



Town of Weymouth's **SOCIAL SERVICES Reference Guide**

Published March 2022

Robert L. Hedlund
Mayor

75 Middle Street
Weymouth, MA 02189

www.weymouth.ma.us

The Town of Weymouth's Social Services Reference Guide was developed to assist residents find and access community programs that provide essential health and human services. This guide summarizes a variety of programs that are available in and around Weymouth.

For help understanding these services, residents are encouraged to contact the Town of Weymouth's Youth & Family Services Division at (781) 331-1719 or, if over age 59, the Town's Elder Services Division at (781) 682-6140.

For help anytime, residents can dial 211 to speak with a 24-hour, multi-lingual call center operated by the Mass 211 program or go to www.mass211.org

Residents may also go to the South Shore Continuum of Care website for assistance with Housing and related needs: www.southshorecoc.org or refer to www.auntbertha.com

Table of Contents

Child Care & Early Education.....	3
Disability	3
Employment.....	4
Energy	5
Food & Nutrition.....	6
Emergency & Supplemental Food	6
Home Meals & Nutrition	6
Student Meals	7
SNAP/Food Stamps.....	7
Health	8
Benefits Enrollment & Navigation	8
Community Health & Wellness	9
Medical Care, Equipment, & Services.....	10
Medication Disposal.....	10
Mental Health	11
Physical Fitness	11
Substance Use.....	12
Tobacco Cessation	12
Housing.....	13
Emergency Shelter	13
First-Time Home Purchases.....	13
Mortgage Assistance.....	14
Permanent Housing.....	15
Safety.....	16
Anti-Discrimination	16
Domestic Violence.....	16
Home Safety	17
Taxes & Finances.....	17



Symbol indicates that the service provider is located within 0.25 miles of a MBTA stop.

Billing Discounts & Tax Exemptions	17
Estate & Financial Planning.....	17
Tax Preparation	18
Transportation.....	18
Veterans	19
Youth.....	19



For more extensive information on social services close to home or across Massachusetts, residents are encouraged to dial 211 to speak with a 24-hour, multi-lingual call center operated by the Mass211 program. Mass 211 is a partnership of the United Way and the Massachusetts Executive Office of Health and Human Services. Mass 211 maintains a

free online database to assist residents locate health, human, and disaster services statewide. For residents unable to reach 211 through their telephone or mobile device, please contact (877) 211-6277 or search the Mass 211 Resource Locator at www.mass211.org.

Child Care & Early Education

Quincy Community Action Programs: Community Care for Kids

1509 Hancock Street 3rd Floor, Quincy

(617) 657-5305 / www.qcap.org



Community Care for Kids (CCK) provides financial assistance to income-eligible families to help pay the cost of child care. CCK further provides families of all income levels with customized lists of child care and early education opportunities. CCK is Weymouth's designated Child Care Resource and Referral agency through the Massachusetts Department of Early Education and Care.

Quincy Community Action Programs: Head Start Early Learning Center

22 Pray Street, Quincy

(617) 249-2000 / www.qcap.org



Head Start provides comprehensive early education and family services to promote school readiness in pre-school age children. This federally-funded program is open to children ages 0-5 from income-eligible households. Learning centers are operated in Quincy and South Weymouth. Head Start is open five days a week, 52 weeks per year.

Weymouth Public Schools: Child Family Community Center

Johnson Early Childhood Center, 70 Pearl Street, North Weymouth

Ask to speak with Weymouth's CFCE Coordinator.

(781) 340-6098 / www.weymouthchildfamilycommunitycenter.com



Weymouth's Child Family Community Center (CFCC) provides education, play, and referral services to households with children ages 0-5. No-cost services include childhood development screenings and resource referrals to assist families in making informed decisions about their children's care and early education. Play groups are offered year-round for an annual registration fee. Other services include parent workshops, school readiness activities, library story hours, and special family events at community locations. The CFCC is funded through the Commonwealth's Coordinated Family and Community Engagement (CFCE) Program.

Blue Hills Healthy Families

22 Winter St., Weymouth

(781) 335-1455

Healthy Families Massachusetts is a free and voluntary support program for young, first-time moms and dads across the state. You can sign up for the program during pregnancy and continue up to your child's third birthday. With Healthy Families by your side, you can build the bright future you see for yourself, your baby, and your family. <https://www.stjohns-hingham.org/blue-hills-healthy-families/>

Disability

ARC of the South Shore

371 River Street, North Weymouth

(781) 335-3023 / www.arcsouthshore.org



The ARC of the South Shore provides a continuum of services to children and adults with cognitive, physical, and other developmental and intellectual disabilities. Services are designed to fully

integrate individuals in the life of the community, be responsive to personal and family needs, and incorporate effective systems of family support.

Boston Center for Independent Living

60 Temple Place, Boston

(617) 338-6665 / TTY: (617) 338-6662 / www.bostoncil.org



The Boston Center for Independent Living (BCIL) provides peer mentoring, skills training, and referrals services to persons with disabilities. The BCIL is Weymouth's designated service provider through the Commonwealth's network of Independent Living Centers.

Commission on Disabilities

Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's ADA Coordinator.

(781) 682-3595 / adacoordinator@weymouth.ma.us / www.weymouth.ma.us



Weymouth's Commission on Disabilities provides referral services and reasonable accommodations to residents with disabilities to facilitate their full participation in municipal activities. Residents are encouraged to contact Weymouth's ADA Coordinator for accommodation requests. Per the Town's ADA Compliance and Transition Plan, reasonable modifications will be provided for any municipal program necessary to accommodate the needs of any person with a disability whenever an otherwise qualified person with a disability requests such an accommodation, unless it can be demonstrated that the requested modification would impose an undue burden or a fundamental alteration to the program.

