Finding help for your neighbor or another community member can be difficult and time consuming. Although there is often help available for most situations, finding the right community resource to fit that situation can be difficult. This guide outlines local resources that will assist you in supporting others. These agencies and programs have a common goal of helping people in our community and can be accessed directly. If you need further help or advice, call one of the agencies on the back to help you get started.
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March 2018 Northern Berkshire  Community Resource Guide
Disability Services

Ad-lib Inc. Center for Independent Living - www.adlibcil.org
MRC Office 37 Main St., 3rd floor, N. Adams......................... (800) 232-7047
Services for people with disabilities: peer counseling, skills training, information and referral, advocacy, transition services and other specialized programs. Services by appt only.

BFAIR (Berkshire Family & Individual Resources) - www.bzfair.org
771 S. Church St., N. Adams ............................................... (413) 664-9382
Services for people with developmental disabilities, autism, traumatic brain injury and elders. Clinical, vocational, residential, home care, day habilitation, adult family care and family support services.

Brain Injury Association of MA - www.biama.org
180 Elm St., Suite C, Pittsfield ............................................ (888) 554-5553
Offers information, resources, and support groups for survivors of traumatic brain injury and family members; Educational and prevention workshops and activities.

Goodwill Industries of the Berkshires and So. Vermont - www.goodwill-berkshires.com
Store: 166 State St., North Adams................................. (413) 749-8999
Training Center: 158 Tyler St., Pittsfield......................... (413) 442-0061
Employment & training for individuals with barriers to employment. Work adjustment training, school to work services.

436 Dwight St., Springfield.............................................. (413) 781-1290
Provides rehabilitation and social services for blind individuals to enable independence.

Mass. Commission for Deaf & Hard of Hearing
436 Dwight Street, Suite 204 Springfield ................................(413) 788-6427 Voice/TTY
Video Phone ........................................................................ (413) 301-0915
Provides accessible communication, education and advocacy.

37 Main St., 3rd floor, N. Adams ............................................ (413) 663-5391 Voice/TDD
Education, job training and employment services for people with disabilities.

Multiple Sclerosis - www.msssupportfoundation.org
85 Main St., Suite 212, N. Adams............................... (413) 664-2011
Toll Free ............................................................................. (844) 280-7292
Provides education, support and resources for those affected by multiple sclerosis.

Pathlight - www.pathlightgroup.org
100 North St., Suite 322, Pittsfield................................. (413) 443-4780
Enrichment and skill building classes, autism support services, referral information and supported living options for people with development and intellectual disabilities.

UCP (United Cerebral Palsy) - www.ucpberkshire.org
535 Curran Highway, N. Adams................................. (413) 664-9345
Social opportunities, respite, assistive technology and skills training for individuals with disabilities. Adult foster care, early intervention.

Elders/Older Adults

Meals on Wheels - Elder Services/Berkshire County
877 South St., Pittsfield................................................... (413) 499-0524, (800) 544-5242
Apply thru Elder Services for home meal delivery for elders and disabled.

Take & Eat (Meals on Wheels)
Mail: 69 Stryker Rd., Florida............................................. (413) 664-1041
Free, hot nutritious meals delivered to home bound seniors on weekends & holiday weekends.

Adams Council on Aging -
http://town.adams.ma.us/Public_Documents/AdamsMA_Aging/oldindex
Visitor Center, 3 Hoosac St., Adams.............................. (413) 743-8333
Socials, health screening, SHINE counselors, free AARP tax prep and filing, SNAP applications, fitness classes, BCAC fuel assistance sign ups and renewals, referrals/info, meals, transportation and emergency fuel assistance for adults 60+. Serving all in the need of: Salvation Army Unit for Adams/Cheshire/Savoy/Windsor; Providing Emergency Vouchers and Good Neighbor Energy Funds; Neighbor to Neighbor Emergency Grant; DTA Partner: SNAP applications.

Adult Day Health @ The Brien Center - www.briencenter.org
124 American Legion Dr., N. Adams............................. (413) 664-4048
Social services, nursing care, exercise, activities and meals for elders and disabled adults in a cheerful, relaxed daytime setting.

Cheshire Council on Aging/Community Center - www.cheshire-ma.com
119 School St., Cheshire................................................. (413) 743-1172
Health testing, socials, transportation.

Clarksburg Council on Aging/ Senior Center
712 W. Cross Rd., Clarksburg................................. (413) 663-8253
Fitness classes, health testing, socials, transportation.

Elder Abuse Hotline - www.mass.gov/report-elder-abuse
HOTLINE........................................................................ (800) 922-2275
Assist and support for elders w/physical, verbal, financial exploitation or neglect.

Elder Services of Berkshire County, Inc. - www.esbci.org
877 South St., Pittsfield................................................. (413) 499-0524
Toll Free ........................................................................ (800) 544-5242
Nutrition/meals on wheels, information and referral, case management, respite care, homemaker and personal care assistance and nursing home preadmission screenings.
## Elders/Older Adults (con’t)

**Florida Council on Aging/ Senior Center**
367 Mohawk Trail, Florida.................................................................(413) 662-2811
*Education, support, fitness classes, no transportation.*

**Lanesboro Council on Aging**
83 N. Main Street, Lanesboro.................................................................(413) 448-2682
*Fitness classes, health testing, socials, transportation.*

**Matter of Balance**

North County ..................................................................................(413) 663-7588
*A program designed to reduce the fear of falling and increase activity levels among older adults. Includes eight two-hour sessions for a small group led by a trained facilitator. This is a nationally recognized program developed by Boston University. Classes are free and available throughout Berkshire County.*

**Navigation for Caregivers**
Dalton ..............................................................................................(413) 464-1519
*Workshops for family caregivers of seniors struggling to balance the competing demands of work, family and caregiving responsibilities.*

**North Adams Commons**
175 Franklin St., N. Adams ..................................................................(413) 664-4041
*Accredited nursing care (nursing home).*

**N. Adams Council on Aging/Mary Spitzer Senior Center**
116 Ashland St., N. Adams ..................................................................(413) 662-3125
*Fitness classes, health testing, socials, transportation.*

