

Lowell City Resources



Free Clothing Assistance

Catholic Charities

70 Lawrence St Lowell, MA 01852 - (978) 452-1421

Services:

Provides food to the residents of the Greater Lowell area and miscellaneous items when available such as diapers and toiletries.

Central Food Ministry Inc

370 W 6th St Lowell, MA 01850 - (978) 454-7445

Services:

The Central Food Ministry is a non-profit organization that acquires and distributes food, clothing, supplies, and spiritual support to financially disadvantaged residents of Lowell, Massachusetts.

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Services:

CTI SuitAbility provides clothing services to economically disadvantaged women in transition seeking employment or career advancement to help them develop their marketability, become self sufficient and economically independent.

The Hope Chest

397 Market St Lowell, MA 01854 - (978) 455-5301

Services:

The Hope Chest is a consignment shop for families that are struggling financially and in need of children's clothes, toys, and other child care items. - - The Hope Chest support families struggling with the high cost of children's clothing by providing affordable gently used clothing to former House of Hope families, the Acre neighborhood and the community at large. - - The Hope Chest serves as a vehicle of care for those in the community who wish to donate seasonal, gently used clothing to those in need.

Diaper Bank Collaborative

97 Central St, Suite 302 Lowell, MA 01852 - (978) 454 5405, ext.137

Services:

The Diaper Bank is open to service providers, who are able to pick up diapers at the bank, store them at their site and distribute them to their clients. Local families in need

Salvation Army

150 Appleton St Lowell, MA - 978 458 3396

SERVICES PROVIDED:

emergency assistance and clothing/furniture assistance

House of Hope

812 Merrimack Street Lowell MA 01854 - 1.978.458.2870

SERVICES PROVIDED:

Emergency food, shelter and clothing for 58 families at four shelter sites

Case Management work with residents to assess their circumstances and plan for their futures

On-site behavioral and physical health support and referrals

A limited number of permanent housing units with rental assistance and supportive services

Children's services cover a wide spectrum of outreach, intervention, engagement and love

A structured employment-readiness program with Internship positions, employment education, and one-on-one job coaching, available for adult residents who have little prior success with employment

The Hope Chest, a children's resale clothing store that provides customer service internships for clients while serving low-income families in the Greater Lowell area

The Housing Resource Center, which works actively with all parents to quickly secure a stable home for their families and provide goal-oriented stabilization services for families we rehouse in the community to assist them in remaining stably housed

Central Food and Clothing Ministry, Inc.

370 West Sixth Street Lowell, MA, 01850 (978) 454-7445

SERVICES PROVIDED:

Seniors or children can get free winter coats, hats, or gloves. There is food, meals, and other general clothing goods and an annual back to school giveaway event with pens, pencils, notebooks, and more.

Merrimack Valley Catholic Charities

70 Lawrence Street Lowell, MA, 01852 (978) 454-9946

SERVICES PROVIDED:

May have free school supplies, blankets, and other support. Immigrants and Spanish speakers in Middlesex County often find this church for financial help or free clothes.

Metta

135 Jackson Street Lowell MA Phone 978 322 8891

SERVICES PROVIDED:

Behavioral health services, clothing, donations

A focus on Lowell's Southeast Asian and other refugee populations



Free Counseling / Mediation Services

Mental Health Association of Greater Lowell (MHA)

99 Church Street, Lowell, MA 01852. - 978-458-6282.

Our clinic is open: Monday: 8 am to 6 pm, Tuesday-Thursday: 8 am to 8 pm, Friday: 8 am to 5 pm

Services Offered:

Community & Family Counseling Services - Our clinicians help hundreds of people every year to manage the difficulties, stress, and challenges related to many circumstances. If you are experiencing mental health symptoms related to physical illness, work, parenting, marriage, school, grief/loss or from day to day stress, we can help. Common symptoms include depression, anxiety, poor concentration, lack of energy, poor sleep, or agitation. Please call. We are happy to discuss whether our services could be of benefit to you.

- * Anxiety and Depression
- * Panic Disorders
- * Divorce and Separation Issues
- * Child and Family Concerns
- * Family Adjustment Problems
- * School Related Problems
- * Domestic Violence
- * Stress Management
- * Substance Abuse
- * Employee Assistance
- * Gender related issues
- * PTSD/trauma

Community Based Flexible Supports - MHA provides Community Based Flexible Support to individuals living with severe and persistent mental illness. Funding for these services is primarily through the Massachusetts Department of Mental Health.

