Directory of Resources
for People Homeless in Cambridge

http://www.cambridgema.gov/cambridgehomelessresources

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While this directory is updated periodically, information contained within may change before a new edition is released. Please notify us of any corrections, changes, or updates by emailing jlevin@cambridgema.gov. Your feedback is helpful and appreciated.
For People Who Do Not Speak English:

Medical interpreter services are offered by the Cambridge Health Alliance for patients at its hospitals and neighborhood health centers (see page 39). The following agencies also offer interpretation and a range of other services:

- **Portuguese**: Massachusetts Alliance of Portuguese Speakers (617-864-7600); website at [http://www.maps-inc.org](http://www.maps-inc.org).
- **Haitian Kreyòl**: Cambridge Haitian Services (617-349-6351)
- **Amharic and other Ethiopian/Eritrean languages**: Adbar Ethiopian Women’s Alliance (617-234-8981) and Ethiopian Community Mutual Assistance Association (617-492-4232)

How to Use This Directory

Accessing Services

Unless otherwise noted, services listed here do not require referrals from a case manager or other provider, and can be accessed by homeless persons directly. If a referral is required, shelter or transitional program residents should first request a referral from staff of that program; if no staff referral is available, contact one of the non-residence-based case management programs listed on page “Street Outreach, Non-Residence-Based Case Management, and Assistance Accessing Mainstream Resources” on page 16 for help.

Some listings specify whether programs serve only Cambridge (or Somerville) residents; note that persons staying in shelters or transitional programs or living on the street in Cambridge are deemed to be residents.

Organization

The main content of this directory is organized by type of service (see Table of Contents on page 1). However, the index on page 60 can also help you locate services that focus on a specific population/need, or that are in a specific neighborhood.

Disability Access

Listings which include a ⚽ symbol are known to be wheelchair accessible. However, these
listings may not be accessible for all needs or disabilities. Additionally, some programs that this directory does not list as wheelchair accessibility may have various accessibility features. For the most accurate and specific information about a service’s level and type of accessibility, please contact the provider directly.

For general information about the accessibility of municipal or City-funded services, or to request a copy of this directory in an alternative format to accommodate a visual disability, please contact the Cambridge Commission for Persons with Disabilities, located at 51 Inman Street, 2nd floor; telephone number 617-349-4692 (voice) or 617-492-0235 (TTY/TDD).

Addresses and Directions

Addresses that are not in Cambridge list the city in bold (for example, Somerville or Boston). If no city is listed, the location is in Cambridge.

Note: Make sure to check what city a location is in, before going! Many of the same street names are shared between Cambridge, Boston, Somerville, and other neighboring communities: for example, Broadway, Albany Street, Washington Street, etc.

Entries in the directory with an address also display the closest transit connections. T (train) stops and bus routes listed are typically within a one-third mile walk of the location. Locations (particularly in Boston) may be served by more transit than is listed; those listed here are particularly oriented towards stations and bus routes served by the Red and Green lines, the two rapid transit lines with service in Cambridge.

For more information on access to transportation and getting around, see page 52.

See the following page for a map of the MBTA transit system.
The MBTA’s online Trip Planner tool will help you find the best transit directions between two locations: https://t.mbta.com/trip_planner. If you have access to a smartphone or other device with apps, a number of free apps are available to assist with transit directions.
Overview of Services to Prevent and Address Homelessness in Cambridge

Cambridge houses a diverse array of services designed to help prevent homelessness or to serve individuals or families who have become homeless. The following overview is offered to help steer the reader to the most appropriate service.

**Prevention services** include assistance in helping individuals whose tenancies (or mortgages) are at risk of coming to an end because of legal or financial problems. The City’s **Multi-Service Center** is the largest provider of prevention services (as well as an important source of services for people who have become homeless).

**Shelters** provide emergency housing for individuals and families who no longer have a place to call home. Five types of shelter serve different segments of the homeless population: families, battered women (with or without children), homeless/runaway youth, sober adults, and adults with an active substance abuse problem.

Each shelter has its own rules for eligibility and access. Most shelters for individuals have a mix of short-term “emergency beds” (stays of 3-14 days, depending on the program) and “extended-stay” or “contract” beds (stays of several weeks or months, depending on the program). Typically, the longer-term beds are offered to guests who are employed or have otherwise demonstrated their commitment to ending their homelessness, and who are therefore seen as most likely to benefit from the stability of a longer-term bed.

**Transitional Housing** programs offer 6 to 24 months of residential stability (depending upon the program) and on-site case management and related supports to homeless persons who are actively working towards ending their homelessness.

**Drop-in** programs provide a safe place where homeless persons can go during the daytime, whether to simply get off the street or to access supportive services. Because shelters for individuals are typically only funded for overnight services (from dinner time to breakfast the next morning), such drop-in programs fill an important gap in services.

**Street outreach services** reach out to homeless persons living on the street (or in parks, cars, etc.) in hopes of linking them to more extensive services.

**Case management** – individualized assistance with developing and implementing a plan for ending one’s homelessness – is available from residence-based staff for all transitional housing program residents, all family shelter residents, and residents of some shelters for individuals. Non-residence-based case management is available to help other homeless persons.

Various programs target specific segments of the homeless populations: **veterans**, persons with **mental illness**, persons in recovery from **substance abuse** or other addiction, persons with **HIV/AIDS**, and individuals and families who have been rendered homeless in fleeing **domestic violence**. Some programs serve only homeless persons, while others serve the general population.

A variety of specialized programs provide specific services that homeless persons might need, including:
Food, clothing, and health care services (including mental health care, dental care, and eye care)

- Housing search and post-placement stabilization (help finding and keeping an apartment)
- Education and training
- Employment assistance
- Legal assistance
- Child care and family support services
- Cash assistance (for moving or other needs)
- Assistance with money management, including representative payee services
- Access to computers and computer instruction
- Other services (e.g., identification, income tax assistance, etc.)

Key Agencies/Services

Cambridge Coordinated Access Network (C-CAN)
362 Green Street, 1st floor; 💼 Central
617-349-7715
www.cambridgecoc.org/cambridgeCAN

C-CAN is the system of Coordinated Entry/Access serving Cambridge. All persons experiencing homelessness in Cambridge are strongly encouraged to receive a C-CAN assessment; participating housing programs and services now receive referrals only from among clients who have been assessed by C-CAN, prioritized based on level of vulnerability and type of need. Fourteen housing programs, as well as Housing Navigation and Clinical Case Management services, now participate in C-CAN.

Any person with a tie to Cambridge who is currently experiencing homelessness is eligible to complete an assessment. Assessment is offered on a walk-in basis at the Cambridge Multi-Service Center (address above) Monday from 4 to 7pm; Tuesday from 9am to 12pm; Wednesday from 1:30 to 4pm; Thursday from 9am to 12pm and 1:30 to 4pm; and Friday from 9am to 12pm. C-CAN also has a walk-in presence at some community drop-in sites; visit website above for up-to-date locations. In addition to these walk-in hours, C-CAN staff are frequently available during the City’s business week (long Monday ending at 8pm; short Friday ending at 12pm) to schedule an intake at the Multi-Service Center, or to have an outreach worker conduct assessment at your location (within Cambridge), if you are unable to come to the MSC.
Cambridge Multi-Service Center (MSC)
362 Green Street, 1st floor; ☎️ Central
617-349-6340
https://www.cambridgema.gov/DHSP/programsforadults/cambridgemultiservicecenter

The MSC addresses the needs of homeless and near-homeless individuals and families living in our community, providing direct services, and planning and coordination of efforts for persons who are living on the street, in emergency shelters or at risk of losing their housing.

The MSC works to prevent evictions and resolve landlord-tenant problems through case management, advocacy and budget counseling. Additionally, it provides assistance in applying for public benefits, financial counseling, legal services, and accessing mental health and substance abuse services.

Most of the services of Cambridge CAN (see previous entry) are also co-located at the MSC.

Social Security Administration
10 Fawcett Street, 1st floor; #74 or #78 bus from 🚌 Harvard
800-772-1213
www.ssa.gov

For SSI and SSDI applicants.

Massachusetts Department of Transitional Assistance
80 Everett Avenue, 3rd floor, Chelsea; #111 bus from 🚌 Haymarket, or 🚌 Chelsea
617-551-1700
www.mass.gov/eohhs/gov/departments/dta

For connection to TAFDC, EAEDC, EA, Family Shelter, and Food Stamp applications. Take the Orange Line to Haymarket, then #111 Bus to Park Street and Cross Street in Chelsea.

The DTA now also holds office hours at CAAS (66-70 Union Square, Somerville; take #86 bus from 🚌 Harvard or #91 from 🚌 Central) on Wednesday from 9am to 5pm to help clients apply for benefits.

Cambridge Housing Authority
362 Green Street, 3rd floor; 🚌 Central
617-864-3020
http://www.cambridge-housing.org

Provides long-term rental housing and rental assistance to more than 5,500+ low-income families, elders and disabled individuals through its Public Housing and Housing Choice Voucher (HCV) Programs.
Other Resource Guides

Information about all types of legal matters, written for non-lawyers:
http://www.masslegalhelp.org and www.masslegalservices.org/findlegalaid

Information for older/senior adults who are homeless or low-income:
http://www.mhsa.net/sites/default/files/Resources%20for%20Older%20Homeless%20and%20Low-Income%20Adults%20-%204.1.15.pdf

Information for women who are homeless, by women who are or have been homeless in Cambridge and Somerville:
http://www.youfindyourstrength.org

Information on reentry services for people exiting the criminal justice system:

Information on final arrangements for someone who has died, with a focus on resources for those with limited financial resources:
http://www.mghpcs.org/socialservice/resources/Funeral-EasyPrint.pdf

Information from the Cambridge Public Health Department on free/low-cost food programs in Cambridge:

Information on programs and services for families in Cambridge:
http://www.finditcambridge.org

Shelter for Homeless Families

Massachusetts Department of Housing and Community Development (DHCD)
866-584-0653
http://www.mass.gov/hed/economic/eohed/dhcd

To apply for shelter, call the number above and ask for the Homeless Coordinator. You may also apply in person at 1010 Massachusetts Avenue, Boston (#1 bus from Central or Harvard). The DHCD providers will assess a family’s situation: (1) are they homeless? (2) are there any other options besides shelter? (3) is the family eligible for Emergency Assistance (EA), that is, is their household income at or below 115% of the current federal poverty guideline? (Reference the chart on the next page for 2017 guidelines.)
### Family Size

<table>
<thead>
<tr>
<th>Family Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Maximum Monthly Income</strong></td>
<td>$1,156</td>
<td>$1,556</td>
<td>$1,957</td>
<td>$2,358</td>
<td>$2,758</td>
<td>$3,159</td>
</tr>
<tr>
<td><strong>Maximum Yearly Income</strong></td>
<td>$13,869</td>
<td>$18,676</td>
<td>$23,483</td>
<td>$28,290</td>
<td>$33,097</td>
<td>$37,904</td>
</tr>
</tbody>
</table>

There are very few shelter beds available for non-EA-eligible families. Staff at the Multi-Service Center (617-349-6340) can help families prepare for the process of applying for Emergency Assistance, and can help non-EA-eligible families search for shelter.