**Rainbow Seniors of Berkshire County**
Berkshire County...............................................................................(413) 441-6006
*Rainbow Seniors is a social and support network for LGBTQ elders and their friends.*

**Savoy Council on Aging/ Senior Center**
720 Main St., Savoy ...........................................................................(413) 743-4290
*Fitness classes, health testing, socials, transportation.*

**Social Security Administration**
96 Marshall St., N. Adams .................................................................(877) 319-5709
*Office for Social Security programs/SSI, Federal Government programs.*

**Sweet Brook Transitional Care & Living Centers**
1561 Cold Spring Rd., Williamstown ..................................................(413) 458-8127
*Accredited nursing care (nursing home).*

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### Employment

**Berkshire County Regional Employment Board (BCREB)**
66 Allen St., Pittsfield ...........................................................................(413) 442-7177
*Workforce development, career pathways, connections to training, education, and employment.*

**Berkshirejobs.com**
Berkshirejobs.com .............................................................................(413) 663-3384
*Internet job listing/search.*

**BerkshireWorks One Stop Career Center**
City Hall, Suite 101, N. Adams ...........................................................(413) 672-0098
160 North St., 3rd Floor, Pittsfield ......................................................(413) 499-2220, Ext. 110
*Job development, job search, job training for adults, youth services, education & work experience, employment related workshops, resource room. North Adams City Hall Mondays 8am to 2 pm.*

**Mass. Rehabilitation Commission**
37 Main St., 3rd Floor, North Adams ...................................................(413) 663-5391
*Job placement and training for people with disabilities.*

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“The MORE that you READ, the more THINGS you will KNOW, The MORE that you LEARN, the more PLACES you’ll Go!” - Dr. Seuss
Families - Parents and Children

Berkshire Baby Box - www.berkshirebabybox.org
P.O. Box 587 South Egremont, MA 01258 ......................... (413) 591-8029
Provides a safe sleeping space for newborns, essential items, and an educational component which connects parents to local resources and community support.

Berkshire Children and Families (BCF) - www.berkshirechildren.org
480 West St., Pittsfield ............................................. (413) 448-8281
Toll Free ................................................................ (888) 742-7443
Wide range of family support services and parent education. Programs in N. Berkshire.

Berkshire County Head Start - www.bkerhs.org
21 Williams St., N. Adams ........................................... (413) 664-4829
46 Howland Ave., Adams ........................................... (413) 743-5150
Ages 3-5: Classroom education, home visiting, childcare - sliding fee.

Berkshire Family YMCA - www.bfymca.org
22 Brickyard Ct., N. Adams ........................................... (413) 663-6529
Recreation & social programs for all ages.

Berkshire Nursing Families - www.berkshirenursingfamilies.org
71 Hospital Ave., N. Adams ........................................... (413) 743-5338
Lactation support program. Phone support available.

Berkshire North WIC (Women, Infants, Children) - www.berkshirehealthsystems.org/wic
North Adams Campus of BMC, 71 Hospital Ave. ............... (413) 663-3012
For women, infants and children: healthy food, nutrition and breast-feeding information.

Caleb Foundation, Mohawk Forest
201 Mohawk Forest Blvd., N. Adams ............................... (413) 663-6900
Programs for children/families after-school, summer at Mohawk Forest.

Child Care of the Berkshires (CCB) - www.ccberks.org
Main Office - 210 State St. (Haskins Center), N. Adams .......... (413) 663-6593
Monument Square Early Childhood Center ...................... (413) 664-4657
Magic Seasons School Age Program, N. Adams ............... (413) 664-4657
Family Child Care System ............................................. (413) 664-3256
Magic Seasons School Age Program, Adams .................. (413) 743-2905
Three north county child care centers (6 wks-12 yrs), & many parent & family support programs.

CCB - Healthy Families www.ccberks.org
210 State St. (Haskins Center), N. Adams ......................... (413) 664-6104
Home visiting parent education and support program for first time parents age 20 and under, from pregnancy to age 3. Additional funding available for parents 21-30.

CCB - Family Center of N. Berkshire - www.ccb berkshire.org
210 State St. (Haskins Center), N. Adams ......................... (413) 664-4821
Parent education/support, play and learn groups, and free children's clothing, 0-8 yrs.

CCB - Lead Prevention Program - www.ccb berkshire.org
210 State St. (Haskins Center), N. Adams ......................... (800) 954-0038
Home visits, information. Lead poisoning prevention and staff trainings. (Free)

CCB - Parent Child Home Program - www.ccberkshire.org
210 State St., N. Adams ............................................. (413) 663-6593 Ext. 27 or 39
Home visiting program for families with 18 months-4 year olds. Promotes literacy & school readiness, provides free books and toys.

CCB - Young Parent Child Care Program - www.ccb berkshire.org
210 State St., N. Adams ............................................. (413) 664-4821 Ext. 10
Child care assistance and support for young parents under age 21.

Early Intervention @ UCP - www.ucpberkshire.org
535 Curran Highway, N. Adams .................................... (413) 663-9435
Children (birth - 3) who have developmental delay or are at risk of a delay. Developmental evaluation, screening and developmentally appropriate treatment options provided.

The Family Place @ nbCC - www.nbcoalition.org
61 Main St., Suite 206, N. Adams ................................ (413) 663-7588
Working with families ages 0-18, providing family support and parent education in the community, at school, and the home.

Goodwill Industries of the Berkshires and So. Vermont - www.goodwill-berkshires.com
Store: 166 State St., North Adams ................................ (413) 749-8999
Training Center: 158 Tyler St., Pittsfield ......................... (413) 442-0061
Provides support services for families and children in crisis/need of clothing and household items.

Grandparents Raising Grandchildren - www.nbcoalition.org
The Family Place ..................................................... (413) 663-7588
Support group for grandparents raising grandchildren. Childcare, meals provided.

The Kid’s Place - www.kidsplaceonline.org
63 Wendell Ave., Pittsfield ........................................ (413) 499-2800
26 Union St., North Adams ........................................ (413) 662-8017
Supportive, safe environment, advocacy, counseling, treatment of child abuse.

