

Wellness Resource Guide **2008 – 2009**

**Provided by the
Weston Community Health Coalition**

Updated: January 2009

This wellness resource guide has been compiled by the *Weston Community Health Coalition* for the benefit of Weston residents. This work is based in large part on the research of the late Joan Vernon and is a symbol of her enduring commitment to our community.

To the best of our knowledge, all phone numbers and website references are up to date and relate to reliable service providers. It is up to the user, however, to judge the safety and appropriateness of advice or services received from any of the listed sources. We aim to provide information and support but are unable to guarantee quality of service or outcomes.

This guide can also be found on the Weston town website and the Weston Schools' website: www.weston.org and www.westonschools.org. In addition to the resources below, Lindsay Renner is the Weston Youth Counselor providing individual, family, and group counseling to Weston adolescents: 781-891-7617.

To report any errors or omissions, please call (781) 431 1854 or email changes to alison@been-farquhar.com.

Index of Contents

Emergency and Hotlines (24 hour call lines)	2
Depression and Suicide	5
Substance Abuse (alcohol, drugs, tobacco)	5
Domestic Violence and Abuse	7
Sexual Assault/Rape	8
Pregnancy/Sexual Health	9
Eating Disorders/Self-harming Disorders	10
Mental Health	11
Emergency Housing/Shelters/Teen Runaways	11
Parent Support	12
Education and Training	13
Sexual Identity	14
Learning Disabilities	15
Weston General Resources	16
Weston Elderly Resources	17
Financial Assistance Programs for Seniors in Weston	18

Emergency and Hotlines (24 hour call lines)

Resource: Phone:	Weston Police 911 or 781-893-4800
Resource: Phone:	Weston Fire Department (and Ambulance) 911 or 781-893-2372
Resource: Phone:	Poison Control 800-682-9211 or 617-232-2120
Resource: Phone: Location: Website: Description:	National Suicide Prevention Lifeline 1-800-273-TALK (8255) www.suicidepreventionlifeline.org The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, NSPL's mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself, or someone you care about. The call is free and confidential.
Resource: Phone: Location: Website: Description:	McLean Hospital Child and Adolescent Program 800-333-0338 115 Mill Street, Belmont, MA 02478 www.mclean.harvard.edu Serves children and adolescents ages 3 to 21. The program offers a full spectrum of psychiatric services: acute inpatient, partial hospitalization, brief residential care, and comprehensive, specialized outpatient treatment.
Resource: Phone: Location: Website: Description:	Newton-Wellesley Hospital 617-243-6000, Emergency Department 617-243-6193 2014 Washington Street Newton, MA 02462 www.nwh.org Newton-Wellesley is a premier community teaching hospital in Massachusetts, offering a full range of medical, surgical and specialty care, including a 24-hour emergency department, pediatric emergency department, and dedicated orthopedic, critical care and oncology inpatient units.
Resource: Phone: Location: Website: Description:	Riverside Community Care 800-529-5077 or 781 769 8674 (crisis line). 781-433-0672 (weekdays). Several, including 255 Highland Ave, Needham, MA 02494-3023 www.riversidecc.org/childfam.html <i>Riverside Alternative Youth Services</i> serves teens and their families in the communities of Newton, Wellesley, Weston and Needham who are facing crises with alcohol and drug abuse, escalating family conflict, eating disorders or serious emotional problems. Staff provide crisis management, short-term treatment and support, and access to additional resources including emergency residential support when needed. Services are free of charge.
Resource: Phone: Location: Website: Description:	Samariteen Hotline 1-800-252 TEEN (8336) Boston www.samaritansofboston.org/samariteens.html Dedicated specifically to preventing suicide in teenagers, this teen help line provides confidential peer support and understanding to teens who are struggling with feelings of

	depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 15 and 18; outside those hours, calls are answered by adult volunteers.
Resource: Phone: Location: Website:	Samaritans Hotline 508 875 4500 Suburban West, 617-247-0220 Boston Suburban West and Boston www.samaritansofboston.org
Description:	This unique service, staffed by trained volunteers, provides unconditional and non-judgmental support to those who are alone, depressed or in crisis.
Resource: Phone:	Parent Stress Line 800-632-8188
Description:	Free, anonymous hotline for parents under stress. The Parental Stress Line provides assistance to more than 10,000 Massachusetts parents and childcare providers annually.
Resource: Phone:	Massachusetts Drug and Alcohol Information Hotline 800-327-5050
Description:	Information and referrals on drug and alcohol use, abuse and recovery.
Resource: Phone: Location: Website:	Boston Area Rape Crisis Center 617-492-7273 (24 hour); 617-492-8306 (business line) Cambridge www.barcc.org
Description:	Provides 24 hour hotline for survivors of rape, incest, harassment and ritual abuse, their friends, relatives, and professionals who work with them. Also provides individual and group counseling, legal and medical advocacy, education, and outreach. NOTE: Newton-Wellesley Hospital employs S.A.N.E.s (Sexual Assault Nurse Examiners). These nurses are specially trained and provide excellent care to rape survivors.
Resource: Phone: Location: Website:	The North Shore Rape Crisis Center) 800-922-8772 (24 hours) Lynn www.hes-inc.org/scp_nsrcc.htm
Description:	The North Shore Rape Crisis Center offers a variety of support services. All services are free of charge: 24 hour anonymous hotline counseling; advocacy at the police station, hospital, or in court; individual crisis counseling; educational workshops/trainings around issues of rape, date rape, violence, sexual harassment, etc.; support groups for adolescent and adult survivors of rape, child sexual abuse, and incest; referrals for continued support.
Resource: Phone: Location:	REACH (formerly the Support Committee for Battered Women) 800-899-4000 (24 hours) Waltham
Description:	REACH is a private, non-profit, community-based organization that provides services to 27 towns and cities in the Metro-West region of Boston. Our services include a 24-hour toll free hotline, 12-bed emergency shelter, short-term safe home, support groups, individual support and advocacy, court advocacy, and community education. All services are confidential and free of charge, and based on a philosophy of empowerment.
Resource: Phone: Website:	National Domestic Violence Hotline 800-799-7233 www.ndvh.org