### Shelter for Victims of Domestic Violence

**Safelink 24-Hour Hotline**

877-785-2020

People who are suffering from domestic violence or partner abuse can call the above 24-hour phone hotline for help accessing emergency shelter or other assistance.

### Shelter for Homeless Individuals

All of the following shelters, except for CASPAR’s Emergency Service Center at 240 Albany Street, require guests to be sober. They also require that guests reserve their beds, in some cases as early as 7:30am. Beds fill quickly, especially in cold or bad weather.

**Always call first when possible.** Note that by individual arrangement, some shelters are able to offer emergency beds on an extended basis to a limited number of guests who meet shelter-specific criteria. During extreme weather events, as well, shelters are sometimes able to accommodate extra guests on an emergency, no-reservation basis.

**Salvation Army Shelter**

402 Massachusetts Avenue; [Central](http://massachusetts.salvationarmy.org/ma/camcontinuum)

617-547-3400

Short term and extended-stay beds for men who are sober only. Offers case management, substance abuse services, and vocational counseling.
Call first thing in the morning (starting at 7am) to reserve a bed. Arrive before 7pm to claim a bed.

**Heading Home Shelter**
109 School Street; 📍Central
617-547-1885
http://www.headinghomeinc.org/programs/new-draft-shelter-emergency-services

Short-term beds, as well as extended-stay beds with case management, for individuals (no gender restriction) who are sober only.

Call at 10am to reserve a bed; referral required (from staff at a previous shelter, the Multi-Service Center, or another provider).

**CASPAR’s Emergency Services Center**
240 Albany Street; closest to #1 bus from 📍Central or 📍Harvard
617-661-0600
http://casparinc.org/emergency-services-center-and-shelter.html

Beds for individuals (no gender restriction) who are actively using alcohol or drugs; shelter for more than one night requires proof of history of Cambridge or Somerville residency. Separate beds for guests who are seeking active support for recovery.

To claim a bed, go in person to the shelter.

Unlike most other shelters, the Emergency Service Center operates 24/7, and remains open to shelter guests throughout the day.

**Harvard Square Homeless Shelter**
66 Winthrop Street; 📍Harvard
617-547-2841 or 888-285-4038
http://www.hcs.harvard.edu/hshs

Short-term and extended-stay beds for individuals (no gender restriction) who are sober only; extended-stay beds are typically reserved for persons who are working. **Open from November 1 to April 15 only.** Extended-stay beds are assigned by lottery. Call the 888 phone number above between 7:30 and 8am for a lottery number. Call back between 8:05 and 8:30am to find out whether your assigned number was selected for a bed. Lottery results will also be posted at the door of the shelter. For short-term beds, call at 9:30pm to find out about space availability.
St Patrick’s Women’s Shelter  
270 Washington Street, Somerville; #86 bus from Harvard or #91 from Central  
617-628-3015 
http://www.ccab.org/?q=shelter-services  

Short-term beds for women who are sober only, and extended-stay beds with case management for sober women who are also working.  

To reserve a bed, show up by 3pm at the shelter. If there are more women than beds, a lottery will be held.  

First Church Shelter  
11 Garden Street; Harvard  
617-661-1873 

Extended-stay beds for men who are sober only.  

Referral from another provider is required; the individual or provider should call periodically to reiterate their request.  

Y2Y Shelter  
1 Church Street; Harvard  
617-864-0795 
http://www.y2yharvardsquare.org  

Short-term beds for youth aged 18-24 (no gender restriction) only.  

Open from October 15 to April 15 only.  

Beds are available for lengths of 30 nights or of 1 night, distributed by a lottery process. To enter the lottery for a 30-night bed, call the phone number above between 8:00am and 8:45am in the morning. To enter the lottery for a 1-night bed, call the number above between 9:00pm and 9:30pm.  

If Cambridge shelters are full:  
Among shelters in Cambridge, the Salvation Army and CASPAR’s Emergency Service Center have the greatest ability to stretch their capacity to accommodate unsheltered persons placed at heightened risk by extreme winter weather.  

Some of the larger shelters in Boston are able to accommodate significant numbers of otherwise unsheltered persons who would be at risk by such extreme weather.  

CASPAR’s FirstStep Street Outreach Team (617-592-6895, weekdays from 8am to midnight; weekends and holidays from 1 to 9pm) will have updated information about the availability of beds in Cambridge shelters, and can provide assistance to unsheltered individuals in
accessing beds in Cambridge, or, if none are available, in Boston. The CASPAR FirstStep vehicles do not have wheelchair lifts; however, staff can help arrange (but cannot guarantee) alternate transportation for persons whose mobility disabilities prevent them from stepping into the vehicles.

Shelter and Emergency Services for Homeless and Runaway Youth

**Bridge Over Troubled Waters**  
47 West Street, Boston; 🚃 Park Street  
617-423-9575  
http://www.bridgeotw.org/emergency-youth-shelter.html

A wide range of services for youth and young adults aged 14 to 25, including: food, clothing, emergency housing, family intervention, counseling, medical and dental care, substance abuse counseling, case management, transitional day programs, long term residential programs, assistance with education (GED preparation, computer training), and help with employment.

Bridge Over Troubled Waters also deploys street outreach workers and a medical van outside 🢍 Harvard station.

Other than Bridge Over Troubled Waters, all shelter placements of youth under 18 must be arranged through the Massachusetts Department of Social Services. Call the 24-hour DCF Child-At-Risk Hotline (1-800-792-5200).

**Wayside/ShortStop**  
1323 Broadway, Somerville; #87 or #88 bus, both from either 🚃 Davis or 🢍 Lechmere  
617-776-3377  
http://www.waysideyouth.org/OurServices/WaysideYoungAdultServices/ShortStopTransitionalHousing.aspx

Transitional housing program for homeless youth aged 18 to 22, offering a range of social, educational, and pre-vocational services.
Drop-in Programs

**Salvation Army**
402 Massachusetts Avenue; **Central**
617-547-3400
http://massachusetts.salvationarmy.org/ma/cambridge

Drop-in program on Monday, Tuesday, Wednesday, Thursday, and Friday from 8:30am to 3:30pm; Saturday from 11:30am to 1pm; and Sunday from 1 to 3pm. Daily lunch and supplemental food, showers, laundry facilities, clothing. Staff social workers can help with referrals.

**Youth on Fire**
1 Church Street (inside Y2Y Shelter space); **Harvard**
617-661-2508
http://www.aac.org/youth-on-fire/

Drop-in for homeless and at-risk youth aged 14 to 24, open Monday, Wednesday, and Friday from 11am to 5:45pm; meals served from 1:30 to 3pm, and snacks available at all drop-in times. Services available by appointment only on Tuesday and Thursday; call the telephone number above to schedule.

Hot meals are served from 2:30 to 5:30pm on days when the program is open, and showers, lockers, food, counseling, case management, housing assistance, health care, clothes, laundry, computers, books, and games are also offered.

**On the Rise’s Safe Haven**
341 Broadway; **Central**
617-497-7968
http://www.ontherise.org/what-we-offer/

Drop-in for **clients who identify as women** who are homeless and need a level of support that other programs may not be able to provide. This is not a general drop-in program, and women must meet with an advocate for an informal intake to determine whether On the Rise is the right fit. Open Wednesday and Friday from 8am to 4pm; and Monday, Tuesday, Thursday, and Saturday from 8am to 2pm.

Helps women meet basic nutritional, hygiene, and safety needs while also receiving flexible support to begin addressing issues related to trauma, addiction, mental and physical health, domestic and sexual violence, disabilities, immigration, legal problems, and poverty.
The Women’s Center
46 Pleasant Street; Central
617-354-8807
http://www.cambridgewomenscenter.org

Women can obtain information, referrals, and emotional support from staff and volunteers; access printed info about programs, services, events, jobs, health issues, etc.; and participate in issue-specific or general support groups. Open Monday, Tuesday, Wednesday, Thursday, and Friday from 10am to 8pm; and Saturday from 10am to 3pm.

Citywide Senior Center
806 Massachusetts Avenue; Central
617-349-6060

For people 60 and older. Open Monday from 8:30am to 8pm, Tuesday, Wednesday, and Thursday; Friday from 8:30am to 3pm; and Saturday and holidays from 8:30am to 1pm. Offers social and recreational activities, ESL, computer access, and fitness classes. Breakfast and lunch served daily.

AIDS Action Drop-in
359 Green Street; Central
617-661-3040
http://www.aac.org/peer-support/

Drop-in for people who are HIV-positive, with movies, support groups, referrals, etc; open Monday, Tuesday, Wednesday, Thursday, and Friday from 9am to 5pm.

Friday Café at First Church
11 Garden Street; Harvard
http://www.thefriday.cafe

New drop-in program open on Friday from 1 to 5pm, from September to June only.

Boston GLASS Community Center
93 Massachusetts Avenue, Boston; #1 bus from Central or Harvard, or Hynes
617-266-3349
https://jri.org/services/health-and-housing/health/boston-glass

Drop-in for LGBTQ young people, aged 13 to 25. Open Monday, Tuesday, Wednesday, and Thursday from 3 to 8pm; and Friday from 3 to 5pm (or earlier, by appointment). Has board games, TV, computers, library, kitchen; offers assistance
with counseling, testing, referrals, housing/job search, GED, college/financial aid.

Transitional Housing Programs

Please note: each transitional housing program has its own eligibility guidelines and participation requirements. Please check with a specific program to find out more information. See also shelters (see page 9) that have extended-stay beds, and residential treatment programs listed under Addiction Services (see page 45).

Carey Program at the YMCA
820 Massachusetts Avenue; Central
617-349-6349

NOTE: The Carey program now accepts referrals only through Cambridge CAN. See page 6 for information on how to complete a C-CAN intake.

For men with 6+ months’ sobriety only. Call the phone number above for more information.

Umoja Program at Salvation Army
402 Massachusetts Avenue; Central
617-547-3400
http://massachusetts.salvationarmy.org/ma/camcontinuum

For men only. Contact Jack Marani at the phone number above for more information.

CASPAR’s GROW House
617-661-6020

For women in substance abuse recovery with 6+ months’ sobriety only.

Heading Home Transitional Program at the YWCA
7 Temple Street; Central
617-491-6050, extension 229
http://www.headinghomeinc.org/programs/new-draft-transitional-housing

For women only. Contact the phone number above for more information.
Transition House’s Transitional Living Program
617-868-1650, extension 1002

For women with or without young children who have experienced domestic violence. Contact Ronit Barkai at the phone number above for more information.

Harvard Square Summer Shelter
66 Winthrop Street; ◄ Harvard
617-495-5526
http://pbha.org/programs/harvard-square-summer-shelter/

Program has no gender restriction and is located at the Harvard Square Homeless Shelter, running from mid-June to mid-August. Call the phone number above, or email summerHSHS@pbha.org, for more information.

Street Outreach, Non-Residence-Based Case Management, and Assistance Accessing Mainstream Resources

Please note: Many, but not all, residential programs offer case management to at least some participants; case management support offered by programs listed below targets homeless individuals who have difficulty accessing such residence-based case management.

