



# QUINCY COLLEGE

## *Community Resource*

### GUIDE



# Welcome to

## THE COMMUNITY RESOURCE GUIDE

Dear Student,

In an effort to better support and care for you, Quincy College has created this Community Resource Guide. This guide provides contact information of organizations within the community that are committed to supporting you as a Quincy College student.

The purpose of this guide is to help you identify and secure resources that will contribute to your academic success and social well-being throughout your time at Quincy College and beyond. This guide has been created by a team of committed Quincy College staff who aim to build community partnerships based on identified students' needs.

We look forward to helping you connect to and utilize these resources in an effort to promote holistic development, academic success, and improved social well-being.

Sincerely,



Dr. Richard DeCristofaro, Ed.D.  
President, Quincy College

QUINCY COLLEGE  
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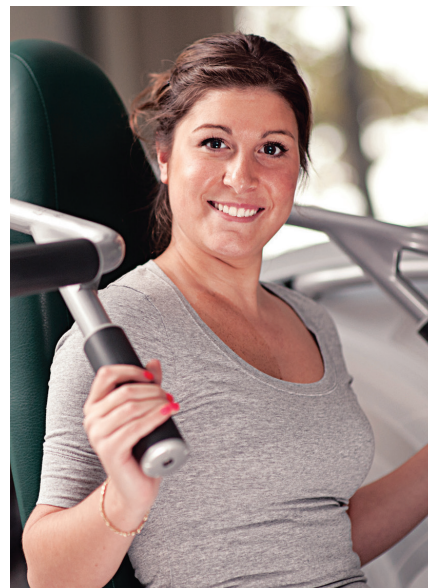
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## ADDICTION & DETOX/COUNSELING SERVICES

### **ASPIRE HEALTH ALLIANCE**

Behavioral health services.

Intake: 617-847-1914

Crisis Line: 617-774-6036

460 Quincy Avenue, Quincy, MA

[aspirehealthalliance.org](http://aspirehealthalliance.org)

### **MASS BAY COUNSELING**

Provides psychological counseling and psychotherapy services.

617-786-0137

234 Copeland Street, Suite 320, Quincy, MA 02169

[massbaycounselingquincy.com](http://massbaycounselingquincy.com)

### **MARIA DROSTE SERVICES**

Outpatient mental health therapy and holistic therapy services.

617-471-5686, [info@mariadrostecounseling.com](mailto:info@mariadrostecounseling.com)

1354 Hancock Street, Suite 209, Quincy, MA

[mariadrosteservices.org](http://mariadrosteservices.org)

### **NORTHEAST ADDICTIONS TREATMENT CENTER**

Addiction treatment center.

855-265-2159

36 Miller Stile Road, Quincy, MA 02169

[neaddictions.com](http://neaddictions.com)

### **PSYCHOLOGY ASSOCIATES**

508-747-2718, [info@psych-associate.com](mailto:info@psych-associate.com)

323 Court Street, Plymouth, MA 02360

[psych-associate.com](http://psych-associate.com)

### **INTERFAITH SOCIAL SERVICES - NEW DIRECTIONS COUNSELING CENTER**

Counseling and support services to individuals and families.

617-773-6203

105 Adams Street, Quincy, MA 02169

[interfaithsocialservices.org](http://interfaithsocialservices.org)

### **ADCARE**

Addiction treatment services.

866-578-1043

1419 Hancock Street, Suite 301, Quincy, MA 02169

[adcare.com](http://adcare.com)

### **HIGH POINT TREATMENT CENTER**

Addiction and detox services.

Laurie Holmes, Nurse Manager

508-224-7701, [lholfmes@hptc.org](mailto:lholfmes@hptc.org)

1233 State Road, Plymouth, MA 02360

[hptc.org](http://hptc.org)

### **NORTHEAST HEALTH SERVICES & DUXBURY COUNSELING**

Provides comprehensive outpatient mental health services.

508-830-1444

39A Industrial Park Drive, Plymouth, MA 02360

[northeasthealthservices.com](http://northeasthealthservices.com)

## FAMILY SUPPORT

### **QUINCY COMMUNITY ACTION PROGRAMS INC.- HEAD START**

An early care and education program that services low to moderate income families with children ages 15 months to 5 years old.

617-249-2000, qcaphs@qcap.org  
22 Pray Street, Quincy, MA 02169  
qcap.org

### **QUINCY COMMUNITY ACTION PROGRAMS INC. - BRAINTREE FAMILY NETWORK**

Provides parenting workshops, playgroups, family events, and special children entertainers.

