

TRI-TOWN COMMUNITY RESOURCES

The following information was compiled by the School Health Advisory Council of the Masconomet Regional School District as a free service to the individuals and families of the Tri-Town community.

Please feel free to copy and share this information

TRI-TOWN COMMUNITY RESOURCES

CRISIS and OTHER HOTLINE SERVICES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Tri-Town Council

Provides: Crisis counseling and referral services for Mental Health

Clientele: Students (Children and Adolescents)

Locations: Topsfield, Ma

Telephone contact info: 978-887-6512

24 Hour Hotline: 978-771-4619

Website: <http://www.tritowncouncil.org/>

Masconomet Safe School Helpline

Provides: Anonymous Reporting 24/7/365

Telephone contact info: 1-800-418-6423 Ext 359

Website: www.safeschoolhelpline.com

HAWC (Healing Abuse Working for Change)

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 27 Congress Street Salem, MA 01970

Telephone contact info: 978-744-8552 OR 24 HOUR Hotline – 1-800-547-1649

Website: www.helpabusedwomen.org

Parent Stress Hotline

Provides: Support for parents with problems related to their children

Clientele: Massachusetts parents

Telephone contact info: 1-800-632-8188

Website: <http://www.parentshelpingparents.org/parentalstresslinec/parental-stress-line.html>

Beverly Hospital Emergency Room

Provides: Emergency services for psychiatric evaluations/mental health

Clientele: Children and Adolescents

Locations: Salem, Ma

Telephone contact info: 978-745-2100

North Shore Children's Hospital Emergency Room-Psychiatric Services

Provides: Emergency services for mental health

Clientele: Children and Adolescents

Locations: Salem, Ma

Telephone contact info: 978-745-2100

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Provides: Mental health, substance abuse and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts. Services included outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention initiatives.

Clientele: Adults, teens, families and children.

Locations: Beverly, Ipswich, Gloucester, Lynn, Woburn, Amesbury, Haverhill, Salem, Lawrence, Lowell

Telephone contact info:

Emergency Psychiatric Services:

Haverhill: 1-800-281-3223 or 978-521-9777

Salem: 1-866-523-1216 or 978-744-1585

Outpatient Clinics:

Beverly: 978-921-1190

Salem: 978-745-2440

Haverhill: 978-373-1126

Ipswich: 978-356-1776

Gloucester: 978-283-0296

Lynn: 781-592-3058

Woburn: 781-935-3025

Amesbury: 978-388-7032

Lawrence: 978-683-3128

Website: <http://nebhealth.org>

Additional Info: On Northeast Behavioral website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

National Suicide/Self Injury Prevention Lifeline

Provides: Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-273-(talk)8255

Website: <http://www.suicidepreventionlifeline.org/About/Default.aspx>

Gay and Lesbian Helpline

Telephone contact info: 978-373-3333

TRI-TOWN COMMUNITY RESOURCES

FAMILY RESOURCES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Department of Children and Family Services

Haverhill Area DCF Office

3 Ferry St.

Bradford, MA 01835

(978) 469-8800

fax (978) 469-8990

(SERVICES FAMILIES IN BOXFORD and TOPSFIELD)

Cape Ann Area DCF Office

45 Congress St., Building 4

Salem, MA 01970

(978) 825-3800

fax (978) 825-909

(SERVICES FAMILIES IN MIDDLETON)

Focus Adolescent Services

Provides: Information and referral services for families and troubled teens

Clientele: Adolescents and families

Telephone contact info: 410-341-4216

Website: <http://www.focusas.com/AboutFocusAS.html>

Parent Stress Hotline

Provides: Support for parents with problems related to their children

Clientele: Massachusetts parents

Telephone contact info: 1-800-632-8188

Website: <http://www.parentshelpingparents.org/parentalstresslinec/parental-stress-line.html>

PAL (Parent/Professional Advocacy League)

Provides: Information and support for parents of children with mental health problems

Clientele: Massachusetts parents

Telephone contact info: 1-866-815-8122

Website: <http://ppal.net/default/Home/AboutPal/tabid/71/Default.aspx>

Family Ties of Massachusetts

Provides: Information and support to families with children with special needs.