Description:	Highly trained Hotline Advocates are available 24 hours to talk with victims of domestic violence and those calling on their behalf. Advocates do crisis intervention, provide information about domestic violence and refer callers to local resources such as shelters.
Resource: Phone: Location: Website:	Domestic Violence Ended (DOVE) 1-888-314-DOVE (3683) Milton and Quincy www.doveinc.org
Description:	Provides temporary shelter, individual counseling and support groups to women and children, legal advocacy and advice.
Resource: Phone:	Safelink 877-785-2020
Description:	Multi-lingual hotline. Advocates can talk with you about your needs and help you identify shelters, programs, and other resources. They can connect you to services for both domestic violence and sexual assault.
Resource: Phone: Location:	CRISIS hotline (Project RAP) 978-922-0000 (8am – 8pm), after hours call (508) 727-5432 or (508) 727-2990 leave your number and your call will be returned Worcester
Description:	Provides teen and adult crisis intervention and referrals in the northeast.
Resource: Phone:	MA Department of Social Services – Child at Risk Hotline 800-792-5200
Description:	Hotline for reporting suspected child abuse or neglect.
Resource: Phone:	Disabled Persons Protection Commission 800-426-9009
Description:	Hotline to report abuse of disabled persons ages 18 – 59.
Resource: Phone: Website:	National Center on Elder Abuse 800-922-2275 (domestic), 800-462-5540 (institutional) www.ncea.aoa.gov
Description:	Hotline to report elder abuse when elders are showing signs of being abused, neglected, exploited, or are self-neglecting.
Resource: Phone: Website:	National Center for Missing and Exploited Children 800-843-5678 (24 hours) www.missingkids.com
Description:	To report missing children (AFTER reporting the disappearance to local law enforcement) or to report sightings of missing children.
Resource: Phone: Website:	National Runaway Switchboard 800-786-2929 (800-RUNAWAY) or 800-621-4000 (24 hours) for children, parents, teachers or other concerned adults www.nrscrisisline.org
Description:	24 hour phone help for teenagers considering running away or already on the run. Help also for adults concerned about a potential or actual runaway.

Depression and Suicide

Resource:	Families for Depression Awareness
Phone:	781-890-0220
Location:	300 Fifth Avenue, Waltham, MA 02451
Website:	www.familyaware.org
Description:	Dedicated to helping families recognize and cope with depressive disorders, to get people well and prevent suicides.

Resource:	Samariteen Hotline
Phone:	1-800-252 TEEN (8336)
Location:	Boston
Website:	www.samaritansofboston.org/samariteens.html
Description:	Dedicated specifically to preventing suicide in teenagers, this teen help line provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 15 and 18; outside those hours, calls are answered by adult volunteers.

Resource:	Samaritans Hotline
Phone:	508 875 4500 Suburban West, 617-247-0220 Boston
Location:	Suburban West and Boston
Website:	www.samaritansofboston.org
Description:	This unique service, staffed by trained volunteers, provides unconditional and non-judgmental support to those who are alone, depressed or in crisis.

Resource:	Riverside Community Care
Phone:	800-529-5077 or 781-769-8674 (crisis line). 781-433-0672 (weekdays).
Location:	Several, including 255 Highland Ave, Needham, MA 02494-3023
Website:	www.riversidecc.org
Description:	Twenty-four hour a day, 7 day a week on-site and mobile teams provide psychiatric and substance abuse assessment, emergency medication evaluation, information, referral, hospital prescreening and admission. The Emergency Service utilizes a multi-disciplinary approach to intervention and treatment and collaborates closely with other community resources.

Resource:	Suicide Prevention Resource Center
Phone:	
Location:	Online
Website:	www.sprc.org
Description:	The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention. The Featured Resources section contains information for counselors, clergy, physicians, teachers, teens, survivors, and many others.