617-657-5369 or 617-657-5311  
jrodeck@qcap.org, mjoseph@qcap.org  
1509 Hancock Street, Quincy, MA 02169  
qcap.org

### **QUINCY COMMUNITY ACTION PROGRAMS, INC**

Community care for children.

Lisa Davidson, 617-657-5305  
1509 Hancock Street, 3rd Floor, Quincy, MA 02169  
qcap.org

### **NAMI-NATIONAL ALLIANCE ON MENTAL HEALTH**

This program provides guidance, support and advocacy throughout the Plymouth area on behalf of individuals and families affected by mental illness.

Kathleen Considine, Counselor  
508-209-1124, kathleenconsidine535@gmail.com

### **BOSTON CHINATOWN NEIGHBORHOOD CENTER**

Offering family support services and referrals. Languages spoken: English, Cantonese and Mandarin.

617-770-0091  
1458 Hancock Street, 3rd Floor, Quincy, MA 02169  
bcnc.net

### **MASSACHUSETTS CHILD CARE RESOURCE & REFERRAL**

Provides resources and referrals to meet childcare needs.

Kim Dion, Child Care Resources  
508-796-1833, kdion@sevenhills.org  
machildcareresourcesonline.org

### **PLYMOUTH KINDERCARE**

Kelly Hogan, Center Director  
508-830-0817  
24 Pilgrim Hill Road, Plymouth, MA 02360

### **QUINCY FAMILY RESOURCE CENTER**

Provides services to help families access and navigate resources in the local community.

617-481-7227  
1120 Hancock Street, 1st Floor. South Entrance (off Johnson Avenue), Quincy, MA 02169  
quincyfamilysrc.org

### **BAY STATE COMMUNITY SERVICES, INC**

Mental health services.

508-830-3440, info@baystatecs.org  
36 Cordage Park Circle, Plymouth, MA 02360  
617-471-8400  
1120 Hancock Street, Quincy, MA 02169  
baystatecs.org

## FINANCIAL LITERACY/EMPLOYMENT

### **HARBORONE BANK**

This program offers a wide range of classes, webinars and events tailored to help people and business owners better understand and manage their finances and their futures.

Sarah Duprez  
617-226-3715, [sduprez@harborone.com](mailto:sduprez@harborone.com)  
One Chestnut Place, Suite 1, Quincy, MA 02169  
[harborone.com](http://harborone.com)

### **FINANCIAL REACH CENTER**

Helps residents increase their income, build savings, and develop assets.

Theresa Whittaker  
617-657-5355, [twhittaker@qcap.org](mailto:twhittaker@qcap.org)  
1509 Hancock Street, 2nd Floor. Quincy, MA 02169

### **EASTERN BANK**

Offering services in financial literacy through Money Smart Program to help develop good money management skills and understanding financial services.

Ivelisse Gonzalez, Vice President  
781-598-8511 or 508-746-3300  
108 Main Street, Kingston, MA 02364  
[easternbank.com](http://easternbank.com)

### **QUINCY CREDIT UNION**

Offering services in financial literacy.

Kellie Gillis, Financial Literacy Specialist/Business Development Representative  
617-479-5558, [gillisk@qcu.org](mailto:gillisk@qcu.org)  
100 Quincy Ave, Quincy, MA 02169  
[qcu.org](http://qcu.org)

### **MEMBERS PLUS CREDIT UNION**

Offering assistance with financial literacy through community programs and personalized assistance.

Colin Scott, Branch Manager  
508-503-6129, [cscott@memberspluscu.org](mailto:cscott@memberspluscu.org)  
53 Commerce Way, Plymouth, MA 02360  
[memberspluscu.org](http://memberspluscu.org)

### **MASSHIRE CAREER CENTER**

The career placement center provides services for job seekers through job listings, workshop training, job placement and veteran's services.

Cathy Folan, Director  
617-745-4000, [cfolan@masshiresouthshorecc.com](mailto:cfolan@masshiresouthshorecc.com)  
1515 Hancock Street, Quincy, MA 02169

617-376-5170  
36 Cordage Park Circle, Suite 214 B,  
Plymouth, MA 02360  
[masshiresouthshorecc.com](http://masshiresouthshorecc.com)

### **TRAINING RESOURCES OF AMERICA**

Job training and education program.

617-773-1470  
1515 Hancock St #205, Quincy, MA 02169  
[tra-inc.org](http://tra-inc.org)

## FOOD RESOURCES

### **QUINCY COMMUNITY ACTION PROGRAMS INC. (QCAP)**

Households can get monthly food orders containing fresh, frozen and non-perishable food, holiday food orders, diapers, formula, and toiletries.

