

Northern Berkshire Community Resource Guide

October 2015

Finding help for yourself or an individual in our community 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 will lead you to the resources that may assist you in addressing your concerns or concerns of those you care about. 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.



This resource guide is brought to you by:



Northern Berkshire Community Coalition

and



Life Insurance Company of America

Table of Contents

Adult Education/Literacy and Training.....	3
Disability Services.....	3
Elders/Older Adults	4
Employment	6
Families - Parents and Children.....	7
Financial Assistance.....	10
Food	10
Food Delivery - Elders/Older Adults.....	12
Health Care	12
Heating and Energy Programs	13
Housing	14
Immigrants	15
Information, Referral, Support Services	15
Legal and Consumer Services	16
Mental Health/Counseling	17
Police.....	18
Pregnancy/Family Planning	18
Protective and Hotline Services	19
Substance Use Support/Recovery - Alcohol	19
Substance Use Support/Recovery - Rx/Heroin	20
Substance Use Support - Tobacco	22
Transportation	22
Veteran’s Services.....	23
Youth	23
Youth/Schools.....	25
Miscellaneous Area Resources	27
Advice to Help Find the Right Agency	Outside Back Cover

Adult Education/Literacy and Training

BerkshireWorks/One Stop Career Center - www.berkshireworks.org

160 North St., Pittsfield..... (413) 499-2220, Ext. 114
Employment & training opportunities for adults and youth. Other services: resource room for job search; employment related workshops; job training for eligible customers, Hi-SET for eligible youth.

Cents Ability @ BCAC - www.bcacinc.org

85 Main St., N. Adams..... (413) 663-3014
 1531 East St., Pittsfield..... (413) 445-4503
Money management workshops.

McCann Technical School - www.mccanntech.org

70 Hodges Crossroads, N. Adams..... (413) 663-5383
Training in cosmetology, medical assistance, dental assistance, surgical technologists, practical nursing.

Northern Berkshire Adult Basic Education Program @ MCLA - www.abeged.com

Freel Library at Blackinton & Montana St., N. Adams..... (413) 662-5314
Basic skills, HISET test preparation, College & Career readiness and English for Speaker of Other Languages.

Division of Graduate and Continuing Education @ MCLA - www.mcla.edu

375 Church St., N. Adams..... (413) 662-5575
Bachelor’s degree completion programs, adult evening classes at MCLA and online, professional development for teachers, a range of summer courses, and summer camps for kids. (Formerly Life Long Learning).

Disability Services

Ad-lib Inc. Center for Independent Living - www.adlibcil.org

MRC Office 37 Main St., 3rd floor, N. Adams..... Toll Free (800) 232-7047
Services for people with disabilities: peer counseling, skills training, information and referral, advocacy and other specialized programs. Services by appointment only.

BFAIR (Berkshire Family And Individual Resources) - www.bfair.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/PCA/Homemaker, day habilitation, adult foster care and family support services.

Disability Services (con't)

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 - www.goodwill-berkshires.com

166 State St., North Adams (413) 749-8999
Pittsfield Regional Office & Training Center (413) 442-0061

Employment & training to individuals w/ barriers to employment. Vocational evaluation, work adjustment training, sheltered employment, school to work services. North Adams Store: clothes & more.

MASS. Commission for the Blind - www.mass.gov/eohhs/gov/departments/mcb

436 Dwight St., Springfield (413) 781-1290

Provides rehabilitation and social services for blind individuals to enable independence.

MASS. Rehabilitation Commission - www.mass.gov/eohhs/gov/departments/mrc

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.mssupportfoundation.org

85 Main St., Suite 212, N. Adams (413) 664-2011
Toll Free (844) 280-7292

Provides education, support and resources for those individuals affected by multiple sclerosis.

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

Adams Council on Aging - www.town.adams.ma.us/Public_Documents/AdamsMA_Aging/index

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 program signups and renewals, referrals/info, meals, transportation and emergency fuel assistance for adults 60+, and more.

