

PROGRAMS, SERVICES AND WEBSITES
Available to Anyone Needing Assistance

- **Mass Department of Transitional Assistance 800-249-2007**

Provides benefits and services for qualified Mass residents. (www.state.ma.us/dta)

- **Consumer Credit Counseling Service: 800-388-2227**

Professional, confidential, financial counseling to help individuals with budgeting, money management and credit issues through free, in-person, over-the-phone or on-line counseling. (www.nfcc.org)

- **Child Care Search: 978-897-6400**

Assists families with locating licensed child care providers in your area. Provides information about child care for children with disabilities, information on summer camps and sick child care.

- **Commonwealth of Mass, Employment & Training: Claims Units**

(Boston or Brookline: 617-626-6900) (Waltham: 617-894-9975)

(Ashland, Natick, Framingham: 508-628-1832) (Western Mass: 413-858-2000) (Northampton: 413-586-4898) (Greenfield: 413-773-5292) (www.detma.org)

- **South Middlesex Opportunity Center, Framingham 508-872-4853**

is a private nonprofit corporation with goal to advocate programs including day care and preschool education, employment training and placement, housing, addiction, mental health, women's protective services, nutrition, legal services, services for the elderly, emergency shelter, as well as community organizing around health care, housing, rising energy cost and banking services. (www.smoc.org)

- **Al-Anon and Alateen Support Meetings: Toll Free: 800-344-2666**

Free support meetings for family members living with or separated from a member of the family struggling with substance abuse problems

- **Alcoholics Anonymous: 617-449-0953 or in Worcester 508-752-9000**

Free support services for dealing with alcohol related problems.

- **Domestic Abuse Hotline (24 hours) 508-454-1436**

Provides assistance in locating temporary shelter, legal advocacy, housing issues resulting from domestic violence situations.

- **Parental Stress Helpline: 800-632-8188**

- **Internet Job Search Sites**

<http://www.monster.com>

<http://www.hotjobs.com>

<http://www.flipdog.com>

<http://www.fedworld.gov/jobs/jobsearch.html>

<http://www.careerbuilder.com>

<http://www.jobbankinfo.org/>