



# Worcester WIC Referral List



**Are you pregnant, breastfeeding or have a child under 5?**

Do you want to save an average of \$60 every month? To check if you qualify.

**Call WIC at 508-796-7000.**

**Are you uninsured?**

Do you need health insurance? Come see a Health Benefit Advisor at

**Family Health Center of Worcester.**

26 Queen Street, Worcester.

Monday – Friday 7:00am to 6:00 pm

**Worcester Public Schools Homeless Families Support**

**508-799-3175 or 508-799-3174**

**Are you looking for a Doctor?**

**Call (508) 860-7800**

**Family Health Center of Worcester**

**SUICIDE PREVENTION HOTLINE**

Samaritans **1-877-870-HOPE (4673)**

**1-800-273-TALK (8255);** Press # 1 if you are a Veteran.

**Kinship Navigator**

**1-888-924-4546**

Support for all Familial caregivers.

**SNAP (DTA)**

50 Southwest Cutoff, Worcester

**508-767-3100**

**Childhood Trauma Assistance**

**Worcester ACTs**

**774-804-1812 or 774-573-0236**

**MASS HEALTH**

**1-888-665-9993**

**MENTAL HEALTH**

**Behavioral Healthcare Services**

**508-753-5554**

## FOOD PANTRY

- + EBS Food Program (Tues 3-6) Fri (10-2) 39 Piedmont St 774-253-1619
- + Centro las Americas 508-798-1900
- + Friendly House 508-755-4362
- + Catholic Charities 508-860-2237
- + Good Samaritan 774-253-1619
- + Pernet Family Health services 508-755-1228
- + Friendly House @ - Plumley Village Neighborhood Ctr. 508-755-3989
- + Jeremiah's Inn, Food Pantry 508-755-6403
- + Centro las Americas @ Great Brook Valley 774-823-3722
- + John Street Baptist Church 508-753-4991
- + Mass. Veterans, Inc. Food Pantry 508-791-1213 x108
- + Project New Hope (for Veterans only) 508-762-9738
- + Loaves & Fishes Food pantry (Unitarian Universalist Church of Worcester) 508-853-1942

**Baby Diaper Pantry**

Friendly House 508-755-4362

Catholic Charities 508-860-2237

Marie's Mission 508-853-9400

Pernet Family health 508-755-1228

Project New Hope (for Veterans only) 508-762-9738

## SOUP KITCHENS

- + The Mustard Seed 508-754-7098
- Meal Schedule: Diner.... Monday through Friday 4pm to 6:30pm.
- + Salvation Army Citadel-Sally's Place 508-756-7191
- Monday through Friday, Breakfast 9:00AM To 9:30am, Lunch 11:45am to 12:30pm

## DENTIST

- + Family Health Center of Worcester (Dental) 508-860-7910
- + MASS Health referral to see a Dentist 1-800-207-5019

## DOMESTIC VIOLENCE SUPPORT

- + YWCA/Daybreak Resources for Women and Children, Inc 508-755-9030

## ENDING SEXUAL VIOLENCE SUPPORT

- + Pathways for Change. 24 Hours Hotline. 1800-870-5905

## HOUSING

- + Worcester Housing Authority, 40 Belmont St, Worcester, MA 508-635-3000
- + RCAP Solutions (subsidized housing assistance) 1-800-488-1969
- + Central Massachusetts Housing Alliance, 508-791-7265

## SUPPORT FOR PARENTS.

✚	<u>Worcester Community Connections, Family Resource Center of You Inc</u>	<u>508-796-1411</u>
✚	<u>Healthy Families of Greater Worcester</u>	<u>508-753-2967</u>
✚	<u>Worcester Family Partnership</u>	<u>508-799-3136</u>
✚	<u>PPAL</u>	<u>508-767-9725</u>
✚	<u>Teen living program. YOU Inc.</u>	<u>508-853-2487</u>
✚	<u>Florence house (Ascentria care Alliance)</u>	<u>508-799-2499</u>
✚	<u>Young Parent Support Program LUK, Inc.</u>	<u>978-829-2420</u>
✚	<u><b>24/7 Parents Stress line----Parents helping Parents (24 hour helpline)</b></u>	<u><b>1-800-632-8188</b></u>

## CHILDCARE

✚	<u>Head Start Program</u>	<u>508-799-3225</u>
✚	<u>Childcare Resources (They help to subsidize childcare for eligible families)</u>	<u>508-856-7930</u>
✚	<u>Worcester Comprehensive Childcare services</u>	<u>508-852-3792</u>
✚	<u>Rainbow Child development center</u>	<u>508-791-6849</u>
✚	<u>YMCA Childcare</u>	<u>508-852-6694</u>
✚	<u>Children's Corner Child Care Center</u>	<u>508-832-5417</u>

## EARLY INTERVENTION

✚	<u>Thom Worcester Area</u>	<u>508-752-8466</u>
✚	<u>South Bay</u>	<u>508-559-0473</u>
✚	<u>Criterion Worcester</u>	<u>508-770-0089</u>
✚	<u>Pernet Family Health</u>	<u>508-755-1228</u>
✚	<u>Family Ties of Massachusetts</u>	<u>1-800-905-8437</u>

## AUTISM RESOURCE CENTRAL

✚	<u>712 Plantation street, Worcester</u>	<u>508-835-4278</u>
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## SHELTERS

✚	<u>Abby's House</u>	<u>508-756-5486</u>
✚	<u>YWCA/Daybreak Resources for Women and Children, Inc</u>	<u>508-755-5371</u>
✚	<u>Friendly House</u>	<u>508-792-1799</u>
✚	<u>Youville House</u>	<u>508-753-3084</u>

## EMPLOYMENT & UNEMPLOYMENT SERVICES

✚	<u>MASS Hire Worcester Career Center</u>	<u>508-799-1600</u>
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## FUEL ASSISTANCE & ENERGY PROGRAM

✚	<u>Worcester Community Action Council</u>	<u>508-754-1176</u>
✚	<u>Citizens Energy Heat Assistance Program</u>	<u>1-877-JOE-4-OIL</u>

## LEGAL SERVICES

✚	<u>Community legal Aid –Worcester</u>	<u>508-752-3718</u>
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## HIV / A.I.D.S SUPPORT & TESTING

✚	<u>Family Health Center Of Worcester</u>	<u>508-860-7930</u>
✚	<u>AIDS Project Worcester</u>	<u>508-755-3773</u>

## WORCESTER PUBLIC LIBRARY

✚	<u>3 Salem Square, Worcester ma</u>	<u>508-799-1655</u>
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## SMOKING CESSATION

✚	<u>The Smokers' Hotline</u>	<u>1-800-try-to-stop</u>
✚	<u>Family Health Center of Worcester, Social Services</u>	<u>508-860-7930</u>

## PUBLIC TRANSPORTATION

✚	<u>Worcester Regional Transit Authority (WRTA) bus</u>	<u>508-791-9782</u>
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