Cambridge Multi-Service Center
362 Green Street, 1st floor; ◄ Central
617-349-6340
http://www.cambridgema.gov/DHSP/programsforadults/cambridgemultiservicecenter

Provides a range of services to Cambridge-based homeless families and individuals, including assistance for elders and people with disabilities. Services by City and partnering providers include information and referral, short-term case management, housing search, job search, mental health and substance abuse counseling, money management, and legal assistance. Depending on circumstances, staff may be able to access limited funds to help with the cost of transitioning to new housing, or for use as a last resort to prevent eviction.

CASPAR’s FirstStep Street Outreach
617-592-6895
http://casparinc.org/first-step.html

Deploys an outreach team on foot (from 8am to 4pm) and in a van (from 4pm to midnight), targeting unsheltered homeless persons with medical, mental health, or
substance abuse-related needs. Teams offer support accessing shelter, substance abuse treatment (detox), health care, and/or mental health services. The team collaborates with numerous other service providers including Eliot Community Health Services, Health Care for the Homeless, and On The Rise. CASPAR FirstStep Street Outreach is integrated into the Cambridge Coordinated Access network (C-CAN) and is able to directly offer clients the C-CAN assessment.

Call the phone number above for program information; for a referral, call 617-592-6895 on Monday, Tuesday, Wednesday, Thursday, and Friday from 8am to midnight.

**MRC’s Project IMPACT**
617-204-3854

Assists people receiving TAFDC, SSI, or SSDI in understanding their benefits and how employment may or may not effect eligibility. Contact Joseph Reale at the phone number above for more information.

**The Outdoor Church**
401-339-9578
http://outdoorchurch.org

Offers ministry, pastoral counseling, food/drink, socks, and referrals. Maintains contact with participants during incarceration/treatment.

Sunday at 9am by Porter station. Thursday at 6pm at CASPAR’s Emergency Services Center, 240 Albany Street, closest to #1 bus from Central or Harvard.

**Harvard Square Homeless Shelter Street Outreach**
http://www.hcs.harvard.edu/hshs

Sends teams on foot offering conversation, food, clothing, and blankets to unsheltered homeless individuals staying in Harvard Square at night. Team members provide immediate referrals to shelters and can also help access other resources or services.

Only runs from November 15 to April 15, every day except for Saturday. Contact by email at hshsstreetoutreach@gmail.com.
Food Assistance Programs

Harvard Square Homeless Shelter
66 Winthrop Street; Harvard
617-547-2841
http://www.hcs.harvard.edu/hshs

The shelter serves take-away meals every night of the week at 8:30pm. November 15 to April 15 only.

The Outdoor Church
401-339-9578
http://outdoorchurch.org

Serves food as part of their outreach ministry. Sunday at 9am by Porter station. Thursday at 6pm at CASPAR’s Emergency Services Center, 240 Albany Street, closest to #1 bus from Central or Harvard.

Community Meals for Seniors

Breakfast at the Citywide Senior Center
806 Massachusetts Avenue; Central
617-349-6060

8:30 to 9:30am every morning except Sunday. Suggested donation of $1.25. Seniors aged 60 and older only.

Lunch at the Citywide Senior Center
806 Massachusetts Avenue; Central
617-349-6060

Monday, Tuesday, Wednesday, and Thursday from 11:30am to 12:45pm; Friday from 11 to 11:30am; and Saturday from 11:30am to 12:15pm. Suggested donation of $2.00. Seniors aged 60 and older only. Reservation required (can place by telephone).
Lunch at Norfolk Street Congregate Housing
116 Norfolk Street; 📍Central
617-547-3543, ext. 22

Every day from 11:30am to 1pm. Suggested donation of $1.50. Seniors aged 60 and older only. Reservation required (can place by telephone).

Lunch at the North Cambridge Senior Center
2050 Massachusetts Avenue; 📍Porter
617-349-6320

Monday, Wednesday, Friday at lunch time. Small suggested donation. Seniors aged 60 and older only. Reservation requested 2 days in advance (can place by telephone).

Lunch at Massachusetts Alliance of Portuguese Speakers
1046 Cambridge Street; #CT2 bus from 📍Kendall, or #69 bus from either 📍Harvard or 📍Lechmere
617-864-7600

Monday, Tuesday, Wednesday, and Thursday from 12 to 1pm. Suggested donation of $1.50. Seniors aged 60 and older only. Reservation required (can place by telephone).

Salvation Army’s Silver Threads Program
402 Massachusetts Avenue; 📍Central
617-547-3400
http://massachusetts.salvationarmy.org/ma/camneedhelp

Lunch served Tuesday, Wednesday, and Thursday at 11:30am. No requested donation. Seniors aged 60 and older only. Reservation required (can place by telephone).

Dinner at Miller’s River Apartments
15 Lambert Street; #69 bus from either 📍Harvard or 📍Lechmere
617-628-2601 ext. 3117

Thursday at 5pm. Small suggested donation. Seniors aged 60 and older only. Reservation required (can place by telephone).
Community Lunches for All Ages

Lunch at Salvation Army
402 Massachusetts Avenue; Central
617-547-3400
http://massachusetts.salvationarmy.org/ma/camneedhelp

Lunch served Monday, Tuesday, Wednesday, Thursday, and Friday at 12pm; Saturday at 11:30am; and Sunday at 1pm. Free of cost.

Lunch at the Margaret Fuller House
71 Cherry Street; Central
617-547-4680

Lunch “to go” for people who are homeless. From 12 to 1pm most Saturdays except the first Saturday of each month.

Community Dinners for All Ages
(ordered by day of week, from Monday to Sunday)

Project Manna Dinner at Mass Ave Baptist Church
146 Hampshire Street; #85 bus from Kendall, or #83 bus from either Porter or Central
617-868-4853
http://www.massavebaptistchurch.com/schedule

Monday and Friday at 6pm. Free of cost.

Dinner at First Congregational Church
95 College Avenue, Somerville; Davis
617-776-SOUP

Monday at 5pm (closed on 3-day weekends). Free of cost.

Tuesday Meals Program at First Parish Church
3 Church Street; Harvard
617-876-7772
http://www.tuesdaymeals.org

Tuesday at 5:30pm. Free of cost.
Faith Kitchen at Faith Lutheran Church
311 Broadway; Central
617-354-0414
http://www.faithkitchen.org

2nd and last Tuesdays of each month at 6:30pm. Free of cost.

St. Bartholomew’s/MIT Community Dinner
239 Harvard Street; Central

Wednesday at 6pm. Free of cost. Email stbarts.cambridge@gmail.com for more information.

Harvard Square Meals Program at Christ Church
Zero Garden Street; Harvard
617-876-0200

Thursday at 6pm. Free of cost.

Project Uplift Dinner at Union Baptist Church
874 Main Street; Central
617-864-6885

Thursday at 5pm. Free of cost.

Loaves and Fishes Meal Program at First Korean Church
35 Magazine Street; Central
617-497-7277

Saturday at 5:30pm. Free of cost.

Common Care at St. Peter’s Episcopal Church
15 Sellers Street; Central
617-547-7788

Participatory meal program and food pantry held on the 2nd and 4th Saturday of each month at 5pm. September to June only. People wishing to eat or get food from the pantry are invited to help with preparation (between 3-5pm) and/or clean-up. Free of cost.
Food Pantries

Please note: some food pantries may have eligibility requirements beyond what is listed here. To ensure the most up-to-date information, call the specific program you are interested in.

Food Pantry at the Cambridge Economic Opportunity Committee
11 Inman Street; Central
617-868-2900
http://www.ceoccambridge.org/food_pantry_services0.aspx

Monday and Wednesday from 4 to 6pm; Tuesday from 12 to 2pm; and Thursday from 11am to 1pm.

St. James’s Helping Hand Food Pantry at Fresh Pond Apartments
364 Rindge Avenue; Alewife (temporary location)
617-868-2900
http://www.stjames-cambridge.org/helping-hand-food-pantry/

2nd Saturday of each month, from 11am to 1pm. Photo ID required.

Food Pantry at the Citywide Senior Center
806 Massachusetts Avenue; Central
617-349-6060

Tuesday from 2 to 4pm; and Thursday from 12 to 2pm. For people aged 55 and older.

Food Pantry at the Margaret Fuller House
71 Cherry Street; Central
617-547-4680
http://www.margaretfullerhouse.org/food-services/

Wednesday from 5 to 7:00pm; Thursday from 2 to 5pm; Friday and Saturday from 9am to 12pm; and emergencies.
Harvest Food Pantry at Cambridgeport Baptist Church
459 Putnam Avenue; #47 bus from Central, or #64 bus from either Central or Kendall
617-576-6779
http://cambridgeportbaptist.org/about/harvest-food-pantry

1st and 3rd Saturday of each month from 9 to 11am.

Food Pantry at St. Paul AME Church
85 Bishop Allen Drive; Central
617-661-1110

Wednesday from 3:30 to 5:30pm and Thursday from 12 to 2pm.

Food Pantry at Mass Ave Baptist Church
146 Hampshire Street; #85 bus from Kendall, or #83 bus from either Porter or Central
617-868-4853
http://www.massavebaptistchurch.com/schedule

3rd Saturday of each month from 7 to 10am. Call for summer hours.

Food Pantry at East End House
105 Spring Street; #69 bus from either Harvard or Lechmere
617-876-4444
http://www.eastendhouse.org/programs-and-services/emergency-food-program

Tuesday from 12 to 2pm and Friday from 10am to 12:30pm. ID required.

Food Pantry at Salvation Army
402 Massachusetts Avenue; Central
617-547-3400

Food assistance available every day until 3pm, by appointment.

Food Pantry at Catholic Charities
270 Washington Street, Somerville; #86 bus from Harvard or #91 from Central
617-625-1920

Monday, Tuesday, Wednesday, and Thursday from 10am to 4pm; Friday from 10am to 1pm. By appointment.
Food Pantry at Parish of St. Paul
29 Mt. Auburn Street; Harvard
617-491-8400
https://stpaulparish.org/faith-in-action/food-pantry/

Fair Foods distribution site; costs $2 per person.

Common Care at St. Peter’s Episcopal Church
See entry in previous section.

Pierce’s Pantry (gluten-free)

Pierce’s Pantry provides food to clients who have a documented medical need (celiac disease and/or gluten intolerance) for gluten-free products. The local affiliate is the Elizabeth Peabody House, at 277 Broadway, Somerville. Email Ariela at pantry@teph.org for more information.

Free Food Markets for Cambridge Public School Families

Food for Free coordinates free markets serving students and their families, in a handful of Cambridge public schools. For more specific information, email programs@foodforfree.org or visit www.foodforfree.org.

Falcons’ Food Project at CRLS

Food pantry at Cambridge Rindge and Latin School for CRLS students only. For more information, email Greta Hardina at ghardina@cpsd.us.

Food Stamps and WIC

SNAP (Supplemental Nutrition Assistance Program, or “food stamps”) can help pay for packaged and prepared food. To assess eligibility or to get help applying, call Project Bread (800-645-8333) or visit www.gettingsnap.org on the Web.

WIC (Women, Infants, and Children) provides nutritional and medical services for pregnant women as well as new mothers and their infants; offered at the Windsor Street Health Center (119 Windsor Street, Central, 617-665-3600) and in North Cambridge (266 Rindge Avenue, Alewife, 617-665-3340).

Services for Veterans

The federal Department of Veterans Affairs has a national 24-hour hotline for homeless
veterans in need of help. Call 1-877-424-3838 to speak with a trained VA staff member.

