

# Help for Tough Times

WHERE TO FIND HELP, INFORMATION, AND REFERRALS



**LOCAL, FREE, CONFIDENTIAL ASSISTANCE AND  
RESOURCE INFORMATION IS AVAILABLE**

ACTON: Residents under age 60, may contact the Acton Community Services Coordinator  
Laura Ducharme 978-264-9653 or [lducharme@acton-ma.gov](mailto:lducharme@acton-ma.gov).

**Overwhelmed? Unsure where to turn?**

CALL

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<p>Massachusetts </p>  <p><b>Get Connected. Get Answers.</b></p> <p>A Partnership of United Way and MAIRS <a href="http://www.mass211.org">www.mass211.org</a></p>	<p><b>Available 24 hours-a-day 7 days-a-week Staffed by trained counselors Free and confidential Several languages spoken</b></p> <p>Find assistance for basic human needs, physical and mental health resources, employment support, and support for children, families, senior citizens, and people with disabilities.</p>
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The Acton-Boxborough United Way is dedicated to helping neighbors in need. We fund food pantries and housing assistance, nutrition programs and care for elders, domestic violence prevention and mental health services. All our agencies directly service residents of Acton and Boxborough. If you want to help, or need more information, visit: [www.abuw.org](http://www.abuw.org).

**LIVE UNITED**



Acton-Boxborough  
United Way

Additional resources are listed on the back of this flyer.

Several organizations exist for Acton-Boxborough residents to help you through this difficult time. While this is not a complete list, it is designed to provide you with information and a place to get started in a search for help for you or your neighbor.



## HOUSING NEEDS

Seeking guidance and assistance early from landlords or your bank can prevent eviction or foreclosure. For advice and possible hardship funding, contact:

**Acton Housing Authority** 978-263-5339 or email [office@actonhousing.net](mailto:office@actonhousing.net)



## FOOD AND NUTRITION

Food pantries can provide staples on a weekly or biweekly basis. Hot meals are also available. For food stamps, co-op food projects, and WIC information, contact **Project Bread's food source hotline** at 800-645-8333 or [www.projectbread.org](http://www.projectbread.org)

**Acton Community Supper:** Acton Congregational Church; Wednesday nights 5 pm, free hot suppers, 978-635-9295 or [www.actoncommunitysupper.org](http://www.actoncommunitysupper.org)

**Acton Food Pantry:** Wednesdays 10 am to 7 pm, St. Matthew's Church, 978-635-9295

**Stow Food Pantry:** call for an appointment, 978-897-4230

**Angel Food Ministries** at Grace Baptist Church in Hudson; call 978-562-8550 x109 or [www.gracehudson.org](http://www.gracehudson.org)



## HEALTH INSURANCE

**Massachusetts Health Connector**  
1-877-623-6757  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

*2-1-1 and this information is brought to you as a service of the Acton-Boxborough United Way*



## JOBS AND UNEMPLOYMENT

Several agencies service the unemployed providing assistance, insurance, job training, career development, and job placement.

**Division of Unemployment Assistance:  
Labor & Workforce Development**  
Marlboro, 508-786-0928  
[www.mass.gov/eolwd](http://www.mass.gov/eolwd)  
**Massachusetts One Stop Career  
Centers, [www.etrcc.com](http://www.etrcc.com)**  
**Medical Security Program**  
800-908-8801 [www.mass.gov/eolwd](http://www.mass.gov/eolwd)

**Acton Networkers:** a local job search and networking group that meets 10 am to noon Fridays at St. Matthew's Church, Fellowship Hall, 435 Central Street, Acton



## HOME HEATING ASSISTANCE

Eligible residents may qualify for fuel assistance. Contact your local Council on Aging for guidance and referral.

**Acton:** 978-264-9643 (60+) Residents under 60 should contact Laura Ducharme 978-264-9653 or [lducharme@acton-ma.gov](mailto:lducharme@acton-ma.gov)  
**Boxborough:** 978-263-1116 x106 (all ages)



## SENIOR SERVICES

**Minuteman Senior Services:**  
A one stop resource, 888-222-6171  
[www.minutemansenior.org](http://www.minutemansenior.org)

**Councils on Aging,** for those 60 and over  
**Acton:** call Carol Steiner, Council on Aging, 978-264-9643 or [csteiner@acton-ma.gov](mailto:csteiner@acton-ma.gov)

**Boxborough:** Laura Arsenault, Council on Aging Coordinator, 978-263-1116 x106  
[laura.arsenault@town.boxborough.ma.us](mailto:laura.arsenault@town.boxborough.ma.us)