

# **Community Resource Guide**

2023-2024

QUINCY COLLEGE



## Welcome from the President

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,

Rick DeCristofaro, Ed. D. Quincy College President

Richard De Cristofaro

### **Campus Contacts**

### **Quincy Campus**

(617) 984-1700

### **Plymouth Campus**

(508) 747-0400

Administrative Services & Facilities		(617) 984-1798
Admissions		(617) 984-1710
Advising		(617) 984-1720
Bookstore		(617) 405-5952
Business Office	Fax: (617) 984-1744	(617) 984-1630
Financial Aid		(617) 984-1620
Help Desk		(617) 984-1699
Innovation Hub		(617) 405-5917
International	Fax: (617) 984-1616	(617) 984-1641
Library		(617) 984-5949
Military & Veterans Services		(617) 984-1643
Registrar	Fax: (617) 984-1794	(617) 984-1650
Public Safety: Plymouth	Ext. 1662	(617) 483-3723
Public Safety: Quincy	Ext. 5111	(857) 225-1934
Student Accessibilty Services	Fax: (617) 984-1792	(617) 984-1682
Student Development		(617) 984-1682

### **Table of Contents**

Addiction & Detox Services	6
Counseling	7/8
Family Support	9
Financial Literacy/Employment	10
Food Resources	11
Health Contacts	12
Housing Resources	13
Military & Veterans Services	14/15
Personal Safety	16
Transportation	17

## Addiction & Detox Services

#### **Quincy and Plymouth**

#### **Northeast Addictions Treatment Center**

Addiction Treatment Center
36 Miller Stile Road, Quincy, MA 02169
1-855-265-2159
After hours line: 1-800-851-1941

Accepted insurances: Insurance verified upon outreach call for services.

#### **Gavin Foundation/ Gavin Quincy ATS/CSS**

Addiction and Detox Services 43 Old Colony Avenue, Quincy, MA 02170 617-845-5785

#### **AdCare**

Addiction Treatment Services 1419 Hancock St, Suite 300, Quincy, MA 02169 1-866-578-1043 Adcare.com

#### **Fortitude Counseling and Recovery Center**

Counseling and Recovery Services 69 Holmes St, North Quincy, MA 02171 617-481-8991

Insurances accepted: Tufts, Cigna, TRICARE, Medicare, Value Options, United Health Care, Harvard Pilgrim Healthcare, Employee Assistance Programs, BCBS- all plans, Mass Health- MBHP and Network Health, Tufts Network Health.

### Fenway Health-Substance Abuse Treatment Programs

LGBTQ clients, Spanish Speaking Services 1340 Boylston St, Boston, MA 02215 617-267-0900

Insurances Accepted: Medicaid, Medicare, Private Health Insurance, State Insurance, TRICARE, sliding fee scale available. In-person and Telehealth services provided.

#### **High Point Treatment Center**

Addiction and Detox Services: Spanish and Portuguese speaking services 1233 State Road, Plymouth, MA 02360 508-224-7701 Iholmes@hptc.org

Insurances Accepted: Medicaid, Medicare, State Insurance, TRICARE.
Sliding pay scale not available.

#### **Anchor House**

(LGBTQ and Veteran Clients) Addiction Services 60 ½ Cherry St, Plymouth, MA 02360 508-746-6654 ext. 12

Insurances Accepted: Medicaid.
Sliding scale for payment without insurance.

#### **Clean Slate Centers**

Addiction Services 61 Industrial Park Rd, Plymouth, MA 02360 508-503-5020

Insurances Accepted: Medicaid, Medicare, Private Insurance, State Insurance, TRICARE.

#### **Massachusetts Substance Use Helpline**

Local counseling and treatment options from the state's referral service. 1-800-327-5050

#### **SAMHSA National Helpline**

Hotline to provide referrals to local treatment options Available in English and Spanish, 24/7, 365 days.
1-800-662-4357

### **Counseling Services**

#### **Aspire Health Alliance**

Behavioral health services
460 Quincy Avenue, Quincy, MA 02170
Intake Line- 617-847-1914
Crisis Line- 617-774-6036 (24/7, 365 days)
Aspirehealthalliance.org
Insurances accepted: Verified upon intake.
In-person and Telehealth services provided.

#### **Dana Behavioral Health**

Psychological counseling and psychotherapy services 21 Thomas McGrath Highway Suite 202 Quincy, MA 02169 617-786-0137

massbaycounselingquincy.com Insurances accepted: Most accepted, insurance verified at time that referral is processed.