New England Center and Home for Veterans
17 Court Street, Boston; State or Downtown Crossing
617-248-9400
http://nechv.org

Offers a range of services for homeless and at-risk veterans, including emergency and extended stay shelter, meals, case management, assistance accessing public benefits (such as SSI) and benefits for post-9/11 veterans (see list at end of section), legal assistance, eyeglasses, dental care, addiction services, services for veterans with PTSD (post-traumatic stress disorder), transitional and permanent housing, and employment.

City of Cambridge Department of Veterans’ Services (DVS)
51 Inman Street, 2nd floor; Central
617-349-4761
http://www.cambridgema.gov/vet

Helps eligible Cambridge-based veterans and their dependents (spouse, widow or widower, estranged spouse, dependent child) access state or federal benefits. (Note: a dependent who has fled abuse by an eligible veteran can ask the DVS to process their benefits application without alerting the veteran.)

For the purpose of qualifying for state or federal benefits, wartime veterans are defined as honorably discharged vets who served at least 90 days (or less if due to service-related injury) in World War II, Korea, Vietnam, Panama, Grenada, or the Persian Gulf conflict (from 9/1/90 to the present). Activated Reservists who served at least 90 days in a war zone also qualify. Massachusetts state law establishes eligibility for peacetime veterans as honorably discharged persons who served at least 180 days from 1/1/47 to 6/24/50, or 5/8/75 to 8/1/90, or were activated in the Massachusetts Guard for Homeland Security.

To receive state benefits through DVS, a veteran must prove Cambridge residency (home, shelter, etc.). Eligibility for federal benefits varies by benefit; in addition to any income/assets limits, eligibility may be based on type and era of military service, extent of any disability (and degree of service-relatedness), willingness to seek substance abuse treatment, reason for unemployment, etc.

DVS can help veterans and their dependents obtain a copy of the veteran’s discharge papers, and can assist vets in upgrading a discharge to qualify for benefits. DVS can also help veterans and their dependents access:

- **Emergency cash assistance** for food, clothing, shelter (to prevent eviction or foreclosure, or to help with transition from homelessness to housing), utilities, personal needs, health insurance, telephone, and transportation

- Service-related and non-service-related **disability pensions**
• A small monthly stipend ($175/month) available to homeless, sheltered veterans who are (a) able to work and in job training or registered with Career Source and willing to take any available employment, (b) in need of substance abuse or mental health care, and in or actively seeking appropriate treatment, or (c) unable to work, and interested in cooperating with DVS in applying for disability benefits; on a case-by-case basis, DVS may award benefits to veterans with criminal records, based on their demonstrated commitment to rehabilitation.

• Inpatient and outpatient health care, including coverage of medical, dental, and hospital care.

• Survivor and/or burial benefits.

• Education benefits: veterans enrolled in a degree program in a public college or university can get free tuition; more extensive benefits are available only to veterans with a service-related disability, pre-1990s veterans within 15 years of their discharge, and post-1990s veterans who paid into an education fund while in the military.

Post-9/11 veterans are eligible for a Massachusetts cash bonus and for increased federal benefits under the Post-9/11 GI Bill. The DVS can help with all of these benefits. You can also apply online for federal benefits at https://www.benefits.va.gov/gibill/. For assistance, call 888-442-4551.

For veteran-focused job training and vocational rehabilitation, see the entry for the Veterans Training School on page 39.

V.A. Medical Facilities and Programs

These facilities offer honorably discharged veterans free health care, mental health care, and dental care associated with a service-related dental problem. They also administer VASH, a program that provides section 8 HUD vouchers to homeless veterans with substance abuse and/or mental health issues. Those closest to Cambridge are:

V.A. Outpatient Clinic
251 Causeway Street, Boston; North Station
617-248-1000
http://www.boston.va.gov/locations/Causeway_Street_Boston_CBOC.asp

V.A. Medical Center
150 South Huntington Avenue, Boston; Heath Street (E Line)
617-232-9500
http://www.boston.va.gov/locations/jamaica_plain_.asp
V.A. Hospital  
200 Springs Road, Bedford, MA; #62 bus from Alewife  
781-275-7500  
http://www.bedford.va.gov

Homeless Veterans Dental Program  
617-631-6197  
Dental services available for homeless veterans who are VA-eligible for medical care and who have been participating in another VA-funded homeless-serving program for at least 60 days. Contact Anh Nguyen at the telephone number above, or by email at Anh.Nguyen8@va.gov, for a referral or to check on eligibility.

Housing Search, Listings, and Post-Placement Housing Retention Services

HomeStart Housing Navigation Services  
362 Green Street, 1st floor; Central  
NOTE: Housing Navigation services accept referrals only through Cambridge CAN. See page 6 for information on how to complete a C-CAN intake.  
Provides housing search assistance, document readiness, and other services in support of housing goals to prioritized participants referred through Cambridge CAN.

MBHP Housing Consumer Education Center  
125 Lincoln Street, 5th floor, Boston; South Station  
617-425-6700  
http://www.mbhp.org/?post_type=content&p=4744  
Open Monday, Wednesday, Thursday, and Friday from 9am to 5pm, and Tuesdays from 9am to 7pm. Free services, including the following, are available to any resident of the Boston metro area:

- Apartment listings (available on paper, in local newspapers, and online at www.mbhp.org)
- Fact sheets and other publications on tenants rights, housing resources, housing search strategies, etc.
- Access to phones (local calls) and computers, along with printers
as well as free assistance using the internet

- Information about housing subsidy programs for low-income individuals, families, and targeted sub-populations

- **Workshops** (reservations required; call 617-425-6700 or email info@mbhp.org) addressing such topics as housing search, job search, money management and credit strategies, family resources, etc.

- Access to **mediation** to help save at-risk tenancies supported by an MBHP housing subsidy; for more information, see their website or contact Kevin Donaher by emailing donaher@mbhp.org or calling 617-425-6702

Participants do **not** need a referral, a Section 8 certificate, or proof of homelessness to receive free services form the Housing Consumer Education Center.

**City of Cambridge Community Development Department, Housing Division**

344 Broadway; [Central]

617-349-4622  
http://www.cambridgema.gov/CDD/housing.aspx

Maintains a database of residents interested in obtaining affordable housing, and sends out information on affordable rental and homeownership units that were developed with City assistance, or in accordance with the City’s Inclusionary Zoning requirements, as they become available. For more information on how to apply and get on the mailing list, visit their website, listed above.

The Community Development Department also posts a listing of privately owned rental housing that includes apartments set aside for low and moderate income households. Most of this housing is currently occupied, but vacancies open up from time to time. To get on the waiting list for such a unit, call the management company to request an application form. For information about the City’s Affordable Rental applicant pool or other affordable housing options in Cambridge, call Mark Donahue at 617-349-4642.

**Note:** as of the beginning of 2015, waitlists for public housing in Cambridge are closed while the Cambridge Housing Authority renovates existing units.

**Permanent Supportive Housing (PSH)**

The following agencies receive federal HUD funds to provide permanent supportive housing: subsidized tenancies for homeless persons with disabilities (sometimes limited to those who are chronically homeless) who need and agree to accept case management and other...
services.

The majority of Permanent Supportive Housing vacancies (those of 12 different programs) are now filled only through referrals from Cambridge CAN. See page 6 for information how to complete a C-CAN intake and become potentially eligible for referral to one of these PSH programs.

**Heading Home**
617-864-8140
http://www.headinghomeinc.org/programs/new-draft-permanent-housing

NOTE: Most Heading Home PSH programs in Cambridge now accept referrals only through Cambridge CAN. See page 6 for information on how to complete a C-CAN intake.

Contact the telephone number above for information.

**AIDS Action Committee**
617-450-1013
http://www.aac.org/about/our-work/housing.html

NOTE: AIDS Action PSH programs in Cambridge now accept referrals only through Cambridge CAN. See page 6 for information on how to complete a C-CAN intake.

For people living with HIV/AIDS. Contact AIDS Action at the telephone number above for information.

**New Communities Services, Inc.**
617-547-3543, extension 22
http://www.windsorhouse.org/aboutncsinc.cfm

For seniors and people with disabilities. Contact the telephone number above for more information.

**Transition House**
617-868-1650, extension 1002

For women escaping domestic violence. Contact Ronit Barkai at the telephone number above.

**HomeStart**
617-234-5340
http://www.homestart.org/

NOTE: HomeStart PSH programs in Cambridge now accept referrals only
through Cambridge CAN. See page 6 for information on how to complete a C-CAN intake.

Contact the telephone number above for information.

Assistance with Moving and Furnishing a Household

MA Coalition for the Homeless’ Under One Roof Program
https://www.mahomeless.org/furniture-bank

Free furniture for people moving out of homelessness. Organization is located in Lynn but assistance is now conducted remotely, allowing clients to select what they need from photos of available items and coordinate for their delivery to be made. **Referral required through the website above.**

American Friends Service Committee’s Material Aid and Advocacy Program
5 Longfellow Park; 📍 Harvard
617-876-5312
https://afsc.org/program/cambridge-material-assistance-program

Subject to donations and demand, the program stocks kitchen items and appliances, bedding (blankets, sheets, pillow cases), bathroom items (towels, shower curtains), clocks, lamps, telephones, TVs, rugs, and more.

**Referral** and appointment required. Appointments are available Tuesday and Thursday from 9am to 12pm and 1 to 3pm.

Cambridge Freecycle
https://groups.freecycle.org/cambridgefreecycle

Online community with frequent postings of free items; usually requires self-pickup.

Other Housing-Related Assistance

**Lead paint:** state law requires landlords renting to families with young children to de-lead their apartments. Landlords may not refuse to rent to families just because an apartment contains lead paint. For information on how to address lead paint issues, visit [www.cambridgema.gov/CDD/housing/resourcesandadditionalinformation/leadpaintsafety.aspx](http://www.cambridgema.gov/CDD/housing/resourcesandadditionalinformation/leadpaintsafety.aspx). For
questions about childhood lead poisoning or questions related to lead exposure, contact the Cambridge Public Health Department at 617-665-3831.

**Housing discrimination**: See the Cambridge Human Rights Commission and the Fair Housing Center under the Legal Assistance section.

### Emergency Financial Assistance

**Assistance with Housing-Related Costs**

Each program listed has limited resources. Assistance to any one client is limited to maximize the number of clients that can be helped. Once funds are exhausted, they may not be replenished quickly. In every case, then, assistance is subject to the availability of funds. Each program has its own eligibility guidelines, and guidelines for determining how much to offer, how the money can be used, and whether it has to be paid back (i.e., loan).

**Fuel Assistance Office**

51 Inman Street, basement level; [Central](617-349-6252)

[https://www.cambridgema.gov/DHSP/programsforadults/fuelassistance.aspx](https://www.cambridgema.gov/DHSP/programsforadults/fuelassistance.aspx)

Serves people based in Cambridge and Somerville. May help pay gas or electric arrearages and help negotiate payment plans to turn on utility service in a new apartment.

**Housing Opportunities Program**

Phillips Brooks House, Harvard Yard; [Harvard](617-495-1970)


Student-run program administering a revolving loan fund and providing no-interest loans and financial counseling to clients at risk of eviction or in need of assistance to transition from homelessness to housing. For more information, call the telephone number above or visit their website, listed above.