Substance abuse (alcohol, drugs, tobacco)

Resource:	Center for Adolescent Substance Abuse
Phone:	617-355-2727
Location:	Children's Hospital Boston
Website:	www.ceasar-boston.org

Description:	CeASAR @ Children's hospital is a national research center committed to reducing substance abuse and related disorders in children and adolescents. Outpatient services include timely diagnostic evaluations, group therapy, laboratory monitoring, mental health assessment and treatment, opioid replacement therapy, and referrals when appropriate.
Resource: Phone: Location: Website:	Alateen 508-366-0556 (week days) Meetings in MA including Framingham, Norwood, and Arlington www.ma-al-anon-alateen.org
Description:	Group meetings and support for teens whose lives have been affected by someone else's drinking.
Resource: Phone: Location: Website:	Alcoholics Anonymous (AA) 617-426-9444 (week days 9am – 9pm, weekends noon – 9pm) Meetings in MA including Weston, Wellesley, and other local towns. Main office in Boston www.aaboston.org , www.aaboston.org/meetings.asp (for meeting times and locations)
Description:	Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety through sharing experience, strength and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism. There are no dues or fees for A.A. membership. Membership is anonymous and no attendance records are maintained.
Resource: Phone: Location: Website:	Human Relations Service, Inc. (HRS) 781-235-4950 (weekdays) Wellesley www.hrshehelps.org
Description:	A.S.A.P. - the Adolescent Substance Abuse Program at The Human Relations Service (HRS) – is designed to respond as soon as possible to families whose teenagers may be involved in problematic alcohol or drug use or other addictive habits. The entire family is engaged in order to address both the teen's and parents' concerns. If a thorough evaluation indicates a need for counseling, A.S.A.P. provides solution-focused treatment to improve family communication, address underlying issues, and re-empower parents through new coping strategies.
Resource: Phone:	Massachusetts Drug and Alcohol Information Hotline 800-327-5050
Description:	Information and referrals on drug and alcohol use, abuse and recovery.
Resource: Phone: Website:	Massachusetts Smokers Quitline 800-879-8678 (800-TRY-TO-STOP) (Mon – Thur 9am – 7pm, Fri 9am – 5 pm) www.trytostop.org
Description:	Service to help smokers end tobacco use. Provides screening and information, referrals, counseling, self-help materials, and family support information.
Resource: Phone: Location: Website:	Riverside Community Care 800-529-5077 or 781-769-8674 (crisis line). 781-433-0672 (weekdays). Several, including 255 Highland Ave, Needham, MA 02494-3023 www.riversidecc.org/childfam.html
Description:	<i>Riverside Alternative Youth Services</i> serves teens and their families in the communities of Newton, Wellesley, Weston and Needham who are facing crises with alcohol and drug abuse, escalating family conflict, eating disorders or serious emotional problems. Staff provide crisis management, short-term treatment and support, and access to additional resources including emergency residential support when needed. Services are free.

Resource:	Center for Substance Abuse Treatment
Phone:	800-662-4357
Website:	www.findtreatment.samhsa.gov
Description:	Treatment referrals and center locator.

Resource:	Narcotics Anonymous
Phone:	866-624-3578
Website:	www.newenglandna.org
Description:	12 Step program for users of narcotics who seek recovery.

Domestic Violence and Abuse

Resource:	Advocacy for Women and Kids in Emergencies (AWAKE) run by Children's Hospital
Phone:	617-355-4760 (week days)
Location:	Boston
Description:	Initial and ongoing risk assessment, safety planning, counseling, advocacy, referrals, and support groups.

Resource:	Domestic Violence Ended (DOVE)
Phone:	1-888-314-DOVE (3683)
Location:	Milton and Quincy
Website:	www.doveinc.info
Description:	Provides temporary shelter, individual counseling and support groups to women and children, legal advocacy and advice.

Resource:	EMERGE
Phone:	617-547-9879
Location:	Cambridge
Website:	www.emergedv.com
Description:	Emerge offers group counseling for men who have verbally, mentally, or physically abused a woman in a relationship. Because many men who abuse their partners have abused their children as well, EmERGE groups also address the connections between spouse abuse and child abuse.

Resource:	Jewish Family and Children's Center
Phone:	781-647-5327 (week days)
Location:	1430 Main St., Waltham
Website:	www.jfcsboston.org
Description:	Domestic violence program provides comprehensive support to victims of domestic violence including safety planning, court advocacy, as well as legal and financial help in conjunction with other programs in the Center for Family Assistance.

Resource:	National Domestic Violence Hotline
Phone:	800-799-7233
Website:	www.ndvh.org
Description:	Highly trained Hotline Advocates are available 24 hours to talk with victims of domestic violence and those calling on their behalf. Advocates do crisis intervention, provide information about domestic violence and refer callers to local resources such as shelters.

Resource:	REACH (formerly the Support Committee for Battered Women)
Phone:	800-899-4000 (24 hours)

Location:	Waltham
Description:	REACH is a private, non-profit, community-based organization that provides services to 27 towns and cities in the Metro-West region of Boston. Our services include a 24-hour toll free hotline, 12-bed emergency shelter, short-term safe home, support groups, individual support and advocacy, court advocacy, and community education. All services are confidential and free of charge, and based on a philosophy of empowerment.

Resource:	Domestic Violence Ended (DOVE)
Phone:	1-888-314-DOVE (3683)
Location:	Milton and Quincy
Website:	www.doveinc.info
Description:	Provides temporary shelter, individual counseling and support groups to women and children, legal advocacy and advice.

Resource:	Safelink
Phone:	877-785-2020
Description:	Multi-lingual hotline. Advocates can talk with you about your needs and help you identify shelters, programs, and other resources. They can connect you to services for both domestic violence and sexual assault.