LaLeche League of Berkshire County - www.lllberkshires.wordpress.com
324 Lanesboro Rd., Cheshire .................................... (413) 743-8205
Breast-feeding information and support.
Families - Parents and Children (con’t)

Maternal/Child Health @ Berkshire VNA
77 Hospital Ave., N. Adams..............................................................(413) 447-2862
Newborn home visiting / Berkshire VNA.

North Adams Public Schools Welcome Center @ Brayton School
20 Brayton Hill Terrace, N. Adams.......................................................(413) 412-1073
Resources/support available to parents/families of children in N. Adams public schools.

Partners for Community (NE Farm Workers Council) - www.partnersforcommunity.org
141 North St., Suite 106, Lower Level, Pittsfield ...................................(413) 236-5890
Help in finding quality child care programs throughout Western Massachusetts and information on possible sources to help pay for it.

Teen to 23 Project - www.berkshirenursingfamilies.org
Haskins School, 210 State St., North Adams.......................................(413) 743-5338
For pregnant young families, we provide childbirth/breast-feeding education. Also provide peer support and parenting/breast-feeding support for young families with infants. Breast-feeding support group meets every Tuesday from 10am to 12pm.

Williamstown Community Preschool - www.williamstowncommunity.org
777 Main St., Williamstown ..............................................................(413) 458-4476
Preschool for child 15 months - 5 years, After-school: K-6 at Williamstown Elem. School.

Financial Assistance

Berkshire Community Action Council (BCAC) - www.bcacinc.org
85 Main St., N. Adams.................................................................(413) 663-3014
Fuel & emergency assistance. Tax preparation free.

Dept. of Transitional Assistance (Welfare) - www.mass.gov/eohhs/gov/departments/cta/
37 Main St., N. Adams.................................................................(413) 236-2000
160 North St., Pittsfield.................................................................(413) 236-2000
Cash assistance & food stamps (SNAP) Families (TAFDC) & individuals (EAEDC).

Northern Berkshire Interfaith Action Initiative (NBIAI) Ministry Fund
45 Eagle Street, North Adams.........................................................(413) 664-0123
One-time emergency assistance such as food, transportation or shelter.

Our Lady of Charity Conference (St. Vincent DePaul Society)
St. Vincent DePaul Society, c/o St. Elizabeth of Hungary...............(413) 664-4835
One-time, short-term family assistance for needs not serviced by other agencies.

PopCares - www.popcares.org
Email............................................................popcares@yahoo.com
For Northern Berkshire residents battling cancer: Short-term assistance for groceries, gas, dining, or for lodging while patients are undergoing treatment, for patient or caregiver. Submit a request at www.popcares.org.

The Salvation Army
393 River St., N. Adams.................................................................(413) 663-7987
Assistance with food and fuel assistance through The Good Neighbor Fund.

Social Security Administration
96 Marshall St., N. Adams ...............................................................(800) 772-1213
Social security programs/SSI, Federal government programs.

Food

Berkshire Dream Center
149 Eagle St., N. Adams.................................................................(413) 522-3495
Food and clothing on site. Mondays and Wednesdays 6 to 7:00 pm. Mobile food pantry: 3rd Wed. of the month - Mohawk Forest - 4:45pm; Greylock Valley - 5:15pm; Brayton Hill - 5:45pm.

Berkshire Food Project - www.berkshirefoodproject.org
1st Congregational Church, Main St., N. Adams.........................(413) 664-7378
Free healthy lunch to all-served at noon, weekdays.

Berkshire North WIC (Women, Infants, and Children)
North Adams Campus of BMC, 71 Hospital Ave.........................(413) 663-3012
Healthy food for pregnant, postpartum and breast-feeding women and children up to 5.

Brown Bag Food Program Food Bank of West MA
Adams Council on Aging, 3 Hoosac St., Adams .........................(413) 743-8333
North Adams Council on Aging, 116 Ashland St., N.Adams ..............(413) 662-3126
Monthly bag of groceries for age 55+ or who are disabled & meet income guidelines.

Community Bible Church of Williamstown - www.cbcwilliamstown.org
160 Bridges Rd., Williamstown ....................................................(413) 458-5556
3rd Wednesday of the month, 1:00-3:00 pm.

Dept. of Transitional Assistance (Welfare) - www.mass.gov/eohhs/gov/departments/cta/
37 Main St., N. Adams.................................................................(413) 236-2000
Food stamps (SNAP) Families (TAFDC) & individuals (EAEDC).
Food Bank of Western Mass Mobile Food Bank
Adams COA/Visitor's Center - 3 Hoosac Street, Adams .................... (413) 743-8333
2nd and 4th Tuesdays of each month, 11:00 am - 12:00 pm

Food Bank of Western Mass Mobile Food Bank
The Brien Center 124 American Legion Drive N. Adams .................... (413) 247-9738
1st and 3rd Tuesdays of each month, 10:00 am - 11:00 am (rain or shine)

The Friendship Center Food Pantry
45 Eagle St., N. Adams ............................................. (413) 664-0123
Food available every other week - Open Wednesdays from 10am-2 pm and 3:30-5:30 pm.

Harvest Christian Ministries
275 River St., N. Adams ............................................. (413) 664-4845
Free healthy breakfast served M-F 7:30-9:00 am. Lunch served Saturdays 11:30am-1:00 pm.

Hoosac Harvest - http://www.hoosacharvest.org/
A citizen-based organization that envisions a vibrant food system in which all members of the Northern Berkshire community participate and have access to locally grown, healthy and sustainably produced food. Offers subsidies for CSAs.

Municipal parking lot on St. Anthony Dr. between Marshall St. and Holden St.
Saturdays, 9:00am-1:00pm, June-October - Accepts SNAP/EBT, HIP, Cash, Credit/Debit, Checks, WIC and Senior Farmers Market Coupons.

