeless	781-595-7570 www.mahomeless.org
Norwood Housing Authority — Local preference for people that live and work in Norwood	40 William Shyne Circle, Norwood 781-762-8115 www.norwoodha.org
Homelessness Resource Center	http://homeless.samhsa.gov
Universal Application for State Aided Public Housing AHVP & MRVP	http://www.mass.gov/hed/housing/ph-manage/public-housing-applications-and-documentation.html (Select Standard Application)
Local Housing Authorities	http://www.mass.gov/hed/economic/eohed/dhcd/contacts/local-housing-authority-listing.html
Housing Advocates MA Office on Disability	800-322-2020 www.mass.gov/mod

Laboratories (Diagnostic)

Quest Diagnostic Lab	335 Morse St., Norwood 781-769-5128 www.questdiagnostics.com
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Legal Rights and Sources

American Civil Liberties Union (ACLU) of MA	617-482-1181 www.aclum.org
Anti-Defamation League of MA	617-406-6300 www.adl.org
La Alianza Hispana —A community based non-profit organization serving the Latino community & all residents of the surrounding neighborhoods. The goal is to empower individuals and families, strengthen communities and develop leaders through high-quality education and social services, advocacy and community organizing	617-427-7175
Legal Advocacy & Resources Center	800-342-LAWS www.larcma.org
MA Attorney General's Office —Public inquiry & assistance center hotline	617-727-2200
MA Commission Against Discrimination	617-727-3990 www.mass.gov/mcad/
MetroWest Legal Services —Free legal aid to low-income people	63 Fountain St, Suite 304, Framingham (508) 620-1830 800-696-1501 www.mwlegal.org
NAACP	508-587-0502 www.naacp.org
Norfolk Adult Day Health Center —Alzheimer's caregiver support group	595 Pleasant St, Norwood 781-769-4495 www.communityvna.com/adhc

Libraries

Morrill Memorial Library	33 Walpole St., Norwood 781-769-0200 www.norwoodlibrary.org
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Mealsites/ Meal Delivery Programs

Abundant Table —Free hot meal Wed./Friday 5:30-6:30 open door policy	100 Winter St., Norwood 978-501-1264 http://www.abundant-table.org/
HESSCO Meals on Wheels	234 Walpole St., Norwood 781-762-5419 www.hessco.org/nutrition
Norwood Meals on Wheels	135 Ellis Ave., Norwood 781-769-9061 www.mealcall.org
United Church —Free hot meal Wed. 5:30 PM open door policy	595 Washington St. Norwood 781-762-2589

Medical Equipment

Betro's Pharmacy of Walpole —Free Home Delivery	965 Main St., Walpole 508-668-0018 www.betropharmacy.com
Healthwise	175 Walpole St., Norwood MA 800-232-4112

Mental Health Services

<p style="text-align: center;">Alliance for the Mentally Ill</p> <p>— Welcomes families in the South Norfolk area who are dealing with mental illness and their loved ones</p>	<p style="text-align: center;">781-938-4048 Helpline: 800-370-9085</p>
<p style="text-align: center;">Department of Mental Health Director: Peter Angelos</p>	<p style="text-align: center;">5 Randolph St., Canton 781-401-9700 www.mass.gov/dmh/</p>
<p style="text-align: center;">MA Dept. of Mental Health</p>	<p style="text-align: center;">617-727-9842 800-221-0053 www.mass.gov/dmh</p>
<p style="text-align: center;">Nizhoni Health Systems</p> <p>— Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management</p>	<p style="text-align: center;">5 Middlesex Ave Suite 404, Somerville 800-915-3211 http://nizhonihealth.com/</p>
<p style="text-align: center;">Riverside Emergency Services</p> <p>— 24/7 Crisis stabilization, substance abuse and risk assessment</p>	<p style="text-align: center;">190 Lenox St., Norwood 781-769-8674 www.riversidecc.org</p>
<p style="text-align: center;">Riverside Outpatient Center</p>	<p style="text-align: center;">190 Lenox St., Norwood 781-769-8670 www.riversidecc.org</p>
<p style="text-align: center;">Southwest Suburban Site Board of the MA Dept. of Mental Health</p> <p>— A board made up of volunteers who advocate for the mentally ill</p>	<p style="text-align: center;">www.mentalhelpinfo.org</p>
<p style="text-align: center;">Steward Norwood Hospital Crisis Hotline</p>	<p style="text-align: center;">800-331-2900</p>
<p style="text-align: center;">Westwood Lodge</p> <p>— Hospitalization and inpatient services for children, adolescents, and adults experiencing a wide variety of psychiatric illnesses</p>	<p style="text-align: center;">45 Clapboardtree St, Westwood 781-762-7764 www.arbourhealth.com</p>