Clientele: Massachusetts parents

Website: <http://massfamilyties.org/index.php>

Family Resource Center

Provides: Information and support to families of children with mental health needs

Clientele: Children, Adolescents and families

Location: NS Children's Hospital, Salem Ma

Website: http://nsmc.partners.org/web/support/pediatrics_resource_center

Additional helpful websites for families:

Center for Safe and Responsible Internet Use: <http://newcsriu.org/>

Cyber-Safe Kids, Cyber Safe Teens: <http://www.cskcst.com/>

Cyber-bullying Research Center: www.cyberbullying.us

MassResources.org: <http://www.massresources.org/>

TRI-TOWN COMMUNITY RESOURCES

FOOD, FUEL and FINANCIAL ASSISTANCE:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Invest in People

Provides: Assistance to families and their children who are facing unexpected, urgent and short-term financial needs.

Clientele: Families must be residents of Boxford, Middleton, Topsfield or Ipswich

Telephone contact info: Contact Sheila Taylor at (978) 356-1525

Healthcare for All (INSURANCE)

Provides: Mass Health application assistance, legal assistance for claims

Telephone contact info: 1-800-841-2900

Massachusetts Commission for the Deaf

Provides: Financial aid for hearing aides

Telephone contact info: 1-800-882-1155

NASN

Provides: Free eye glasses

***ACCESS THROUGH THE SCHOOL NURSE**

Telephone contact info: Masco High School 978-887-2323 Ext. 6116

Masco Middle School 978-887-2323 Ext. 6125

Boxford Food Pantry

Provides: Food distribution limited to one time per month per family

*By appointment only

Clientele: Tri-Town residents

Location(s): First Congregational Church in Boxford

Telephone contact info: Susan Humerian and Leslie Olson at (978) 887-5841 Ext.3

Additional information: In-kind donations of non-perishable items may be left in the church sanctuary.

Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program

Provides: Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

Clientele: Middleton families

Location(s) Middleton, Ma

Telephone contact info: Contact The Flint "SANTA" at 978-774-8132 or Gimmie Sue at 978-884-1770

Website: gsvlacer@comcast.net

Additional Information: Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

Koster Family Foundation

Provides: Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

Clientele: Families in the Tri-Town

Telephone contact info: Dr. Bernie Creeden, Superintendent of Elementary Schools (978) 887-0771

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Middleton Food Pantry part of the services of the Middleton Council on Aging

Provides: Food distributions to residents

Location(s): 38 Maple Street, Middleton, MA (Side entrance)

Clientele: Residents of Middleton, MA

Telephone contact info: Contact Frank Leary or COA at 978-777-4067

Additional information: Open Fridays from 1-3, no appointment necessary for distribution. Donations may be dropped off anytime.

Boxford Food Pantry

Provides: Food distribution once a month

Location: First Congressional Church, Boxford Ma

Clientele: Tri-Town residents

Telephone contact: Susan Humerian and Leslie Olson at 978-887-5841 Ext 3

Additional info: By appointment only

Top Cupboard Food Pantry

Provides: Food distribution second and fourth Saturday of the month to Topsfield residents.

Clientele: Topsfield, MA residents with ID required

Location: Trinity Church, River Road, Topsfield

Telephone contact info: Rev. Jo Barrett at 978-887-5570

Essex County Hunger Relief Organization

Provides: Comprehensive list of food pantries and soup kitchens

Clientele: Essex County residents

Website: www.essexcountyhungerrelief.org

Massachusetts Energy Assistance

Provides: Comprehensive list of assistance programs for fuel, heat and energy resources

Clientele: Massachusetts residents

Website: http://www.massresources.org/massachusetts_energy_assistance_d.html

MassResources.org

Provides: Array of resources such as financial, education, childcare, employment, utility, food, healthcare, housing, legal, tax credits and transportation

Clientele: All Massachusetts residents

Website: <http://www.massresources.org/>

St. Vincent de Paul Society

Provides: Non-perishable food, grocery store gift cards and emergency assistance

Location(s): St. Rose of Lima Parish, Topsfield and St. Agnes Parish, Middleton

Clientele: Local community members in need

Telephone contact info:

Topsfield: Augie Chiango at (617) 429-6284 or through church (978) 887-5505 or asapemail@aol.com

Middleton: Deborah Charewicat the church office (978) 774-1958.

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Tri-Town Council

Provides: Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation and Santi Yoga. Limited financial emergency family assistance.

Clientele: Tri-Town residents.