Mass Office on Disability

One Ashburton Place, Room 1305, Boston, MA 02108

(617) 727-7440 / <https://www.mass.gov/orgs/massachusetts-office-on-disability>



The Massachusetts Office on Disability (MOD) works to ensure the full and equal participation of all people with disabilities in all aspects of life by working to advance legal rights, maximum opportunities, supportive services, accommodations, and accessibility in a manner that fosters dignity and self-determination.

Employment

Interfaith Social Services: Career Closet Program

105 Adams Street, Quincy

(617) 773-6203 / info@interfaithsocialservices.org / www.interfaithsocialservices.org



The Career Closet Program provides free professional attire to income-eligible job seekers. Career Closet volunteers assist clients in choosing outfits from a large selection of gently worn clothing and accessories, which are appropriate for job interviews and future work environments. Career Closet services are provided by **appointment only**.

Quincy Career Center

152 Parkingway, Quincy

(617) 745-4000 / www.quincycareercenter.org



The Quincy Career Center (QCC) is Weymouth's local provider of employment and job training services through the Commonwealth's network of One-Stop Career Centers. The QCC provides free access to career counseling, job listings, needs assessments, and skills workshops to match job

seekers with career opportunities. (Priority of service is given to veterans and eligible spouses under the U.S. Jobs for Veterans Act.)

South Shore Collaborative on Employment

Institute for Community Inclusion, 100 Morrissey Blvd., Boston, MA 02125
(617)-287-4366 / [https:// www.southshoreemployment.org](https://www.southshoreemployment.org)

The South Shore Collaborative for Employment (SSCE) was formed in 2011 following a meeting of the Massachusetts Department of Mental Health (DMH), the Massachusetts Rehabilitation Commission (MRC) and other employment providers, who agreed to collaborate more closely in order to achieve more effective and efficient employment outcomes.

Energy

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division assists seniors ages 60 and older with enrollment in federal Fuel Assistance (LIHEAP) through the Massachusetts Department of Housing and Community Development. This program assists income-eligible households pay heating costs for the months of November through April. Outreach Workers at the Whipple Senior Center are available at no cost to assist seniors with enrollment.

Quincy Community Action Programs: Fuel Assistance & Heating System Repair

1509 Hancock Street 4th Floor, Quincy
(617) 479-8181 x301 / www.qcap.org



Quincy Community Action Programs (QCAP) is Weymouth's local provider of federal Fuel Assistance (LIHEAP) through the Massachusetts Department of Housing and Community Development. This program assists income-eligible households pay heating costs for the months of November through April. Households that qualify for LIHEAP may also receive assistance with repairing or replacing inefficient or inoperable heating systems through the HEARTWAP program. Regular cleaning, evaluation, and tuning services are further available to help households keep heating systems in good working order. In addition, LIHEAP households may receive discounts up to 30 percent on their National Grid or Eversource bills. QCAP can assist households with enrollment in these utility discounts.

Salvation Army: Massachusetts Good Neighbor Energy Fund

25 Shawmut Road, Canton
(800) 334-3047 / Canton Service Center: (339) 502-5900 / www.magoodneighbor.org

The Massachusetts Good Neighbor Energy Fund provides financial assistance to income-eligible households who do not qualify for federal Fuel Assistance (LIHEAP) but still cannot pay a month's energy cost due to financial difficulty. Requests for aid are processed through designated Salvation Army Service Centers in Massachusetts. Private donations and a variety of giving programs sponsored by Massachusetts energy companies are used to sustain the fund.

Youth & Family Services

Teen Center, 1393 Pleasant Street, East Weymouth
(781) 331-1719 / www.weymouth.ma.us/youth-and-family-services



Weymouth's Youth & Family Services Division provides emergency energy assistance to households in need. Financial aid is capped at \$100 per year for electricity and \$200 per year for oil, propane, and natural gas.

Food & Nutrition

Emergency & Supplemental Food

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division provides emergency food boxes to seniors ages 60 and older when their primary food pantry is not available. In addition, Outreach Workers can assist seniors in finding and accessing other food and nutrition services to meet their long-term needs.

Quincy Community Action Programs: Southwest Community Food Center

Southwest Community Food Center, 1 Copeland Street, Quincy
(617) 471-0796 / www.qcap.org



The Southwest Community Food Center (SCFC) provides fresh and non-perishable food once a month to households in need. The SCFC has a large walk-in refrigerator, and stocks many varieties of fresh food for good nutrition.

Weymouth Food Pantry

(781) 331-7682 / info@WeymouthFoodPantry.org / www.weymouthfoodpantry.org

The Weymouth Food Pantry (WFP) offers emergency and supplemental food assistance to residents in need. The WFP has no single location but operates a variety of “pop-up” pantries at different days, sites, and times. Residents are encouraged to visit the WFP's website or call (781) 331-7682 for information on current pop-up pantries. The WFP requests that residents utilize its services as needed but please no more than once per calendar week. Residents who are homeless or unsheltered should inquire about accessing services more often. Anyone utilizing the WFP will be asked to show photo identification and proof of residency, such as a recent utility bill or piece of mail.

Youth & Family Services

Teen Center, 1393 Pleasant Street, East Weymouth
(781) 331-1719 / www.weymouth.ma.us/youth-and-family-services



Weymouth's Youth & Family Services Division offers emergency, non-perishable food to residents who cannot access their primary food pantry.

Home Meals & Nutrition

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division assists seniors ages 60 and older with enrollment in the **South Shore Elder Services' Meals on Wheels Program (www.sselder.org)**. This program delivers nutritious

meals to income-eligible seniors based on their short- and long-term needs. Program participants may also elect to have their meals served three days a week at the Cozy Corner Café, located in the Whipple Senior Center. South Shore Elder Services is Weymouth's designated Area Agency on Aging and Aging Services Access Point.