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/Senior Community Center - www.cheshire-ma.com

119 School St., Cheshire (413) 743-1172

Health testing, socials, transportation.

Clarksburg Council on Aging/ Senior Center - www.esbci.org

712 W. Cross Rd., Clarksburg (413) 663-8253

Fitness classes, health testing, socials, transportation.

Elder Abuse Hotline - www.ncea.aoa.gov

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.

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) 664-5057

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 - www.northadamscommons.org

175 Franklin St., N. Adams (413) 664-4041

Accredited nursing care (nursing home).

Elders/Older Adults (con't)

N. Adams Council on Aging/Mary Spitzer Senior Center - www.northadams-ma.gov

116 Ashland St., N. Adams..... (413) 662-3125

Fitness classes, health testing, socials, transportation.

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 Toll Free (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).

Sweetwood Continuing Care Retirement Community - www.sweetwoodliving.com

1611 Cold Spring Rd., Williamstown (413) 458-8371

Independent living.

Williamstown Commons - www.williamstowncommons.org

25 Adams Rd., Williamstown. (413) 458-2111

Accredited nursing care (nursing home).

Williamstown Council on Aging/Harper Senior Center

118 Church St., Williamstown. (413) 458-8250

Socials, meal programs, information, transportation, fitness classes.

Employment

Arcadia Employment/BFAIR - www.bfair.org

771 S. Church St., N. Adams (413) 664-9382

Job readiness/training for people with disabilities.

Berkshire County Regional Employment Board (BCREB) - www.berkshirereb.org

66 Allen St., Pittsfield..... (413) 442-7177

Workforce development, career pathways, connections to training, education, and employment.

Berkshirejobs.com - www.berkshirejobs.com

Berkshirejobs.com..... (413) 663-3384

Internet job listing/search.

BerkshireWorks One Stop Career Center - www.berkshireworks.org

City Hall, N. Adams (413) 672-0098

160 North St. Pittsfield..... (413) 499-2220, Ext. 114

Job development, job search, job training for adults, youth services, education & work experience, employment related workshops, resource room. Adams Visitors Bureau Monday only from 9 to 12, North Adams City Hall Monday to Friday from 9 to 2 pm.

Mass. Rehabilitation Commission - www.mass.gov/eohhs/gov/departments/mrc

37 Main St., 3rd Floor, North Adams (413) 663-5391

Job placement and training for people with disabilities.

Families - Parents and Children

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 Nursing Families - www.berkshirenursingfamilies.org

The Blackinton Center, 1288 Mass. Ave. North Adams..... (413) 743-5338

Lactation support program. Phone support available.

Berkshire North WIC (Women, Infants, and Children) - www.berkshirehealthsystems.org/wic

37 Main St., N. Adams,..... (413) 663-3012

For women, infants and children: healthy food, nutrition and breastfeeding information.

Child Care of the Berkshires (CCB) - www.ccberkshire.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.ccberkshire.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.

Families - Parents and Children (con't)

CCB - Family Center of N. Berkshire - www.cbberkshire.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.cbberkshire.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.cbberkshire.org

210 State St., N. Adams..... (413) 664-4821

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.cbberkshire.org

210 State St., N. Adams..... (413) 663-6593, Ext. 26

Child care assistance for young parents under age 21.

Early Intervention @ UCP - www.ucpberkshire.org

535 Curran Highway, N. Adams..... (413) 664-9345

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.

Grandparents Raising Grandchildren - www.nbcoalition.org

The Family Place..... (413) 663-7588

Support group for grandparents raising grandchildren. Childcare, meals provided.

Head Start Berkshire County - www.berkhs.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.

The Kid's Place - www.kidsplaceonline.org

63 Wendell Ave., Pittsfield..... (413) 499-2800

771 South Church St., North Adams..... (413) 664-9382, Ext. 43

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

Breastfeeding information and support.