**Catholic Charities**

270 Washington Street, Somerville; #86 bus from [Harvard](Central](617-625-1920)

Can sometimes help with rent and utility costs. Funds are generally available from March to September; more limited assistance may be available at other times.
Salvation Army
402 Massachusetts Avenue; Central
617-547-3400

Can sometimes help with rent and utility costs.

Assistance with Non-Housing-Related Costs

There are very limited resources for assisting clients with non-housing-related costs. Some shelters and transitional housing programs can provide limited help to their own clients.

United Way’s First Call for Help (800-231-4377 or www.mass211help.org) may be able to identify other sources of small cash grants or loans to cover emergency needs.

Representative Payee and Money Management/Tax Filing Assistance

CASCAP
231 Somerville Avenue, Somerville; #86 bus from Harvard, #87 from either Lechmere or Davis, or #91 from Central
617-492-5559

Free help with money management and budgeting is available from CASCAP’s Fiduciary Services Program to people who are homeless and based in Cambridge. Representative Payee services are available, at a cost of $35 per month, to people receiving Social Security or SSI who because of disability or impaired judgment cannot manage their money.

Free and Low-Cost Access to Computers/Instruction

Public Libraries

All branches of the Cambridge Public Library provide library card holders with free access to computers to access for word processing, internet, printing, or scanning documents. Card holders can print up to 10 pages for free each day. Each branch has its own guidelines for reserving computer time.

Signing up for a library card is free. A Cambridge library card grants card holders full access to the Minuteman Library Network, consisting of 36 public library systems including those in
the nearby communities of Somerville, Arlington, Belmont, Watertown, Waltham, Brookline, Newton, and Lexington.

Cambridge Public Library, Main Library
449 Broadway; #64 bus from either Central or Kendall, #83 bus from either Porter or Central, or #69 bus from either Harvard or Lechmere
617-349-4040

Hours are Monday, Tuesday, Wednesday, and Thursday from 9am to 9pm; Friday and Saturday from 9am to 5pm; and Sunday from 1 to 5pm.

Cambridge Public Library, Central Square Branch
45 Pearl Street; Central
617-349-4010

Hours are Monday, Wednesday, and Friday from 10am to 6pm; Tuesday and Thursday from 10am to 9pm; and Saturday from 10am to 2pm. Closed on Sunday.

Cambridge Public Library, Valente Branch
826 Cambridge Street; #69 bus from either Harvard or Lechmere
617-349-4015

NOTE: The Valente Branch Library is currently closed for renovations.

Cambridge Public Library, O’Connell Branch
48 Sixth Street; #69 bus from either Harvard or Lechmere
617-349-4019

Hours are Monday, Wednesday, and Thursday from 10am to 5pm; and Tuesday from 10am to 7:30pm. Closed on Friday, Saturday, and Sunday.

Cambridge Public Library, O’Neill Branch
70 Rindge Avenue; #83 bus from either Porter or Central, or #77 bus from Harvard
617-349-4023
http://www.cambridgema.gov/cpl/hoursandlocations/oneillbranch.aspx

Hours are Monday and Wednesday from 10am to 8pm; and Thursday and Friday from 10am to 6pm. Closed on Tuesday, Saturday, and Sunday.
Cambridge Public Library, Boudreau Branch
245 Concord Avenue; #72, #74, #75, or #78 bus, all from Harvard
617-349-4017

Hours are Monday, Wednesday, and Friday from 10am to 6pm; and Tuesday from 10am to 8pm. Closed on Thursday, Saturday, and Sunday.

Cambridge Public Library, Collins Branch
64 Aberdeen Avenue; #71, #72, #73, or #75 bus, all from Harvard
617-349-4021

Hours are Monday, Tuesday, and Friday, from 10am to 6pm; and Thursday from 1 to 8pm. Closed Wednesday, Saturday, and Sunday.

Other Resources

computerCENTRAL at CCTV
438 Massachusetts Avenue; Central
617-661-6900
https://www.cctvcambridge.org/computers

Free public drop-in for computers on Sunday from 4 to 5:30pm and Tuesday from 3 to 5:45pm.

The Women’s Center
46 Pleasant Street; Central
617-354-8807
http://www.cambridgewomenscenter.org

Has free computers for public use by women only. Monday, Tuesday, Wednesday, Thursday, and Friday from 10am to 8pm; and Saturday from 10am to 3pm.

Margaret Fuller Neighborhood House’s Technology Center
71 Cherry Street; Central
617-547-4680
http://www.margaretfullerhouse.org/what-we-do/technology

Free community access to computers on Monday, Tuesday, Wednesday, Thursday, and Friday from 9:30am to 5:30pm. Free beginner and advanced computer courses are also offered; call the telephone number above to sign up. Young adults (18 to 35 years old) can also meet with staff to work on resumes, job applications and housing or job searches.
Adbar Ethiopian Women’s Alliance
1151 Massachusetts Avenue, basement level; Harvard
617-234-8981
http://www.ethiopianwomen.org

Drop-in computer center for women on Monday, Tuesday, Wednesday, Thursday, and Friday from 10am to 4pm.

Massachusetts Rehabilitation Commission
5 Middlesex Avenue; Assembly
617-776-2662
http://www.mass.gov/eohhs/gov/departments/mrc

Helps pay for education and job training for persons with documented disabilities.

Navigating the disability determination process to gain eligibility for services is challenging, and applicants should seek assistance from somewhere such as the Cambridge Employment Program (see following section), Health Care for the Homeless (page 41), or Community Work Services (see following section).

Help finding scholarships and other financial aid for higher education is available from the Cambridge Employment Program and IMPACT (both listed in the following section).

Employment

Note: people with a disability may be able to access additional employment services through the Massachusetts Rehabilitation Commission, in the previous section. Employment services available specifically to veterans are listed under Veterans’ Services, page 24.

Cambridge Employment Program
51 Inman Street; Central
617-349-6166

Provides one-on-one employment assistance for work-ready Cambridge residents (including people homeless in Cambridge) including career counseling, resume development, job search assistance (writing cover letters, using the Internet, interviewing skills), help locating training resources, etc. Referrals preferred.
IMPACT Employment Services
105 Chauncy Street, 5th floor, Boston; Boylston, Downtown Crossing, or Chinatown
617-542-3388
http://www.pinetreetinn.org/our_programs/job_training

Employment assistance for work-ready homeless persons as well as those transitioning to housing. Offers skills/aptitude assessments, resume preparation, help with job search, employer contacts, and access to computers, telephones, voice mailbox, and P.O. box. **By referral only.**

Community Work Services
174 Portland Street, Boston; North Station
617-720-2233
http://www.cwsbos.com/our-programs/job-training

Provides comprehensive employment services, including vocational assessment; work readiness and competitive employment training (janitorial, mailroom, clerical skills, business applications, light assembly); and placement assistance and support, to people who are homeless as well as to non-homeless clients. Can provide assistance obtaining Massachusetts Rehabilitation Commission (MRC) eligibility. **Case manager referral, verification of homelessness, and 60-day sobriety required.**

Spare Change News
1151 Massachusetts Avenue, basement level; Harvard
617-497-1595
http://www.sparechangenews.net

Small independent street newspaper written and distributed by the Homeless Empowerment Project, an organization primarily run by people who are homeless. Those who are homeless and seeking employment as newspaper vendors, or wishing to submit an article (for which they can receive modest compensation), should visit the office, open from 9am to 3:30pm every day except Sunday.

Project Place
1145 Washington Street, Boston; Washington Street and East Berkeley Street, #9 or #11 bus from Broadway, or #15 bus from Fields Corner
617-542-3740
http://projectplace.org

Offers training and transitional employment programs for homeless and low-income persons with 90 days sobriety. To set up an intake appointment, contact John Blackwell at the phone number above, extension 23, or email info@projectplace.org.

Project Place sponsors three different six-month employment program
incorporating skills training, career-coaching, and up to 30 hours/week employment at $8/hour:

- **Clean Corners...Bright Hopes** is an outdoor and facilities maintenance and landscaping program.

- **Project Pepsi** provides employment opportunities for loaders and drivers providing customer support to 80+ Pepsi vending machine accounts in metro Boston.

- **Home Plate** is a six-month employment program in food services.

Project Place also offers wrap-around support services, including a 90-day job training internship program, 14 hours/week of classroom time for professional and personal skills development in preparation for job search, as well as computer training.

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### St. Francis House

39 Boylston Street, 3rd floor, Boston; 📞 Boylston or 📍 Downtown Crossing

[http://www.stfrancishouse.org/site/PageServer?pagename=Programs_Vocational](http://www.stfrancishouse.org/site/PageServer?pagename=Programs_Vocational)

Offers two work programs:

- **The First Step Program** (617-654-1257) is an outdoor and facilities maintenance and landscaping program, helping participants discover their strengths and interests, and identifying barriers that participants may need to address in order to successfully enter the workforce. First Step is a 15-hour program running Monday to Friday from 9am to 12pm. Information sessions are held every Tuesday at 1:30pm.

- **The Moving Ahead Program (MAP)** (617-654-1257) is a longer-term, program offering a stipend, focusing on recovery and renewal for persons whose lives have been disrupted by substance abuse and homelessness. Participants are assisted with life skills, work readiness, workplace literacy, and job search activities. Program runs for 14 weeks on Monday, Tuesday, and Wednesday from 9am to 3pm; and Thursday to Friday from 9am to 12pm.

Applications for both of the programs at St. Francis House listed above are available by phone or in person.
Span, Inc.
105 Chauncy Street, 6th floor, Boston; Boylston, Downtown Crossing, or Chinatown
617-423-0750
http://www.spaninc.org

Provides employment assistance to ex-offenders.

The Bakery and Café at Haley House
12 Dade Street, Boston; Washington Street and Melnea Cass Boulevard, or #1 bus from Central or Harvard
617-445-0900
http://haleyhouse.org

Offers hands-on paid training to homeless and formerly homeless individuals (as well as to teens in school or programs) in the context of a working bakery and café. Participants learn bakery, kitchen, and restaurant management skills and the value of teamwork, as well as getting help with job search.

Career Source
186 Alewife Brook Parkway (Fresh Pond Mall), Suite 310; Alewife
617-661-7867
http://www.yourcareersource.com

Provides a range of employment resources, including free workshops and free access to computers, phones, copying, and fax machines, as well as an employment resource room for primarily self-directed job seekers. Certain categorically eligible low income persons (e.g., families receiving TAFDC) may also be eligible for individualized career counseling support and free employment training.

Operation A.B.L.E.
1131 Tremont Street, #301, Boston; Ruggles
617-542-4180
http://www.operationable.net

Provides employment and training services to mature workers 45 and older from diverse backgrounds. Job seekers may obtain information about agency programs and services by attending one of their weekly information sessions, conducted every Friday at 10am. Some of the training programs are costly; scholarship assistance may or may not be available.

Low-income job seekers over age 55 from Middlesex (includes Cambridge), Suffolk (includes Boston) Essex, and Worcester Counties are eligible to participate in Operation A.B.L.E.’s Title V (Senior Community Service Employment) Program to get the training they need to re-enter the workforce, beginning with part-time placements (with a stipend of $7.50 per hour) at non-profit and government
agencies. Program stipends don’t count against eligibility for food stamps or federal housing assistance. Persons receiving SSDI benefits may participate without losing their benefits. Call Polly Harold at the phone number listed above, extension 133.