Quincy-Weymouth Wellness Initiative: Healthy Eating Program

Coordinated through Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Prevention and Wellness Coordinator

(781) 340-5008 / www.weymouth.ma.us/health-department



Healthy Eating is a free six-week program that educates adult residents on how to eat better, move more, and build a healthy lifestyle. The Healthy Eating program is offered at a variety of days, times, and locations throughout the year. To participate in or learn more about the program, please contact Weymouth's Prevention and Wellness Coordinator at (781) 340-5008. The Quincy-Weymouth Wellness Initiative is a multi-sector community partnership funded through the Massachusetts Department of Public Health's Prevention and Wellness Trust Fund.

Quincy WIC Nutrition Program

Pilgrim Congregational Church, 24 Athens Street, North Weymouth

(781) 337-5920/ www.wic.bamsi.org



WIC provides nutrition education and food-cost assistance to income-eligible households with children ages 0-5 and to women who are pregnant. Services include breastfeeding support, nutrition consultations, and a WIC card for households to purchase approved food and beverages.

Student Meals

Project Bread: Summer Food Service Program

(800) 645-8333 / www.meals4kids.org/sfsp

The Summer Food Service Program (SFSP) provides free nutritious meals to children ages 18 and younger when school is not in session. Residents are encouraged to contact (800) 645-8333 or visit the SFSP website for information on current meal sites in Weymouth. At many sites, no registration is required for children to receive a meal. SFSP is federally funded and administered by the Massachusetts Department of Elementary and Secondary Education in partnership with Project Bread.

Weymouth Public Schools: National School Lunch Program

Ask to speak with Weymouth's Dining Services Director.

(781) 337-7500 x25170 / www.weymouthschools.org/district/food-services

Weymouth Public Schools provide free and reduced-priced meals to students from income-eligible households, including those who are homeless or caring for foster children. The National School Lunch Program is federally funded and administered by the Massachusetts Department of Elementary and Secondary Education. Parents and legal guardians should complete one application for all school-age children in their household. Applications are available online, and take-home copies are provided to students at the beginning of the school year. Completed applications should be returned to the school that your youngest child attends.

SNAP/Food Stamps

Massachusetts Department of Transitional Assistant (DTA)

(866) 950-3663 (SNAP Hotline) / www.mass.gov/snap

The Department of Transitional Assistance offers a Virtual Gateway to help Massachusetts residents enroll in SNAP (formerly Food Stamps). This web-based benefits system is entirely self-service with an anonymous screening tool and a “My Accounts” page for managing SNAP benefits.

Quincy Community Action Programs: Southwest Community Food Center

Southwest Community Food Center, 1 Copeland Street, Quincy

(617) 471-0796 / www.qcap.org



Quincy Community Action Programs (QCAP) provides appointment services to assist residents with enrollment in SNAP (formerly Food Stamps). QCAP staff members use the Commonwealth’s online Virtual Gateway to prepare and submit applications. SNAP benefits are federally funded and administered by the Massachusetts Department of Transitional Assistance. Residents must contact QCAP at the Southwest Community Food Center to **schedule an appointment**.

Wellspring Multiservice

409 Washington St., Weymouth MA 02188

(781) 925-3211 <https://wellspringmultiservice.org>

Wellspring Multiservice provides appointment services to assist residents with enrollment in the SNAP program, counseling, legal advice and services of a social worker, as well as a thrift shop in the Weymouth location.

Health

Benefits Enrollment & Navigation

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth

(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth’s Elder Services Division assists seniors ages 60 and older with enrollment in health insurance and navigation of benefits. Services are available for all qualified health plans, including but not limited to Medicare and MassHealth. A certified SHINE Counselor (Serving Health Information Needs of Elders) is **available by appointment** to provide accurate and unbiased information on seniors’ health benefits and plan options.

Manet Community Health Center

110 West Squantum Street, North Quincy

Additional offices located in Hough’s Neck, Hull, Snug Harbor, and Taunton.

(617) 376-3000 / (857) 403-1557 (Navigator Hotline) / www.manetchc.org



Manet Community Health Center (MCHC) assists individuals and families with enrollment in health insurance and navigation of benefits. Services are available for a variety of qualified health plans, including but not limited to ConnectorCare, MassHealth, Medicare, and any plan available through the Massachusetts Health Connector. Residents are encouraged to contact MCHC to schedule an appointment with a Certified Navigator. **Interpreter services are available in many languages.**

Quincy Community Action Programs

Southwest Community Food Center, 1 Copeland Street, Quincy

(617) 471-0796 / www.qcap.org



Quincy Community Action Programs (QCAP) assists residents with the preparation and submission of applications for ConnectorCare and MassHealth, the Commonwealth’s dominant publicly-funded

health care plans. Residents must contact QCAP at the Southwest Community Food Center to **schedule an appointment**.

Wellspring Multiservice

409 Washington St., Weymouth MA 02188

(781) 925-3211 <https://wellspringmultiservice.org>

Wellspring Multiservice provides appointment services to elder residents with counseling, legal advice and services of a social worker, as well as a thrift shop in the Weymouth location.

Community Health & Wellness

Quincy-Weymouth Wellness Initiative: My Life, My Health Program

Coordinated through Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Prevention and Wellness Coordinator

(781) 340-5008 / www.weymouth.ma.us/health-department

My Life, My Health is a free six-week program for adult residents living with, or at risk of developing, a chronic health condition, such as diabetes or high-blood pressure. My Life, My Health is an evidence-based, self-management program that teaches participants how to set and achieve practical goals for managing chronic disease (and its associated stress), as well as maintain communication with doctors and other health professionals. A special **Diabetes Edition is available** for residents living with or caring for someone with diabetes or pre-diabetes. The My Life, My Health program is offered at a variety of days, times, and locations throughout the year. To participate in or learn more about the program, please contact Weymouth's Prevention and Wellness Coordinator at (781) 340-5008. The Quincy-Weymouth Wellness Initiative is a multi-sector community partnership funded through the Massachusetts Department of Public Health's Prevention and Wellness Trust Fund.