Locations: Topsfield, Ma

Telephone contact info: Lisa Teichner 978-887-6512

Website: <http://www.tritowncouncil.org/>

Community Giving Tree:

Provides: Assistance to families in need in the form of clothing, baby equipment, school supplies, toiletries and other necessities.

Clientele: Families in Essex County

Telephone contact info: 978-223-5767

*Referral required by outside agency such as school, MD, Tri-Town council ect.

Website: info@communitygivingtre.org

Masconomet Regional School District:

Provides: Financial waivers for Excels Groups, Athletics, SAT/PSAT and college applications

Clientele: Students of Masconomet Regional School District

Telephone contact info:

For Excels Groups and Athletic Waivers:

Sue Givens at 978-887-2323 Ext. 6112

For SAT/PSAT and College Application Waivers:

Dr. Irene Duros (Guidance Director) 978-887-2323 Ext. 6181

Karen Simi (Guidance Department) 978-887-2323 Ext. 6177

For General Financial and/or food assistance any time of year:

Joan Murphy (Transition Specialist) 978-887-2323 Ext. 1207

Karen Trevenen (HS Nurse) 978-887-2323 Ext. 6116

Website: www.masconomet.org

TRI-TOWN COMMUNITY RESOURCES

HEALTH:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Healthcare for All (INSURANCE)

Provides: Mass Health application assistance, legal assistance for claims

Telephone contact info: 1-800-841-2900

Massachusetts Nutrition Guidelines:

Website: www.mass.gov/massinmotion

Massachusetts Sexual Health Helpline

Provides: Information regarding sexual health

Clientele: ALL

Telephone contact info: 1-877-627-3933

Website: www.mariatalks.com

Health Quarters, Inc

Provides: Counseling, free sexual transmitted disease testing and free pregnancy testing

Clientele: ALL

Telephone contact info:

Beverly: 978-922-4490

Haverhill: 978-521-4444

Lynn: 978-922-1115

A Woman's Concern

Provides: Pregnancy Health services including free pregnancy testing, pregnancy counseling, ultrasounds and parenting classes

Locations: 29 Rantoul St Beverly, MA 01915

Telephone contact info: (866) 435-7292

Confidential Helpline: 1-866-HELP-AWC

Email: info@awomansconcern.org

Website: <http://www.awomansconcern.org/>

MassResources.org

Provides: Array of resources such as financial, education, childcare, employment, utility, food, healthcare, housing, legal, tax credits and transportation

Clientele: All Massachusetts residents

Website: <http://www.massresources.org/>

TRI-TOWN COMMUNITY RESOURCES

LEGAL RESOURCES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Essex County Juvenile Court

10 Railroad Street
Lawrence, MA 01841
978.725.8810

Essex County Juvenile Court

Newburyport District Court

Ipswich District Court

188 State Street
Newburyport, MA 01950
978.462.3511

Essex County Juvenile Court

45 Congress Street
Salem, MA 01970
978.744.1562

Essex District Attorney

Jonathan W. Blodgett
Ten Federal Street
978.745.6610
www.mass.gov/essexda

Boxford Police Department

285 Ipswich Road
Boxford, MA 01921
Emergency - 911
Business – 978.887.8135
Chief, Gordon A. Russell
SRO: Lt. James Riter, Officer Kara Fitzpatrick

Middleton Police Department

65 North Main Street
Middleton, MA 01949
Emergency 911
Business – 978.774.4424
Chief, James A. DiGianvittorio
SRO: Officer Michael LeColst

Topsfield Police Department

210 Boston Street
Topsfield, MA 01983
Emergency - 911
Business – 978.887.6533
Chief, Evan E.J. Haglund
SRO: Officer Sean Frost

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

North Shore Counseling Center

Provides: Outpatient therapy for individual, family, couples and group counseling in mental health, alcohol and drug treatment and other programs

Clientele: Children/families/adolescents/adults/seniors

Locations: Beverly and Topsfield

Telephone contact info: Beverly: 978-922-2280 Topsfield: 978-887-8569

Website: www.nscpcpsy.org

Lahey Health Behavioral Services:

Provides: Mental health, substance abuse and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts. Services included outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention initiatives.

Clientele: Adults, teens, families and children.