Resource:	MA Department of Social Services – Child at Risk Hotline
Phone:	800-792-5200
Description:	Hotline for reporting suspected child abuse or neglect.

Resource:	The Second Step
Phone:	617-965-3999 (daytime)
Location:	Newton
Website:	www.thesecondstep.org
Description:	Provides transitional housing and support services to female survivors of domestic violence and their children. Women’s Resource Center is available to anyone in the community looking for information on a variety of women's issues, such as surviving domestic violence, searching for a job, financial management, or parenting and legal matters.

Resource:	National Center on Elder Abuse
Phone:	800-922-2275 (domestic), 800-462-5540 (institutional)
Website:	www.ncea.aoa.gov
Description:	Hotline to report elder abuse.

Resource:	Disabled Persons Protection Commission
Phone:	800-426-9009
Description:	Hotline to report abuse of disabled persons ages 18 – 59.

Sexual Assault/Rape

Resource:	Beth Israel Deaconess Medical Center Rape Crisis Program
Phone:	617-667-8141
Location:	Boston
Website:	http://www.bidmc.org
Description:	Provides emergency and follow-up medical and psychological care for sexual assault survivors and for their family and friends. Male and female clients welcome.

Resource:	Boston Area Rape Crisis Center
Phone:	617-492-7273 (24 hour); 617-492-8306 (business line)
Location:	Cambridge
Website:	www.barcc.org
Description:	Provides 24 hour hotline for survivors of rape, incest, harassment and ritual abuse, their friends, relatives, and professionals who work with them. Also provides individual and group counseling, legal and medical advocacy, education, and outreach. NOTE: Newton-Wellesley Hospital employs S.A.N.E.s (Sexual Assault Nurse Examiners). These nurses are specially trained and provide excellent care to rape survivors.

Resource:	Safelink
Phone:	877-785-2020
Description:	Multi-lingual hotline. Advocates can talk with you about your needs and help you identify shelters, programs, and other resources. They can connect you to services for both domestic violence and sexual assault.

Resource:	The North Shore Rape Crisis Center)
Phone:	800-922-8772 (24 hours)
Location:	Beverly
Website:	www.hes-inc.org/scp_nsrcc.htm
Description:	The North Shore Rape Crisis Center offers a variety of support services. All services are free of charge: 24 hour anonymous hotline counseling; advocacy at the police station, hospital, or in court; individual crisis counseling; educational workshops/trainings around issues of rape, date rape, violence, sexual harassment, etc.; support groups for adolescent and adult survivors of rape, child sexual abuse, and incest; referrals for continued support.

Pregnancy/Sexual Health

Resource:	Crittenton Women's Union
Phone:	617-782-7600 (week days)
Location:	Boston
Website:	www.liveworkthrive.org
Description:	Multi service agency providing emergency and transitional housing for at-risk young families. Offers education programs for pregnant and parenting teens as well as a young fathers program. Promotes self-sufficiency for high-risk young families.

Resource:	The Home for Little Wanderers
Phone:	617-267-3700 (week days)
Location:	271 Huntington Avenue Boston, MA 02115
Website:	www.thehome.org
Description:	Confidential, free, decision-making counseling for pregnant women interested in learning about adoption. Financial assistance, aid in obtaining medical care and housing, legal information, and birth father counseling available.

Resource:	Planned Parenthood League of Massachusetts
Phone:	800-258-4448 (Mon – Fri until 7pm, Sat until 2pm)
Location:	Boston
Website:	www.pplm.org
Description:	General gynecological care, birth control, emergency contraception, pregnancy testing and options counseling, sexually transmitted infections testing, treatment and counseling, anonymous and confidential HIV testing and counseling and abortion services.

Resource:	Women's Health Services
Phone:	617-277-0009 (week days and Saturdays)
Location:	Newton, MA
Website:	www.womenshealthservice.com
Description:	Private medical office, located in Chestnut Hill, offering a full range of gynecological health care and family planning services including first and second trimester abortions.

Resource:	AIDS Action Committee Hotline
Phone:	800-235-2331 (Mon – Fri 9am – 9pm, and Sat 10am – 2pm)
Website:	www.aac.org
Description:	Provides support, information, and referrals to anyone with questions or concerns about HIV or AIDS.

Eating Disorders/Self-harming Disorders

Resource:	Massachusetts Eating Disorder Association (MEDA)
Phone:	617-558-1881 (week days)
Location:	Newton
Website:	www.medainc.org
Description:	MEDA is dedicated to the prevention, education, and treatment of eating disorders based on a model of full recovery. Services include assessment, consultations, support groups, referrals, and support and education for family and friends of an individual with an eating disorder.

Resource:	Overeaters Anonymous
Phone:	505-891-2664 (week days)
Location:	Meetings throughout MA including Wellesley, main office in NM
Website:	www.overeatersanonymous.org
Description:	Offers a program of recovery from compulsive overeating using Twelve Steps and Twelve Traditions. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees and is not just about weight loss – it addresses physical, emotional and spiritual well-being.