Quincy-Weymouth Wellness Initiative: Matter of Balance Falls Prevention Program

Coordinated through Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Prevention and Wellness Coordinator

(781) 340-5008 / www.weymouth.ma.us/health-department

Matter of Balance is a free eight-week program for adult residents who are at risk for falls or have fallen in the past. This evidence-based program emphasizes practical strategies to reduce a person's fear of falling and increase his/her balance, coordination, and strength. Participants learn how to view the fear of falling as controllable; set realistic goals for physical activity; and change their physical environment to reduce the risk for falls. The Matter of Balance program is offered at a variety of days, times, and locations throughout the year. To participate in or learn more about the program, please contact Weymouth's Prevention and Wellness Coordinator at (781) 340-5008. The Quincy-Weymouth Wellness Initiative is a multi-sector community partnership funded through the Massachusetts Department of Public Health's Prevention and Wellness Trust Fund.



South Shore Health Systems: Community Benefits Programs

55 Fogg Road – Off Route 18, South Weymouth

(781) 624-8000 / Physician Referrals: (781) 624-6673 / www.southshorehospital.org

For Complete Telephone Directory Information: www.southshorehospital.org/contact-us

For Directions & Parking Information: www.southshorehospital.org/directions-and-parking

South Shore Health Systems' Community Benefits Programs are designed to serve the health and wellness needs of Weymouth's most vulnerable populations, including but not limited to older adults, low-income households, persons with disabilities, and persons living with a chronic disease and/or terminal illness. Programs include but are not limited to chronic disease self-management, family planning, flu prevention, nutrition and physical education, smoking cessation, and support groups for



bereavement, cancer care, and other health-related issues. While many programs are free of charge, registration is typically required to assure sufficient space. Residents should contact South Shore Health Systems or visit the following webpage for more information on classes and events: www.southshorehospital.org/classes-and-events.

Medical Care, Equipment, & Services

Elder Services: Medical Equipment Loan Closet and Public Health Clinics

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division lends free medical equipment (walkers, wheel chairs, etc.) to seniors ages 60 and older. Weymouth's Whipple Senior Center also hosts free blood pressure clinics twice a month and additional clinics for hearing, nutrition, and vision throughout the year. Seniors are encouraged to contact the division for information about upcoming clinics as well as current health and wellness programs.

Health Department: Public Health Clinics

Weymouth Town Hall, 75 Middle Street, East Weymouth
(781) 340-5008 / www.weymouth.ma.us/health-department



Weymouth's Health Department offers a variety of public health clinics throughout the year, providing access to immunizations, screenings, and vitamin injections. Residents are encouraged to contact the department for information about upcoming clinics as well as current health and wellness programs. For residents who are homebound or have great difficulty traveling, services may be delivered at home on a case-by-case basis.

Manet Community Health Center

110 West Squantum Street, North Quincy
Additional offices located in Hough's Neck, Hull, Snug Harbor, and Taunton.
(617) 376-3000 / www.manetchc.org



Manet Community Health Center (MCHC) is Weymouth's dominate federally-qualified health center, offering medical services at fees based on a sliding income scale. Medical practices include but are not limited to family medicine, chronic disease management, internal medicine, and prenatal care. Certified Navigators assists patients with navigating insurance plans and covering the cost of tests and treatments. Free tests for Hepatitis C, HIV, and sexually transmitted infections are also available. **Interpreter services are available in many languages.**

South Shore Health Systems (Hospital)

55 Fogg Road – Off Route 18, South Weymouth
(781) 624-8000 / Physician Referrals: (781) 624-6673 / www.southshorehospital.org
For Complete Telephone Directory Information: www.southshorehospital.org/contact-us
For Directions & Parking Information: www.southshorehospital.org/directions-and-parking



South Shore Hospital (SSH) is Weymouth's largest not-for-profit medical center as well as the region's leading provider of care in the following areas: cardiac, emergency, home health, hospice, maternity, oncology, outpatient, pediatric, and surgical. Over the years, SSH has partnered with numerous medical centers of Greater Boston to share their services and expertise. Among these are the Boston Children's Hospital, Massachusetts General Hospital, and Dana-Farber/Brigham and Women's Cancer Center. For referrals to physicians and community health services, residents are encouraged contact SSH's 24-hour information line at (781) 624-6673.

Medication Disposal

Department of Public Works: Sharps Disposal Kiosk

120 Winter Street 2nd Floor, East Weymouth
(781) 337-5100 / www.weymouth.ma.us/dpw



Weymouth's Department of Public Works (DPW) provides a self-service Sharps (Needle) Disposal Kiosk for residents to safely dispose of hypodermic needles. Residents can access the kiosk Monday through Friday, 9:00 am – 4:00 pm. All needles must be deposited using a rigid, puncture-resistant plastic container (13" x 8" max. size) with a secure cap.

Police Department: MedReturn Drug Collection Kiosk

140 Winter Street, East Weymouth
(781) 335-1212 / www.weymouth.ma.us/police-department



Weymouth's Police Department provides a self-service MedReturn Drug Collection Kiosk for residents to safely dispose of unwanted prescription and non-prescription medications. Residents can access the kiosk 24 hours a day, seven days a week. Medications must be deposited using a clear, re-sealable plastic bag or the medication's original container with the person's name and prescription number masked. The kiosk **cannot** be used to dispose of aerosols, needles, thermometers, or bloody/infectious waste.

Mental Health

Maria Droste Counseling Services

1354 Hancock Street Suites 209 and 214, Quincy
(617) 471-5686 / www.mariadrostecounseling.com



Maria Droste Counseling Services (MDCS) provides therapy services in a variety of behavioral health areas for individuals, couples, families, and groups. Fees are assessed on a sliding scale based on a household's ability to pay. MDCS is a non-profit community based organization sponsored by the Sisters of the Good Shepard. All services are provided in accordance with the professional standards and certifications required by the Commonwealth as well as appropriate professional organizations. All services are provided regardless of race, creed, religion, national origin, gender, and sexual preference.