87 Main St., N. Adams, The Green
1st Saturdays of the Month, November-May, 9:00 am-1:00 pm. Accepts SNAP/EBT, HIP, Cash, Credit/Debit, Checks

Pope John Paul Charity Center
2 Columbia St., Adams ............................................. Parish Office (413) 743-0577
Food Pantry Wed. 11-1, or 4-6, Clothing all ages. Serving Adams, Cheshire & Savoy.

The Salvation Army
393 River St., N. Adams ................................................ (413) 663-7987
Food Pantry open Mondays - Wednesdays 11:00 to 1:00 pm. Emergency Pantry open Thursdays 10:00 am to 2:00 pm.

You can be your child's first and most important teacher.
Health & Wellness (con’t)

Southwestern Vermont Medical Center - www.svhealthcare.org
100 Hospital Ave, Bennington, VT ........................................ (802) 442-6361

UCP (United Cerebral Palsy) - www.ucpberkshire.org
535 Curran Highway .............................................................. (413) 442-1562 ext. 28
Durable Medical Equipment Loaner Program - wheelchairs, walkers, scooters, portable (temporary) ramps, canes, tub seats and other mobility devices are often available at no cost due to the generosity of others in the community who donate usable equipment.

Western MA Medical Reserve Corp. - http://wmmrc.org
Toll Free …………………………………………………………... (800) 237-3239, (800-BE-READY)
Health education for emergency preparedness, training to respond to community emergencies.

Heating and Energy Programs

Berkshire Community Action Council (BCAC) - www.bcacinc.org
85 Main St., N. Adams.............................................................. (413) 663-3014
Toll Free …………………………………………………………... (866) 216-6200
LIHEAP/Fuel assistance. Call (413) 663-3014 for appt. Other questions, call (866) 216-6200.

Citizens Energy - Joe Oil - www.citizensenergy.com
Toll Free …………………………………………………………... (877) 563-4645
Offers assistance for oil and gas heat.

Energy Bucks
Toll Free …………………………………………………………... (866) 537-7267
Fuel assistance, utility discounts & weatherization.

MASS Energy Consumer Alliance - www.massenergy.org
Toll Free …………………………………………………………... (800) 287-3950
Full service local oil dealers w/discount prices for home heating oil.

MassSave - www.massave.com
Sponsored by National Grid & Berkshire Gas………………………………………... (866) 527-7283
Free home energy assessments, 0% interest loans, incentives & rebates for energy efficiency measures.

National Grid AMP Program
Toll Free …………………………………………………………... (666) 580-7617 or (888) 211-1313
Arrears Management Program (AMP) helps customers who qualify for fuel assistance to pay off their current balance.
**Immigrants**

**Berkshire Immigrant Center** - [www.berkshireic.com](http://www.berkshireic.com)

67 East St., Pittsfield…………………………………………………(413) 445-4881

Support, information and referral for immigrants.

**Multicultural BRIDGE** - [www.multiculturalbridge.org](http://www.multiculturalbridge.org)

17 Main Street, Lee, MA…………………………………………………(413) 394-4029

Provides workplace development and language classes, education, competency and diversity training, interpreting and translation, immigrant support services, and facilitated community conversations.

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**Information Services**

**1 Berkshire** - [www.1berkshire.com](http://www.1berkshire.com)

66 Allen St., Pittsfield…………………………………………………(413) 499-1600

General area information, business support.

**Citizen Information Service**

Toll Free ………………………………………………..(800) 392-6090

Massachusetts State Government information and referral.

**Goodwill Industries of the Berkshires and So. Vermont** - [www.goodwill-berkshires.com](http://www.goodwill-berkshires.com)

Store: 166 State St., North Adams……………………………..(413) 749-8999
Training Center: 158 Tyler St., Pittsfield……………………………..(413) 442-0061

Goodwill acts as a referral agency for those in need of additional support services.

**Massachusetts 211** - [www.mass211.org](http://www.mass211.org)

MA Local United Way …………………………………………..Dial 211 or Toll free (877) 211-6277

24/7 contact for referrals: Berkshires and statewide.

**Nonprofit Center of the Berkshires** - [www.npcberkshires.org](http://www.npcberkshires.org)

40 Railroad Street, Suite 10 Great Barrington, MA 01230……………….(413) 441-9542

Facilitating growth for charitable organizations through shared resources, affordable services, and creative collaborations.

**North Adams Chamber of Commerce** - [www.northadamschamber.com](http://www.northadamschamber.com)

PO. Box 344, North Adams…………………………………………………(413) 441-4528

A membership organization that promotes and advances the economic, civic and social vibrancy of the North Adams community.

**Northern Berkshire Community Coalition** - [www.nbcccoalition.org](http://www.nbcccoalition.org)

61 Main St., Suite 218, N. Adams…………………………………………………(413) 663-7588

Referrals and information on area services, neighborhood, community & youth programs (See nBn, UNITY, The Family Place, and nb21).

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**Legal and Consumer Services**

**Community Legal Aid** - [www.communitylegal.org](http://www.communitylegal.org)

152 North St., Pittsfield…………………………………………………..(413) 499-1950

Free legal advice and representation, divorce clinics, workshops, domestic violence, tax preparation for low-income. Must call and complete intake for appointment.

**Consumer Credit**

Toll Free ………………………………………………..(800) 282-6196

Money Management International.

**Consumer Services Program** - [www.bcrha.com](http://www.bcrha.com)

1 Fenn St., 4th Floor, Pittsfield…………………………………………………..(413) 344-4861

Consumer counseling/mediation for individuals with issues or complaints with for-profit businesses.

**The Mediation Center** - [www.bcrha.com](http://www.bcrha.com)

1 Fenn St., 4th Floor, Pittsfield…………………………………………………..(413) 443-7138, ext. 212

Offers free, voluntary and confidential conflict intervention services to help individuals, schools, neighbors, family, elders, businesses, and community organizations resolve conflicts with the support of an impartial, third party mediator.