Resource:	Riverside Community Care
Phone:	800-529-5077 or 781-769-8674 (crisis line). 781-433-0672 (weekdays).
Location:	Several, including 255 Highland Ave, Needham, MA 02494-3023
Website:	www.riversidecc.org/childfam.html
Description:	<i>Riverside Alternative Youth Services</i> serves teens and their families in the communities of Newton, Wellesley, Weston and Needham who are facing crises with alcohol and drug abuse, escalating family conflict, eating disorders or serious emotional problems. Staff provide crisis management, short-term treatment and support, and access to additional resources including emergency residential support when needed. Services are free.

Resource:	Informational Websites on Cutting
Websites:	http://teenadvice.about.com/od/cuttingbranding/ http://kidshealth.org/teen/your_mind/mental_health/cutting.html

Resource:	Informational websites on Trichotillomania (hair pulling)
Websites:	www.trich.org www.nmha.org/infoctr/factsheets/92.cfm

Mental Health

Resource:	Human Relations Service, Inc. (HRS)
Phone:	781-235-4950 (weekdays)
Location:	Wellesley
Website:	www.hrshelps.org
Description:	The Human Relations Service (HRS) is the private, non-profit mental health agency serving families and children in Weston. Its staff of psychiatrists, psychologists, and social workers offer the full range of outpatient diagnosis, treatment, and crisis intervention. Thanks in part to a grant from the Weston Board of Health, sliding scale fees are available to families based on need. HRS also works closely with the staff of the Weston schools, local pediatricians, and other caregivers and provides educational programs and speakers to community groups.

Resource:	McLean Hospital Child and Adolescent Program
Phone:	800-333-0338 (24 hour)
Location:	115 Mill Street, Belmont, MA 02478
Website:	www.mclean.harvard.edu
Description:	Serves children and adolescents ages 3 to 21. The program offers a full spectrum of psychiatric services: acute inpatient, partial hospitalization, brief residential care, and comprehensive, specialized outpatient treatment.

Resource:	Riverside Community Care
Phone:	800-529-5077 or 781-769-8674 (crisis line). 781-433-0672 (weekdays).
Location:	Several, including 255 Highland Ave, Needham, MA 02494-3023
Website:	www.riversidecc.org/childfam.html
Description:	<p><i>Riverside Alternative Youth Services</i> serves teens and their families in the communities of Newton, Wellesley, Weston and Needham who are facing crises with alcohol and drug abuse, escalating family conflict, eating disorders or serious emotional problems. Staff provide crisis management, short-term treatment and support, and access to additional resources including emergency residential support when needed. Services are free of charge.</p> <p><i>Riverside Lifeskills Center</i> is a Department of Mental Health funded day treatment program for adolescents with serious emotional problems. Through a daily schedule of structured, psychoeducational groups, the Program focuses on crisis stabilization and enhancing successful psychosocial functioning at school, work, and home.</p> <p><i>Riverside Family Partnership</i>, funded by the Department of Mental Health, provides intensive home or community based services to families with children and adolescents ages 3 to 19 who are in need of support and intervention in order to avert or manage a crisis.</p>

Emergency Housing/Shelters/Teen Runaways

Resource:	Bridge over Troubled Waters
Phone:	617-423-9575 (week days, 24 hour emergency answering service)
Location:	Boston
Website:	www.bridgeotw.org
Description:	<i>Runaway Program</i> seeks to find and shelter runaways and encourages productive dialog between runaway and parent. <i>Housing Program</i> offers transitional living situations for homeless youth and long-term independent residence.

Resource:	Crittenton Women's Union
Phone:	617-782-7600 (week days)
Location:	Boston
Website:	www.liveworkthrive.org

Description:	Multi service agency providing emergency and transitional housing for at-risk young families. Offers education programs for pregnant and parenting teens as well as a young fathers program. Promotes self-sufficiency for high-risk young families.
--------------	--

Resource: Phone: Location: Website:	The Second Step 617-965-3999 (daytime) Newton www.thesecondstep.org
Description:	Provides transitional housing and support services to female survivors of domestic violence and their children. Women's Resource Center is available to anyone in the community looking for information on a variety of women's issues, such as surviving domestic violence, searching for a job, financial management, or parenting and legal matters.

Resource: Phone: Location:	REACH (formerly the Support Committee for Battered Women) 800-899-4000 (24 hours), 781-899-8676 Waltham
Description:	REACH is a private, non-profit, community-based organization that provides services to 27 towns and cities in the Metro-West region of Boston. Our services include a 24-hour toll free hotline, 12-bed emergency shelter, short-term safe home, support groups, individual support and advocacy, court advocacy, and community education. All services are confidential and free of charge, and based on a philosophy of empowerment.

Resource: Phone: Location: Website:	Wayside Youth and Family Support Network 508-879-9800 (week days) Framingham www.waysideyouth.org
Description:	Provides emergency shelter for adolescents ages 12 – 17 plus assessment, case management, crisis intervention, individual, family, and group counseling.

Resource: Phone: Website:	National Center for Missing and Exploited Children 800-843-5678 (24 hours) www.missingkids.com
Description:	To report missing children (AFTER reporting the disappearance to local law enforcement) or to report sightings of missing children.

Resource: Phone: Website:	National Runaway Switchboard 800-786-2929 (800-RUNAWAY) or 800-621-4000 (24 hours) for children, parents, teachers or other concerned adults www.nrscrisisline.org
Description:	24 hour phone help for teenagers considering running away or already on the run. Help also for adults concerned about a potential or actual runaway.