South Bay Community Services: Weymouth Mental Health Clinic

Stetson Medical Center, 541 Main Street Suite 303, South Weymouth
(781) 331-7866 / www.southbaycommunityservices.com



South Bay Community Services (SBCS) provides a continuum of behavioral health services for adults and children, including but not limited to individual and family therapy, medication management, and intensive family services. SBCS certified clinicians take a community-based approach to satisfying clients' needs by delivering services at "our place or your." SBCS staff can also assist clients in navigating insurance plans and covering the cost of services.

Physical Fitness

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division provides low-cost fitness classes to seniors ages 60 and older. Residents can find a schedule of classes on the division's website as well as inside the division's monthly newsletter: "Weymouth Elder Horizons". Copies of this newsletter can be found at Weymouth's Town Hall, the John F. McCulloch Building (Whipple Senior Center), and various locations such as banks, churches, libraries, supermarkets, and pharmacies in Weymouth.

Substance Use

Alcoholics Anonymous

(617) 426-9444 / www.aaboston.org

Alcoholics Anonymous (AA) provides a worldwide network of peer-lead support groups for persons who suffer from or are at risk for alcoholism. Members are encouraged to stay sober one day at a time and are guided by AA's Twelve Steps program and the examples and friendships of recovering alcoholics. There are no dues or fees associated with AA. Groups are available at various days, times, and locations in the community. For help finding a group, residents are encouraged to contact (617) 426-9444 or search the following online locator created by the AA Central Service Committee of Eastern Massachusetts: <http://aabosmeetings.org/search.aspx>.

Learn to Cope

Quincy Chapter: "A New Way" Recovery Center, 85 Quincy Avenue Suite B, Quincy
Meeting Day & Time: Tuesdays at 7:00 pm.



Visit *Learn to Cope's* website for more chapters located on the South Shore.

Office: (508) 738-5148 / Peer Recovery Specialist: 508-801-3247 / www.learn2cope.org

Learn to Cope (LTC) provides a peer-lead support network for families and friends of persons who suffer or are at risk for opioid addiction. LTC chapters hold weekly meetings where participants are invited to share experiences, ask questions, learn about addiction, and listen to guest speakers who are either in recovery or professionals in the field. Overdose education and naloxone (Narcan®) training are also available at every meeting.

Manet Community Health Center: Overdose Education & Naloxone (Narcan®)

Ask to speak with a Prevention Specialist.

(781) 925-4550 / Mobile: (857) 939-4108 / <https://www.manetchc.org/>

Manet Community Health Center (MCHC) provides overdose education and naloxone (Narcan®) training to residents who know or care for someone at risk for an opioid overdose. Naloxone is a safe and effective antidote that reverses the life-threatening effects of an opioid overdose. Families and friends are encouraged to contact a MCHC Prevention Specialist to receive a free overdose prevention kit (with naloxone) and training on how to recognize and respond to an overdose. **Calls are confidential.**

Weymouth Police Department: Drug Addiction Resource Team (DART)

Community Outreach Sergeant: (781) 927-6287 / Community Outreach Officer: (781)-927-6235

Weymouth's Drug Addiction Resource Team (DART) is a community partnership, led by Weymouth's Police Department, which provides information and confidential support services to families touched by addiction. DART's partners are local organizations that offer a continuum of substance use services, including but not limited to treatment programs, health benefits navigation, support groups, naloxone (Narcan®) training, and tests for Hepatitis C, HIV, and sexually transmitted infections. Residents are encouraged to contact the Police Department's Community Outreach Sergeant at (781) 927-6287 for a referral or to schedule a consultation. **Calls are confidential.**

Tobacco Cessation

Quincy-Weymouth Wellness Initiative: Tobacco Cessation Counseling Program

Coordinated through Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Prevention and Wellness Coordinator

(781) 340-5008 / www.weymouth.ma.us/health-department



The Tobacco Cessation Counseling Program provides a supportive environment to help residents quit smoking. Participation is free, and sessions are led by trained Tobacco Treatment Specialists. (Studies indicate that nicotine replacement therapy in combination with counseling can double a person's odds of successfully quitting smoking.) Tobacco Cessation Counseling sessions are offered at a variety of days, times, and locations throughout the year. To participate in or learn more about the program, please contact Weymouth's Prevention and Wellness Coordinator at (781) 340-5008. The Quincy-Weymouth Wellness Initiative is a multi-sector community partnership funded through the Massachusetts Department of Public Health's Prevention and Wellness Trust Fund.

Housing

South Shore Continuum of Care:

Please note that the South Shore Continuum of Care website provides links to resources available in the South Shore for the prevention of homelessness.

<https://southshorecoc.org>

Emergency Shelter

Father Bill's & MainSpring *Individual Shelter*

Father Bill's Place (FB), 38 Broad Street, Quincy

MainSpring House (MS), 54 North Main Street, Brockton

FB: (617) 770-3314 / MS: (508) 587-5441 / www.helpfbms.org

Father Bill's & MainSpring provides emergency shelter in Quincy and Brockton for *individuals* ages 18 and older experiencing homelessness. Stays may be limited to three nights, unless guests can verify employment, a former residence, or school attendance in a South Shore community. Guests are given nutritious meals as well as access to health services, bath and laundry facilities, and a case manager.