Money Management Programs

<p style="text-align: center;">Money Management Int'l Consumer Credit Counseling Services</p>	<p style="text-align: center;">247 North Main St., Suite 200, Randolph 866-490-0437 www.moneymanagement.org</p>
<p style="text-align: center;">Money Management Program (HESSCO)</p>	<p style="text-align: center;">1 Merchant St., Sharon 781-784-4944 www.hessco.org/money</p>

Moving Companies & Handyman Services

Gallant Homeowner Services —Small move outs, handyman and appt. cleaning	108 Wilson Rd., Norwood 781-762-6439
Norwood Moving and Storage	53 Mirror Lake Ave., Norfolk 508-762-1288

Nursing Home & Rehabilitation Centers

Charlwell House	305 Walpole St., Norwood 781-762-7700 www.charlwellhousenursing.com
Ellis Nursing & Rehab Center	135 Ellis Avenue, Norwood 781-762-6880 www.theellis.com
Epoch Senior Health Care	259 Norwood St., Sharon 781-784-6781 www.epochsl.com
Golden Living Center- Dedham	1007 East St., Dedham 781-329-1520 www.goldenlivingcenters.com
Golden Living Centers -Norwood	460 Washington St., Norwood 781-769-2200 www.goldenlivingcenters.com
Harrington House	160 Main St., Walpole 508-660-3080 www.kindredharrington.com
Hellenic Nursing & Rehab Center	601 Sherman St., Canton 781-828-7450 www.hellenichome.com
Highgate Manor Center for Health and Rehab	10 Carematrix Dr., Dedham 781-461-9663 www.highgatemanorcenter.com
Skilled Nursing Care at Orchard Cove	1 Del Pond Dr., Canton 781-821-0820 www.hebrewseniorlife.com
Spaulding Rehab Hospital	300 First Ave, Charlestown 617-573-7000 www.spauldingrehab.org
Victoria Haven Nursing Facility	137 Nichols St., Norwood 781-762-0858 www.rehabassociates.com
Wingate of Needham	589 Highland Ave., Needham 781-455-9090 www.wingatehealthcare.com

Religious Services

Christian Science Church	751 Washington St., Norwood 781-762-4135
Emmanuel Lutheran Church	24 Berwick St., Norwood 781-762-9457
First Baptist Church of Norwood	71 Bond St., Norwood 781-762-1633
First Congregational Church of Norwood	100 Winter St., Norwood 781-762-3320
Grace Episcopal Church	150 Chapel St., Norwood 781-762-0959
Heritage Baptist Church	198 Vanderbilt Ave., Norwood 781-551-8100
Saint Catherine of Siena	547 Washington St., Norwood 781-762-6080
Saint Timothy's Church —Parish Nurse for Parishioners	650 Nichols St., Norwood 781-769-2522
Temple Shaare Tefilah	556 Nichols St., #8670, Norwood 781-762-8670
Trinity Community Church	234 Walpole St., Norwood 781-762-8408
United Church of Norwood	595 Washington St., Norwood 781-762-2589

Shelters

Brockton Coalition for the Homeless, Inc	508-587-5441
Casa Nueva Vida	978-557-5775 www.casaneuvavida.org
Father Bill's Place of Quincy	617-770-3314 www.helpfbms.org
HopeFound	617-938-0351

Social Security

Social Security Office (Norwood)	One Edgewater Drive, Suite 102, Norwood 800-772-1213 www.ssa.gov
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Suicide Prevention

<p style="text-align: center;">American Foundation for Suicide Prevention</p>	<p style="text-align: center;">800-273-TALK (8255) www.afsp.org</p>
<p style="text-align: center;">Samaritans, Inc. —A non-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies</p>	<p style="text-align: center;">877-870-HOPE (4673) www.samaritanshope.org</p>
<p style="text-align: center;">Samariteens —Dedicated to assisting teens in despair. This helpline is free, confidential, and staffed by trained compassionate and supportive teenage volunteers</p>	<p style="text-align: center;">800-252-TEEN (8336)</p>

