

## Massachusetts Community Resources

Here is a list of places and programs that can support you and your family in being healthy. Please call them directly with any questions or for more information.

See more resources on our website: [C4Hprogram.com](http://C4Hprogram.com)

Food	
<p><b>Massachusetts WIC Program</b> (800) 942-1007. Food, nutrition education, breastfeeding support and other services for women and children under 5. <a href="https://www.mass.gov/orgs/women-infants-children-nutrition-program">https://www.mass.gov/orgs/women-infants-children-nutrition-program</a></p>	<p><b>SNAP</b> (877) 382-2363 Monthly benefit to buy foods. Call or visit website to learn if you can receive SNAP. <a href="https://dtacconnect.eohhs.mass.gov/screening">https://dtacconnect.eohhs.mass.gov/screening</a></p>
<p><b>City of Boston</b> Visit link for accessible and affordable food resources: meal site for youth, adults, soup kitchens, food pantries, and other city programs and initiatives <a href="https://www.boston.gov/departments/food-justice">https://www.boston.gov/departments/food-justice</a></p>	<p><b>Project Bread FoodSource</b> (800) 645-8333 Call (Mon-Fri 8am-7pm, Sat 10am-2pm) for food resources near you. <b>Text</b> "FOOD" or "COMIDA" to 877-877 for free meals for children (no ID needed). <a href="http://www.projectbread.org/get-help/">http://www.projectbread.org/get-help/</a></p>
Housing, Child Care, Unemployment	
<p><b>ABCD</b> 617-348-6000 Help with housing, food, taxes, utilities, immigration services, elder and child care, teens jobs programs. <a href="https://bostonabcd.org/">https://bostonabcd.org/</a></p>	<p><b>Active Minds Hotline</b> Text "Brave" or "c2t" to 741-741 any time to speak with trained counselor. <i>All calls are free and private.</i> <b>Visit mass.gov for more hotlines:</b> <a href="https://www.mass.gov/service-details/crisis-hotlines">https://www.mass.gov/service-details/crisis-hotlines</a></p>
<p>Visit <b>Mass.gov</b> or call (877) 626-6800 to apply for unemployment benefits. Housing: <a href="https://www.mass.gov/topics/housing-property">https://www.mass.gov/topics/housing-property</a> Call <b>MASS 2-1-1</b> for help finding emergency housing, food, child care and more.</p>	<p><b>HealthyChildren.org</b> Learn about family mental health, how to help children with stress.</p>
Physical Activity	
<p>Learn about activities for your family offered at:</p> <ul style="list-style-type: none"> <li><b>Boys &amp; Girls Club</b> (617) 994-4700 <a href="https://www.bgcb.org/find-your-club">https://www.bgcb.org/find-your-club</a></li> <li><b>YMCA</b> (617) 927-8060 <a href="https://ymcaboston.org/">https://ymcaboston.org/</a></li> <li><b>Boston Centers for Youth and Families</b> (617) 635-4920 <a href="https://www.boston.gov/departments/boston-centers-youth-families">https://www.boston.gov/departments/boston-centers-youth-families</a></li> </ul>	<p><b>Active time at home!</b> Visit these video links for activities to do at home:</p> <ul style="list-style-type: none"> <li><a href="http://www.bokskids.org/boks-at-home/">http://www.bokskids.org/boks-at-home/</a></li> <li><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></li> </ul> <p><b>List of Playgrounds &amp; Parks in Boston by Neighborhood</b></p> <ul style="list-style-type: none"> <li><a href="https://www.boston.gov/departments/parks-and-recreation/popular-playgrounds-and-parks-">https://www.boston.gov/departments/parks-and-recreation/popular-playgrounds-and-parks-</a></li> </ul>