Massachusetts Department of Transitional Assistance (DTA) *Family Shelter*

60 Main Street, Brockton

(508) 895-7000 / DTA Assistance Line: (877) 382-2363

The Massachusetts Department of Transitional Assistance (DTA) provides emergency shelter to income-eligible *families* with children under the age of 18 experiencing homelessness. Qualified households are typically referred by a DTA Homeless Coordinator to a family shelter or motel for temporary housing. Most family shelters require a referral from DTA *before* they accept guests. If your family has no safe place to live or sleep and you are unable to reach DTA due to hours or transportation restrictions, please visit Weymouth's Youth & Family Services Division at 1393 Pleasant Street (weekdays) or Weymouth's Police Department at 140 Winter Street (nights and weekends) for emergency assistance.



Friends of the Homeless of South Shore

8 Driftway Road, Weymouth

(781) 331-9390 / <https://www.friendsofhomeless.org>

Friends of the Homeless of the South Shore is dedicated to helping homeless families by providing shelter, food, clothing, furniture, education and advocacy. We address a whole range of needs, from physical to emotional, from personal to social, and from psychological to spiritual.

First-Time Home Purchases

NeighborWorks Housing Solutions: Homebuyer Education & Down Payment Assistance

Formerly known as Neighborworks Southern Mass

422 Washington Street, Quincy

(617) 770-2227 / www.nhsmass.org



NeighborWorks Housing Solutions provides low-cost educational workshops for first-time home buyers seeking to purchase a home on the South Shore. After completing a workshop, participants have the opportunity to be pre-qualified by at least one lender, and income-eligible participants can apply to receive financial assistance for down payments and closing costs. Some participants may further qualify for one or more affordable home loans through either MassHousing or the Massachusetts Housing Partnership (MHP). NeighborWorks Southern Mass is an approved Housing Counseling Agency of the U.S. Department of Housing and Urban Development. Funding for financial assistance is provided through the Massachusetts Department of Housing and Community Development.

South Shore HOME Consortium: First-Time Home Buyers Program

Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Housing Coordinator.

(781) 340-5015 / www.weymouth.ma.us/planning-community-development



The South Shore HOME Consortium's First-Time Home Buyers Program provides financial assistance to income-eligible households seeking to purchase their first home in Weymouth. This program has two components: (1) financial assistance for down payments, and (2) potential access to the Massachusetts Housing Partnership's (MHP) ONE Mortgage Program to reduce your monthly mortgage payment in the early years of homeownership. Interested first-time home buyers should contact Weymouth's Housing Coordinator for eligibility and referral information. The South Shore HOME Consortium's First-Time Home Buyer Program is administered in partnership with Neighborworks Housing Solutions, an approved Housing Counseling Agency of the U.S. Department of Housing and Urban Development.

Quincy Community Action Programs, Inc.: First Time Homebuyers Program

1509 Hancock Street, Quincy

(617) 479-8181 / www.qcap.org

Quincy Community Action Programs offers financial counseling, first time homebuyer classes and financial assistance.

Mortgage and Rental Assistance

NeighborWorks Housing Solutions: Mortgage Assistance & Foreclosure Prevention

Formerly known as Neighborworks Southern Mass

68 Legion Parkway, Brockton

(617) 770-2227 x46 / www.nhsmass.org

NeighborWorks Housing Solutions provides free counseling to homeowners currently facing or at risk for a foreclosure. Professional housing counselors are available to mediate with lenders and assist homeowners, if possible, in obtaining a mortgage modification. To utilize services, residents should contact NeighborWorks Southern Mass to **schedule an appointment**. Intake packets are available online: <http://nwsoma.org/counseling/foreclosure-counseling>. NeighborWorks Southern Mass is an approved Housing Counseling Agency of the U.S. Department of Housing and Urban Development.

Quincy Community Action Programs, Inc.: First Time Homebuyers Program

1509 Hancock Street, Quincy

(617) 479-8181/ www.qcap.org

Quincy Community Action Programs offers financial counseling, first time homebuyer classes and financial assistance.

Permanent Housing

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth

(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division provides seniors ages 60 and older with guidance and referral services to maintain and/or secure their preferred living situation, whether it be aging in place, assisted living, public housing, or a skilled nursing facility. Residents are encouraged to contact Elder Services and ask how the division can assist you.

NeighborWorks Housing Solutions: Formerly known as Neighborworks Southern Mass

422 Washington Street, Quincy

(617) 770-2227/ www.nhsmass.org



Planning Department: Housing Rehabilitation Loan Program

Weymouth Town Hall, 75 Middle Street, East Weymouth

Ask to speak with Weymouth's Housing Coordinator.

(781) 340-5015 / www.weymouth.ma.us/planning-community-development

Weymouth's Housing Rehabilitation Loan Program provides financial assistance to income-eligible homeowners for essential repairs to correct building and/or health code violations due to deteriorating housing conditions. Financial assistance is offered in the form of zero-percent loans with full repayment due at the time of the home's sale, refinancing, or change in ownership interest. (No monthly payments are required.) In some cases, a resident homeowner may qualify for additional financial assistance through the MassHousing Home Improvement Loan Program or the South Shore HOME Consortium. Interested homeowners are encouraged to contact Weymouth's Housing Coordinator for an initial consultation. Weymouth's Housing Rehabilitation Loan Program is funded through an annual appropriation of funds to the Town of Weymouth through the federal Community Development Block Grant (CDBG) program.



Weymouth Housing Authority

402 Essex Street, East Weymouth

(781) 331-2323



The Weymouth Housing Authority (WHA) manages all public housing developments in Weymouth. These include one family housing development and one elderly/disabled housing development. WHA also manages the distribution of federal and state rental assistance vouchers, which enable income-eligible households to secure affordable housing on the private market. Vouchers managed by WHA include Federal Section 8 Housing Choice Vouchers, Massachusetts Rental Vouchers, and Massachusetts Alternative Housing Vouchers. (Massachusetts Alternative Housing Vouchers are available only to disabled persons who are under the age of 60 and are otherwise eligible for public housing for the disabled, more commonly referred to as Chapter 667 housing.) Due to the high demand for affordable housing in Massachusetts, WHA maintains waiting lists for eligible households seeking public housing and/or rental assistance. Residents are encouraged to contact WHA to learn more about the application process. WHA is Weymouth's local public housing agency.