LINCS Parent Center @ Brayton School

20 Barbour St., N. Adams..... (413) 664-7512

Resources/support available to parents/families of children in N. Adams public schools.

Northern Berkshire YMCA - www.ymcanb.org

22 Brickyard Ct., N. Adams..... (413) 663-6529

Recreation & social programs for all ages.

Northern Berkshire Neighbors (nBn) @ nbCC - www.nbcoalition.org

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

Resident advocacy & support, neighborhood groups & programs, community events.

Maternal/Child Health @ Berkshire VNA

75 S. Church St, Pittsfield (413) 447-2862

Newborn home visiting / Berkshire VNA.

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.

Safe Homes/nb21 @ nbCC - www.nbcoalition.org

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

Parent network providing safe, alcohol & drug-free homes where teens can socialize.

Teen to 23 Project

Haskins School, 210 State St., North Adams..... (413) 743-5338

For pregnant young families, we provide childbirth/breastfeeding education. Also provide peer support and parenting/breastfeeding support for young families with infants. Breastfeeding 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 Elementary School.

Financial Assistance

American Red Cross - www.redcross.org

480 West St., Pittsfield..... (413) 442-1506

Disaster (fire, etc.) 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/dta/

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.

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 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)

37 Main St., 3rd floor, N. Adams, (413) 663-3012

Healthy food for pregnant, postpartum and breastfeeding 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 & older or who are disabled & meet income guidelines.

Community Bible Church of Williamstown - www.cbwilliamstown.org

160 Bridges Rd., Williamstown (413) 458-5556

Once per month.

Dept. of Transitional Assistance (Welfare) - www.mass.gov/eohhs/gov/departments/dta/

37 Main St., N. Adams..... (413) 236-2000

160 North St., Pittsfield..... (413) 236-2000

Food stamps (SNAP) Families (TAFDC) & individuals (EAEDC).

The Dream Center

149 Eagle St., N. Adams..... (413) 522-3495

Food pantry and free clothing on site. Drop-in hours: Mondays from 6 to 8 pm; Tuesdays from 4:30 to 6 pm; Fridays from 6 to 7:30 pm.

The Friendship Center Food Pantry

45 Eagle St., N. Adams..... (413) 664-0123

Food available every other week - Open Wednesdays from 10-2 and 4-6 pm.

Goodwill Industries

166 State St., North Adams..... (413) 749-8999

Offers monthly food packages to low-income families and emergency food assistance.

Harvest Christian Ministries

275 River St., N. Adams..... (413) 664-4845

Free healthy breakfast served M-F 7:30-9:30 a.m. Lunch served Saturdays 11:30-1:00.

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

Assistance w/ food, & Good Neighbor Energy Fund.

Williamstown Food Pantry @ Saints Patrick & Raphael Parish

53 Southworth St., Williamstown Carol DeMayo (413) 458-3149

Emergency food assistance, sometimes clothing, furniture & other help available. The Food Pantry at St. Patrick's is open 1-3pm on the 1st and 3rd Wednesdays.

Food Delivery - Older Adults/Elders

Meals on Wheels - Elder Services/Berk. 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 homebound seniors on weekends & holiday weekends.

Health Care

American Red Cross

480 West St., Pittsfield.....(413) 442-1506

Toll Free(800) 332-2030

Medical transportation. HIV/aids education, CPR/medical training. Blood Donation: 1-(800) 462-2229.

Berkshire VNA and Hospice - www.berkshirehealthsystems.org/berkshirevna

99 Hospital Ave., N. Adams.....(413) 447-2862

Home Health and Hospice services. Disease management, wound & ostomy care, pain & symptom management, infusion services, medication management & education, patient & caregiver education, joint replacement support, fall risk assessment & prevention, and terminal care including spiritual & bereavement support.

Pre-Diabetes Classes & Diabetes Prevention Program

Call Berkshire Partnership for Health(413) 664-5057

Learn tips on risk reduction through diet, activity and development of a personal plan. Call to learn what programs you qualify for.