#### **Bay State Community Services**

Outpatient counseling
1120 Hancock St, Quincy, MA 02169
617-471-8400
Insurances accepted: Most insurances accepted,
Mass Health.

#### **Maria Droste Services**

Outpatient mental health therapy and holistic therapy services 1354 Hancock St, Suite 209, Quincy, MA 02170 617-471-5686

mariadrosteservices.org
Insurances accepted: Allways, BCBS, Harvard
Pilgrim, Magellan, Optum, United Healthcare.
Sliding scale of payment is offered if no insurance.
Clinician/therapist will be assigned within 2 weeks
of the completion of the intake date. In-person and
Telehealth services provided.

#### **Psychology Associates**

323 Court St, Plymouth, MA 02360 508-747-2718

info@psyc-associate.com
Insurances accepted: Most major insurances
accepted, intake coordinator will verify your
insurance. Contact main number or email and
intake coordinator will assist you in scheduling
an intake appointment.

#### Interfaith Social Services-New Directions Counseling Center

Counseling and support services to individuals and families 105 Adams Street, Quincy, MA 02169 617-773-6203 ext 12

Interfaithsocialservices.org
Insurances accepted: Most major insurances
accepted and sliding pay scale is available for those
without insurance. Initial appointment is offered
within two weeks of outreach. In-person and
Telehealth services provided.

### Northeast Health Services and Duxbury Counseling

Comprehensive outpatient mental health services 39A Industrial Park Drive, Plymouth, MA 02360 508-830-1444

Insurances accepted: Verified upon intake. In-person and Telehealth services provided.

#### **Verge Therapy**

Provides outpatient counseling 220 Forbes Road Suite 2204, Braintree, MA 02184 3 Boulevard Street, Suite 1R, Milton, MA 02186 Vergetherapy.com

Insurances accepted: Aetna, BCBS, Harvard Pilgrim, Tufts, Optum, United, MassGeneralBrigham, Student Resources. Sliding scale available. In-person and telehealth appointments provided.

## **Counseling Services** (continued)

#### **Association of Haitian Women in Boston**

Provides DV services and general counseling services for women 330 Fuller St, Dorchester, MA 02124 617-287-0096

Insurances accepted: Verified upon intake.

#### **Boston GLASS**

Behavioral Health Services: LGBTQ and Spanish speaking 555 Amory St, Suite 2, Jamaica Plain, MA 02130 857-399-1920

Insurances accepted: Verified upon intake.

#### **Behavioral Nutrition**

Behavioral Therapy and Medical Nutrition Therapy for Eating Disorders. Individual Therapy, Intensive Outpatient Programs and Partial Hospitalization Programs 1266 Furnace Brook Parkway Suite 404 Quincy, MA 02169 617-595-7044

info@behavioralnutrition.org Insurances accepted: (Behavioral counseling) Aetna - Out of Network, BCBS, Cigna - Out of Network, Fallon, GIC, Harvard Pilgrim,/UBH/Value Options, NHP/Allways, Tricare, Tufts

#### **NAMI** Helpline

Support with information on mental health conditions, and various treatment options. 1-800-950-6264
Monday-Friday 10am-6pm

#### **National Suicide Prevention Lifeline**

1-800-273-8255 Monday-Friday 8:30am-7:30pm

#### **Haitian Mental Health Network**

Organization of mental health providers Hmhnetwork.org

#### **Boston Chinatown Neighborhood Center**

Family Services: Cantonese Chinese, Mandarin Chinese, Vietnamese 275 Hancock St, Suite 200, Quincy, MA 02171 617-770-0091 Insurances accepted: Verified upon intake.

#### **Dorchester House Multi-Service Center**

Individual, Family and Group Counseling: French, Spanish and Vietnamese 1353 Dorchester Ave, Dorchester, MA 02122 617-740-2212

Insurances accepted: Verified upon intake.

#### **North Quincy Clinic**

Asian American Resources: Provides medical and behavioral health services, along with youth and family programs 617-318-3300 435 Hancock St, Suite 209 Quincy, MA 02171

#### **Thriveworks Counseling and Psychology**

101 Adams St #26 Quincy, MA 02169 617-545-0726

In-person and telehealth services provided.