**Berkshire Coalition for Suicide Prevention** - [www.berkshirecoalition.org](http://www.berkshirecoalition.org)

Emergency…………………………………………………………………911

Berkshire Crisis Team (operated by the Brien Center) 24/7 ……………………(413) 499-0412

Suicide Prevention Lifeline - 24/7 …………………………(800) 273-8255 or (800) 273-TALK

Suicide Loss Support ……………………………………………………..(413) 441-6316

**BMC Jones Psychiatric Care (short term)**

Call the Berkshire Crisis Team (operated by the Brien Center) for intake . (413) 499-0412
**Mental Health/Counseling (con’t)**

**The Brien Center for Mental Health and Substance Abuse Services** -
www.briencenter.org

124 American Legion Drive, N. Adams ........................................................... (413) 664-4541
Toll Free ................................................................................. (800) 252-0227

Outpatient services include individual, family, couples and group psychotherapy; addiction treatment programs include counseling, prevention and education as well as First Offender Program, Second Offender program and day treatment. Community Based Flexible Supports (CBFS) provides services for individual’s living with a mental health condition including supportive housing, peer support, individual and group counseling and psychiatric evaluation. 24 hr. crisis assessment and intervention services are also available.

**Clinical Support Options (CSO)** - www.csoinc.org

877 South St., Pittsfield................................................................. (413) 236-5656

Support and counseling for families, individuals, and children in Berkshire County. Outpatient services. Formerly known as: MSPCC (Massachusetts Society for Prevention of Cruelty to Children).

**Counseling Center of the Berkshires** - www.ccberkshires.com

34 Depot St., Pittsfield................................................................. (413) 499-4090
906 Main St., Williamstown. ............................................................... (413) 499-4090

Counseling resources for individuals and families. All phones answered in Pittsfield.

**NAMI Berkshire County (National Alliance on Mental Illness of Berkshire County)** -
www.namibc.org

333 East St., Room 417, Pittsfield........................................................... (413) 443-1666

Support, education and advocacy provided to individuals, families and caregivers whose lives are affected by mental illness. A resource library consisting of informational pamphlets, books and literature are available. All services/programs are free. Eligibility: All

**South Bay Community Services** - www.southbaycommunityservices.com

For info: 61 Eagle St., Pittsfield ................................................................. (413) 418-2300
For Referral: ........................................................................ (508) 427-5362

An outreach community mental health center. Provides individual, couples, and family counseling in homes, schools, and community centers of the individuals served across Berkshire County.

**Pets**

**Berkshire Humane Society** - www.berkshirehumane.org

214 Barker Rd. Pittsfield ........................................................................ (413) 447-7878

Pet adoption, low cost spay and neutering, family dog school, humane education. Pet Food Pantry at the Friendship Center Food Pantry in North Adams when available.

**Greylock Animal Hospital** - www.greylockanimalhospital.com

1028 State Rd., N. Adams ................................................................. (413) 663-5365

Veterinary services.

**North County Vet** - www.northcountyvet.com

838 Curran Memorial Highway, N. Adams ................................................................. (413) 664-4570

Veterinary services.

**Police**

**Adams**

4 School St.................................business: (413) 743-1212, alt. emergency: (413) 743-8031

**Cheshire**

150 Meadowview Dr. ................................................................. (413) 743-1501

**Clarksburg**

111 River Rd.................................business: (413) 663-7795, alt. emergency: (413) 663-3313

**North Adams**

11 Summer St. ................................................................. (413) 664-4944

**Savoy**

720 Main Road................................................................. (413) 743-0364

**Williamstown**

31 North St. ................................................................. (413) 458-5733

Alt. Emergency for Cheshire, Florida, Savoy ................................................................. (413) 499-7357

State Police, Route 8, Cheshire ................................................................. (413) 743-4700

Emergencies ONLY ................................................................. 911
Pregnancy/Family Planning/Sexual Health

New Direction - www.newdirectionpc.org
98 Church St., North Adams ........................................... (413) 346-4291
Available 24/7 ..................................................... (800) 712-4357

Offers a variety of free and confidential pregnancy help services and is a resource for women in unintended pregnancies. Services are provided in a safe and comfortable atmosphere with a compassionate and non-judgmental approach.

Elizabeth Freeman Center - www.elizabethfreemancenter.org
61 Main St., Suite 202, N. Adams ................................... (413) 663-7459
Adams Police Department (counselor’s cell phone) ........... (413) 347-0117
43 Francis Ave., Pittsfield ........................................... (413) 499-2425
HOTLINE 24/7 Confidential Toll Free ................................ (866) 401-2425

Domestic violence and sexual assault services for adults and children, including safe shelter, court advocacy, counseling, support groups and trainings.

Parent Stress Hotline
HOTLINE ......................................................... (800) 632-8188
Help for parents with stress or in crisis.

Paints Control - www.aapcc.org
HOTLINE ......................................................... (800) 222-1222

National Suicide Hotline
HOTLINE ........................................................... (800) 273-8255 (800-273-TALK)

Substance Use Support/Recovery - Alcohol

Al-Anon (for family members) - www.berkshirealanon.org
Toll Free .............................................................. (888) 425-2666
Support for family and friends of problem drinkers.

Alcoholics Anonymous (AA) - www.westernmassaa.org
Hotline/Main/Intergroup ........................................... (413) 532-2111
A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Berkshire Crisis Team
Operated by the Brien Center 24/7 .................................. (413) 499-0412

Department of Children & Families (DCF) - www.mass.gov
53 Eagle St., Pittsfield ............................................... (413) 236-1800
Toll Free .............................................................. (800) 292-5022
HOTLINE after 5:00 p.m. ........................................... (800) 792-5200

Protection for children who have been abused or neglected in a family setting.

Make reading aloud a habit when your baby is tiny. Let your child turn the pages, if he or she can. Over time your child will learn which end of the book is up, that the letters are the things you are reading, that text flows from left to right.
### Detox Centers

**Adcare Hospital** - [www.adcare.com/programs/adcare-hospital](http://www.adcare.com/programs/adcare-hospital)
107 Lincoln St., Worcester, MA 01605
800-252-6465 or (508) 799-9000

**Berkshire Medical Center, McGee Unit** - [www.berkshirehealthsystems.org/mcgee](http://www.berkshirehealthsystems.org/mcgee)
725 North St., Pittsfield
(413) 447-2927
Detoxification, stabilization and rehabilitation services.