617-471-0796, [malexander@qcap.org](mailto:malexander@qcap.org)  
1 Copeland Street, Quincy, MA 02169  
[qcap.org](http://qcap.org)

### **SOUTH SHORE YMCA-GERMANTOWN NEIGHBORHOOD CENTER**

Food pantry for family-only for resident of Quincy.

617-376-1384, [sbouchard@ssymca.org](mailto:sbouchard@ssymca.org)  
366 Palmer Street, Quincy, MA 02169-5911  
[ssymca.org](http://ssymca.org)

### **INTERFAITH SOCIAL SERVICES**

Food pantry.

617-773-6203, [info@interfaithsocialservices.org](mailto:info@interfaithsocialservices.org)  
105 Adams Street, Quincy, MA 02169  
[interfaithsocialservices.org/food/#foodassistance](http://interfaithsocialservices.org/food/#foodassistance)

### **SALVATION ARMY**

Provides emergency financial and housing assistance, along with food pantry.

Captain Kyle Maynor  
617-472-2345, [Kyle.Maynor@use.salvationarmy.org](mailto:Kyle.Maynor@use.salvationarmy.org)  
6 Baxter Street, Quincy, MA 02169  
[SalvationArmyMA.org/Quincy](http://SalvationArmyMA.org/Quincy)

### **MAYFLOWER COMMUNITY OUTREACH NONPROFIT THRIFT SHOP AND FOOD PANTRY**

A resource where those in need are able to obtain food and clothing for all members of the household in meet the income criteria.

774-707-5353  
182 Standish Ave, Plymouth, MA 02360

### **FOOD DISTRIBUTION CENTER/FOOD PANTRY PARTNERS**

Accessible and convenient, community-based programs to assist neighbors in need. These partners assist in fighting to address food insecurity and nutritional risk.

508-746-4959, Christ Church  
149 Court Street, Plymouth, MA 02360

### **QUINCY WIC PROGRAM**

Provides nutrition, health education, healthy food and other services free of charge to pregnant and breastfeeding women and kids under age 5.

617-376-8701, [askwicquincy@bamsi.org](mailto:askwicquincy@bamsi.org)  
121 Whitwell Street, Quincy, MA 02169  
88 Holmes Street, Quincy, MA 02171  
[wic.bamsi.org](http://wic.bamsi.org)

### **QUINCY DTA OFFICE**

Food stamp and walk-in help.

617-249-8200  
1515 Hancock Street, Suite 105, Quincy, MA 02169  
[mass.gov](http://mass.gov)



## HEALTH CONTACTS

### QUINCY HEALTH DEPARTMENT

617-376-1272  
440 East Squantum Street, Quincy, MA 02171

### PLYMOUTH PUBLIC HEALTH DEPARTMENT

508-747-1620 Ext. 10118  
26 Court Street, Plymouth, MA 02360

### MANET COMMUNITY HEALTH CENTERS

#### **Houghs Neck**

617-471-8683  
1193 Sea Street, Quincy, MA 02169

#### **Hull**

781-925-4550  
180 George Washington Blvd. Hull, MA 02169

#### **Snug Harbor**

617-471-4715  
9 Bicknell Street, Quincy, MA 02169

#### **North Quincy**

617-376-3000  
110 West Squantum Street, Quincy, MA 02169

### MANET COMMUNITY HEALTH CENTER- COMMUNITY OUTREACH AND PREVENTION SERVICES

617-993-0100  
549 Washington Street, Quincy, MA 02169

### HARBOR COMMUNITY HEALTH

Affordable medical and dental assistance.  
508-778-5470  
10 Cordage Park Circle, Plymouth, MA 02360  
hhsi.us

### SOUTH SHORE HOSPITAL

781-624-8000  
55 Fogg Road, South Weymouth, MA 02190  
southshorehealth.org

### SOUTH SHORE MEDICAL CENTER

617-826-0798  
1495 Hancock Street, Quincy, MA 02169  
southshorehealth.org

### BETH ISRAEL DEACONESS HOSPITAL

Sarah Cloud, Director of Social Work  
508-746-2000, scloud@bidplymouth.org  
275 Sandwich Street, Plymouth, MA  
bidplymouth.org

### COMPASS URGENT CARE

Quincy Community Care Network.  
617-481-3100  
54 Miller Street, Quincy, MA  
steward.org

### DOCTORS EXPRESS URGENT CARE

Quincy Community Care Network.  
781-848-2273  
485 Granite Street, Braintree, MA  
steward.org

## HOUSING RESOURCES

### **QUINCY COMMUNITY ACTION PROGRAMS INC (QCAP)**

A program which advocates for, developing, and managing affordable housing for low- and moderate-income families.