#### **LifeStance Health**

Provides outpatient therapy services 2300 Crown Colony Drive Suite 202 Quincy, MA 02170

#### **Dbsalliance.org**

Depression and Bipolar Support Alliance Online support groups for mood disorders Free support groups

### **Family Support**

#### Quincy Community Action Programs Inc.- Head Start

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 1509 Hancock Street, Quincy, MA 02169 qcap.org

### Quincy Community Action Programs, Inc.

Community care for children 617-657-5305, cck@qcap.org 1509 Hancock Street, 3<sup>rd</sup> Floor, Quincy, MA 02169 qcap.org

#### **NAMI-National Alliance on Mental Illness**

Provides guidance, support and advocacy throughout the Plymouth area on behalf of individuals and families affected by mental illness 508-209-1124

#### **Boston Chinatown Neighborhood Center**

Offering family support services and referrals Languages spoken: English, Cantonese and Mandarin 617-770-0091 1458 Hancock Street, 3<sup>rd</sup> Floor, Quincy, MA 02169 bcnc.net

### Massachusetts Child Care Resource & Referral

Provides resources and referrals to meet childcare needs 508-796-1833 machildcareresourcesonline.org

#### **Plymouth KinderCare**

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, 1<sup>st</sup> Floor South Entrance (off Johnson Avenue), Quincy, MA 02169 quincyfamilyrc.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

#### **Members Plus Credit Union**

Offering assistance with financial literacy through community programs and personalized assistance 508-503-6129

53 Commerce Way, Plymouth, MA 02360 memberspluscu.org

#### **MassHire Career Center**

Career placement center provides services for job seekers through job listings, workshop training, job placement and veteran's services 617-745-4000 1515 Hancock Street, Quincy, MA 02169 617-376-5170 36 Cordage Park Circle, Suite 214 B, Plymouth, MA 02360 masshiresouthshorecc.com

#### **Training Resources of America**

Job training and education program 617-773-1470 1515 Hancock St. #205, Quincy, MA 02169 tra-inc.org

#### **HarborOne Bank**

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 617-226-3715 One Chestnut Place, Suite 1, Quincy, MA 02169 harborone.com

#### **Financial REACH Center**

Helps residents increase their income, build savings, and develop assets 617-657-5355 1509 Hancock Street, 2<sup>nd</sup> 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 781-598-8511 or 508-746-3300 108 Main Street, Kingston, MA 02364 easternbank.com

#### **Quincy Credit Union**

Offering services in financial literacy 617-479-5558 100 Quincy Ave, Quincy, MA 02169 qcu.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 1 Copeland Street, Quincy, MA 02169 qcap.org

#### **South Shore YMCA Germantown**

Neighborhood Center Food pantry for family (Quincy resident only) 617-376-1384 366 Palmer Street, Quincy, MA 02169-5911 ssymca.org

#### **Interfaith Social Services**

Food pantry 617-773-6203, info@interfaithsocialservices.org 105 Adams Street, Quincy, MA 02169 interfaithsocialservices.org/food/#foodassistance

#### Salvation Army

Provides emergency financial and housing assistance, along with food pantry 617-472-2345
6 Baxter Street, Quincy, MA 02169
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 by appointment. 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 121 Whitwell Street, Quincy, MA 02169 88 Holmes Street, Quincy, MA 02171 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

### **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 02045

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

North Quincy 617-376-3000 110 West Squantum Street, Quincy, MA 02171

#### 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**

781-878-5200 1495 Hancock Street, Quincy, MA 02169 southshorehealth.org

#### **Beth Israel Deaconess Hospital**

508-746-2000 275 Sandwich Street, Plymouth, MA 02360 bidplymouth.org

#### **American Family Care**

Quincy Community Care Network 781-848-2273 485 Granite Street, Braintree, MA 02184 steward.org

### **Housing Resources**

### Quincy Community Action Programs Inc. (QCAP)

Advocates for developing and managing affordable housing for low & moderate income families 617-657-5376, housinginfo@qcap.org 1509 Hancock Street, 3<sup>rd</sup> Floor, Quincy, MA 02169 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

Quincy 774-539-8636 38 Broad Street, Quincy, MA 02169 helpfbms.org

Plymouth 774-539-8650 1 South Spooner Street, Plymouth, MA 02360 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 444 Harrison Avenue, Boston, MA 02118 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

#### 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

#### **Quincy Housing Authority**

617-847-4350 80 Clay Street, Quincy, MA 02170 quincyha.com

#### **Plymouth Housing Authority**

508-746-2105 130 Court Street, Plymouth, MA 02360 plymouthha@plymha.org

#### **City of Quincy Office of Constituent Services**

Assists residents of Quincy with housing resources 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 & onsite support services 781-582-2010 149 Bishop's Highway, Kingston, MA 02364 plymouthareacoalition.org