Resource: Phone:	Massachusetts Missing Persons 800-622-5999
---------------------	--

Parent Support

Resource: Phone:	Parent Stress Line 800-632-8188
Description:	Free, anonymous hotline for parents under stress. The Parental Stress Line provides assistance to more than 10,000 Massachusetts parents and childcare providers annually.

Resource:	TOUGHLOVE
Phone:	215-348-7090
Location:	Meetings in MA, HQ in PA
Website:	www.toughlove.org
Description:	Self-help organization for parents troubled by a teen's behavior. Toughlove provides ongoing education and active support to families, empowering parents and young people to accept responsibility for their actions. Toughlove deals with issues such as drug and alcohol abuse, family violence, teen pregnancy, suicide, family dissolution, school drop-outs, and runaways.

Resource:	Parents Helping Parents (formerly Parents Anonymous Organization of Massachusetts)
Phone:	800-882-1250
Location:	Meetings in many communities including Framingham, Waltham and Watertown
Website:	www.parentshelpingparents.org
Description:	Parents Helping Parents - The Roundtable of Support consists of a network of mutual support groups that meet weekly in communities across the state. PHP believes that, given a safe, nonjudgmental environment, an opportunity to learn and practice skills, and the support to make the commitment to change - individuals can live healthier and more loving lives as members of their families and their communities.

Education and Training

Resource:	Human Relations Service, Inc. (HRS)
Phone:	781-235-4950 (weekdays)
Location:	Wellesley
Website:	www.hrshehelps.org
Description:	Through its community education services, HRS provides speakers for audiences of all sizes on topics in child development, schooling, and family, personal, and work life. Special programs are also developed and presented upon request. Available topics cover a broad spectrum including: The "hurried" child; sibling rivalry; adolescent development; Attention Deficit Disorder (ADD); the two career family; and step-parenting.

Resource:	Planned Parenthood League of Massachusetts
Phone:	800-258-4448 (Mon – Fri until 7pm, Sat until 2pm)
Location:	Boston
Website:	www.pplm.org
Description:	PPLM offers a variety of comprehensive sexuality programs for youth in schools and community settings. In addition, PPLM offers a host of programs, seminars, and services for parents and educators, social workers, and other professionals who work with youth.

Resource:	Freedom from Chemical Dependency (FCD)
Phone:	617-964-9300
Location:	398 Walnut Street, Newton MA 02460
Website:	www.fcd.org
Description:	Comprehensive school-based programs for students from elementary school to college and education for administrators, teachers, athletic departments, and parents. FCD teachers are highly trained educators who have achieved long-term recovery from alcohol and/or other drug addictions.

Resource:	Greater Boston Parents, Families, and Friends of Lesbians and Gays (PFLAG)
Phone:	866-427-3524 (866-GBPFLAG), also 781-891-5966 for Waltham Office and Safe Schools and Communities Project
Location:	
Website:	www.gbpflag.org

Description:	PFLAG's <i>Safe Schools and Communities Project</i> believes that all students deserve support and an environment in which they feel free to learn and grow without harassment. Speakers are available to address elementary, middle and high school faculty and students as well as other groups of any size. The aim is to create dialog and understanding of what it means to be other than heterosexual.
--------------	--

Resource:	Massachusetts Eating Disorder Association (MEDA)
Phone:	617-558-1881 (week days)
Location:	Newton
Website:	www.medainc.org
Description:	MEDA is dedicated to the prevention, education, and treatment of eating disorders based on a model of full recovery. Its <i>Education and Training</i> service offers educational presentations, training and materials for students, teachers, coaches, counselors, nurses, clinicians, and professionals.

Resource:	Newton-Wellesley Hospital
Phone:	617-243-6000
Location:	2014 Washington Street Newton, MA 02462
Website:	www.nwh.org
Description:	Newton-Wellesley offers a range of classes including exercise and fitness, lifestyle, yoga, parent/child, CPR and first aid. In addition, it provides a setting for numerous support groups including Alcoholics Anonymous, ADHD, bereavement, Overeaters Anonymous, Parkinson's Disease, and prostate cancer. Newton-Wellesley Hospital experts are willing to share the latest information on a variety of health topics. Contact the Speakers Bureau at least six weeks in advance. A free community service. 617-243-6663.

Sexual Identity

Resource:	Boston Alliance of Gay, Lesbian, Bisexual, and Transgender Youth (BAGLY)
Phone:	617-227-4313 (Mon – Fri 9am – 5pm)
Website:	www.bagly.org
Description:	Youth-led and adult supported social support group for gay, lesbian, bisexual, transgender, or questioning youth. Programs include weekly meetings and monthly events.

Resource:	Boston Gay and Lesbian Adolescent Social Services (Boston GLASS)
Phone:	617-266-3349 (week days)
Location:	Back Bay, Boston
Website:	www.bostonglass.org
Description:	Through a comprehensive set of educational opportunities, recreational activities, and social services, Boston GLASS Community Center strives to provide a safe physical, emotional, and intellectual environment that promotes the healthy development of lesbian, gay, bisexual, transgender, and questioning youth, aged 13 to 25.