Veterans Training School
17 Court Street, Boston; Downtown Crossing, Haymarket, or State
617-371-1812
http://nechv.org/cause/employment

Offers job training, resume development, interview preparation, and lifetime placement assistance to all unemployed and under-employed veterans. Courses offered include Commercial Driver’s License Class B, Security Officer Training, Fundamentals of Culinary Arts, Website Design and Photoshop, Fundamentals of UNIX/Linux for Network Management, and a number of short-term courses.

For other veterans’ employment benefits, see the Department of Veterans Affairs Vocational Rehabilitation and Employment Program website at www.vba.va.gov/bln/vre.

Pine Street Inn
444 Harrison Avenue, Boston; Broadway, or #9 or #11 bus from Broadway
http://www.pinestreetinn.org/our_programs/job_training

Offers a mix of transitional employment and work-readiness programs for people who are homeless, giving priority to residents of the Pine Street Inn:

- **Strive** (617-892-9492) is a 3-week program for people who have had difficulty finding or holding a job. Helps participants develop the communication skills, attitude, and awareness they will need to enter the workforce. The program offers basic instruction in interviewing, using computers to prepare resumes and cover letters, and job search.

- The **Food Service Training Program** (617-521-7285) provides 3 months of paid, full-day hands-on and classroom training, preparing students for entry-level kitchen jobs in restaurants/cafeterias. Program graduates receive job placement assistance. Participants in all programs must be sober and not using drugs.

Health Care
(for veterans’ health care facilities, see also Services for Veterans, page 24)

In 2014, Massachusetts health care programs changed, with the health care reform under
the Affordable Care Act. Just about every person who is homeless, with the exception of undocumented immigrants, should be eligible for either MassHealth Standard or CarePlus coverage.

Uninsured and under-insured people who lack access to affordable health coverage (including undocumented people) can access Health Safety Net coverage. For details about eligibility for any of these programs, call Health Care for All’s Consumer Helpline at 800-272-4232.

To apply, visit http://www.mass.gov/eohhs/gov/departments/masshealth. If you decide to select Network Health as your managed care plan and wish to obtain health care through the Cambridge Health Alliance and its network of community health centers, you can call 888-257-1985 to make an appointment at the Cambridge Hospital (1493 Cambridge Street, take #69 bus from either Harvard or Lechmere, or #83 bus from either Porter or Central) for help completing an on-line application, or call 617-591-4407 to make an appointment at the Patient Assistance Office of the Somerville Hospital (230 Highland Avenue, take #88 bus from either Davis or Lechmere).

Comprehensive Health Care for Homeless Elders

**Elder Service Plan of the Cambridge Health Alliance**
270 Green Street; Central
617-575-5850
http://www.challiance.org/Services/ElderServicePlan.aspx

The CHA’s Elder Service Plan, as the Program of All-Inclusive Care for the Elderly (PACE) covering Cambridge, offers comprehensive care operating under a coordination of care model that provides all necessary medical and supportive services. Eligibility based on age is 55+; PACE members must receive all services, except emergency services, from the PACE network of providers.

**Senior Care Options (SCO)**

SCO’s are managed care programs, for people 65+, that integrate MassHealth and Medicare with other community services, including comprehensive behavioral health services. The following SCO’s are available to clients within Cambridge:

- **Commonwealth Care Alliance**
  866-610-2273
  www.commonwealthcarealliance.org

- **NaviCare**
  877-255-7108
  www.fchp.org/find-insurance/navicare.aspx

- **Senior Whole Health**
  888-566-3526
  www.seniorwholehealth.com
Tufts Health Plan
855-670-5927
www.tuftsmedicarepreferred.org/plans/senior-care-options-plan

United HealthCare
855-611-4112

Neighborhood Health Centers of the Cambridge Health Alliance

Primary Care Center at Cambridge Hospital
1493 Cambridge Street; #69 bus from either Harvard or Lechmere, or #83 bus from either Porter or Central
617-665-1068
http://www.challiance.org/Locations/CambridgePrimaryCareCenter.aspx

East Cambridge Health Center
163 Gore Street; #69 bus from either Harvard or Lechmere
617-665-3000
http://www.challiance.org/Locations/EastCambridgeHealthCenter.aspx

Windsor Street Health Center
119 Windsor Street; Central
617-665-3600
http://www.challiance.org/Locations/WindsorStreetHealthCenter.aspx

Cambridge Family Health North
2067 Massachusetts Avenue; Porter
617-575-5570

Health Care for the Homeless Primary Care Clinics

The following clinics host Health Care for the Homeless clinics, offering medical care to any person experiencing homelessness. Shelter residency or participation in any particular program is not required.
Salvation Army
402 Massachusetts Avenue; Central
617-547-3400

Clinic hours are generally Monday from 1 to 3pm; Tuesday from 10am to 12pm; Wednesday from 7am to 12pm; Thursday from 9am to 1pm; and Friday from 9am to 12pm. Staff at the Salvation Army clinics also serve homeless children enrolled in the Salvation Army’s child care program.

CASPAR’s Emergency Service Center
240 Albany Street; closest to #1 bus from Central or Harvard
617-661-0600

Clinic hours are generally Tuesday from 8 to 11am; Thursday from 9am to 1pm; and Friday from 8 to 11am. No gender restriction.

In addition to the clinic hours listed above, Health Care for the Homeless offers medical assistance to unsheltered homeless persons via collaboration with CASPAR’s FirstStep Street Outreach Program. For information about the outreach hours of Health Care for the Homeless’ nurse practitioner, call 617-661-0600.

Transgender Primary Care
780 Albany Street, Boston; #1 bus from either Harvard or Central, or Mass Ave
857-654-1635
https://www.bhchp.org/specialized-services/transgender-program

Provides primary care to transgender people who are homeless. Also offers a drop-in support group (for trans-identifying people only) on Thursdays. Call for more information, for the support group time, or to get a referral. Referrals are also available from any other Health Care for the Homeless program (see listings above).

Women of Means Medical Care Clinics

Women of Means offers free health care for women at the following locations in Boston:

Rosie’s Place
889 Harrison Avenue, Boston; Washington Street and Lenox Street, or #47 bus from Central
617-442-9322

Clinic hours are Monday, Tuesday, Wednesday, Thursday, and Friday from 8am to 4pm.
**Women’s Lunch Place**
67 Newbury Street, Boston; Arlington, or #9 bus from Broadway
617-267-0200

Clinic hours are Monday, Tuesday, Wednesday, Thursday, and Friday from 8am to 2pm.

**Medical Care for Homeless and Runaway Youths**

The following programs offer health services aimed specifically at young people who are homeless:

**Youth on Fire**
1555 Massachusetts Avenue, basement level; Harvard
617-661-2508
http://www.aac.org/about/our-work/youth-on-fire.html

Medical care available during scheduled visits from a Sydney Borum Health Center physician; call for more information. Also see entry on page 13.

**Teen Health Center at Cambridge Rindge and Latin High School**
459 Broadway; #64 bus from either Central or Kendall, #83 bus from either Porter or Central, or #69 bus from either Harvard or Lechmere
617-665-1548

Monday, Tuesday, Wednesday, and Thursday from 8am to 4pm; and Friday from 8am to 3pm. After-hours nurse triage and care delivery are available to youth by calling 617-665-1548.

**Bridge Over Troubled Waters**
47 West Street, Boston; Park Street
617-423-9575
http://www.bridgeotw.org

Can provide or arrange for dental care, counseling, substance abuse services and HIV/AIDS counseling. Bridge Over Troubled Waters also operates a van in Harvard Square (next to Harvard station entrance / “the Pit”) on Monday, Tuesday, Wednesday, Thursday, and Friday from 7pm to 8:30pm. Van is not handicap-accessible. Also see entry on page 12.
Sidney Borum Health Center
130 Boylston Street, Boston; Boylston
617-457-8140
http://sidneyborum.org

Provides a full range of primary care, mental health and substance abuse services, HIV counseling, testing, and risk reduction services for young people aged 13 to 29, focusing on those who are homeless, on the street, involved in sex work, or inadequately served by mainstream providers unprepared to help LGBTQ clients.

HIV/AIDS Services

AIDS Action
359 Green Street; Central
617-661-3040

Provides a range of services for people living with HIV/AIDS, or at high risk for HIV/AIDS, including case management, drop-in services, needle exchange, peer support services, support groups, housing services, food and nutrition services, and HIV testing and counseling. Also see entry on page 14.

Zinberg Clinic at Cambridge Hospital
1493 Cambridge Street; #69 bus from either Harvard or Lechmere, or #83 bus from either Porter or Central
617-665-1606
http://www.challiance.org/Locations/ZinbergClinic.aspx

Offers comprehensive health services for persons with HIV/AIDS. Call the number above for an initial appointment.

Eye Exams and Glasses

Massachusetts Eye and Ear Infirmary
243 Charles Street, Boston; Charles/MGH
617-573-4098
http://www.masseyeandear.org

Call the number above to request free or low-cost eye exams and glasses.
New England Eye Institute
930 Commonwealth Avenue, Boston; Pleasant Street (B Line)
617-262-2020
http://www.newenglandeye.org

Offers free or low-cost exams for eyeglasses. Call for appointment; bring income documentation.

Lenscrafters
100 Cambridgeside Place (CambridgeSide Galleria Mall); Lechmere
617-577-8440

Call for an appointment to get a free eye exam and glasses. Bring a letter on shelter or transitional housing stationery documenting homelessness, with your provider’s Tax ID Number.

Addiction Services

To access detoxification:

- Call CASPAR’s FirstStep Street Outreach, Monday, Tuesday, Wednesday, Thursday, and Friday from 8am to midnight; 617-592-6895 or 617-661-0600.
- Go to CASPAR’s Emergency Service Center at 240 Albany Street (closest to #1 bus from Central or Harvard), evening and overnight only; 617-661-0600.
- Call AdCare at 1-800-ALCOHOL (1-800-252-6465).
- Go to the emergency room at the Cambridge Hospital, 1493 Cambridge Street (take #69 bus from either Harvard or Lechmere, or #83 bus from either Porter or Central), from 9am to 5pm only; 617-665-1560. Website at http://www.challiance.org/Services/EmergencyServices1.aspx.

Residential treatment programs:

- CASPAR’s Womanplace; contact Carol Nickerson at 617-661-6020. For women only. Website at http://casparinc.org/woman-place.html
- CASPAR’s New Day; contact Carol Nickerson at 617-661-6020. For pregnant or parenting women only. Website at http://casparinc.org/new-day.html
- CASPAR’s Men’s Residences; contact Elaine Blake at 617-623-5277. For men only. Website at http://casparinc.org/mens-residences.html
Addiction services for youth (aged 25 and younger):

- **Bridge Over Troubled Waters**; 617-423-9575. See entry on page 12.
- **Sidney Borum Health Center**; 617-457-8140. See entry on page 44.
- **Youth on Fire**; 617-661-2508. See entry on page 13.
- **Institute for Health and Recovery**; 617-661-3991. See entry later in this section.

Addiction services for seniors (aged 60 and older):

- **Geriatric Substance Abuse Program**; 617-349-6220.

Support groups for achieving/maintaining sobriety, and coping with addiction and its effects on family members:

- **Gamblers Anonymous**; 617-338-6020.