Safety

Anti-Discrimination

Gay & Lesbian Advocates & Defenders (GLAD): GLAD Answers

(800) 455-GLAD (4523) / www.gladanswers.org

GLAD Answers is a free legal rights information portal for New England residents affected by LGBTQ and HIV discrimination and/or laws. Trained volunteers provide one-on-one confidential help via phone, email, and online chat. Information resources include educational publications on LGBTQ/HIV topics, as well as referrals to experienced attorneys and organizations for legal and other services.

Massachusetts Commission Against Discrimination

One Ashburton Place 6th Floor Room 601, Boston

(617) 994-6000 / www.mass.gov/mcad



The Massachusetts Commission Against Discrimination (MCAD) investigates public complaints of unlawful discrimination in the Commonwealth. Any person who experiences discrimination may file a complaint, either in person or in writing, within 300 days of the unlawful act. While the complaint process allows individuals to represent themselves (without an attorney), residents are encouraged to contact the MCAD to schedule an appointment and determine what information will be needed.

Domestic Violence

DOVE (Domestic Violence Ended)

24-Hr Crisis Hotline: (888) 314-DOVE (3683) / dovema.org

DOVE provides comprehensive services and support to victims of dating and domestic violence as well as their children. DOVE is the only domestic violence shelter and service provider based in Norfolk County. DOVE's professional staff can be reached 24 hours a day, seven days a week through an anonymous hotline: (888) 314-3683. **Calls are confidential.** Services include crisis intervention, counseling and support groups, danger assessment and planning, emergency shelter for victims and their children, legal guidance and limited representation, and programs to provide victims with confidential addresses and cell phones (HopeLines). DOVE also assists victims of domestic violence crimes in obtaining financial assistance through the Massachusetts Attorney General's Victim Compensation Program.

Police Department

140 Winter Street, East Weymouth

(781) 335-1212 / www.weymouth.ma.us/police-department

Always dial 911 in the event of an emergency.

Weymouth's Police Department provides immediate assistance to any resident experiencing domestic violence. If you find yourself in a domestic violence situation, you have the right to request that a police officer remain at your home until you can safely exit with your children and that he/she assists you in locating and arriving at a place of safety. If medical treatment is required, you may request that the officer drive you to the nearest hospital or otherwise assist you in obtaining treatment. Residents in need should not hesitate to contact the Police Department for information, assistance, or a referral to a justice of the Superior Court, District Court, or Probate and Family Court. **Calls are confidential.** Additional information and resources are available through the department's website: www.weymouth.ma.us/police-department/pages/domestic-violence-information.



Home Safety

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
Ask to speak with one of the division's Outreach Workers.

(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division assists residents ages 60 and older access home care services through Weymouth's designated Area Agency on Aging, South Shore Elder Services (SSES). Case Managers from SSES perform comprehensive in-home assessments and develop customized service plans to meet seniors' needs. Residents are encouraged to contact Elder Services to schedule an in-home assessment. Elder Services can also arrange handyman repairs at nominal cost to maintain the physical safety of a senior's home, as well as coordinate installation and/or replacement of smoke detectors through Local Firefighter Union 1616.

Health Department

Weymouth Town Hall, 75 Middle Street, East Weymouth

(781) 340-5008 / www.weymouth.ma.us/health-department



Weymouth's Health Department conducts housing inspections to assess the health and safety of living quarters in the community. Under certain conditions, a public health nurse may accompany an inspector to provide essential health services, such as immunizations, screenings, and/or vitamin injections. Persons who are concerned with the health or safety of a friend or family member's home in Weymouth are encouraged to contact the Health Department for a potential inspection.

Taxes & Finances

Billing Discounts & Tax Exemptions

Assessor's Office

Weymouth Town Hall (Treasurer/Collector's Office), 75 Middle Street, East Weymouth

(781) 682-3852 / www.weymouth.ma.us/assessor



The Town of Weymouth provides real-estate tax exemptions to several types of homeowners. These include persons who are blind, veterans with service-related disabilities, surviving spouses of any age, and seniors ages 70 and older who meet asset and income qualifications. An exemption from the Town's Community Preservation surcharge is also available based on income. Furthermore, income-eligible homeowners ages 65 and older may elect to defer real estate taxes and postpone payment until ownership of their home is transferred. Homeowners who are eligible for any of these exemptions are encouraged to contact Weymouth's Assessor's Office for additional information and application instructions. Applications are available and may be submitted through the Treasurer/Collector's Office at Weymouth's Town Hall. Qualifying residents must apply for their exemptions **every year**.

Department of Public Works (DPW): Senior Water Discount Program

120 Winter Street, East Weymouth

(781) 337-5100 / www.weymouth.ma.us/dpw



Weymouth's Department of Public Works (DPW) provides water discounts to residents ages 65 and older who are residential owner occupants. The program deducts \$15 per water bill up to a \$60 cap per year. To maintain enrollment in the program, seniors must submit a completed Application for Senior Citizen Discount **every year**.

Estate & Financial Planning

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division assists residents ages 60 and older with estate and financial planning through access to free half-hour consultations with either a licensed attorney or financial advisor. Consultations are offered once or twice a month **by appointment only**. Group lectures are offered throughout the year, as well. Residents should contact Elder Services at (781) 682-6140 to schedule an appointment or inquire about upcoming lectures.

Tax Preparation

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
(781) 682-6140 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division works with the AARP Tax-Aide Program to provide free federal and state tax-return preparation to residents ages 60 and older. Trained volunteers prepare tax returns in one-hour sessions **by appointment only**. This program runs each year from early February through April 15th. Seniors should contact Elder Services for schedule information and appointment times.