617-657-5376, [housinginfo@qcap.org](mailto:housinginfo@qcap.org)  
1509 Hancock Street, 3rd Floor, Quincy, MA 02169  
[qcap.org](http://qcap.org)

### **FATHER BILL'S & MAIN SPRING (FATHER BILL'S PLACE)**

Program helps people who are homeless or at risk for homelessness to achieve self-sufficiency.

Lisa McCarthy, Coordinator for Young Adult Program  
774-539-8636, [lmccarthy@helpfbms.org](mailto:lmccarthy@helpfbms.org)  
38 Broad Street, Quincy, MA 02169  
[helpfbms.org](http://helpfbms.org)

Peggy Hall, Stabilization Manager  
774-539-8650, [phall@helpfbms.org](mailto:phall@helpfbms.org)  
1 South Spooner Street, Plymouth, MA 02360  
[memberspluscu.org](http://memberspluscu.org)

### **PINE STREET INN**

Provides shelter, street outreach, emergency services, supportive housing, job training and connections to employment.

617-892-9100, [info@pinestreetinn.org](mailto:info@pinestreetinn.org)  
444 Harrison Avenue, Boston, MA 02118  
[pinestreetinn.org](http://pinestreetinn.org)

### **INTERFAITH SOCIAL SERVICES- HOMELESSNESS PREVENTION**

Provides referrals and financial assistance for rental needs.

617-773-6203  
105 Adams Street, Quincy, MA 02169  
[interfaithsocialservices.org](http://interfaithsocialservices.org)

### **FRIENDS OF THE UNBORN**

Provides for homeless, pregnant women as well as pregnancy counseling.

617-786-7903  
P.O. Box 692246, Quincy, MA 02269  
[friendsoftheunborn.org](http://friendsoftheunborn.org)

### **QUINCY HOUSING AUTHORITY**

617-847-4350  
80 Clay Street, Quincy, MA 02170  
[quincyha.com](http://quincyha.com)

### **PLYMOUTH HOUSING AUTHORITY**

508-746-2105  
130 Court Street, Plymouth, MA 02360  
[plymouthha@plymha.org](mailto:plymouthha@plymha.org)

### **CITY OF QUINCY OFFICE OF CONSTITUENT SERVICES**

Assists residents of Quincy with housing resources.

Director, Nicole Reppucci  
[nreppucci@quincyma.gov](mailto:nreppucci@quincyma.gov), 617-376-1500  
1305 Hancock Street, Quincy, MA 02169

### **PLYMOUTH AREA COALITION- FOR THE HOMELESS**

Supports Plymouth area residents to become self-sufficient by providing emergency shelter, skill building to enhance employment opportunities, housing search & stabilization and onsite support services.

Suzanne Giovanetti, 781-582-2010  
[sgiovanetti@plymouthareacoalition.org](mailto:sgiovanetti@plymouthareacoalition.org)  
149 Bishop's Highway, Kingston, MA 02364  
[plymouthareacoalition.org](http://plymouthareacoalition.org)

### **PLYMOUTH TASKFORCE TO END HOMELESSNESS**

508-367-0516  
PO Box 3896, Plymouth, MA 02361  
[plymouth-taskforce-homeless.org](http://plymouth-taskforce-homeless.org)

## MILITARY & VETERAN RESOURCES

### VETERAN SERVICE OFFICE

This program provides quality information, advocacy and assistance across the entire spectrum of Federal and Massachusetts benefits for veterans and their dependents; and offers a helping hand to anyone in the community in need of guidance or assistance in matters relating to military service.

George Nicholson, Director  
617-376-1192, [gnicholson@quincyma.gov](mailto:gnicholson@quincyma.gov)  
24 High School Ave, Quincy, MA 02169

### HOMEBASE PROGRAM

Veteran support services program.

617-724-5202  
One Constitution Wharf, Suite 140,  
Charlestown, MA 02129  
[homebase.org](http://homebase.org)

### QUINCY VA CLINIC

Quincy outpatient clinic.

800-865-3384  
110 West Squantum Street, Quincy, MA 02171  
[boston.va.gov](http://boston.va.gov)

### PLYMOUTH VA CLINIC

Plymouth outpatient clinic.