#### **Plymouth Taskforce to End Homelessness**

508-367-0516 PO Box 3896, Plymouth, MA 02361 plymouth-taskforce-homeless.org

### Military & Veterans Resources

#### **Veteran Service Office**

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 617-376-1192
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

#### **Quincy VA Clinic**

Quincy outpatient clinic 800-865-3384 110 West Squantum Street, Quincy, MA 02171 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 508-224-0100 232 Beaver Dam Road, Plymouth, MA 02360 thenathanhaleveteransoutreachcenter.com

#### Brighton Marine -Veteran Network Community

Provides housing and on-site health services through various community partners through the coordinated veteran services 617-903-3107, info@brighton-marine.org 77 Warren Street, Brighton, MA brightonmarine.org

#### **Massachusetts Military Support Foundation**

Provides food and clothing needs 617-843-5777 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-ofveterans-services

#### **MassHire Veterans**

617-745-4060 jrobinson@masshiresouthshorecc.com 1515 Hancock Street, Suite 101, Quincy, MA 02169 masshiresouthshorecc.com/veteran-services

#### **New Way Peer Recovery Center**

Support Group for Veterans and Active Military Members 617-302-3287 617-471-8400 X124 85 Quincy Ave, Quincy, MA 02169

### Military & Veterans Resources (continued)

#### **Clear Path for Veterans of New England**

One mission—to build safe, supportive, and a respectful place for Veterans to seek the help and resources they need to successfully integrate into their communities 978-384-8800 84 Antieran St, Devens, MA 01434

#### **Company 2 Heroes**

A unique service dog training program specializing in guided/assisted self-training of service dogs working with combat veterans from all wars who are suffering and diagnosed with PTS, TBI or MST 508-694-3766

#### **NEADS World Class Service Dogs**

PO Box 1100 Princeton, MA 01541 305 Redemption Rock Trail South Princeton, MA 01541

#### **Hellfish Haven**

Mission is to assist Americas veterans through a combination of online gaming, recreational activities, peer support, and advocacy. It's our intent to reduce suicide by fostering an all-inclusive veteran community. 617-792-1765 77 Warren Street, Building 2 Room 107 & 109 Boston, MA 02135

### The Salute Military Golf Association New England

978-758-0011, jerrys@smgaboston.org smganewengland.org

### **Personal Safety**

#### **DOVE - Domestic Violence Ended**

Transitional housing and advocacy for women & 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 casamyrna.org

#### **BAMSI**

Provides services to adults and children with developmental disabilities, mental illness, and public health need 508-746-3610 7 Scobee Circle, Plymouth, MA 02360 bamsi.org

#### **Health Imperatives**

Provides health and well-being services for low income or vulnerable families and individuals 508-746-8353 123-1 Camelot Drive, Plymouth, MA 02360 healthimperatives.org

#### **Asian Task Force Against Domestic Violence**

Crisis call response, advocacy at courts, hospitals, housing and social service agencies, emergency shelters, informal counseling to families, outreach and educational programs, including ESL and tutoring

Languages: Vietnamese, Cantonese Chinese, Shanghainese, Taiwanese, Khmer, Korean, Japanese, Lao, Nepali, Hindi, Bangla, Tagalog, Urdu, Thai, Manipuri, Mien, Indonesian, Toisanese 24-hour Multilingual Helpline: 617-338-2355 P.O. Box 120108, Boston, MA 02112

### **Transportation**

#### Massachusetts Bay Transportation Authority

617-222-3200 mbta.com

#### **MassMobility**

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, 8<sup>th</sup> 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

## Resource Members and Board of Governors

#### **COMMUNITY RESOURCE MEMBERS**

**Meghan Giovannoni** 

Vice President of Student Success & Partnership

**Cathie Maloney** 

Dean of Plymouth Campus

**Bilun Ozbilen** 

Academic Services Senior Officer, International

Eli Stewart

ECHS College Transition Coach

**Melissa Lord** 

Student Program and Wellness Coach

**Shauna Sweeney** 

Student Wellness Counselor

#### **COMMUNITY ADVISORY COMMITTEE**

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Dorothy F. (Dolly) Di Pesa

Honorable Robert W. Harnais, Esq.

Frank C. Santoro

#### **BOARD OF GOVERNORS**

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**Donald MacKinnon** 

Carolyn O'Toole, R.N.

Frank C. Santoro

**Kyle Swist** 

"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence."

Abigail Adams

Quincy College