Wellspring Multiservice

409 Washington St., Weymouth MA 02188

(781) 925-3211 <https://wellspringmultiservice.org>

Wellspring Multiservice provides appointment services to assist residents with enrollment in the SNAP program, counseling, legal advice and services of a social worker, as well as a thrift shop in the Weymouth location.

AARP Foundation: Tax-Aid Program

(888) 227-7669 / www.aarp.org/money/taxes/aarp_taxaide

The AARP Foundation's Tax-Aide Program assists income-qualified persons across Massachusetts with preparation of their federal and state tax returns. This program is offered in cooperation with the Internal Revenue Service (IRS) and runs each year from early February through April 15th. Trained volunteers prepare tax returns in one-hour sessions **by appointment only**. To locate a program site in or around Weymouth, residents should contact (888) 227-7669 or use the Tax-Aide Locator: <https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>.

Transportation

Elder Services

John F. McCulloch Building – Whipple Senior Center, 182 Green Street, North Weymouth
Ask to speak with Weymouth's Transportation Coordinator.

(781) 682-3824 / www.weymouth.ma.us/elder-services

Weymouth's Elder Services Division provides scheduled transportation for residents ages 60 and older. Priority is given to trips for medical appointments, but seniors may also request transportation to and from grocery stores, shopping centers, and senior center events. Residents should contact

Weymouth's Transportation Coordinator **at least a week in advance** to a schedule ride. A list of suggested donations can be provided upon request.

Massachusetts Bay Transportation Authority (MBTA): THE RIDE

Eligibility Center, 500 Rutherford Avenue 1st Floor, Boston (Charlestown)

(617) 337-2727 / Manage Trips: (888) 920-7433 / www.mbta.com/fares_and_passes/ride



THE RIDE provides door-to-door paratransit (flexible rides) to eligible persons who cannot use other modes of public transportation due to a cognitive, mental, or physical disability. Individuals must interview with a Mobility Coordinator at THE RIDE Eligibility Center before they can become a registered RIDE passenger. Residents can contact the Eligibility Center at (617) 337-2727 to schedule an appointment. THE RIDE is operated by the Massachusetts Bay Transportation Authority (MBTA) in 60 Massachusetts cities and towns.

MassHealth: Prescription for Transportation (PT-1)

(800) 841-2900 / TTY: (800) 497-4648 / www.mass.gov/masshealth

MassHealth provides non-emergency transportation services to and from medical appointments for disabled persons. General guidelines require that a MassHealth member meet the following criteria: (1) you are unable to use public transportation and have no means of transportation through family or friends; (2) your medical provider authorizes your need for transportation by completing a MassHealth Prescription for Transportation (PT-1) form; and (3) the transportation must be to and from a medical provider for a MassHealth reimbursable service. If approved, members may schedule dial-a-ride transportation from their homes to MassHealth appointments and back. Rides are free for the number of trips approved by MassHealth. PT-1 forms are available online but must be submitted by a medical provider: www.mass.gov/eohhs/docs/masshealth/bull-2009/all-192.pdf.

Veterans

Veterans' Services

John F. McCulloch Building, 182 Green Street, North Weymouth

(781) 340-2405 / www.weymouth.ma.us/veterans-services

Weymouth's Veterans' Services Division provides comprehensive assistance to veterans, their spouses, and their dependents living in Weymouth. The division is Weymouth's one-stop service center for accessing federal, state, and local resources available to veterans and their families, including but not limited to annuities, career training, education assistance, healthcare benefits, housing programs, survivor benefits, and VA compensation. Veterans of any age, as well as their families, are encouraged to contact Veterans' Services and ask how the division can assist you.

Youth

Weymouth High School:

The Weymouth Schools have assistance available for students in need. Please contact:

Brynn Cooper, LICSW, SAC

District-Wide Family & Community Counselor

Weymouth Public Schools

NAFSCE Member

Pronouns: she, her

Email: brynn.cooper@weymouthps.org

(781) 337-7500 Ext. 25242

Google Voice: (781) 285-8136

Student Athletics Discount Weymouth High School, 1 Wildcat Way, South Weymouth

(781) 331-2117 / www.weymouthschools.org/weymouth-high-school/athletics

Weymouth High School (WHS) provides a 50 percent discount in student athletic fees to students who are eligible to receive free or reduced-priced meals through the National School Lunch Program. Families that are experiencing a financial hardship but do not qualify for the federal program may also apply for consideration. Applications are available online through the WHS Athletic Program's website. Parents and legal guardians should complete one application per student athlete and return all forms to the High School Principal's office. Sports offered through the WHS Athletic Program include, but are not limited to, baseball, basketball, cheerleading, cross country, football, gymnastics, hockey, lacrosse, soccer, softball, swimming, tennis, track, volleyball, and wrestling.

Youth & Family Services: Teen Center

Teen Center, 1393 Pleasant Street, East Weymouth

(781) 331-1719 / www.weymouth.ma.us/youth-and-family-services



Weymouth's Teen Center provides a safe, professionally supervised environment where kids in grades six through 12 can gather during after-school hours. The Teen Center is open year-round, five days a week, Monday through Thursday 2:00 pm – 6:00 pm, and Friday 2:00 pm – 9:00 pm. At the Teen Center, students have free access to computers, fitness equipment, game tables, homework help, video consoles, a competitive pool league, and other youth resources. Special events and group trips are often scheduled throughout the year at little or no cost to participants.

Weymouth's Social Services Reference Guide was assembled with publicly available information and input from multiple departments and divisions of the Town of Weymouth. This document is not meant to be an exhaustive directory of social services. Nor does the mention of any provider constitute an endorsement by the Town of Weymouth. All information was deemed accurate at the time of publication. To report any errors, please email constituentservices@weymouth.ma.us or contact the Mayor's Office at (781) 340-5012. Please include your name, address, and phone number in any correspondence.