Support Groups

<p style="text-align: center;">Al-Anon Family Groups —Helps family and friends of alcoholics</p>	<p>57 East Main St., Suite 109, Westborough 508-366-0556 www.ma-al-anon-alateen.org</p>
<p style="text-align: center;">Alcoholics Anonymous</p>	<p>617-426-9444 www.aaboston.org www.aa.org</p>
<p style="text-align: center;">Blessed Sacrament Church —Bereavement support groups</p>	<p>Ten Diamond Street, Walpole (508) 668-4700 http://www.blessedsacrament.org</p>
<p style="text-align: center;">Norfolk Adult Day Health —Caregiver support groups as well as many others at various locations</p>	<p>595 Pleasant St., Norwood 781-769-4495 www.communityvna.com/adhc</p>
<p style="text-align: center;">NAMI (National Alliance on Mental Illness) —Most current and up-to-date info on group meetings</p>	<p>800-370-9085 (info & helpline) 781-938-4048 www.namimass.org</p>
<p style="text-align: center;">Norfolk Adult Day Health —Caregiver support group</p>	<p>595 Pleasant St, Norwood 781-769-4495 www.communityvna.com/adhc</p>
<p style="text-align: center;">St. Margaret Mary Church —Bereavement support groups; meets for certain</p>	<p>845 High St, P.O. Box 386, Westwood 781-326-1071 http://saintmmparish.org</p>
<p style="text-align: center;">St. Timothy's Church —Bereavement Support Groups, Alzheimer's Caregiver Support Groups</p>	<p>650 Nichols Street, Norwood 781-769-2522 http://sttim.net/</p>
<p style="text-align: center;">Sunrise Senior Living Community —Alzheimer's support group</p>	<p>86 Saunders Rd., Norwood 781-762-1333 www.sunriseseniorliving.com</p>
<p style="text-align: center;">Walpole Area Visiting Nurse Association —Alzheimer's caregiver support group</p>	<p>55 West Street, Walpole 508-668-1066 www.wavna.org</p>
<p style="text-align: center;">Westwood Council on Aging —Bereavement and support groups</p>	<p>60 Nahatan Street Westwood, MA 02090 781-329-8799 (office)</p>

Transportation

MBTA	617-222-3200 www.mbta.com
Norwood Family Taxi	781-838-1675
Norwood Senior Center —Senior bus for elders 60 plus	275 Prospect St., Norwood 781-762-1201 www.norwoodma.gov
Norwood Town Taxi	781-762-4567
The Ride —Para-transit service for people with disabilities	Eligibility Center 617-337-2727 www.mbta.com/theride
Veterans Taxi and Harrison Global Transportation	617-527-0300
VIP Taxi of Norwood	781-363-9370

Veterans Affairs

Dept. of Veterans Affairs and the Substance Abuse & Mental Health Services Administration —Veteran’s suicide prevention hotline	800-273-TALK (8255)
Home Base Program —Services for any veteran no matter type of discharge	617-724-5202 www.homebaseprogram.org
Traumatic Brain Injury Hotline	(888) VET-1TBI
U.S. Department of Veteran Affairs	www.va.gov
Veterans Dept. of Norwood Director: Edmund Mulvehill	Norwood Town Hall 566 Washington St., Norwood 781-762-1240 ext. 208 www.norwoodma.gov

Youth & Child Services

<p>Bridge Over Troubled Water —The place where homeless, high-risk, and runaway young people can turn for help. Serving over 5k youth each year, Bridge offers a comprehensive range of services designed to help young people to achieve a healthy and productive adulthood through prevention, interventions, health care, and education services.</p>	<p style="text-align: center;">617-423-9575 www.bridgeotw.org</p>
<p>Child at Risk Hotline —Where to report a possible child at risk</p>	<p style="text-align: center;">617-232-4882 www.jbcc.havard.edu/programs/hotline.htm</p>
<p>National Runaway Switchboard</p>	<p style="text-align: center;">800-RUNAWAY (786-2929)</p>
<p>Parental Stress Line 24/7</p>	<p style="text-align: center;">800-632-8188 www.parentshelpingparents.org</p>
<p>Parents without Partners —Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity towards others by offering an environment for support, friendship, and the exchange of parenting techniques</p>	<p style="text-align: center;">800-637-7974 www.parentswithoutpartners.org</p>
<p>The Children’s Advocacy Center —Established by the Norfolk County District Attorney’s Office to provide coordinated and sensitive response to children who experience physical, sexual, and domestic abuse</p>	<p style="text-align: center;">617-573-9800 www.machildrensalliance.org</p>
<p>TRACS (Transitional Resources & Community Supports) South Shore Mental Health —Opportunities for young adults to promote mental health recovery</p>	<p style="text-align: center;">500 Victory Rd, Quincy</p>
<p>WIC —A nutrition program that provides nutrition and health education, healthy food and other services free of charge to MA families who qualify</p>	<p style="text-align: center;">413-737-8868</p>