Self-sufficient - Our program is designed to promote self-sufficiency by providing the support necessary to learn skills, develop strategies, and build competencies that all adults need in order to live independently. An action plan is developed for and with each client that addresses individual goals, values, and aspirations, and provides a road-map for making those goals come true.

Resilient - MHA conducts a comprehensive skill assessment for each client at the time of enrollment. The Individual Action Plan that follows reflects the client's individualized path toward recovery. Staff work with clients on the skills that will bring about increased independence, and provide support when the path is difficult or the way is uncertain.

Individual - Our clients may live in group settings or independent housing, depending upon their individual needs, preferences, and current recovery based skills. Settings are clinically appropriate for each individual, and employ the least intrusive interventions. Support changes in type and intensity over time, in tune with the needs of each client's recovery.

Fees and Payment:

We accept most public and private insurances and we also have a sliding fee scale and will not turn individuals away for inability to pay. We're also a non profit agency.

Catholic Charities

70 Lawrence St Lowell, MA 01852 - 978-452-1421

SERVICES PROVIDED:

Counseling Services

Family Counseling and Guidance Center

Our Counseling Center, headquartered in Danvers, is a professional, mental health clinic that provides a comprehensive, integrated continuum of quality care for people struggling with a range of life issues.

Staff expertise includes dual diagnosis; substance abuse treatment; anger management and impulse control; relapse prevention; life adjustments; depression and anxiety disorders; family and marital conflicts; parenting issues; child and adolescent counseling; and school conflicts and behavior problems.

Family Intervention Program

The Family Intervention Program aims to provide counseling services in a flexible way in order to accommodate the needs of those youth and families who often have not had much success connecting with more traditional outpatient settings. The program provides office-based services as well as home and school-based visits. Services include individual, child, family, parent/child, and group counseling.

Recovering Connections

A new counseling program offered at the Laboure Center in South Boston, Recovering Connections offers case management and support groups to the children and families of those in addiction/recovery.

Fees & Payments:

We seek to help with a hand up instead of a hand out but realize at times people's needs are too great. So we try our best to serve families and individuals to the best of our ability and within our financial means.

This is a nonprofit organization.

The Center for Hope and Healing, Inc.

21 George St, 4th Floor Lowell, MA 01852 - [978-452-7721](tel:978-452-7721)

SERVICES PROVIDED:

Individual counseling - Individual short-term counseling is available for survivors of sexual violence, friends, and their families. Please be aware that anyone under 17 years old requires parent or guardian permission.

Support groups - Various support groups are offered based on the needs of survivors in our community.

Medical advocacy - An advocate can accompany or meet a survivor at the hospital in an emergency situation. An advocate can be present with a survivor, provide information and resources.

Legal advocacy - An advocate can support a survivor going through the legal process, either in court or the police station.

Fees and Payment:

We offer free and confidential support to survivors of sexual assault and sexual abuse. We also offer support to friends and family members ages 12 and older, and professionals who come in contact with survivors through their work as we are non-profit organization

Luk Inc

169 Merrimack St. Lowell, MA 01852 - 978-596-0624

SERVICES PROVIDED:

LUK offers a wide range of Mental Health Treatment services including outpatient and home-based services for individuals and families. Individuals, couples, or families experiencing difficulty adjusting to daily life and mental health or substance abuse concerns are eligible for services.

LUK is a not-for-profit social service agency located in central Massachusetts dedicated to improving the lives of youth and their families. We offer a full spectrum of programs addressing mental and behavioral health, trauma, addiction and substance abuse prevention, and homelessness, Fees and Payment: LUK, Inc. is a 501(c)(3) nonprofit organization.



Free Dental Care Services

Lowell Community Health Center- Pediatric Medicine

161 Jackson Street Lowell, MA – 01852 - Phone: (978) 937-9700

SERVICES PROVIDED:

physical exams with vision and hearing assessments
school, sports and camp physicals
sick visits
lead screenings
asthma management
immunizations
nutrition services
routine lab work
health education
behavioral health services

Office Hours

Monday, Tuesday, Wednesday	8:30am - 8:00pm
Thursday & Friday	8:30am - 5:00pm
Saturday	8:30am - 1:30pm

Lowell Community Health Center proudly provides access to high quality, affordable health care to children and adults of all ages -- regardless of their ability to pay



Free Domestic Violence / Assault Assistance

Alternative House

PO Box 2100 Lowell, MA 01851 - 978-937-5777

SERVICES PROVIDED:

Alternative House offers emergency, confidential shelter for survivors of domestic violence, regardless of race, religion, and gender. Advocates are present 24 hours a day, 365 days a year.