Resource:	Greater Boston Parents, Families, and Friends of Lesbians and Gays (PFLAG)
Phone:	866-427-3524 (866-GBPFLAG), also 781-891-5966 for Waltham Office and Safe Schools and Communities Project
Website:	www.gbpflag.org
Description:	Purpose is to help change attitudes and create an environment of understanding so that gay family members and friends can live with dignity and respect. This mission is accomplished through support, education, and advocacy.

Resource:	Gay and Lesbian Advocates and Defenders (GLAD)
Phone:	617-426-1350 (Mon – Fri 1:30pm – 4:30pm)
Location:	Boston
Website:	www.glad.org
Description:	Legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.

Learning Disabilities

The following websites provide information on learning disabilities, developmental disorders, and other conditions that may have an impact on learning:

Attention Deficit Disorder (ADD/ADHD)	www.chadd.org
In adults.....	www.add.org
Autism and Asperger's Syndrome.....	www.autism.org
.....	www.autism-society.org
.....	www.autism-resources.com
Dyscalculia	www.as.wvu.edu/~scidis/dyscalcula.html
Dysgraphia	www.as.wvu.edu/~scidis/dysgraphia.html
Dyslexia	www.interdys.org
Learning disabilities in general.....	www.ldonline.org
.....	www.ldanatl.org
.....	www.allkindsofminds.org
Obsessive Compulsive Disorder (OCD)	www.adaa.org/GettingHelp/AnxietyDisorder/OCD.asp
.....	www.ocfoundation.org
Non-Verbal Learning Disabilities (NLD/NVLD)	www.nldontheweb.org
Tourette's Syndrome.....	www.tsa-usa.org
.....	www.mentalhealth.com
.....	www.tourette-syndrome.com

Some Massachusetts Schools specialized in supporting students with learning disabilities:

Carroll School.....	www.carrollschool.org
Landmark School	www.landmarkschool.org
Commonwealth Learning (tutoring).....	www.commlern.com
Eagle Hill School	www.ehs1.org
Hillside School.....	www.hillsideschool.net
The Gifford School	www.gifford.org
The Corwin-Russell School.....	www.corwin-russell.org
The Winchendon School	www.winchendon.org
Willow Hill School	www.willowhillschool.org
Chapel Hill-Chauncy Hall School	www.chch.org

Weston General Resources

Police 911 or 781-893-4800

Fire/Ambulance 911 or (non-emergency): 781-893-2372

Poison Control 800-682-9211

Local Hospital with Emergency Room

Newton Wellesley Hospital www.nwh.org 617-243-6000

Emergency Room 617-243-6193

Utilities

National Grid (to report a gas leak) 800-231-5325

NStar (to report a power outage) 800-592-2000

Water Department 781-893-2363

Verizon (to set up service) 800-870-9999

Verizon (for repair) 781-555-1611

Comcast (Internet and cable) 800-633-4266

Waste and Recycling Transfer Station 781-899-2350

Town of Weston (Town Hall) <http://weston.govoffice.com> 781-893-7320

Board of Health 781-529-7320

School Department 781-899-0620

Recreation Department 781-529-0203

Community Center 781-529-0203

Weston Library www.westonlibrary.org 781-893-3312

Weston Post Office 781-893-7667

Weston Schools

Weston Windows Preschool www.westonschools.org 781-529-8020/8021

Woodland School (K – 3) www.westonschools.org 781-529-8100/8101

Country School (K – 3) www.westonschools.org 781-529-8020/8021

Field School (4 – 5) www.westonschools.org 781-529-8000/8001

Weston Middle School (6 – 8) www.westonschools.org 781-529-8060/8061

Weston High School (9 – 12) www.westonschools.org 781-529-8030/8031

School Organizations

For current office holders go to www.westonschools.org/orgs/scorgs

PTO (Parent Teacher Organization)

WEEFC (Weston Educational Enrichment Fund – enhancing programs in our schools)

Westword (Sign-up for online school newsletter)

WIA (Weston International Affiliation – student exchange program with Brazil and France)

WSEPAC (Weston Special Education Parent's Advisory Council –resources for special needs)

School Committee www.westonschools.org/comm/sccomm

METCO www.westonschools.org/admin/metco 781-529-8036

Special Education/Student Services Administration 781-529-8089

Women's Comm. League (& Newcomers) www.wclweston.org

WCCA (Info and activities for young children) <http://wccakids.org>

For further Weston numbers and resources see the local phone directory or the inside cover of the PTO calendar.

RESOURCES FOR WESTON'S ELDERLY POPULATION (over 60)

The Council on Aging (COA) aka the Weston Senior Center781-893-0154

20 Alphabet Lane (lower level of the Weston Community Center)

Website: <http://www.weston.govoffice.com>. (Click on "Town Services," then "Senior Citizen Services.")

The COA serves Weston residents of all ages with information and referrals concerning issues of elderly health, housing, health insurance, in-home assistance, and legal matters as well as related property and income tax concerns. The COA also provides transportation to elderly residents for medical appointments, shopping, and cultural events along with low-cost coupons for taxi rides. A food pantry serves all Weston residents. In addition, medical equipment is available for loan and volunteers deliver meals to homebound seniors. The COA also offers individual counseling, support groups, nutritional counseling, educational programs, classes, health lectures, a Keep Well Blood Pressure Clinic, home visits, and a monthly newsletter mailed to senior households. Volunteer opportunities are available and appreciated.