Ecu-Health Care - <http://ecuhealth.boxcarexpress.com/>

99 Hospital Ave., N. Adams.....(413) 663-8711

Health Care access: Help enrolling in health care & public insurance programs.

Get Cuffed Program

Call Berkshire Partnership for Health(413) 664-5057

Home Blood Pressure Monitoring, designed to reduce blood pressure in patients diagnosed with high blood pressure, includes a free automatic cuff.

Matter of Balance Class

Call Berkshire Partnership for Health(413) 664-5057

A series of 8 classes designed to reduce the fear of falling and increase activity levels among older adults. Classes are free and available throughout Berkshire County.

Neighborhood For Health

71 Hospital Ave, N Adams.....(413) 664-5545

Services include Care Coordination for inpatients and the emergency department at BMC and in the Neighborhood For Health; Smoking Cessation, Nutrition Counseling, Diabetes Education, Congestive Heart Failure Clinic, Expanded Behavioral Health Services, Substance Abuse Disorder Treatment.

Western MA Medical Reserve Corp. - <http://wmmrc.org>

P.O. Box 60 Lee, MA.....(413) 539-4115

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 appointment. Other questions, call (866) 216-6200.

MASS Energy Consumer Alliance - www.massenergy.org

Toll Free(800) 287-3950

Full service local oil dealers w/discount prices for home heating oil.

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.

MassSave - www.masssave.com

Sponsored by National Grid & Berkshire Gas.....(866) 527-7283

Free home energy assessments, 0% interest loans, incentives & rebates for energy efficiency measures.

Heating and Energy Programs (con't)

National Grid - www.nationalgridus.com

Toll Free (866) 395-0315
AMP helps customers who qualify for fuel assistance to pay off their account balance.

The Salvation Army - www.magoodneighbor.org

393 River St., N. Adams (413) 663-7987
The Good Neighbor Energy Fund.

Housing

Adams Housing Authority

4 Columbia St., Adams (413) 743-5924
Subsidized rental assistance based on income. Section 8 housing.

Berkshire County Regional Housing Authority - www.bcrha.com

1 Fenn St., 4th Floor, Pittsfield (413) 443-7138
Toll Free (800) 248-9002
Housing services: legal help w/ housing and related issues, mediation/negotiation for landlord/tenant disputes, housing search.

Berkshire Housing Development Corporation - www.berkshirehousing.com

1 Fenn St., Pittsfield (413) 499-1630
Subsidized rental assistance based on income, section 8 housing, other housing support.

Family Life Support Center/Louison House - www.flscloisonhouse.org

395 Old Columbia St., Adams (413) 743-7957
Counseling, crisis intervention/case mgmt., housing searches, homeless shelter.

North Adams Housing Authority - www.northadams-ma.gov/index.php?nav_id=33

150 Ashland St., N. Adams (413) 663-5379
Subsidized rental assistance based on income. Section 8 housing.

Northern Berkshire Habitat for Humanity - www.northberkshirehabitat.org

P.O. Box 391, 61 Main St., N. Adams (413) 664-4440
Affordable home ownership for low and moderate income families.

Williamstown Housing Authority - www.williamstownha.com

35 Adams Rd., Williamstown (413) 458-8282, (413) 458-5483
Subsidized rental assistance based on income. Section 8 housing.

Immigrants

Berkshire Immigrant Center - www.berkshireic.com

88 South St., Pittsfield (413) 445-4881
Support, information and referral for immigrants.

Multicultural BRIDGE - 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.

Information, Referral, Support Services

Berkshire Chamber of Commerce - www.berkshirechamber.com

Branch office N. Adams (413) 663-3735
66 Allen St., Pittsfield (413) 499-4000
General area information, business support.

Center for Service and Citizenship at MCLA

MCLA, 375 Church St., N. Adams (413) 662-5251
Contact to access volunteers or interns.