**Outpatient Substance Abuse Services**

**Institute for Health and Recovery**

349 Broadway; [Central](#)
617-661-3991
[http://www.healthrecovery.org](http://www.healthrecovery.org)

Clinic and home-based outpatient counseling for individuals and families affected by substance use and mental health/trauma issues. Call for more information or an appointment, or come during drop-in hours on Monday, Tuesday, Wednesday, Thursday, and Friday from 9am to 5pm.
North Charles Institute for the Addictions
617-661-5700
http://www.northcharles.org

Outpatient counseling and other treatment services (including methadone maintenance) for people in all stages of recovery from opiate-related addictions and other forms of substance abuse. Call for information or an appointment.

Cambridge Health Alliance Outpatient Addiction and Dual Diagnosis Unit
26 Central Street, Somerville; #85 bus from Kendall, #83 bus from either Porter or Central, or #87 bus from either Lechmere or Davis
617-591-6050
http://www.challiance.org/Services/AddictionServices.aspx

Appointments available Monday through Friday, 9am to 5pm; walk-in clients can be seen for intake at 11:30am on Tuesdays.

Mount Auburn Prevention and Recovery Center
330 Mount Auburn Street; #71 or #73 bus, both from Harvard
617-499-5051
http://www.mountauburnhospital.org/care-treatment/prevention-recovery/

AIDS Action Needle Exchange
359 Green Street; Central
617-661-3040
http://www.aac.org/programs-services/needle-exchange/

Mental Health Care

Mental health care is available by appointment during Health Care for the Homeless’ clinics at the Salvation Army on Tuesday from 10am to 2pm and Thursday from 2 to 4pm. See entry on page 42.

Appointments are also available with Eliot Community Services’ PATH and outreach mental health specialists. Jamie Goulart is the Eliot clinician for PATH services. She can be reached by email at jgoulart@eliotchs.org, or by phone at 339-227-1835. Jamie is available at CASPAR’s Emergency Service Center (240 Albany Street) on Monday and Thursday mornings, and Tuesday, Wednesday, and Friday afternoons; as well as on the street on Wednesday mornings. At other times she is able, when available, to see clients at the Cambridge Multi-Service Center (362 Green Street, first floor) or on the street.

For intensive field-based mental health services targeting homeless clients with a history of hospitalizations and difficulty using outpatient services, Cambridge-based clients can be
referred to the Assertive Community Treatment (ACT) Team (617-591-6033), and Somerville-based clients to the Community Treatment Team (CTT) (617-623-3278).

Emergency Room at the Cambridge Hospital
1493 Cambridge Street; #69 bus from either Harvard or Lechmere, or #83 bus from either Porter or Central
617-665-1560
http://www.challiance.org/Services/EmergencyServices1.aspx

Central Street Health Center’s Psychiatric Outpatient Unit
26 Central Street, Somerville; #85 bus from Kendall, #83 bus from either Porter or Central, or #87 bus from either Lechmere or Davis
617-591-6033
By appointment only. Call Central Intake at the phone number above.

Cambridge Somerville Emergency Services Program
800-981-4357
http://northsuffolk.org/services/emergency-services/cambridge-somerville-emergency-services/
Provides emergency psychiatric services to adults, families, and organizations to the communities of Cambridge and Somerville. Hotline (telephone number above) operates 24/7. Programs include Mobile Crisis Intervention for youths under the age of 21, and an Urgent Care Center at 600 Broadway, Somerville.

Community Legal Services and Counseling Center
1 West Street; Central
617-661-1010
http://www.clsacc.org
Counseling services by appointment.

Dental Care

The Massachusetts Dental Society keeps a list of community health centers and clinics in Massachusetts offering reduced-cost dental programs. View the document online at http://goo.gl/WLCqm6 or call 1-800-342-8747 for help.

Youth seeking dental care, see Bridge Over Troubled Waters on page 12. Veterans seeking dental care, see page “Services for Veterans” on page 24. Note, also, that anyone with a MassHealth plan should be covered for dental care.
Dental schools may provide free or low-cost dental care, although the availability of services can be limited and seasonal. To ask, call Harvard School of Dental Medicine at 617-432-1434; Tufts School of Dental Medicine at 617-636-6828; or Boston University’s School of Dental Medicine at 617-638-4701.

Dental Clinic at the Windsor Street Health Center
119 Windsor Street; Central
617-665-3990
http://www.challiance.org/Services/DentalServices.aspx

Has the capacity to serve a limited number of people who qualify for free or discounted care through the Cambridge Hospital.

Forsyth Dental Hygiene Clinic
101 Palace Road, Boston; Longwood, or #CT2 bus from Kendall
617-278-2700
https://www.mcphs.edu/patient-clinics/forsyth-dental-hygiene-clinic

Offers low-cost dental cleaning.

Homeless Veterans Dental Program
617-631-6197

See Services for Veterans section.

Health Care for the Homeless Dental Clinics

Health Care for the Homeless provides comprehensive dental services, including exams, cleanings, fillings, dentures, and oral surgery, at two sites. Appointments are required; for a referral, call 857-654-1885 or 857-654-1886, or see staff at a Healthcare for the Homeless clinic in Cambridge (see page 41).

Pine Street Inn Dental Clinic
444 Harrison Avenue, Boston; Broadway, or #9 or #11 bus from Broadway

Appointments available Monday, Thursday, and Friday from 9:30am to 2:30pm.

Jean Yawkey Place
780 Albany Street, Boston; #1 bus from either Harvard or Central, or Mass Ave

Appointments available Monday, Tuesday, Wednesday, Thursday, and Friday from 7:15am to 5pm. Dental emergencies receive top priority, but appointments and
walk-ins will be seen afterwards.

Domestic Violence and Sexual Assault Services

The two Cambridge/Somerville-based programs below offer counseling, referral for emergency shelter, and related services to individuals and families who have been exposed to domestic violence. Support and services are available to all domestic violence victims whether or not they are ready to leave a battering relationship. Call for more information or to get help:


The Boston Area Rape Crisis Center (617-492-7273) provides assistance to survivors of rape and sexual assault. Website at [http://www.barcc.org](http://www.barcc.org).


Emerge (617-547-9879) offers counseling, education, and services to abusers who want to stop. Website at [http://www.emergedv.com](http://www.emergedv.com).

Violence by caregivers against children, elders, and persons with disabilities must be reported. If you suspect violence by a caregiver, call one of the following hotlines, which will initiate an investigation and take efforts to address abusive situations:

- Child Abuse Hotline: 1-800-792-5200
- Elder Abuse Hotline: 1-800-792-5200; or, call Somerville-Cambridge Elder Services at 617-628-2601
- Disabled Persons’ Abuse Hotline: 1-800-426-9009

The Victims of Violence Program of the Cambridge Health Alliance is an adult outpatient trauma clinic offering comprehensive clinical services and support for victims, as well as training and support for providers. Call 617-591-6033. Website at [http://www.challiance.org/Services/VictimsofViolenceProgram.aspx](http://www.challiance.org/Services/VictimsofViolenceProgram.aspx).
Legal Assistance, Advocacy, and Mediation

**Just-a-Start’s Mediation for Results**
1035 Cambridge Street, #12; #CT2 bus from Kendall, or #69 bus from either Harvard or Lechmere
617-918-7518

Provides mediation services for at-risk tenancies to help resolve issues between landlords and tenants. Call the phone number above for more information or to seek assistance.

**Community Dispute Settlement Center**
60 Gore Street, Suite 202; Lechmere
617-876-5376
http://communitydispute.org

Provides mediation services to individuals and organizations to help resolve conflicts related to divorce/paternity, housing (landlord/tenant; condo), consumer complaints, workplace, neighborhood, or family matters. Fees are on a sliding scale based on income and may be reduced or waived based on need.

**Cambridge Human Rights Commission**
51 Inman Street, second floor; Central
617-349-4396
https://www.cambridgema.gov/hrc.aspx

Investigates allegations of discrimination, including any Cambridge landlord’s refusal to rent an apartment based on an applicant’s race, color, gender, age, religion, disability, national origin, sexual preference, marital status, family status, military status, or source of income/payment (i.e., landlords can’t tell applicants: "I don’t take Section 8" or “I don’t rent to families with kids").

**Cambridge Police Review and Advisory Board**
51 Inman Street, second floor; Central
617-349-6155
https://www.cambridgema.gov/Departments/policereviewandadvisoryboard

The Police Review and Advisory Board is housed within the Cambridge Human Rights Commission (above), and investigates complaints filed against the Cambridge Police Department for such matters as false arrest, excessive force, discourteous behavior, racial profiling etc. For info, or to file a complaint with the PRAB, visit the office, call the number above, or email prab@cambridgema.gov.
Fair Housing Center of Greater Boston
262 Washington Street, 10th floor, Boston; Downtown Crossing, Park Street, or State
617-399-0491
http://www.bostonfairhousing.org

Investigates allegations of housing discrimination. To get started, complete an intake form online at the web address above, or call the telephone number above.

Lawyers' Committee for Civil Rights Under Law
294 Washington Street, Boston; Downtown Crossing, Park Street, or State
617-482-1145
http://lawyerscom.org/

Can offer assistance with cases involving civil rights violations related to race or national origin; call the telephone number above for more information or an intake.

Cambridge Economic Opportunity Committee
11 Inman Street; Central
617-868-2935
http://www.ceoccambridge.org

Advocacy support in addressing tenancy issues and public benefits applications or appeals, available to Cambridge residents.

Transportation
Note: some residential programs may be able to offer residents help with transportation or transit costs.

SCM Community Transportation’s Door2Door
167 Holland Street, Somerville; Davis, or #87 or #88 bus, both from either Davis or Lechmere
617-625-1191
http://scmtransportation.org

Provides door-to-door transportation for seniors, people with disabilities, and other at-risk persons. Assistance is primarily for local, non-emergency, medical and grocery shopping trips, with a minimum of 48 hours’ notice, although assistance with other necessary trips may be available. A donation of $1.00-$2.00 per roundtrip is requested but not required.
MBTA’s THE RIDE
10 Park Plaza, Boston; T Boylston
1-800-533-6282
http://www.mbta.com/riding_the_t/accessible_services/?id=7108

MBTA service providing door-to-door transportation for elderly and disabled persons who cannot use public transit due to a documented physical, mental, or other disability. The cost of service in each direction is $4.00 locally. To request an application to use THE RIDE call the telephone number above, or call 617-222-5123, or visit online at the web address above.

MassHealth Transportation Program
10 Park Plaza, Boston; T Boylston
1-800-841-2900
http://www.cambridgema.gov/DHSP/programsforadults/ccpd/Transportation/
massehealthtransportation

This service is for non-emergency medical trips only and is available to MassHealth, including CommonHealth, (Medicaid benefits) members, and to Massachusetts Commission for the Blind clients. However, people who are receiving Emergency Aid for the Elderly, Disabled and Children (EAEDC) are not eligible for the service.

This program provides transportation service to medical appointments when an individual is unable to access public or private transportation. The recipient’s medical providers must authorize the need for transportation to their office by completing a Prescription for Transportation (PT-1) Form. Once approved, individuals must call at least three days in advance of their scheduled appointment in order to schedule transportation. For additional information on this program, call the number listed above.