The shelter program is able to accommodate survivors with disabilities as well. Advocates work with all guests to meet immediate needs, providing support, and referrals to community based programs. Services such as Domestic Violence Education, Parenting Support Classes and ExpressiveArt Therapy are provided on-site. All services are free and confidential.

Alternative House's confidential crisis hotline is available 24-7/365. You may call at anytime to speak with an advocate or to inquire about emergency shelter. **978-937-5777**

The Center for Hope and Healing Inc.

21 George Street Suite 400 Lowell, MA 01852 - 978-452-7721

SERVICES PROVIDED:

The Center for Hope and Healing Inc. has served survivors of sexual assault and their loved ones in the Greater Lowell area for over 40 years.

We are an anti-oppression and multicultural agency with a vision of a world free of sexual violence.



Free Employment and Training Assistance

Employee Assistance Program (EAP)

375 Merrimack Street Basement, Room 19 Lowell, MA 01852 Phone: 978-674-4105

SERVICES PROVIDED:

The City of Lowell offers an Employee Assistance Program which provides a variety of 24/7 free, confidential services.

The program is confidential and voluntary. No one will know of your participation unless you choose to tell them. Nothing is included in your medical record or personnel file.

There is no charge to employees or family members

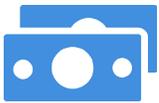
Community Teamwork

155 Merrimack St. Lowell, MA 01852 - (978) 459-0551

SERVICES PROVIDED:

Community Teamwork drives change with vital services and key collaborations, to create housing, education and economic opportunities that reduce poverty and strengthen communities.

From the single mom who can confidently head to work knowing her children are safe and well cared for, to the veteran we help return to his or her community, and the homeless family who gains training, employment, and the dignity of living in decent housing, we help people help themselves with child care, family supports, nutrition, fuel assistance, housing, skills training, employment, financial education, and individual asset and small business development.



Free Financial Assistance

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

SERVICES PROVIDED:

CTI Housing Assistance Program provides low-income families with housing search services and homelessness prevention counseling. - - Services include: Rent Payment Assistance and Housing Search and Information.

Catholic Charities

70 Lawrence St Lowell, MA 01852 - (978) 452-1421

SERVICES PROVIDED:

Merrimack Valley Catholic Charities is a community service center of Catholic Charities, Archdiocese of Boston. MVCC serves the entire Merrimack Valley region through a wide-range of services with primary service sites in Lowell, Lawrence, and Haverhill. Services include Basic Needs, Counseling, Family Support Services, Food Pantry, Grandparents as Parents, Parent Support Services, Child Care. Provides holiday toys and gifts as funding/donations are available.

Salvation Army

150 Appleton Street Lowell, Massachusetts 01852 - Phone (978) 458-3396

While funding is limited, and a number of qualifications need to be met, this is the primary service that can offer cash assistance for paying rent and utility bills, as well as other expenses for Massachusetts families. For example, the Salvation Army may from time to time even have money or vouchers for gasoline or prescription medication. In addition, many low income families receive emergency financial assistance. This is offered to people to help them meet basic needs, such as vouchers for utilities, grocery store/food pantry items, and rent.

Lowell Wish Project

1 Foundry Industrial Park, Lowell, Massachusetts 01852 - Call (978) 441-9474

SERVICES PROVIDED:

Need a referral from a Middlesex County Massachusetts case worker in order to apply for assistance. To those that meet conditions and qualify, they provide assistance to the homeless and other low income individuals.

Epilepsy Foundation Financial Assistance Program - New England

650 Suffolk ST Lowell, MA 01854 - 617-506-6041

Eligibility Guidelines: Diagnosis of epilepsy and Must be in financial need

SERVICES PROVIDED:

Transportation services

Living Expenses/Household Expenses

Medical Expenses

Medications/Medication Expenses

Durable Medical Equipment

Equipment (Misc.)

Child Care/Child Care Expenses

Home Care/Companionship/Housekeeping

Respite Care

Information & Referral/Counseling Services



Free Food Pantries / Boxes

Merrimack Valley Food Bank Inc

735 Broadway St Lowell, MA – 01854 - (978) 454-7272

SERVICES PROVIDED:

Our emphasis is on offering low-income individuals healthy food choices that they are unable to purchase with limited income. We continue to lobby for more nutritious foods including low-sodium and sugar free products, and fresh produce from local farms. Our relationships with distributors, trucking companies, and food companies have resulted in access to numerous products that are not available through the federal and state food programs.

Our Food Distribution Program is capable of picking up and storing large quantities of food at a moments notice. If you are in need of moving salvageable food, please contact us to schedule an immediate pick-up!

Salvation Army

150 Appleton St. Lowell, MA – 01852 - 978-458-3396

SERVICES PROVIDED: Food pantry.

Pantry hours: Wednesday, Thursday, Friday: 9-11am

Merrimack Valley Catholic Charities

70 Lawrence St. Lowell, MA – 01852 - 978-454-9946

SERVICES PROVIDED: a food pantry.

Pantry hours: Monday, Wednesday Thursday: 1-3:30pm; Tuesdays 4:30-6pm

Central Food Ministry

370 W. Sixth St. Lowell, MA – 01850 - 978-454-7445

SERVICES PROVIDED: food pantry.

Pantry hours: Tuesday, Wednesdays 10am-1pm Thursday: 10am-1pm and 7-8pm

Please call 978-454-7445 the day you'd like to make an appointment to pick up food. We start answering the

phone an hour before opening. Our hours are Tues, Wed, and Thurs 10am-1pm and Thurs evening 7p-8p.

Each person in your family will receive a 5 day supply of food. You can pick up food once a calendar month.

When you come in, please be sure to have Social Security cards for everyone in the household, proof of residence for anyone over 18 years of age, and a photo ID.

Christ Jubilee Food Pantry

101 Smith St. Lowell, MA – 01851 - 978-452-9977

SERVICES PROVIDED: food pantry.

Pantry Hours: Friday 1:00pm and 3:00pm

Open Pantry of Greater Lowell

200 Central St. Lowell, MA – 01852 - 978-453-6693

SERVICES PROVIDED: food pantry.

Pantry hours: Monday, Tuesday, Thursday: 9am to 12pm Wednesdays 9am to 12pm, 5:30-7:30pm

The Open Pantry welcomes those in need, no matter their situation. Assistance is offered to individuals and families without any discrimination based on race, creed, or country of origin.

Hope Dove Open Pantry

117 Perry Street Lowell, MA – 01852 - 978-455-2285

SERVICES PROVIDED: food pantry. Hours: Thursday 9:30am - 2:30pm Saturday 8:00 am - 1:00pm



Free Meals

St Pauls Soup Kitchen - Elliot Church - Lowell, MA

273 Summer St. Lowell, MA 01850 - (978)-758-9186

St. Paul's Soup Kitchen is located inside the Eliot Presbyterian Church on Summer St in Lowell, MA and serves free meals to those in need Monday - Friday (except Thanksgiving and Christmas).

The doors open at 3 p.m., the meal is served at 5 p.m., and the doors close promptly at 6 p.m.

Open Pantry of Greater Lowell

13 Hurd Street Lowell, MA 01852 - 978-453-6693

HOURS OF OPERATION:

We welcome clients and donors to visit The Open Pantry:

Monday through Friday 9am - 12 noon

Clients, please arrive before 11:30 am to ensure service. If you come in the last week of the month, we recommend arriving even earlier as we are usually busier than usual.

Wednesday evenings 5:30 pm - 7:00 pm

Clients, please arrive before 6:30 pm to ensure service.

The Open Pantry is closed for major holidays and inclement weather.

Merrimack Valley Food Bank Inc

735 Broadway St Lowell, MA 01854 - (978) 454-7272

Programs:

[Recipes](#)

A nifty site to find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more. You may even discover new ways to use commodity foods! Check out USDA's Recipe Finder Featured Recipe of the Month

[Food Distribution](#)

As our primary operation, the Food Distribution Program distributes more than 2 million pounds of food annually in 30 communities. Foods are obtained from the federal and state emergency food assistance programs, and...

[Mobile Pantry](#)

The Mobile Pantry is a community-based health and nutrition service program that offers home delivery of nutritious foods specifically tailored to meet the health and dietary requirements of low income, homebound elderly and...

[MEFAP/TEFAP \(USDA\)](#)

The Massachusetts Emergency Food Assistance Program (MEFAP) provides nutritious foods to eligible food banks that distribute the food to member agencies serving low-income individuals and families. This food is managed and distributed through our Food Distribution Program.

[Operation Nourish](#)

Operation Nourish began in September 2011 for the purpose of providing supplemental food to children who may not have enough food to eat at home.

[Community Market](#)

The Community Market is a free market that provides fresh produce and other nutritious foods to residents of four Lowell public housing complexes from July through October.

[Food Rescue](#)

Through our partnership with Stop & Shop and Hannaford Supermarkets in Chelmsford our Food Rescue team

picks up perishable foods three days a week that would otherwise be thrown out.

[Summer Lunch](#)

The summer lunch program provided over 10,543 nutritional lunches and snacks to children involved in activities at city parks, recreational centers, summer school programs and summer youth programs during summer 2018.

Community Table – YMCA

35 YMCA Drive, Lowell MA - 978-454-7825

Lunch on Sat 2-4 Sun 1-3

Intl Ministry of Deliverance

192 Appleton St, Lowell MA - 978-677-7401

Monday : 11:45 – 1:00 Wednesday : 11:45 – 1:00

Living Waters – Adult 18+

10 Kirk St, Lowell MA - 978-323-4673

Tuesday : 9:00 – 3:30

Thursday : 9:00 – 3:30

Friday : 9:00 – 3:30

1st Saturday 9:00 – 11:00 2nd, 3rd, 4th 9:00 – 1:00 Closed Sunday

Lowell Senior Center

276 Broadway St, Lowell MA - 978-970-4131

Coffee every day served at 6:00 am

Lunch served every day at 11:30 ; \$2.00 Donation

Lowell Transitional Living Center Adults 18+

189 Middlesex St, Lowell MA - 978-458-9888

Breakfast served every day 6:45 to 8:00am

Lunch 11:45 – 1pm

Dinner served every day 5:45 - 6:45pm

Pathfinders Homeless 18+

94 Rock St, Lowell MA - 978-459-3387

Breakfast served every day at 8:00 am

Lunch served every day at 12:00

Dinner served every day at 5:00

St Pauls Soup Kitchen

273 Summer St. Lowell, MA 01850 - (978)-758-9186

St. Paul's Soup Kitchen is located inside the Eliot Presbyterian Church on Summer St in Lowell, MA and serves free meals to those in need Monday - Friday (except Thanksgiving and Christmas).

The doors open at 3 p.m., the meal is served at 5 p.m., and the doors close promptly at 6 p.m.



Free LGBTQ Assistance

Northeast Legal Aid and Northeast Justice Center

181 Union Street Suite 201A - Lynn, Massachusetts 01901 - (781) 599-7730

Monday – Thursday: 9AM – 5PM, Fridays: 9AM-1PM

Free legal advice for income eligible people: debt, elder law matters, housing, foreclosures, immigration, domestic violence, veterans.

The Center for Hope and Healing Inc.

21 George Street Suite 400 Lowell, MA 01852 - 978-452-7721

GLADLY is a group for high school aged LGBTQ/T young people to come together once a week and give voice to their experiences while being in community with others. We share resources and stories with one another while providing relevant psychoeducational tools related to coping with things like dysphoria, transitions (social, legal, and/or medical), and other things that may be coming up in their lives. We also set aside time to engage in creative self-care activities like drawing, painting, beading, etc.



Free Health Care

Lowell Community Health Center

161 Jackson Street Lowell, MA 01852 - [\(978\) 937-9700](tel:9789379700)

Office Hours

Monday, Tuesday, Wednesday

8:30am - 8:00pm

Thursday & Friday

8:30am - 5:00pm

Saturday

8:30am - 1:30pm

Lowell Community Health Center proudly provides access to high quality, affordable health care to children and adults of all ages — regardless of their ability to pay.

Lowell Transitional Living Center

189 Middlesex St. Lowell, MA – 01852 - Phone: [\(978\) 441-0805](tel:9784410805)

Health Care for the Homeless Program:

A collaboration with Greater Lawrence Family Health Center's Health Care for the Homeless program, volunteer nurses, and partner agencies providing an onsite clinic, health navigator, and improved access to community health providers

Mental Health and Detox:

Behavioral Health referral program, in-house stress prevention programs, and referrals and transportation to detox

WIC – Lowell

45-47 Kirk Street Lowell, MA 22289 - 978-454-6397

Accepts: Uninsured, underinsured, insurance, Medicaid

Income: Low Income

Fees: No fee

Languages Spoken: English

Services: WIC

Open Call for hours

Service Area: Lowell Area



Free HIV/AIDS Assistance

Lowell Community Health Center (Metta Health Center)

135 Jackson St, Lowell, MA 01852 - [978-441-1700](tel:978-441-1700)

Available Tests:

Chlamydia Test

Conventional Blood HIV Test

Gonorrhea Test

Syphilis Test

Services include primary medical care for all ages using a family medicine model, chronic disease management, nutrition counseling, mental health services, traditional healing advice, acupuncture, massage therapy, social services, meditation, health education and referrals

Lowell Community Health Center

161 Jackson St, Lowell, MA 01852 - 978-937-9700

Available Tests:

- Chlamydia Test
- Conventional Blood HIV Test
- Gonorrhea Test
- Hepatitis A Vaccine
- Hepatitis B Vaccine
- Hepatitis C Test
- Rapid Blood HIV Test
- Syphilis Test

Please register for HIV testing; it is free and confidential

Massachusetts Alliance of Portuguese Speakers

11 Mill Street Lowell, MA 01852 - [978-970-1250](tel:978-970-1250)

Hours: Mondays – 10 am to 6 pm; Tuesdays, Wednesdays, Thursdays, Fridays – 9 am to 5 pm

Our Non-Medical Case Management program provides **free case management, referrals and assistance** for individuals living with HIV/AIDS in the community.



Free Legal Services

Northeast Legal Aid

35 John Street, Suite 302 Lowell , MA 01852 - 978-458-1465; 1-800-336-2262

Northeast Legal Aid (NLA) provides free civil legal services to low income and elderly residents of Essex County and Northern Middlesex County, Massachusetts. It provides these services together with its subsidiary, Northeast Justice Center (NJC). Find us on Facebook at <https://www.facebook.com/Northeast.Legal.Aid> NLA and NJC are the result of the merger of two longstanding legal services programs -Neighborhood Legal Services and Merrimack Valley - North Shore Legal Services.

Intake Notes: Call between 9:00 a.m and 1:00 p.m. Monday through Friday, apply online at any time.

Alternative House

PO Box 2100 Lowell, MA 01851 USA - 888-291-6228

The mission of Alternative House is to facilitate the creation of a society in which violence against women will no longer exist. As a means to this end, we offer shelter, support, options, counseling and advocacy for all battered women (and their children) who seek our help. We are committed to the empowerment of women toward self sufficiency. We do not discriminate against any race, class, culture, age group or sexual orientation.

Legal Services Provided

Domestic Violence
Family Law

Armstrong Law, P.C.

287 Appleton Street Suite 208 Lowell, MA 01852 - Phone: 978-614-0965

Specializing in domestic relations matters. I handle all aspects of family law including divorce, modification, contempt, custody, child support, alimony, visitation, Guardian Ad Litem investigations, Parent Coordinator services, and Abuse Prevention Orders....FREE CONSULTATION



Free Recovery Services

Lowell Community Health Center

161 Jackson Street Lowell, MA – 01852 - (978) 937-9700

Monday - Thursday	8:00am – 8:00pm
Friday	8:00am – 6:00pm
Saturday	8:00am – 5:00pm
Sunday :	Closed

Lowell Community Health Center proudly provides access to high quality, affordable health care to children and adults of all ages — regardless of their ability to pay.

The Megan House Foundation

100 Merrimack St., Suite 301D Lowell, MA 01852 - 978-606-9955

Megan’s House is a comprehensive residential substance abuse treatment home for young women between the ages of 18 and 26 who struggle with addiction and other co-occurring disorders. Our multifaceted approach to the treatment of substance abuse includes evidenced-based services aimed at improving the quality of life of our residents.

Lowell House Inc Residential Services

102 Appleton Street Lowell, MA.

Type of Care:

Drug and Alcohol Treatment Services, Halfway House, Substance Abuse Treatment Services

Service Setting:

Inpatient Drug Rehab, Inpatient Treatment Center (ITC) For Adults, Other Residential Services (Excluding RTCs),

Lowell Community Opioid Outreach Program (CO-OP)

341 Pine St. Lowell, MA 01852 - 978-674-4304

Monday	8:00 AM - 5:00 PM
Tuesday	8:00 AM - 8:00 PM
Wednesday	8:00 AM - 5:00 PM
Thursday	8:00 AM - 5:00 PM
Friday	8:00 AM - 12:00 PM

The mission of the Lowell Community Opioid Outreach Program (CO-OP) is to reduce the number of fatal and non-fatal overdoses in the City of Lowell while increasing the number of overdose victims who access treatment services.



Free Rental Assistance

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Services:

CTI Housing Assistance Program provides low-income families with housing search services and homelessness prevention counseling. - - Services include: Rent Payment Assistance and Housing Search and Information.

Catholic Charities

70 Lawrence St Lowell, MA 01852 - (978) 452-1421

Services:

Merrimack Valley Catholic Charities is a community service center of Catholic Charities, Archdiocese of Boston. MVCC serves the entire Merrimack Valley region through a wide-range of services with primary service sites in Lowell, Lawrence, and Haverhill. Services include Basic Needs, Counseling, Family Support Services, Food Pantry, Grandparents as Parents, Parent Support Services, Child Care. Provides holiday toys and gifts as funding/donations are available.

Lowell Salvation Army

150 Appleton Street, Lowell, Massachusetts 01853 - (978) 458-3396

All Salvation Army branches offer emergency financial assistance and one time rent help. One of the nation's leading non-profit charity type organizations.

Lowell Wish Project

1 Foundry Industrial Park, Lowell, Massachusetts 01852 - (978) 441-9474

Need a referral from a Middlesex County Massachusetts case worker in order to apply for assistance. To those that meet conditions and qualify, they provide assistance to the homeless and other low income individuals.



Free Shelter

Merrimack House

423 Pawtucket Steet Lowell, MA 01854 - (978) 458-8853

Our vision is a community of opportunity where fewer people live in poverty. A future where clients are aware of opportunities available and how to access them so they achieve their potential for economic independence and personal growth.

House of Hope

812 Merrimack Steet Lowell, MA 01854 - (978) 458-2870

Emergency food, shelter and clothing for 28 families.

- Case Managers work with HOH residents to assess their circumstances and plan for their futures.
- On-site mental health and substance abuse programming for all mothers.
- Employment internship positions are available on-site for adult residents who have little prior success with employment.
- Children's services at the House of Hope cover a wide spectrum of outreach and support. Intervention, engagement and love are the operative words when it comes to the kids of House of Hope.

Lowell Transitional Living Center

189 Middlesex Street Lowell, MA 01852 - (978) 458-9888

Lowell Transitional Living Center provides three daily meals, a safe environment, detox placement, individual assessment and referrals, medical care, case management, street outreach to chronically homeless, rep payee services, clothing and on site GED and support group programming.

The Lowell Transitional Living Center provides the most vulnerable adults in our community with programs and services that meet immediate needs for emergency shelter and food, along with case management and other help that enable those we serve to make the transition from a shelter bed to a permanent place to call home.

Under the Oak Day Shelter

180 East Merrimack St. Lowell, MA 01852 - 978~459~9631

Under the Oak is a day shelter that is Christian based and located at Christ Church United in Lowell, Ma. UTO is open every Wednesday from 11am till 2pm..On cold or snow days we open earlier and stay open later. We serve a hot lunch along with fellowship and arts and crafts - UTO helps those in need feel needed.

Alternative House

PO Box 2100 Lowell, MA 01851 - 978-937-5777

Alternative House offers emergency, confidential shelter for survivors of domestic violence, regardless of race, religion, and gender. Advocates are present 24 hours a day, 365 days a year.

The shelter program is able to accommodate survivors with disabilities as well. Advocates work with all guests to meet immediate needs, providing support, and referrals to community based programs. Services such as Domestic Violence Education, Parenting Support Classes and Expressive Art Therapy are provided on-site. All services are free and confidential.

Alternative House's confidential crisis hotline is available 24-7/365. You may call at anytime to speak with an advocate or to inquire about emergency shelter.

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Services:

CTI Housing Assistance Program provides low-income families with housing search services and homelessness prevention counseling. - - Services include: Rent Payment Assistance and Housing Search and Information.

Pathfinder Milestone

94 Rock St Lowell, MA 01854 - (978) 459-3387

Pathfinder provides congregate housing for homeless men, conducts homeless outreach and provides meals. GED, Adult Education and substance abuse education are provided, as well as computer access and basic computer training. - - Referrals required for Residential services. All others should be homeless or receiving services from a homeless agency. - - Service includes soup kitchens and homeless shelter.



Free Transitional Housing

Lowell Transitional Living Center

189 Middlesex Street Lowell, MA 01852 - (978) 458-9888

Lowell Transitional Living Center provides three daily meals, a safe environment, detox placement, individual assessment and referrals, medical care, case management, street outreach to chronically homeless, rep payee services, clothing and on site GED and support group programming.

The Lowell Transitional Living Center provides the most vulnerable adults in our community with programs and services that meet immediate needs for emergency shelter and food, along with case management and other help that enable those we serve to make the transition from a shelter bed to a permanent place to call home.

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Services:

CTI Housing Assistance Program provides low-income families with housing search services and homelessness prevention counseling. - - Services include: Rent Payment Assistance and Housing Search and Information.

Stepping Stones Sober House

233 Appleton St Lowell, MA – 01852 – 978 751 0456

Stepping Stones Sober House is a brand new sober house with a structured environment and a zero tolerance policy. Our program is designed to provide a safe, sober, twelve-step oriented environment by which our clients can re-create their lives. The mission of our program is to stay sober and to help another achieve long term recovery from the disease of addiction.

Stepping Stones Sober House's residents are welcomed into a clean and sober community for men. Their primary focus is helping one another achieve their goals in recovery.

Stepping Stones Sober House's residents are involved in 12 Steps recovery groups, are active in the community, and are generally employed nearby. Our men find themselves working towards their goals, living life one day at a time and growing together in their journey of life.

Oxford House Bridge Street

612 Bridge Street Lowell, MA – 01850 - (978) 453-9878

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home.

Male transitional house with a total occupancy of 14.

Alternative House, Inc.

PO Box 2100 Lowell, Massachusetts, 01851 (978) 937-5777

For women and children released from a domestic violence shelter, short term transition housing and other services are offered.

Free Utility Assistance

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

CTI Housing Assistance Program provides low-income families with housing search services and homelessness prevention counseling. - - Services include: Rent Payment Assistance and Housing Search and Information.

Catholic Charities

70 Lawrence St Lowell, MA 01852 - (978) 452-1421

Merrimack Valley Catholic Charities is a community service center of Catholic Charities, Archdiocese of Boston. MVCC serves the entire Merrimack Valley region through a wide-range of services with primary service sites in Lowell, Lawrence, and Haverhill. Services include Basic Needs, Counseling, Family Support Services, Food Pantry, Grandparents as Parents, Parent Support Services, Child Care. Provides holiday toys and gifts as funding/donations are available.



Free Veterans Assistance

The Office of Veterans Services

University Crossing, 220 Pawtucket Street, Suite #354, Lowell MA 01854-5145

Feel free to reach us at:

Phone: 978-934-2461

E-mail: veterans@uml.edu

Fax: 978-934-3031

Veterans Services is open Monday through Friday from 8:30 a.m. to 5 p.m.

Lowell Vet Center

10 George Street Lowell, MA 01852 Phone: 978-453-1151 Fax: 978-441-1271

Monday: 8:00 am - 6:00 pm

Tuesday: 8:00 am - 7:30 pm

Wednesday: 7:30 am - 5:00 pm

Thursday: 8:00 am - 5:00 pm

Friday: 8:00 am - 4:30 pm

Saturday: Closed

Sunday: Closed

In an effort to better serve the veteran and family members, upon request Vet Centers will provide services after normal work hours and/or on weekends.

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Community Teamwork drives change with vital services and key collaborations, to create housing, education and economic opportunities that reduce poverty and strengthen communities.

From the single mom who can confidently head to work knowing her children are safe and well cared for, to the veteran we help return to his or her community, and the homeless family who gains training, employment, and the dignity of living in decent housing, we help people help themselves with child care, family supports, nutrition, fuel assistance, housing, skills training, employment, financial education, and individual asset and small business development.



Free Youth Assistance

Community Teamwork

155 Merrimack St Lowell, MA 01852 - (978) 459-0551

Community Teamwork drives change with vital services and key collaborations, to create housing, education and economic opportunities that reduce poverty and strengthen communities.

From the single mom who can confidently head to work knowing her children are safe and well cared for, to the veteran we help return to his or her community, and the homeless family who gains training, employment, and the dignity of living in decent housing, we help people help themselves with child care, family supports, nutrition, fuel assistance, housing, skills training, employment, financial education, and individual asset and small business development.

UTEC

15 Warren St, No. 3 Lowell, MA 01852 Tel: 978.856.3902

UTEC is a leader in nonprofit management, fiscal sustainability, and community collaboration. We value youth and stakeholder input as a key component of organizational success. We are nationally regarded by practitioners and funders as one of the most innovative, ambitious, and outcomes-focused youth development agencies. Through our expertise, coupled with organizing and policy making efforts, UTEC informs local and national policies that support proven-risk young people. Organizations across the country seek to learn from us how to engage hard-to-reach youth and to produce positive outcomes through transformative services. We are a learning and teaching agency. And ultimately, the young people we serve return to UTEC as the agency's next generation of youth workers!

Rising Stars – Summer Program

465 School Street Lowell, MA 01851 978-454-6200

Monday - Friday : 9:00am - 5:00pm

Saturday - Sunday : Closed (Except for Programs & Special Events)

The Rising Stars program provides youth a free summer sports and leadership program for 6 weeks. The program is targeted for youth and families that don't have the financial resources for summer programs.

This program will help keep youth focused on developing their leadership skills through a variety of activities. Sports, team builders, educational workshops, guest speakers, and field trips are just some of the activities and tools we will use to help attendees develop skills and experience personal growth during their time in the program.

Massachusetts Substance Abuse Information and Education Helpline 800-327-5050

Toll-free: 1-800-327-5050 For free and confidential help finding services for people of all ages