Citizen Information Service

Toll Free (800) 392-6090
Massachusetts State Government information and referral.

Massachusetts 211 - www.mass211.org

MA Local United Way Dial 211
Toll Free (877) 211-6277
24/7 contact for referrals: Berkshires and statewide.

Office of Community Events - www.northadams-ma.gov

City Hall, 10 Main St. 2nd floor, N. Adams (413) 662-6180
Area information/tourism, city events.

North Adams Chamber of Commerce - www.northadamschamber.com

P.O. 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.

Information, Referral, Support Services (con't)

Northern Berkshire Community Coalition - www.nbcoalition.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 Safe Homes/nb21).

Northern Berkshire United Way - www.nbunitedway.org

771 S. Church St., Box 955, N. Adams (413) 663-9062

Area agency support and information.

Williamstown Chamber of Commerce - www.williamstownchamber.com

7 Denison Park Drive, Williamstown(413) 458-9077 or (800) 214-3799

General area information & resource for businesses, residents & tourists.

Legal and Consumer Services

Consumer Credit

Toll Free (800) 282-6196

Money Management International.

Community Legal Aid - www.communitylegal.org

61 Main St., Suite 218, N. Adams by appointment only

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 Services Program - 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.

Mental Health/Counseling

Berkshire Coalition for Suicide Prevention - 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

Suicide Loss Support (413) 441-6316

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 hour 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.ccbkshires.com

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

906 Main St., Williamstown. (413) 458-3279

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

BMC Jones Psychiatric Care (short term)

Call The Brien Center for intake (413) 499-0412

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

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

FREE support, education and advocacy for individuals and families whose lives are affected by mental illness.

South Bay Mental Health - www.southbaymentalhealth.com

For info: 100 North St., Pittsfield (413) 495-1500, Ext. 1472

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.

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

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

Northern Berkshire Pregnancy Support Center - www.berkshirepregnancy.org

98 Church St., North Adams..... (413) 346-4591

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.

Planned Parenthood League of Mass - www.pplm.org

3550 Main St. Suite 201, Springfield (800) 258-4448

Confidential services - annual exams, birth control, emergency contraception, cervical cancer prevention, STD testing/treatment, pregnancy testing & abortion care.

Tapestry Health - www.tapestryhealth.org

MountainOne Wellness Center, MCLA, 289 Church St., N.Adams (413) 662-5258

If no answer, or to make an appointment..... (413) 443-2844

Reproductive health care, counseling HIV/STD testing, Wed. 1:00- 6:00pm.

Teen to 23 Project - www.berkshirenursingfamilies.org

Haskins School, 210 State St., North Adams..... (413) 743-5338

For pregnant young families, we provide childbirth/breastfeeding education on Thursdays from 11am to 1pm. Also provide peer support and parenting/breastfeeding support for young families with infants. Breastfeeding support group meets every Tuesday from 10am to 12pm.

Protective and Hotline Services

Berkshire Violence Prevention Center @ Elizabeth Freeman Center

43 Francis Ave., Pittsfield..... (413) 499-2425

HOTLINE..... (866) 401-2425

Violence prevention and/or sex education programming for children and youth.

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.

Elder Abuse Hotline - www.ncea.aoa.gov

HOTLINE..... (800) 922-2275

Assist and support for elders w/physical, verbal, financial exploitation or neglect.

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.

POISON CONTROL

HOTLINE..... (800) 222-1222

Substance Use Support - Alcohol

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

124 American Legion Dr., N. Adams (413) 664-4541

24 hr. Crisis Services Toll Free..... (800) 252-0227

Services include assessment, individual and group counseling. Driver Alcohol Education Program and Second Offenders Program. Patrick Miller Youth Substance Abuse Program. Lists of AA and Narcotic Anonymous groups in N. Berkshire. 24 hr. Crisis Services.

Substance Use Support - Alcohol (con't)

Alcoholics Anonymous (AA) - www.westernmassaa.org

Hotline (413) 443-0212
Main/Intergroup..... (413) 448-2382

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.