Locations: Beverly, Ipswich, Gloucester, Lynn, Woburn, Amesbury, Haverhill, Salem, Lawrence, Lowell

Telephone contact info:

Emergency Psychiatric Services:

Haverhill: 1-800-281-3223 or 978-521-9777

Salem: 1-866-523-1216 or 978-744-1585

Outpatient Clinics:

Beverly: 978-921-1190

Salem: 978-745-2440

Haverhill: 978-373-1126

Ipswich: 978-356-1776

Gloucester: 978-283-0296

Lynn: 781-592-3058

Woburn: 781-935-3025

Amesbury: 978-388-7032

Lawrence: 978-683-3128

Website: <http://nebhealth.org>

Additional Info: On Northeast Behavioral website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

Tri-Town Counsel

Provides: Crisis counseling and referral services for Mental Health

Clientele: Students (Children and Adolescents)

Locations: Topsfield, Ma

Telephone contact info: 978-887-6512

24 Hour Hotline: 978-771-4619

Website: <http://www.tritowncouncil.org/>

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Social Work Referral Services

Provides: Referral Services for providers covered by your specific insurance company for Mental Health

Clientele: Children, adolescents, families, adults

Telephone contact info: 1-800-242-9794

National Suicide/Self Injury Prevention Lifeline

Provides: Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-273-(talk) 8255

Website: <http://www.suicidepreventionlifeline.org/About/Default.aspx>

MEDA (Massachusetts Eating Disorders Association)

Provides: Assessments, consultations, and support groups for individuals with eating disorders. Coaching sessions for family members and friends of individuals with eating disorders. Additional information and resources on eating disorders.

Clientele: Children/families/adolescents/adult

Locations: Newton, Ma

Telephone contact info: 617-558-1881

Website: <http://www.medainc.org/>

NEDA (National Eating Disorders Association)

Provides: Referral Helpline for people with eating disorders and resources/informational website including parent tool-kits

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-931-2237

Website: <http://www.nationaleatingdisorders.org/>

Cambridge Center for Eating Disorders

Provides: Supports and treatment for Eating Disorders

Clientele: Adolescents and adults

Location: Cambridge, Ma

Telephone contact info: (617)547-2255

Website: www.eatingdisordercenter.org/

Waldon Behavioral Center

Provides: Treatment for either or both psychiatric or eating disorders. Inpatient and outpatient

Clientele: Adolescent and adults

Location: Waltham, North Hampton and Worcester Ma

Telephone contact info: 781-647-6700

Website: www.waldenbehavioralcare.com/

TRI-TOWN COMMUNITY RESOURCES

SERVICES TO ASSIST WITH VIOLENCE:

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HAWC (Healing Abuse Working for Change)

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 27 Congress Street Salem, MA 01970

Telephone contact info: 978-744-8552 OR 24 HOUR Hotline – 1-800-547-1649

Website: www.helpabusedwomen.org

Jeanne Geiger Crisis Center Inc.

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 2 Harris Street Newburyport, MA

5 Market Square Amesbury, MA

Telephone contact info: 24 hour hotline 978.388.1888

Website: www.jeannegeigercrisiscenter.org

North Shore Rape Crisis Center

Provides: Individual and group counseling, medical and legal advocacy, educational outreach, and a 24 hour toll-free hotline. All services are confidential and free of charge.

Clientele: Victims of domestic violence

Locations: 156 Broad Street Suite 26 Beverly, MA

Telephone contact info: 24 hour hotline 1-800-922-8772

Website: <http://www.hes-inc.org/north-shore-rape-crisis-center>

Massachusetts Safe Link

Provides: Domestic violence hotline and is answered by trained advocates

Clientele: Victims of domestic violence

Telephone contact info: 24 Hour Hotline 1-877-785-2020

Website: http://www.janedoe.org/safety/safety_dv_shelters.htm

National Domestic Violence Hotline

Provides: Hotline advocates providing crisis intervention, safety planning and referrals for domestic violence victims

Clientele: Victims of domestic violence

Telephone contact info: 1-800-799-SAFE 7233

Website: <http://www.thehotline.org/>

National Teen Dating Violence Hotline

Provides: Website provides resources for teens, parents, friends and family, Peer Advocates, government officials, law enforcement officials and the general public. All communication is confidential and anonymous. Hotline offers 1:1 support from trained peer advocates.