Independent Housing

Brook School Apartments, 44 School Street781-893-7238

Sara Dosamantes, Manager dosamantes.s@westonmass.org

Town owned and operated housing of 75 apartments for people who are at least 62 years old or disabled. Forty-two are HUD-subsidized with a maximum income allowance of \$46,300 for individuals or \$52,950 for couples. Twenty apartments are not income-restricted and are rented at current market rates. Thirteen apartments are subsidized by Weston Community Preservation Funds using the same income guidelines as the HUD units.

Merriam Village, 23 Village Road781-891-7010

Susan Henderson, Manager www.Merriamvillage.com

Merriam Village is a retirement community for persons of low and moderate income (maximum of \$52,050 gross annually for a single person and \$59,550 gross annually for a couple. Merriam Village is located on a beautifully landscaped site within a 15 acre wooded lot bordering conservation land. Residents must be 60 years of age or older and be able to live independently. Utilities, including heat are the responsibility of the resident. Preference given to current and former Weston residents, parents of Weston residents and Town employees. Current rents range from \$795 to \$920 per month

Assisted Housing

Norumbega Point, 99 Norumbega Road781-899-5505

www.NorumbegaPoint.com

A private retirement community with assisted services overlooking the Charles River. The community has 93 one or two bedroom apartments with fully applianced kitchens. There is no entrance fee or community fee – only a monthly rental payment with optional services as needed.

Sunrise Assisted Living, 135 North Avenue781-893-2936

Twenty-six studio and three one-bedroom units. Customized care ranges from individualized reminders to an Assisted-Living-Plus Program.

EPOCH Senior Healthcare, 75 Norumbega Road781-891-6100

A nursing home specializing in twenty-four hour skilled nursing care, short-term rehabilitation, IV therapy, wound care, respite and hospice care.

Other Senior Services

Springwell, 125 Walnut Street, Watertown617-926-4100

Springwell provides services subsidized by the Massachusetts Executive Office of Elder Affairs for the elderly and disabled in Weston and seven other local communities. It contracts with local agencies to provide home-delivered meals, home care, transportation, legal advice, financial management help, and advocacy. Springwell also acts as a protective services agency, investigating and resolving reports of elder abuse, neglect, and financial exploitation.

FINANCIAL ASSISTANCE PROGRAMS FOR SENIORS IN WESTON

The Weston COA has a list of financial resources that may assist those with limited incomes or assets. Many seniors are eligible but are not receiving benefits from existing federal, state and local programs. Below is a list of some public entitlement programs; however, more resources may be accessed with an appointment at the Weston Council On Aging. See below for areas in which assistance is available.

Communication/Telephone Equipment Assistance

Verizon Center for Customer Disabilities- 1-800-300-5658

Emergency Financial Assistance

State Department of Transitional Assistance- 508-661-6600

Merriam Fund For The Silent Poor-781-893-0154

Friends of the COA- 781-893-0154

Employment

Massachusetts Unemployment Benefits-1-888-998-8418 or Division of Career Services- 617-626-5300

Energy Assistance

South Middlesex Opportunities Council (SMOC) - 508-620-1230

Salvation Army Good Neighbor Energy Fund-617-338-4155

Food Assistance

Senior Nutrition Assistance Program (SNAP formerly Food Stamp Program) - 1-800-249-2007

Weston COA Emergency Food Supply Closet-781-893-0154

Springwell Nutrition Program- 617-926-4100

Eastern Massachusetts Food Bank- 617-427-5200

Project Bread Food Source Hotline- 1-800-645-8333

Housing-affordable

Department of Housing and Community Development- 617-573-1100

US Department of Housing and Urban development-617-994-8200

Brook School Apartments Elderly Housing-781-893-7238

Merriam Village Apartments- 781-891-7010

Health Care Assistance and Prescription Drug Assistance Counseling

Weston COA SHINE Program-781-893-0154

Metrowest SHINE- 1-800-243-4636

Commonwealth Connector program- 877-623-6765

Mass Health Enrollment Center- 1-888-665-9997

Mass Medline-1-866-633-1617

Homemaker and Home Care Assistance

Springwell- 617-926-4100

Social Security

Waltham regional Office- 781-894-4970

U.S. Federal Office: 1-800-772-1213

Tax Relief

Weston COA Senior Service program- 781-893-0154

Town of Weston Personal Real Estate Tax Exemptions, Deferrals and Community Preservation Act Waivers- 781-893-7320 ext. 313

Town of Weston Transfer Station Waivers- 781-893-0154

A.A.R.P. Income tax Assistance Program- 781-893-0154

Transportation

Weston COA F.I.S.H., Taxi and Friendship Bus Program- 781-893-0154

The MBTA RIDE Program- 617-222-5123

Busy Bee Transport to medical appointments-1-800-427-0230

Veterans Assistance

Veterans Service Officer for financial benefits, cemetery arrangements, health benefits, etc. - 781-893-0154
ext. 306

Massachusetts Department of Veterans Services-617-210-5480