Al-Anon (for family members) - www.berkshirealanon.org

Toll Free (888) 425-2666
Support for family and friends of problem drinkers.

Substance Use Support - Rx/Heroin

Detox Centers

Berkshire Medical Center, McGee Unit - www.berkshirehealthsystems.org

725 North St., Pittsfield.....(413) 442-1400 or (413) 445-9228

Detoxification, stabilization and rehabilitation of patients

Adcare Hospital

107 Lincoln St., Worcester, MA 01605.....(800) 345-3552 or (508) 799-9000
Round-trip transportation provided.

Outpatient Programs

Brien Center - www.briencenter.org

333 East St. # 227, Pittsfield, MA (413) 499-0412
124 American Legion Dr., North Adams, MA.....(413) 664-4541
Crisis Line.....(800) 252-0227 (24-hr)
60 Cottage St., Great Barrington, MA.....(413) 528-9156

Intensive Outpatient Program, Enhanced Outpatient Program (day treatment), Individual and Group Therapy, Suboxone and Vivitrol.

Adcare Outpatient Services - www.adcare.com

117 Park Ave., W. Springfield, MA 01089 (413) 209-3124
Email: wspringfield@adcare.com

Residential Long-Term Treatment

Keenan House, @ The Brien Center - www.briencenter.org

202 Bradford St., Pittsfield, MA, 01201 (413) 499-2756

Spectrum Health Systems

1274 Curran Highway, North Adams, MA (800) 464-9555, ext. 1161
Medication Assisted Treatment

Support and Help Lines

Substance Abuse Helpline - www.helpline-online.com

Toll-Free (800) 327-5050

Community Services Info Line - www.mass211help.org

Toll-Free Dial 211

George B. Crane Memorial Center - www.thegbcmc.org

81 Linden Street, Pittsfield, MA..... (413) 464-7066; (413) 281-7407

AA, NA and Support Group Meetings

Institute for Health and Recovery - www.healthrecovery.org

Toll Free (866) 705-2807

Josh Bressette Commit to Save a Life - www.commit2savealife.org

For information 413-749-5007

Provides funds needed for those committed to recovery including detoxification, rehabilitation services, therapy, support groups and often medications. Rides to services will be provided with a 48 hour notice but in some cases sooner.

Learn to Cope - www.Learn2Cope.org

BMC Cancer Center/HEAL Community Room, 165 Tor Ct, Pittsfield MA..... (508) 738-5148
Support Group Meetings, Tuesdays 7:00-8:30 p.m.

Narcotics Anonymous (NA) - www.berkshirena.org

Help Line..... (413) 443-4377

Toll free meeting info: Call (888) 425-2666 Monday-Friday 8:00-6:00.

Nar-Anon (for family members) - www.naranonctma.org

For information (413) 442-8922

Tapestry Health - www.tapestryhealth.org

MountainOne Wellness Center, MCLA, 289 Church St., N.Adams (413) 662-5258
If no answer, or to make an appointment..... (413) 443-2844
Overdose prevention, nasal naloxone dispensing and training. Wed. 1:00- 6:00pm.

Substance Use Support - Tobacco

Berkshire AHEC's Tobacco-Free Community Partnership - www.berkshireahec.org

703 West Housatonic St., Suite 208, Pittsfield..... (413) 447-2417

Free resources and support for coalitions, agencies, municipalities and workplaces on strategies to address tobacco issues and promote tobacco-free living.

Tobacco Treatment Services

165 Tor Court, Pittsfield 445-9232

99 Hospital Avenue, North Adams 664-5057

Part of the Berkshire Partnership for Health; Tobacco Treatment Specialists provide individual and group smoking cessation counseling sessions, telephone and email support, and nicotine replacement therapy (patches, gum, etc.) Anyone can self-refer to the program, which is covered by most health insurances. Call to make an initial appointment.