Clientele: Teens and young adults

Telephone contact info: 1-866-331-9474

Website: <http://www.loveisrespect.org/who-we-are/>

Lawrence General Hospital ER**Provides:** 24 Hour service for rape victims**Telephone contact info:** 978-946-8000**TRI-TOWN COMMUNITY RESOURCES****SUBSTANCE ABUSE SERVICES:**

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Locations: Beverly, Ipswich, Gloucester, Lynn, Woburn, Amesbury, Haverhill, Salem, Lawrence, Lowell

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Lawrence: 978-683-3128

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Provides: Outpatient therapy for individuals, family, couples and group counseling in mental health, alcohol and drug treatment and other programs

Clientele: Children/families/adolescents/adults/seniors

Locations: Beverly and Topsfield

Telephone contact info: Beverly: 978-922-2280 Topsfield: 978-887-8569

Website: www.nscpsy.org

TCA-Team Coordinating Agency Inc.

Provides: Outpatient and residential services in substance abuse and other mental health issues

Services: Individual and Group counseling

Clientele: Adolescents and adults

Locations: Haverhill

Telephone contact info: 978-373-3333

Website: www.teamca.net

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SUBSTANCE ABUSE SERVICES:

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CeSAR-Adolescent Abuse Program

Provides: Brief diagnostic and therapeutic interventions, including abstinence challenges and toxicology screens, for substance-using adolescents. Provides triage appointments during times of crisis, offers short term treatment planning, and arranges for a more comprehensive evaluation. For adolescents who require a more intensive assessment, we provide full diagnostic appointments.

Clientele: Adolescents

Locations: Children's Hospital; Boston, Ma

Telephone contact info: 617-355-2727

Website: <http://www.childrenshospital.org/clinicalservices/Site1846/mainpageS1846P6.html>

Institute for Health and Recovery:

Provides: Screening assessments and referrals for adolescents with substance abuse. Provides additional resources for adolescents and families of adolescents with substance abuse issues.

Clientele: Adolescents and families

Locations: Cambridge, Ma

Telephone contact info: 617-661-3991

Website: http://www.healthrecovery.org/projects/adolescent_services/

Informational numbers and websites for substance abuse and addiction:

Partnership for a Drug Free America:

1-866-281-9945

www.drugfree.org

National Institute on Drug Abuse

www.nida.nih.gov

The Anti-Drug (Parents)

www.theantidrug.com

Massachusetts Health Promotion Clearing House: The Medical Foundation

www.macleavinghouse.com

1-800-952-6637

Massachusetts Substance Abuse Information and Education Helpline

1-800-327-5050

www.helpline-online.com

Mass Dept of Public Health-Tabacco Control Program

617-624-5900

www.makesmokinghistory.org

TRI-TOWN COMMUNITY RESOURCES

HOLIDAY SUPPORT:

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Provides: Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation and Santi Yoga. Limited financial emergency family assistance.

Clientele: Tri-Town residents.

Locations: Topsfield, Ma

Telephone contact info: Lisa Teichner 978-887-6512

Website: <http://www.tritowncouncil.org/>

St. Vincent de Paul Society

Provides: Non-perishable food, grocery store gift cards and emergency assistance

Location(s): St. Rose of Lima Parish, Topsfield and St. Agnes Parish, Middleton

Clientele: Local community members in need

Telephone contact info:

Topsfield: Augie Chiango at (617) 429-6284 or through church (978) 887-5505 or asapemail@aol.com

Middleton: Deborah Charewiczat the church office (978) 774-1958.

Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program

Provides: Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

Clientele: Middleton families

Location(s) Middleton, Ma

Telephone contact info: Contact The Flint "SANTA" at 978-774-8132 or Gimmie Sue at 978-884-1770

Website: gsvlacer@comcast.net

Additional Information: Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

Koster Family Foundation

Provides: Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

Clientele: Families in the Tri-Town

Telephone contact info: Dr. Bernie Creeden, Superintendent of Elementary Schools (978) 887-0771

Holiday Assistance Program at Masconomet Regional School District:

Provides: Assistance to families in need in the form of gifts, food and/or financial aid during the holiday season.

Clientele: Tri-Town residents

Telephone contact info: Joan Murphy (Transition Specialist) 978-887-2323 Ext. 1204

jmurphy@masconomet.org

Karen Trevenen (HS Nurse) 978-887-2323 Ext. 6116

ktrevenen@masconomet.org