**Northern Hope Center/Franklin Recovery Center**
298 Federal St. (Rt. 5), Greenfield
(413) 733-1423 or (413) 737-2439

**Swift River** - [www.swiftriver.com](http://www.swiftriver.com)
151 South Street, Cummington, MA 01026
(888) 910-1164
Providing 30 day residential care for those who are suffering from alcohol or substance abuse issues. Dual diagnosis facility specializing in DBT and CBT Therapy. Art, music and adventure therapy. Detox center, 15 month online aftercare program with a life coach.

### Outpatient Programs

**Adcare Outpatient Services** - [www.adcare.com](http://www.adcare.com)
117 Park Ave., W. Springfield, MA 01089
(413) 209-3124

**Brien Center** - [www.briencenter.org](http://www.briencenter.org)
333 East St. # 227, Pittsfield
(413) 499-0412
124 American Legion Dr., North Adams
(413) 664-4541
Crisis Line
(800) 252-0227 (24-hr)
60 Cottage St., Great Barrington
(413) 528-9156
Intensive Outpatient Program, Enhanced Outpatient Program (day treatment), Individual and Group Therapy, Suboxone and Vivitol.

### Medication Assisted Treatment

**Brien Center** - [www.briencenter.org](http://www.briencenter.org)
333 East St. # 227, Pittsfield
(413) 499-0412
124 American Legion Dr., North Adams
(413) 664-4541
Crisis Line
(800) 252-0227 (24-hr)
60 Cottage St., Great Barrington
(413) 528-9156
Intensive Outpatient Program, Enhanced Outpatient Program (day treatment), Individual and Group Therapy, Suboxone and Vivitol.

### Support Services and Help Lines

**Celebrate Recovery** - [www.firstbaptistnorthadams.org](http://www.firstbaptistnorthadams.org)
131 Main St., N. Adams
(413) 663-3780
A Christian based 12-step program. Every other Friday at 6:30pm.

**Community Services Info Line** - [www.mass211help.org](http://www.mass211help.org)
Toll Free
(866) 705-2807
Dial 211

**George B. Crane Memorial Center** - [www.thegbcmc.org](http://www.thegbcmc.org)
81 Linden Street, Pittsfield
(413) 464-7066; (413) 281-7407
AA, NA and Support Group Meetings

**Healthy Steps**
510 North St., Pittsfield
(413) 447-2654
Hep. C, HIV, STI testing; Naloxone; safe injection supplies.

**Institute for Health and Recovery** - [www.healthrecovery.org](http://www.healthrecovery.org)
Toll Free
(866) 705-2807

**Josh Bressette Commit to Save a Life** - [www.commit2savealife.org](http://www.commit2savealife.org)
For information
(413) 749-5007
Financial assistance for recovery, education and peer support for recovery.

**Learn to Cope** (for family members) - [www.Learn2Cope.org](http://www.Learn2Cope.org)
BMC Cancer Center/HEAL Community Room, 165 Tor Ct, Pittsfield
(508) 738-5148
Support Group Meetings, Tuesdays 7:00-8:30 p.m.

**Nar-Anon** (for family members) - [www.naranonctma.org](http://www.naranonctma.org)
For information
(413) 442-8922

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Spectrum Health Systems - [www.spectrumhealthsystems.org/locations/north-adams-ma/147](http://www.spectrumhealthsystems.org/locations/north-adams-ma/147)
1274 Curran Highway, North Adams
(800) 464-9555, ext. 1161

### Residential Long-Term Treatment

**Keenan House, @ The Brien Center** - [www.briencenter.org](http://www.briencenter.org)
202 Bradford St., Pittsfield, MA
(413) 499-2756

**Keenan House for Women, @ The Brien Center** - [www.briencenter.org](http://www.briencenter.org)
121-123 Seymour St., Pittsfield
(413) 997-0067

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**Berkshire Medical Center, Keenan House, @ The Brien Center**
165 Tor Ct, Pittsfield
(413) 442-8922
Community Services Info Line
(508) 738-5148

**BMC Cancer Center/HEAL Community Room**
165 Tor Ct, Pittsfield
(508) 738-5148

**Institute for Health and Recovery**
[www.healthrecovery.org](http://www.healthrecovery.org)

**Josh Bressette Commit to Save a Life**
[www.commit2savealife.org](http://www.commit2savealife.org)

**Learn to Cope** (for family members)
[www.Learn2Cope.org](http://www.Learn2Cope.org)

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**BMC Cancer Center/HEAL Community Room**
165 Tor Ct, Pittsfield
(508) 738-5148
**Support/Recovery - Rx/Heroin (con’t)**

Narcotics Anonymous (NA) - www.berkshirena.org
Help Line..............................................................................................................(413) 443-4377

Substance Abuse Helpline - www.helpline-online.com
Toll-Free ..............................................................................................................(800) 327-5050

Tapestry Health - www.tapestryhealth.org/north-adams/
6 West Main St., N. Adams.................................................................(413) 398-5603
New needles/syringes; referrals; testing for HIV/AIDS, Hep C and STIs; drug use &
adiction counseling; overdose prevention education; naloxone training & distribution;
safer sex supplies, safe Injection supplies; wound/vein care.

**Whatever Works Berkshires**
A support group for people using medication-assisted treatment for addiction recovery. Meetings at 6 p.m. Tuesdays at the George B. Crane Memorial Center, 81 Linden St., Pittsfield, and 5:30 p.m. Thursdays at United Cerebral Palsy, 535 Curran Highway, Route 8, North Adams. Transportation help may be available. For information, email whateverworks789@yahoo.com or visit the Whatever Works Berkshires page on Facebook.

**Substance Use Support - Tobacco**

Berkshire AHEC’s Tobacco-Free Community Partnership - www.berkshireahec.org
1350 West St., Pittsfield.................................................................(413) 236-4500
MA Hotline......................................................................................(800) 784-8669
Free resources and support for coalitions, agencies, municipalities and workplaces on strategies to address tobacco issues and promote tobacco-free living.

**Transportation**

Berkshire Regional Transit Authority (BRTA) - www.berkshirerta.com
1 Columbus Ave., Pittsfield......................................................(413) 499-2782, (800) 292-2782
Transportation for the Berkshire region. Buses, non-emergency medical transportation. Mass Health patients need permission from doctor.

County Cabulance - www.countyamb.com
175-185 Wahconah St., Pittsfield.......................................................(414) 499-2527
In partnership with BMC, offering free transportation to residents of North Berkshire to BMC.

**HINT (Help I Need Transportation) Grant**
North Berkshire.............................................................(413) 663-7588 Ext. 28
Transportation available to eligible residents of North Berkshire as one time use for non-emergency medical transportation, after all other transportation options have been explored with referring agency.

**Local Councils on Aging**
Refer to pages 5 and 6
Local medical transportation only.

**Village Ambulance Service - www.villageambulance.com**
30 Water Street, Williamstown.........................................................(413) 458-4889
Provides non-emergency medical transportation, including trips to and from doctors’ offices, to and from dialysis and radiation centers, and other non-emergency situations that require a high degree of patient care.

**Veteran’s Services**

American Red Cross
Springfield, MA 01104.............................................................(413) 737-4306, ext. 1929
Call Center..................................................................................(877) 272-7337
Service to Armed Forces (SAF) outreach services provides information and referrals, local resources, and family follow-ups. Call center provides emergency communication, financial assistance and veteran services.

Office of Veteran Services
City Hall, 10 Main St., N. Adams ...................................................(413) 662-3040
Town Hall, 8 Park St., Adams .....................................................(413) 743-8300 ext. 125
31 North St., Williamstown .......................................................(413) 458-4106
Services, advocacy and support for veterans.

Soldier On - www.wesoldieron.org
360 West Housatonic St., Pittsfield..............................................(413) 236-5644
425 N. Main St., Leeds, MA .......................................................(413) 582-3059
Shelter, treatment, employment services for veterans of U.S. military service.

Veterans Outpatient Clinic
73 Eagle St., Pittsfield...............................................................(413) 499-2672
Primary & mental health services for veterans only.

Veterans Western Massachusetts Call Center
Crisis Line .....................................................................................(800) 273-8255
Telephone Care ...........................................................................(800) 893-1522
Veterans’ appointments and health care questions.
Veteran’s Services (con’t)

Veterans Crisis Line
Toll Free .................................................................(800) 273-8255 (800) 273-TALK

Vietnam Veterans of America- Chapter 54
30 River St., N. Adams.......................................................(413) 346-4167
Support services and Adopt-A-Park cleanups. Call for times & more information.

Volunteer Services or Access

Berkshire Non-Profits - www.berkshirenonprofits.com
Online portal connecting volunteers to non-profit opportunities.

Center for Service and Citizenship at MCLA
MCLA, 375 Church St., N. Adams ........................................(413) 662-5251
Contact to access volunteers or interns.

Youth

Berkshire County 4-H
78 Center St., Suite 206, Pittsfield ........................................(413) 448-8285
Youth programs for ages 5-18.

Berkshire Family YMCA - www.bfymca.org
22 Brickyard Ct., N. Adams .............................................(413) 663-6529
Recreation and social programs for all ages.

Berkshire Youth Development Project (BYDP)
61 Main Street, Suite 218, N. Adams .......................................(413) 663-7588
A county-wide network of youth development professionals who gather to promote positive youth development practices, leverage resources, and create events and initiatives that support positive youth development.

The Brien Center for Mental Health & Substance Services - www.briencenter.org
124 American Legion Dr., N. Adams .....................................(413) 664-4541
Services include: Outpatient & in-home therapy, intensive care coordination, family support & training, in-home behavioral therapy & therapeutic mentoring available for youth & caregiver’s mental health needs. Also crisis stabilization unit (CSU), 24 hour residential acute care, a pre-independent living group home for youth ages 16-21 and The Continuum, home based and residential services for youth.

Girl Scouts of Central & Western MA (GSWM) - www.gscwm.org
301 Kelly Way, Holyoke ....................................................(413) 584-2602, (800) 462-9100
Variety of Girl Scout experiences; after school & summer programs.

Goodwill Industries of the Berkshires and Southern Vermont - www.goodwill-berkshires.com
Store: 166 State St., North Adams ...........................................(413) 749-8999
Training Center: 158 Tyler St., Pittsfield ....................................(413) 442-0061
Employment and training for individuals with barriers to employment, work adjustment training, school to work services.

IS183 - www.is183.org
Berkshire County..............................................................(413) 298-5252 ext. 100
Non-profit community art school encouraging people of all ages, means, and skill levels to enrich their lives through hands-on art-making.

Kidspace @ MASS MoCA
1040 MASS MoCA Way, North Adams .................................(413) 662-2111
A child centered art gallery and hands on studio.

Northern Berkshire Youth Collaborative (NBYC)
61 Main Street, Suite 218, N. Adams .................................(413) 663-7588
A group comprised of northern Berkshire community members and professionals with a vested interest in the well-being of youth in the region, devoted to sharing best practices and resources regarding positive youth development.

Patrick Miller Youth Substance Abuse Program (Brien Center)
124 American Legion Dr., N. Adams .................................(413) 664-4541
24 hr. Crisis.................................................................(800) 252-0227
Assessment, intervention and treatment to adolescents with substance issues.

Playwright Mentoring Program (PMP) -
www.barringtonstageco.org/education-bsc/playwright-mentoring-project/
Barrington Stage .................................................................(413) 239-4767
Theater program for young people age 13-19. Create original theater based on your life experience.

Project Reconnect - www.bcacinc.org
BCAC Office, 85 Main St., North Adams .................................(413) 418-3683
Holistic mentoring, career & life skills training, educational development, GED program, job search assistance.

ROOTS Teen Center - www.rootsteencenter.com
43 Eagle Street, N. Adams ....................................................(413) 398-4088
A safe and inclusive drop-in center for Northern Berkshire youth ages 13-22.
Salvation Army: Bridging the Gap - [www.salvationarmyma.org/northadams](http://www.salvationarmyma.org/northadams)
393 River St., N. Adams ............................................................ (413) 663-7987
Life skills training program for court referred teens 11-17.

Teenspace @ MASS MoCA
1040 MASS MoCA Way, North Adams ........................................ (413) 662-2111
Teen Invitational, Teen Intensives, Teen Summit, Teen Summer Residency. All teen programs are free and open to anyone age 13 to 19.

UNITY/Teen Writing Workshop @ nbCC - [www.nbccoalition.org](http://www.nbccoalition.org)
61 Main St., Suite 218, N. Adams ................................................. (413) 663-7588
Supportive warm environment for teenagers to create and share work with guidance from professional creative writers.

UNITY/Youth Leadership Program @ nbCC - [www.nbccoalition.org](http://www.nbccoalition.org)
61 Main St., Suite 218, N. Adams ................................................. (413) 663-7588
9 mo. leadership training & community service learning program for high school students.

Williamstown Youth Center, Inc. - [www.williamstownyouthcenter.org](http://www.williamstownyouthcenter.org)
66 School St., Williamstown .................................................... (413) 458-5925
Social, recreational and educational programs - after-school, summer - small fee.

Youth Center, Inc. @ Adams Community Center - [www.youthcenterinc.com](http://www.youthcenterinc.com)
20 East St., Adams ................................................................. (413) 743-3550
Social, recreational and educational programs and drop-in after-school, summer.

Adams-Cheshire - [www.acrsd.net](http://www.acrsd.net)
125 Savoy Rd., Cheshire ............................................................ (413) 743-2939
School District Superintendent's Office.

BARt - Berkshire Arts & Technology - [www.bartcharter.org](http://www.bartcharter.org)
One Commercial Place, Adams .................................................. (413) 743-7311
Public, tuition-free charter school for middle and high school students in Northern Berkshire.

Berkshire County Head Start - [www.berkhs.org](http://www.berkhs.org)
21 Williams Street N. Adams .................................................... (413) 664-7932
46 Howland Ave., Adams .......................................................... (413) 743-5150
Ages 3-5: Classroom education, home visiting, childcare - sliding fee.

Brayton Elementary - [www.napsk12.org](http://www.napsk12.org)
20 Brayton Hill Terrace, N. Adams .............................................. (413) 662-3260
Grades: Pre-K, K-6, after-school program.

Clarksburg Elementary - [www.clarksburgschool.org](http://www.clarksburgschool.org)
777 W. Crossroads, Clarksburg ................................................ (413) 663-8735
Grades K - 8 for Clarksburg students.

Colegrove Park Elementary - [www.napsk12.org](http://www.napsk12.org)
East Main St., North Adams ..................................................... (413) 663-3250
Grades K - 6.

Drury High School - [www.napsk12.org](http://www.napsk12.org)
1130 S. Church St., N. Adams .................................................. (413) 662-3240
Grades 7-12 (N. Adams, Florida, Clarksburg, Monroe, Stamford, Readsboro).

E-3 Academy - [www.napsk12.org](http://www.napsk12.org)
The Armory, 206 Ashland St., North Adams ............................... (413) 776-1669
N. Adams alternative high school - (a program of Drury High School)

Gabriel Abbott Memorial - [www.abbottmemorial.org](http://www.abbottmemorial.org)
56 N. County Rd., Florida ....................................................... (413) 664-6023
Grades pre-K - 8 for Florida students.

Greylock Elementary - [www.napsk12.org](http://www.napsk12.org)
100 Phelps Ave., N. Adams ..................................................... (413) 662-3255
Grades K-6, after-school programs.

Hoosac Valley Elementary - [www.acrsd.net](http://www.acrsd.net)
14 Commercial St., Adams ...................................................... (413) 743-0876
Grades K - 3, after-school educational programs.

Hoosac Valley Middle and High School
125 Savoy Road, Cheshire ....................................................... (413) 743-5200
Grades 4 - 12 (Adams, Cheshire, Savoy).

McCann Vocational Technical High School
70 Hodges Cross Rd., N. Adams ................................................. (413) 663-5383

Mt. Greylock Regional High School
1781 Cold Spring Road, Williamstown ...................................... (413) 458-9582
Regional middle & high school, grades 7-12 (Lanesboro, Hancock, New Ashford & Williamstown) & Superintendent's Office.
Parents or grandparents should read aloud to their little ones at least 15 minutes each day, starting at birth. A baby’s ability to learn language is subtle but remarkable. A child’s vocabulary will grow at an amazing rate, building the foundation for future knowledge.
Emergency Numbers

For Fire, Police or Ambulance from anywhere in Massachusetts..................... Dial 911
Massachusetts State Police ............................................................................ (413) 743-4700
National Suicide Prevention Lifeline ......................................................... (800) 273-8255
Poison Control Center .................................................................................. (800) 222-1222

Quick Reference Numbers

For food [See page 12-13 for hours of operation]:
   In Adams, Pope John Paul Charity Center, (413) 743-0577
   In North Adams, The Friendship Center Food Pantry, (413) 664-0123
   In North Adams, St. Vincent DePaul Society, (413) 664-4835
   In Williamstown, Sts. Patrick and Raphael Parish, (413) 458-4956

Mass 211 - 24/7 Emergency, Community Information, Referral Services:
   Dial 211 or visit www.mass211.org

To report elder abuse [24 hr. hotline]: (800) 922-2275
To report child abuse [24 hr. hotline]: (800) 792-5200
For help with homelessness: Louison House, (413) 663-6323, ext. 4 [line staffed 24 hrs.]
For domestic & relationship violence support:
   Elizabeth Freeman Center, [24 hr. hotline]: (866) 401-2425
For mental health care & substance abuse crisis support:
   Brien Center, [24 hr. hotline]: (413) 499-0412

For general information to help get started:
   Northern Berkshire Community Coalition, [M-F, 8-5]: (413) 663-7588