Transportation

Berkshire Community Action Council (BCAC) - www.bcacinc.org

1531 East St., Pittsfield (413) 499-4420

Provides transportation for medical and other purposes for a fee.

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.

BerkshireRides - www.berkshirerides.org

BCAC Office, 85 Main St., N. Adams. (413) 664-0300

Low cost transportation to work and training/education. Transportation for youth to youth development programs. For a comprehensive transportation guide, visit <http://www.berkshirerides.org/transportationguide.pdf>

Local Councils on Aging

Refer to pages 5 and 6

Local medical transportation only.

Village Ambulance Service

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

421 N. Main St., Leeds, MA..... (413) 582-3075

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

Toll Free (800) 893-1522

Veterans' appointments and health care questions.

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.

Youth

Berkshire County 4-H

78 Center St., Suite 206, Pittsfield..... (413) 448-8285

Youth programs for ages 5-18.

Berkshire Youth Mentoring Program @ CCB - www.cbberkshire.org

210 State St., N. Adams..... (413) 663-6593, ext. 39

Activity and site-based mentoring for Berkshire youth, ages 8-14.

Youth (con't)

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.

Caleb Foundation, Mohawk Forest

201 Mohawk Forest Blvd., N. Adams (413) 663-6900

Programs for children/families after- school, summer at Mohawk Forest.

Girls Incorporated of the Berkshires @ Gladys Allen Brigham Community Center - www.brighamcenter.org

165 East St., Pittsfield (413) 442-5174, ext. 17

Inspiring all girls to be strong, smart, and bold. Center based programming as well as outreach throughout the county in addition to our girls-only summer day camp.

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.

Northern Berkshire YMCA - www.ymcanb.org

22 Brickyard Ct., N. Adams..... (413) 663-6529

Recreation and social programs for all ages.

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.

Project Reconnect - www.bcacinc.org

BCAC Office, 85 Main St., North Adams..... (413) 663-3014

Holistic mentoring, career & life skills training, educational development, GED program, job search assistance.

Salvation Army: Bridging the Gap

393 River St., N. Adams..... (413) 663-7987

Life skills training program for court referred teens 11-17.

Kidspace @ MASS MoCA

1040 MASS MoCA Way, North Adams..... (413) 664-4481, Ext. 8131

A child centered art gallery and hands on studio.

Teenspace @ MASS MoCA

1040 MASS MoCA Way, North Adams..... (413) 664-4481, Ext. 8131

Teen Task Force, 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

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

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

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

20 East St., Adams..... (413) 743-3550

Social, recreational and educational programs and drop-in after-school, summer.

Youth/Schools

Adams-Cheshire - www.acrsd.net

125 Savoy Rd., Cheshire (413) 743-2939

School District Superintendent's Office.

BArT - Berkshire Arts & Technology - www.bartcharter.org

One Commercial Place, Adams..... (413) 743-7311

Public, tuition-free charter school for middle and high school students in Northern Berkshire.

Brayton Elementary - www.napsk12.org

20 Barbour St., N. Adams..... (413) 662-3260

Grades: Pre-K, K-7, after-school program.

Cheshire Elementary - www.acrsd.net

191 Church St., Cheshire (413) 743-2298

Grades pre-K - 6.

Clarksburg Elementary - www.clarksburgschool.org

777 W. Crossroads, Clarksburg..... (413) 663-8735

Grades K - 8 for Clarksburg students.

Youth/Schools (con't)

E-3 Academy - www.napsk12.org

121 Union St., North Adams..... (413) 662-3275
N. Adams alternative high school - (a program of Drury High School)

Colegrove Park Elementary - www.napsk12.org

East Main St., North Adams..... TBD
Grades K - 7.