Obtaining a discount T pass for persons with disabilities: Persons with disabilities ride the T for 50% or more off the price of standard T fares and are also eligible for a $20/month Transportation Access Pass (TAP) ID good for unlimited travel on Local Bus and Subway. Obtain application from the MBTA (617-222-5438 or download at www.mbta.com/
uploadedFiles/documents/ACCESS_PASS.pdf ). Have a medical provider (e.g., Health Care for the Homeless) complete the form and return it to the MBTA.

Medicare recipients, clients of DMH, and registered users of THE RIDE do not require further verification of disability. Applications take approximately 2 weeks to process. When you receive notification of approval, bring the notification, two forms of ID, and $3.00 to the Senior and Access Office (Monday, Tuesday, Wednesday, Thursday, and Friday from 8:00am to 5:30pm) at T Downtown Crossing on the Red and Orange Lines.
Child Care and Family Support Services

See also WIC Program, page 24

For basic information about where homeless families with children can find the help they need to support healthy child development, including more information about any of the resources described on this page, contact Susan Richards, City of Cambridge Out of School Time Coordinator (617-349-4099) or Jen Kapuscik, Center for Families Director (617-349-3002).

For school age children, see the “After-School and Summer Activities” section, further below.

The website Find It Cambridge, www.finditcambridge.org, is a new comprehensive resource for family programs and services in Cambridge.

Child Care for Pre-School Age Children

Salvation Army’s Our Place Daycare Center
402 Massachusetts Avenue; Central
617-547-3400, extension 234
http://massachusetts.salvationarmy.org/ma/camourplace

Monday, Tuesday, Wednesday, Thursday, and Friday from 8:30am to 3:15pm. Serves children aged 3 months to 7 years at no charge while parent is living in a homeless shelter or domestic violence shelter.

Cambridge Head Start
617-577-7880
http://www.caasomerville.org/head-start/

For children aged 3 to 5; waiting lists vary by program. Full-day child care (8am to 5:30pm) is available to households earning under 175% of the federal poverty level ($2,300 per month for a family of four), with parents who are in school/work/training more than 30 hours per week. Half-day Head Start child care programming (4 hours, from 8am to 12pm, or 1 to 5pm) is also available to those who are income-eligible.

Locations in Cambridge are at 119 Windsor Street (Central), 61 Willow Street (#69 bus from either Harvard or Lechmere, or #85 bus from Kendall), 280 Rindge Avenue (#83 bus from either Porter or Central), and 14 Roosevelt Towers (#CT2 bus from Kendall, or #69 bus from either Harvard or Lechmere).
After-School and Summer Activities for Children

School-age child care is offered by numerous private and public agencies. For information on programs and scholarships, call Child Care Choices of Boston at 617-348-6677 (see entry in previous section).

The City of Cambridge offers several after-school and summer options. Scholarships are available for all programs. To see all of the choices online, visit www.cambridgema.gov/DHSP/programsforkidsandyouth.

- The Child Care and Family Support Division (617-349-6254) offers traditional enrolled licensed child care.

- Youth Programs (617-349-6200) offer state-licensed after-school programs that provide a nutritional snack, educational assistance, and enrichment workshops along with athletics. Website at https://www.cambridgema.gov/DHSP/programsforkidsandyouth/youthcenterprograms.aspx.

- The Community Schools Program (617-349-6235 or 617-349-6227) offers a range of after-school enrichment programs (arts/music/dance, sports, academics, etc.), and summer camps throughout the City. Website at https://www.cambridgema.gov/DHSP/programsforkidsandyouth/communityschools.aspx.

Cambridge Camping Association

99 Bishop Allen Drive; Central
617-864-0960
http://www.cambridgecamping.org/about

Offers full-day summer day camp programming, including breakfast and lunch, with full scholarships to Cambridge-based children who are homeless, aged 6 to 13.

Margaret Fuller House

71 Cherry Street; Central
617-547-4680
http://www.margaretfullerhouse.org/what-we-do/youth-programs

Offers after-school and summer camp programming for homeless families and their children; scholarships are available to families without vouchers.
Support for Families with At-Risk Children or Children with Special Needs

The Guidance Center’s Early Intervention (617-629-3919) offers services, including in-shelter services, to at-risk and special needs children aged 0 to 3. Website at http://www.riversidecc.org/child-family-services/early-childhood-services/early-intervention/.

These Home-Based Programs of the Cambridge Public Schools also offer in-shelter services:


English Language Learners Program (617-349-6724), for children aged 2 years and 9 months through kindergarten, in families whose primary language is not English. Website at http://www.cpsd.us/departments/frc/special_considerations/english_language_learners.

Family Resource Center
459 Broadway; #64 bus from either Central or Kendall, #83 bus from either Porter or Central, or #69 bus from either Harvard or Lechmere
617-349-6551
http://www.cpsd.us/cms/one.aspx?objectId=3474753

Can help arrange in-school, in-shelter, or community-based academic, social, and clinical supports, and can help with transport for afterschool/summer programs. The Family Resource Center can be contacted through their general phone line, listed above, or clients can get in touch directly with Jardine Jerome (617-201-6039) or Rosemary Pereira (617-999-6872).

The Guidance Center
5 Sacramento Street; #77 bus from Harvard, #83 bus from either Porter or Central, or #96 from either Harvard or Davis
617-354-2275
http://guidancectr.org

Offers counseling and support services for at-risk children and their parents in home/shelter, school, and clinic settings. Provides specialized services to children traumatized by abuse/violence, and operates the Meeting Place, for supervised child visitation by parents in high-conflict separations/divorces.

Massachusetts Advocates for Children
25 Kingston Street, second floor, Boston; Downtown Crossing
617-357-8431
http://massadvocates.org

Child advocacy in areas of education, special education, child welfare, and health.
Federation for Children with Special Needs
529 Main Street (Schrafft Center), Boston (Charlestown); Sullivan
617-236-7210
http://fcsn.org

Offers parent advocacy training and support.

Clothing

In addition to the resources listed below, free clothing is available for shelter guests at most homeless shelters (see page 9), as well as at most drop-in programs (see page 12).

**Cambridgeport Baptist Church**
459 Putnam Avenue; #47 bus from Central, or #64 bus from either Central or Kendall
617-576-6779
http://cambridgeportbaptist.org/about/harvest-food-pantry/

Clothing is available during food pantry hours, on the 1st and 3rd Saturday of each month, from 10am to 12pm. Nominal charge of 10 cents per item may be waived.

**American Friends Service Committee’s Material Aid and Advocacy Program**
5 Longfellow Park; Harvard
617-876-5312
https://afsc.org/program/cambridge-material-assistance-program

Call to arrange client pick-up of clothing, including work-quality clothing and household items. See also page 30. Referral and appointment required. Appointments are available Tuesday and Thursday from 9am to 12pm and 1 to 3pm.

**St. Francis House**
39 Boylston Street, 3rd floor, Boston; Boylston or Downtown Crossing
617-542-4211
http://www.stfrancishouse.org/site/PageServer?pagename=Programs_BasicServices

Can provide work-quality clothing; case manager referral required.
Rosie’s Place
889 Harrison Avenue, Boston; Washington Street and Lenox Street, or #47 bus from Central
617-442-9322

Can provide women’s clothing. By appointment only. Call the phone number above.

Dress for Success
989 Commonwealth Avenue, Boston; Babcock Street (B Line)
617-323-7544
https://boston.dressforsuccess.org

Member agency must make appointment and send referral with details about client’s upcoming job interview. A second outfit is available for clients upon starting their new job.

Tailored for Success
587 Pleasant Street, Malden; #100 bus from Wellington or #101 bus from Sullivan
781-324-0499
http://www.tailoredforsuccess.org

Can provide professional work-quality women’s and men’s clothing. Referral and appointment required.

Miscellaneous Services

Getting a Massachusetts ID

You do not need to be able to drive to get an official Massachusetts ID card. You can get this identification card at the Registry of Motor Vehicles (136 Blackstone Street, Boston; near Haymarket Station). It is necessary to bring separate documents proving: (a) date of birth, (b) signature, and (c) Massachusetts residency. Residency can be established by bringing a letter on shelter (or other residential program) stationery, signed by a case manager, stating the homeless individual’s name and social security number, indicating where she or he is staying, affirming his or her homelessness, listing other IDs she or he has, and stating that the case manager knows this person well enough to attest to the facts of the letter.

People lacking the usual proof of identity can get an unofficial picture ID on Monday, Tuesday, Wednesday, Thursday, and Friday from 10 to 11am at St. Francis House (39 Boylston St, 4th floor, Boston, Boylston or Downtown Crossing; call 617-654-1257). A St. Francis ID with accompanying letter from staff, letter from a shelter or transitional program, and the required $25 fee, may be adequate to obtain a Massachusetts ID from the Registry of
Motor Vehicles.

**Ex-Offender Services**

Span, Inc. (105 Chauncy Street, [Boylston](#), [Downtown Crossing](#), or [Chinatown](#); 617-423-0750) offers a range of support for ex-offenders, including help with housing and employment, reintegration counseling, substance abuse and HIV/AIDS services, peer support, and a drop-in center. Some assistance may be time-limited, based on the date of release from prison.

**Free Cell Phone Service**

Through SafeLink Wireless’s Lifeline Service you can receive a free wireless phone and 80 minutes of talk time every month. To qualify, you must prove participation in one of the following public programs: EAEDC, SSI, Fuel Assistance, SNAP (food stamps), MassHealth, or TAFDC, and you must provide a valid street address (not a PO box). Apply online at [www.safelinkwireless.com](http://www.safelinkwireless.com).

On Wednesdays, clients who are eligible (must be receiving state or federal benefits, and have a valid photo ID) may sign up at the Multi-Service Center (362 Green Street, first floor) for a free Assurance cell phone.

**Voicemail Service**

Ask your shelter or housing provider if they still have Project Connect voicemail boxes to distribute. The following providers can offer voicemail boxes to homeless clients who can’t get voicemail from their shelter or residential program: Youth on Fire (for youth only; see page 13), On The Rise (for women only; see page 13), and Heading Home (based at the Multi-Service Center, 362 Green Street, first floor, [Central](#); call 617-349-6337 for information). You can also use Google Voice (free; visit online at [www.google.com/voice](http://www.google.com/voice)) or search online to find other vendors offering free/low-cost voicemail accounts, although these may not necessarily have a local area code.

**Free Income Tax Assistance**

Available at the Cambridge Economic Opportunity Committee (617-868-2900; see page 52). Assistance is also available on a more or less weekly basis from VITA volunteers visiting the Cambridge Public Library’s Main Branch (617-349-4040; see page 33) and Central Square Branch (617-349-4010; see page 33), and at East End House (617-876-4444). All tax-filing assistance is by appointment.
Getting Involved

People who are currently or formerly homeless in Cambridge are invited to participate in meetings of the Homeless Services Planning Committee (HSPC), which meets from 10:30am to 12:00pm on the second Tuesday of every month in Central Square.

The Cambridge Continuum of Care, which organizes the HSPC, seeks to bring interested people and organizations together to help shape decisions affecting services for homeless individuals and families.

Visit online at www.cambridgecoc.org, or contact Marianne Colangelo (call 617-349-6966 or email mcolangelo@cambridgema.gov) to learn more.

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