800-865-3384  
116 Long Pond Road, Plymouth, MA 02360

### THE NATHAN HALE FOUNDATION- VETERANS OUTREACH CENTER

Provide food pantries, rides to medical appointments, etc.

Diane Ribeiro, 508-224-0100  
116 Long Pond Road, Plymouth, MA 02360  
[thenathanhaleveteransoutreachcenter.com](http://thenathanhaleveteransoutreachcenter.com)

### BRIGHTON MARINE- VETERAN NETWORK COMMUNITY

Provides housing and on-site health services through various community partners through the coordinated veteran services.

617-208-6227  
77 Warren Street, Brighton, MA  
[brightonmarine.org](http://brightonmarine.org)

### MASSACHUSETTS MILITARY SUPPORT FOUNDATION

Food and clothing needs throughout Massachusetts.

617-843-5777  
[mmsfi.org](http://mmsfi.org)

### PLYMOUTH VETERANS SERVICE

Massachusetts Department of Veteran Services.

508-747-1620 ext. 10172  
600 Washington Street, Boston, MA 02111  
[mass.gov/orgs/massachusetts-department-of-veterans-services](http://mass.gov/orgs/massachusetts-department-of-veterans-services)

### MASSHIRE VETERANS

617-745-4060  
[jrobinson@masshiresouthshorecc.com](mailto:jrobinson@masshiresouthshorecc.com)  
1515 Hancock Street, Suite 101, Quincy, MA 02169  
[masshiresouthshorecc.com/veteran-services](http://masshiresouthshorecc.com/veteran-services)

## PERSONAL SAFETY

### **DOVE - DOMESTIC VIOLENCE ENDED**

Transitional housing and advocacy for women and their children affected by domestic violence.

24 -hour Crisis Hotline: 617-471-1234  
or 1-888-314-3683  
P.O. Box 690267, Quincy, MA 02269  
dovema.org

### **SOUTH SHORE RESOURCE AND ADVOCACY CENTER**

Hotline: 888-746-2664  
508-746-2664, bcalderon@hptc.org  
PO Box 6237, North Plymouth, MA 02360  
ssrac.org

### **SAFELINK DOMESTIC VIOLENCE STATE HOTLINE**

Crisis support, referral information, links to all domestic violence shelters within Massachusetts.  
Multilingual in 140 languages. Free 24 Hours.

1-877-785-2020  
janedoe.org

### **BAMSI**

Provides services to adults and children with developmental disabilities, mental illness, and public health need.

Stephanie Kierstead  
508-746-3610, Stephaniekierstead@bamsi.org  
7 Scobee Circle, Plymouth, MA 02360  
bamsi.org

### **HEALTH IMPERATIVES**

Provides health and well-being services for low income or vulnerable families and individuals.

Collette Puleo, Medical Advocate  
508-746-8353, cpuleo@healthimperatives.org  
123-1 Camelot Drive, Plymouth, MA 02360  
healthimperatives.org

## TRANSPORTATION

### **MASSACHUSETTS BAY TRANSPORTATION AUTHORITY**

617-222-3200  
mbta.com

### **MASSMOBILITY**

A transportation service for older adults, people with disabilities, veterans, low-income commuters, and others who lack transportation access in Massachusetts.

EOHHS Human Service Transportation Office  
100 Hancock Street, 8th floor, Quincy, MA 02171  
hstmobility@state.ma.us  
mass.gov/orgs/massmobility

### **MBTA COMMUTER RAIL**

617-222-3200  
385 Court Street, Plymouth, MA 02360  
mbta.com

### **DIAL A RIDE-GATRA**

Offers local bus service to the Plymouth community, for people with disabilities and seniors in the area.

508-823-8828 or 978-393-4404  
gatra.org

### **PLYMOUTH & BROCKTON BUSES**

A transportation company that offers dependable transportation.

508-746-0378  
8 Industrial Park Road, Plymouth, MA 02360  
p-b.com





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**ONLY IN THE DARKNESS CAN YOU SEE THE STARS.**

-DR. MARTIN LUTHER KING JR.

**IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE,  
DO MORE AND BECOME MORE, YOU ARE A LEADER.**

- JOHN QUINCY ADAMS

**EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY.**

- JOHN F. KENNEDY

**WE MAY ENCOUNTER MANY DEFEATS BUT WE MUST NOT BE DEFEATED.**

- MAYA ANGELOU

**CHANGE IS THE END RESULT OF ALL TRUE LEARNING.**

- LEO BUSCAGLIA

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**QUINCYCOLLEGE.EDU**