CT Plunkett Elementary - www.acrsd.net

14 Commercial St., Adams (413) 743-0876
Grades K - 6, after-school educational programs.

Drury High School - www.napsk12.org

1130 S. Church St., N. Adams (413) 662-3240
Grades 8-12 (N. Adams, Florida, Clarksburg, Monroe, Stamford, Readsboro).

Gabriel Abbott Memorial - www.abbottmemorial.org

56 N. County Rd., Florida (413) 664-6023
Grades pre-K - 8 for Florida students.

Greylock Elementary - www.napsk12.org

100 Phelps Ave., N. Adams (413) 662-3255
Grades K-7, after-school programs.

Hoosac Valley High School

125 Savoy Road, Cheshire (413) 743-5200
Grades 7 - 12 (Adams, Cheshire, Savoy).

McCann Vocational Technical High School

70 Hodges Cross Rd., N. Adams (413) 663-5383
Technical High School, No. Berkshire District. Grades 9 - 12, & Superintendent's Office.

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.

North Adams Public Schools (NAPS) - www.napsk12.org

37 Main St., N. Adams..... (413) 662-3225
School District Superintendent's & Central Office.

Northern Berkshire School Union

98 Church St., N. Adams (413) 664-9292
School District Superintendent's Office for Florida, Savoy, Clarksburg, & Monroe grade schools.

Pine Cobble

163 Gale Road, Williamstown..... (413) 458-4680
Co-educational, private school, grades pre-K - 9.

St. Stanislaus

108 Summer St., Adams (413) 743-1091
Catholic, private school, grades pre-K - 8.

Savoy Elementary

26 Chapel Road, Savoy..... (413) 743-1992
Grades pre-K - 5 for Savoy students.

Williamstown Elementary

115 Church St., Williamstown (413) 458-5707
Grades pre-K - 6.

Miscellaneous Area Resources

American Red Cross

480 West St., Pittsfield, MA 01201 (413) 442-1506, ext. 14
Provides disaster relief, sheltering, mass care and feeding for the general community and promotes disaster preparedness for community members.

Mass In Motion @ nbCC

61 Main St., Suite 218, N. Adams..... (413) 663-7588
Initiative covering North Adams, Adams and Clarksburg which promotes healthy eating and active lifestyles for community members to make a positive impact on their health.

NBCTC: Northern Berkshire Community Television - www.nbctc.org

Heritage State Park, N. Adams..... (413) 663-9006
Local coverage of community events, issues, and programs.

UNO Community Center- www.facebook.com/UNOCommCenter

157 River St., North Adams (801) 663-7123
Community meeting space.

WilliNet: Community Television for Williamstown - www.willinet.org

34 Spring St., Williamstown..... (413) 458-0900
Local coverage of community events, issues, and programs.

Emergency Numbers

For Fire, Police or Ambulance from anywhere in Massachusetts.....	Dial 911
Mass 211 - 24/7 Emergency, Community Information, Referral Services.....	Dial 211
Massachusetts State Police.....	(413) 743-4700
National Suicide Prevention Lifeline.....	(800) 273-8255
Poison Control Center.....	(800) 222-1222

To get personal help finding the right agency to help with a particular need, try calling the telephone numbers below:

For general information to help get started:

Northern Berkshire Community Coalition, (413) 663-7588
Northern Berkshire Community Action Council, (413) 663-3014
Seniors: Elder Services, (413) 499-0524 or (800) 544-5242
Veterans: Veterans Affairs, (413) 662-3040

For food, fuel, utilities and financial assistance:

Northern Berkshire Community Action Council, (413) 663-3014
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

For health care: ECU-Health Care, (413) 663-8711

For shelter: Family Life Support Center, (413) 743-7957

For housing: Berkshire County Regional Housing Authority, (800) 248-9002

For legal services: Community Legal Aid, (413) 499-1950

For mental health care and substance abuse: Brien Center, (413) 664-4541

For transportation: BerkshireRides, (413) 664-0300



Northern Berkshire Community Coalition

61 Main Street, Suite 218
North Adams, MA 01247
(413) 663-7588

The Northern Berkshire
Community Coalition
is a member agency of:

