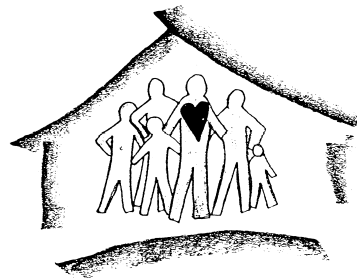


**BEDFORD YOUTH AND FAMILY SERVICES**  
**Town Center**  
**12 Mudge Way**  
**Bedford, Massachusetts 01730**

# **COMMUNITY SOCIAL SERVICES REFERENCE GUIDE**

**Seventh Edition**  
**July 2010**



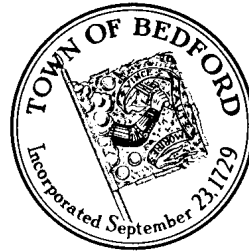
This guide has been compiled to provide assistance to our staff, other municipal departments, and all Bedford residents in accessing most commonly requested local information.

Material has been gathered from a variety of not for profit sources and is not meant to be exhaustive or a duplication of other local directories. Information is correct as of publication date and will be updated periodically on our web page accessible from the Town of Bedford website, <http://www.bedfordma.gov/youth>

Mention in this publication of any program or facility is not an endorsement by Youth and Family Services or The Town of Bedford.

**TOWN OF BEDFORD**  
BEDFORD, MASSACHUSETTS 01730

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*Youth & Family Services Staff:*  
*Sue Baldauf, Director*  
*Fran Stander, Administrative Assistant*  
*Jessica Santos, Prevention Services*  
*Fred Gordon, Veterans Agent*

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**YOUTH AND FAMILY SERVICES**

Town Center  
12 Mudge Way  
Bedford, MA 01730-2171  
Phone: 781-275-7727  
Fax: 781-275-7767

July 2010

Dear Bedford Residents,

Welcome to our seventh Community Social Services Reference Guide! Bedford Youth & Family Services has revised and updated these local resources to help you with basic information and general questions about local resources. An electronic version is also available on our web page accessed via the Town of Bedford website – [www.befordma.gov/youth](http://www.befordma.gov/youth)

A Town Department since 1987, Bedford Youth and Family Services envisions its role as a force in fostering a healthy community and improving the quality of life for all our residents. Our mission is to identify and address the social, emotional, and developmental needs of children, youth, adults, and families in Bedford through programs and services that support and nurture. Citizen oversight to our work is provided by the Selectmen and the nine member Youth and Family Services Committee.

While many of these references appear in the phone book, we have included here the not-for-profit ones we refer to most frequently. We may have omitted a reference crucial to you or erred in some other way. Please notify us by using the form in the back or giving us a call at 781/275-7727.

Please feel free to call on us if we can be of any assistance to you or your family. Better yet, drop by our offices in Town Center, the yellow building directly behind Town Hall. We are here to be a resource and provide support.

Sincerely,

*Sue Baldauf*

Sue Baldauf  
Director

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\*Town of Bedford Departments and/or committees listed first in category in bold print, private listings follow alphabetically

# ALCOHOL AND DRUG ABUSE SERVICES

## **Bedford Youth and Family Services**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-7727

Counseling for children, adolescents, adults and families,  
adult and youth information and referral, community education,  
substance abuse education, screening, and diversion.

## **A.A. (Alcoholics Anonymous)**

12 Channel St., Suite 604  
Marine Industrial Park  
Boston, MA 02210  
617/426-9444

Central Service Center

Al-Anon/Alateen  
1-800-356-9996

Call for Meeting Information  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcohol and Drug Hotline  
1-800-821-4357  
1-800-252-6465

Referral for treatment  
Emergency assistance, concerns, questions  
Adcare Hospital press 5 for national information and referrals

MA Substance Abuse Information  
1-800-327-5050

Education and Referral Helpline  
Referrals to detox, halfway houses, counseling 24 hrs/7 days wk

Substance Abuse Hotline (and Mental Health)  
1-800-662-HELP

Information and referrals  
[www.drughelp.org](http://www.drughelp.org)

Veterans Administration Hospital  
Center for Addiction Treatment  
781/687-2580

Substance Abuse and Day Treatment

# TOWN OF BEDFORD DEPARTMENTS

**Assessors**

781/275-0046

Fax: 781/275-0809

Betterments, Certification of Ownership/Abutters, Motor Vehicle Tax Abatements, Property Tax Abatements, Property Tax Assessments, Property Tax Deferrals, Property Tax Exemptions, Property Tax Maps;- Chairman, Bruce Murphy Clerk, John Linz, Member, Sheldon Moll – John B. Speidel, MAA, Assistant Assessor

**Bedford Local Transit**

781/275-2255

Rides – Information and Reservation (not associated with MBTA) See Page 7

**Code Enforcement**

781/275-7446

Fax: 781/275-1334

Building (which includes new construction, additions, renovations, windows, siding, roofs, pools, wood burning stoves, sheds and fences), Electrical, Plumbing and Gas Permits, enforcement of Massachusetts Architectural Access Board Regulations (521 CMR), flood plains and plot plans. Sign and yard sale permits, annual state inspections, zoning regulations and zoning Board of Appeals. Liaison to Historic District Commission and Historic Preservation Commission. Weights and measures services provided by MA Division of Standards.

**Collector**

781/275-1517

Motor vehicle excise tax payment, parking ticket payment, real estate tax payment, water and sewer bill payment, personal property payment

**Conservation****Commission**

781/275-6211

Conservation Areas and trail maps; wetlands filing information and requirements under the Massachusetts Wetlands Protection Act and The Town of Bedford Wetlands Protection Bylaw; Town GIS wetland maps

**Council on Aging**

781/275-6825

In-home service case management, information and referral; caregiver counseling and services; education and counseling on health, legal and financial issues of aging; fitness and arts classes; transportation to medical appointments; health services and screenings; trips and social events

**Finance Department**

781/275-2218

781/687-6163/6165

Fax: 781/275-9356

Financial/budgetary planning; accounts payable; payroll; insurance; information systems; cash management; debt management.

## TOWN OF BEDFORD DEPARTMENTS (CONTINUED)

### **Fire Emergency Fire Department**

781/275-7262  
781/275-5266

### **Health Department**

781/275-6507  
Fax: 781/687-6157  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

### **Library**

781/275-9440  
Fax: 781/275-3590  
TDD:781/275-6347  
[www.bedfordlibrary.net](http://www.bedfordlibrary.net)  
email: [bedford@minlib.net](mailto:bedford@minlib.net)

### **Planning Department**

781/275-1548

911

Non-Emergency  
Fire Prevention

**Fire/Ambulance 911**

Burial Permits, Communicable Diseases – surveillance, investigation, reporting, Food Inspections, Hazardous Waste/Materials, Community Nursing Program – health screenings and health counseling, Immunization Clinics – Pneumococcal and Influenza vaccines, Housing Code Inspections, Lead Paint, Mosquitoes, School Nursing Services, Stable/Animal permits, Rabies investigations and response, Septic Systems – septage – sewerage, Tobacco – local programming, Water Quality, and Wells – installation permits required/issued for private wells

Reference, Information, and Readers Advisory services. Internet, database, catalog and word processing computers. Wireless Internet available. Circulating collection of books, including hardcovers, paperbacks, graphic novels, and large print. Popular periodical collection. Audiobooks in CD, cassette, and playaway formats. Videorecordings on DVD and VHS. Music CD's, multimedia, puppets and puzzles. Chinese collection. Databases and downloadable audiobooks available from home through [www.bedfordlibrary.net](http://www.bedfordlibrary.net). Free programs for all ages year-round, including adult film series, book discussions, storytimes for children and the summer reading program for K-5. Children's, Teen, and Local History Collections. Summer reading list books for middle-school and high-school students. Interlibrary loans available from Minuteman Library Network, Virtual Catalog, and nationwide. Photocopiers, microfilm/fiche reader and printer, typewriter for public use, and a print magnifier. Museum passes/discounts. Rotating art display. The Bedford Flag and exhibit. Meeting, Conference, and Study Rooms. Homebound delivery. Open Monday-Thursday 9-9; Friday 9-6; Saturday 9-5; Sunday 12-5 (except summer). Resource for local clubs and organizations.

Comprehensive plan purchase, division of land, planning studies, site plan review, subdivision regulations purchase, zoning maps purchase, census map, special permits: PRD, school conversion, parking, cluster development

## TOWN OF BEDFORD DEPARTMENTS (CONTINUED)

### Police Emergency Police Department

781/275-1212  
Fax: 781/275-8336  
[police@bedfordma.gov](mailto:police@bedfordma.gov)

### Public Works

781/275-7605  
Fax: 781/275-9010

781/275-1212

1-800-442-9006

800/LIGHTS ON

### Recreation Dept.

781/275-1392  
Fax: 781/687-6156  
781/275-5427  
781/953-3014  
781/275-0272 (seasonal)  
781/275-1015 (seasonal)

### Schools

781/275-7588  
  
781/275-7708  
781/275-1700  
781/275-3201  
781/275-7606  
781/275-6804  
[www.bedford.k12.ma.us](http://www.bedford.k12.ma.us)

### 911

Chief: James Hicks  
General Business  
Dog Officer x120  
Safety Officer: Paul Saunders x174  
Crime Prevention Officer: Jim Graham x121  
Juvenile Officer/SRO: Jeff Wardwell x125  
TRIAD: Kristin Dineen x175  
Child Passenger Seat Installation: x151

Streets, bridges, and sidewalks, snow and ice removal, road signs, street lights, traffic signals, storm drainage systems, water supply and sewerage disposal, water and sewer service billing, cemetery lot sales and interments, athletic fields, parks and grounds, public shade trees, refuse and recycling collection, yard waste, town maps, Geographical Information System (GIS), utility plans, street opening permits, water and sewer connection permits, and fleet management

### After hours EMERGENCY

Allied Waste Systems – Collection of white goods such as refrigerators, air conditioners, washers, dryer and electronics such as televisions, computer monitors, and VCR's

Republic Electric – Report a burned out street light

Amy Hamilton, Director ~[amyh@bedfordma.gov](mailto:amyh@bedfordma.gov) ~ [www.bedfordma.gov/recreation](http://www.bedfordma.gov/recreation)

Adult and youth activities, including sports, fitness, art, science, dance, theater, music, swim, camps, trips, special events, youth center and school age child care programs.

Kids Club School Age Child Care ~ [kidsclub@bedfordma.gov](mailto:kidsclub@bedfordma.gov)

The Corner

Springs Brook Park

Summer Adventures Phone

Superintendent – Dr. Maureen LaCroix

Director of Curriculum and Instruction – Dr. Cynthia Crimmin

Business Office/Accounts Payable/Payroll, David Coelho, Director of Finance ~ Fax: 781/275-1332

Bedford High School (Grades 9-12), Principal, Jon Sills

John Glenn Middle School (Grades 6-8), Principal, Jayne Viladenis

Job Lane Elementary (Grades 3-5), Principal, Rob Ackerman

Davis Elementary (Grades K-2), Principal, Phil Banios

## TOWN OF BEDFORD DEPARTMENTS (CONTINUED)

### **Town Center Building and Old Town Hall**

781/275-4880

[frusso@bedfordma.gov](mailto:frusso@bedfordma.gov)

Rental space for non-profit groups and individuals, not-for-profit basis at Town Center. Limited business and event rentals (including weddings/receptions, showers, birthday parties, etc.) at Old Town Hall. Budd Rail Diesel Car #6211 on display at Bedford Depot Park and available for rental of small parties and meetings. Contact: Fay Russo

### **Town Manager**

781/275-1111

Fax: 781/275-6310

Affirmative Action, affordable housing, alcoholic beverage licenses, annual reports, operating and capital budgeting, procurement supervision, common victualler licenses, fair housing, Hanscom Field concerns, labor negotiations, personnel, training, petitioner's articles for Town Meeting, Selectmen, supervision of Selectmen departments and their personnel, appointment to citizen's committees, taxi licenses, Town Counsel, Town Hall meeting room reservations, Bedford Byline, Town Meeting warrants, general citizen assistance, Community Preservation Committee and related CPC projects

### **Town Clerk**

781/275-0083

Business certificates, census, dog licenses, elections/voter registration, genealogy, general bylaws, zoning and sign bylaw sales, marriage licenses, proof of residency, fish and game licenses, Town Meeting information, vital records (births, deaths, marriages), voter I.D. cards, general information on the Town of Bedford

### **Veterans Services**

781/275-1328

Fax: 781/275-7767

Fred Gordon, Veterans Agent

Veterans' Agent available in Bedford Monday, Tuesday, Wednesday and Friday from 8 a.m. to 4 p.m. by appointment.

Available Thursday from 2:00 to 7:00 p.m. for drop in or unscheduled visits.

Messages can be left at any time.

### **Youth & Family Services**

781/275-7727

Fax: 781/275-7767

[www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Sue Baldauf, Director

Counseling for children, adolescents, adults and families; adult and youth information and referral; prevention services, tobacco, alcohol, drug education and diversion; middle school after school programming; community education, peer mentoring and support, job match program, fuel assistance, Veteran's services

## TOWN OF BEDFORD DEPARTMENTS (CONTINUED)

Patriotic Holiday Committee

Paul Purchia, Chair - [www.PPurchia@aol.com](mailto:www.PPurchia@aol.com) or 17 Reed Lane, Bedford  
Volunteer committee responsible for organizing town ceremonies honoring  
our veterans on Veterans Day, Memorial Day and at special events.

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Chamber of Commerce

781/275-8503

Fax: 781/275-8501

12 Mudge Way, Bedford

[www.bedfordchamber.org](http://www.bedfordchamber.org)

[bcoc@bedfordchamber.org](mailto:bcoc@bedfordchamber.org)

Maureen McAuliffe Sullivan, Executive Director

Provide free information re: knowledge of town and businesses, represent Bedford  
businesses on several boards, raises funds for scholarship, Senior Prom Stroll,  
Flavors of Bedford.

Office Hours: Monday, Wednesday and Thursday 9:00 a.m. to 2:00 p.m.

Bedford Community Table  
and Pantry

12 Mudge Way

781/275-7355

Collects foodstuffs and distributes to residents with proof of need, volunteers prepare  
a Thursday night dinner

**Bedford Housing Authority**

1 Ashby Place, Bedford, MA 01730

781/275-2428

Brenda Peacock, Director

Administers state public housing program for both families and  
elderly applicants.

**Town Government Web Page**

[www.bedfordma.gov](http://www.bedfordma.gov)

Contains: Selectmen Agendas, town committee meeting schedules, town events calendar,  
general information, organization chart, employment opportunities, annual report, links to  
all Town of Bedford departments and other towns



## ELDERLY SERVICES

**Bedford Council On Aging (COA)**  
781/275-6825

See Page 2 for full description under heading “Town of Bedford Departments”  
12 Mudge Way, Bedford, MA 01730  
Bedford residents 60+ and their families

**Bedford Local Transit (B.L.T.)**  
781/275-2255  
[www.bedfordma.gov/  
bedford\\_local\\_transit.html](http://www.bedfordma.gov/bedford_local_transit.html)

Intown Services, Burlington Market Basket and Billerica Mall regular service  
8 a.m. to 9 a.m. dispatch hours only; Monday – Friday  
Medical appointment rides scheduled three days in advance  
Bus in service 9 a.m. to 4 p.m.  
No Saturday service – Fare is \$1.00 each way in-town and \$2.00 each way out of town.

**Public Health Nursing**  
Bedford Health Department  
781/275-6507  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

A “home visit” by a Bedford Public Health Nurse, Judi Jelloe, consists of a skilled health and safety assessment and evaluation. She will consider vital signs, physical status, emotional needs, general well-being and home safety issues. The nurse encourages regular contact with the health care provider and serves in a general health advocate/advisory role. After initial assessment and evaluation, additional “client contacts” may be made. Referrals are provided as deemed appropriate. The nurse is limited, however, by the fact the Town of Bedford is not an accredited home health agency, and cannot perform “hands on” nursing services such as injections or dressing wounds. Available to all residents.  
No fee.

Minuteman Senior Services  
(and Mass Home Care)  
24 Third Ave.  
Burlington, MA 01803  
781/272-7177  
1-888-222-6171

See Page 14 for full description under heading “In-Home and Community Based Services” In-home services and case management; in-home and congregate meals; information and referral; Alzheimer’s disease counseling; nursing home ombudsman; services for abused or at-risk elders  
[www.minutemansenior.org](http://www.minutemansenior.org)

Cooperative Elder Services  
37 B St.  
Burlington, MA 01803  
781/270-5751

Stimulating, structured day time environment for seniors from Bedford and surrounding communities. Health monitoring by R.N.  
Care provider support service. Open Monday through Friday 8:00 a.m. to 4:00 p.m.  
[www.elderdayservices.com](http://www.elderdayservices.com)

# EMERGENCY AND CRISIS NUMBERS

## Bedford Only

**FIRE AND AMBULANCE Emergency – 911**  
Non-Emergency/Business Only - 781/275-7262

**POLICE Emergency – 911**  
Non-Emergency/Business Only - 781/275-1212

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## Domestic Violence Services

Casa Myrna Vazquez

1-877-785-2020 ~ 24 Hour Resource –617/521-0100 Main Office

Domestic Violence Services Network, Inc.  
(DVSN) Concord

978/318-3421  
[www.dvsn.org](http://www.dvsn.org)

DVVAP Warmline

1-888-399-6111 or 781/275-6111

Elder Abuse Services

781/272-7177 Minuteman Senior Services

Mass. Coalition Of Sexual Assault and  
Domestic Violence

617/248-0922 Jane Doe Safety Fund

National Domestic Violence Hotline

1-800-799-SAFE(7233)

REACH

1-800-899-4000 24 HOUR HOTLINE  
formerly Waltham Support Group For Battered Women

Victim Witness Advocate

617/727-5200  
One Ashburton Place, Room 1101, Boston, MA 02108

## Legal Services

Elder Legal Services and  
Boston Legal Services

617/371-1234

Metrowest Legal Services  
63 Fountain St., Suite 304,  
Framingham, MA 01702

1-800-696-1501 or 508/620-1830  
formerly South Middlesex Legal Services  
[www.mwlegal.org](http://www.mwlegal.org)

# FAMILY SUPPORT SERVICES

## Child Care and Parent Support

### Child Care

Child Care Search  
1-800-455-8326  
Fax: 978/897-0442

Child Care Resource and Referral for Bedford  
2352 Main St., Suite 102, Concord, MA 01742  
[www.comteam.org/childcare\\_search](http://www.comteam.org/childcare_search)

Commonwealth of Massachusetts  
Department of Early Education and Care

Licensed Provider lists for Bedford  
[www.mass.gov](http://www.mass.gov)

### **Pre-Schools and School Age Child Care:**

A Place To Grow  
781/271-9847

402 Concord Rd.  
ages newborn – 5<sup>th</sup> grade

Bedford High Nursery  
781/275-1700 x8006

9 Mudge Way  
ages 2.9 – 5 years

Bedford Montessori School  
781/275-3344

153 Concord Rd.  
ages 3 – 6 years

Bright Horizons Children's Center  
781/271-9195

30 Crosby Drive  
all ages

The Goddard School  
781/275-7880

52 Middlesex Turnpike  
ages infant – school ages

Inch by Inch Child Development Centers  
781/271-0800

19 Crosby Drive #C  
ages 2 months – 10 years

The LEAP School  
781/275-2010

376 Concord Rd.  
ages 2 – 4 years

Open Arms Christian Pre-School  
781/271-1148

426 Davis Rd.  
ages 2 – 4 years

St. Paul's Weekday Nursery School  
781/275-1383

100 Pine Hill Rd.  
ages 2.9 – 6 years

### **Kids Club**

Town Center  
12 Mudge Way  
781/275-5427  
Fax: 781/275-4882

Bedford Recreation  
School-Age Childcare  
Nancy Cormier, Director;  
Provides school age  
children with organized  
activities before and after  
school as well as during  
school vacations. Accepts  
children grades K-5.  
Open all year including  
school vacation weeks.  
Licensed by the MA Dept.  
of Early Childhood  
Education

[www.bedfordma.gov/recreation](http://www.bedfordma.gov/recreation)  
[kidsclub@bedfordma.gov](mailto:kidsclub@bedfordma.gov)

**FAMILY SUPPORT SERVICES**  
**FAMILY SUPPORT SERVICES (CONTINUED)**  
**Child Care and Parent Support**

**Parent Support**

**Bedford Youth and Family Services**  
781/275-7727  
Fax: 781/275-7767

See Page 5

Bedford Adoptive Families  
Linda White 781/275-9574  
[lindawhite1@juno.com](mailto:lindawhite1@juno.com)

All volunteer organization that provides connections for adoptive families in Bedford and surrounding communities and serves as a resource for pre-adoptive families. Sponsors regular meetings and social events that allow families to share their experiences of creating a family through adoption. Maintains liaisons with Bedford school associations and works to educate the community on adoption-related issues. For more information, contact person listed.

Bedford Family Connection  
P.O. Box 636  
Bedford, MA 01730

Has play group, child care listing, co-op group and family activities, and newsletter, focus is pre-school age.  
[www.bedfordkids.com](http://www.bedfordkids.com)

First Connections  
Community Agencies Building  
111 Old Road to Nine Acre, Ste. 1009  
Concord, MA 01742  
978/287-0221

Central source for parenting information and skill training for families with children, ages birth through 3 in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Lincoln, Littleton, Maynard, Stow and Sudbury  
[www.firstconnections.org](http://www.firstconnections.org) open Mon-Thurs. 9:30 a.m. – 2:00 p.m.

Minuteman Early Intervention  
1269 Main St., Concord, MA 01742  
1-800-287-7800

Work with children – birth to age 3 with developmental delays

Parents Helping Parents  
1-800-632-8188

Weekly support group in Bedford for parents of all ages.  
[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

# HEALTH SERVICES

## **Bedford Board of Health**

12 Mudge Way  
Bedford, MA 01730  
781/275-6507

Town Department, All public health issues; David Black, Director,  
Health Screenings, Influenza Clinics, Medical Equipment Loan Program –  
canes, walkers, shower seats, toilet seats  
Call Council on Aging for wheel chairs – 781/275-6825  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

## **Public Health-Care Information**

- a. Commonwealth Health Insurance Connector  
[www.mahealthconnector.org](http://www.mahealthconnector.org)
- b. Commonwealth Care Health Insurance Program  
[www.macommonwealthcare.com](http://www.macommonwealthcare.com)

Health Quarters  
781/944-8325

274 Main St., Reading, MA 01867  
Confidential HIV and pregnancy testing

Mass Health  
1-888-665-9993  
1-800-841-2900

Department of Medical Assistance  
Mass. Health Enrollment Ctr., Central Processing Unit, P.O. Box 290794,  
Charlestown, MA 02129-0214 [www.massresources.org](http://www.massresources.org)

1-800-462-1120

Massachusetts Medicaid and CHIP (Children's Health Insurance Plan)  
Website: [www.mass.gov/MassHealth](http://www.mass.gov/MassHealth)

Mental Health Services

Contact **Bedford Youth and Family Services** 781/275-7727 or in an emergency  
either Emerson Hospital or Lahey Medical Center. (See page 12)

Regional Center for  
Healthy Communities  
617/441-0700

552 Massachusetts Ave., Suite 203, Cambridge, MA 02139-4088  
[www.healthier-communities.org](http://www.healthier-communities.org)

Social Security Administration  
1-800-772-1213

## HEALTH SERVICES (CONTINUED)

### Hospitals

Emerson Hospital  
978/369-1400  
978/287-3690

133 Old Road to 9 Acre Corner (ORNAC), Concord, MA 01742  
General Hospital  
Emergency Room

Lahey Clinic Medical Center  
781/744-5100  
781/744-8100

41 Mall Road, Burlington, MA 01803  
General Hospital  
Emergency Room

Veterans Administration Hospital  
781/275-7500  
781/687-2580

200 Springs Rd., Bedford, MA 01730  
General information and connecting all departments  
Substance Abuse and Day Treatment

# HOTLINES AND 24 HOUR RESOURCES

## HOTLINES

AIDS Information	1-800-235-2331
Al-Anon, Alateen.....	1-800-356-9996
Alcoholics Anonymous	617/426-9444
Casa Myrna Vasquez (Safelink)(domestic violence).....	1-877-785-2020
Child Abuse Hotline	1-800-422-4453
Crisis Hotline.....	1-800-540-5806
Eating Disorders Association	617/558-1881
Elder Abuse Hotline.....	1-800-922-2275
Food Stamps/Food Source Hotline	1-800-645-8333
Lead Poisoning.....	1-800-532-9571
MA Dept. of Children and Families after hours emergency	1-800-792-5200
REACH (formerly Support Committee for Battered Women).....	1-800-899-4000
Smoking Cessation/Cancer Information Service	1-800-422-6237
USDA Meats and Poultry .....	1-800-535-4555

## 24 HOUR RESOURCES

MA Substance Abuse Helpline	1-800-327-5050
Child-At-Risk.....	1-800-792-5200 (evenings, weekends, holidays)
Parental Stress	1-800-632-8188
Poison Control.....	1-800-682-9211 or 617/232-2120
Rape Crisis Center	1-800-922-8772 or 617/492-7273
Runaway.....	1-800-621-4000 or 1-800-786-2929
Sexual Assault Domestic Violence	1-800-593-1125 or 508/626-8686
Youth in Crisis.....	617/773-4878

## IN-HOME AND COMMUNITY BASED SERVICES

### **Bedford Board Of Health and Public Health Nursing**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-6507

Blood pressure and general health counseling  
See Page 7 for full description.  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

### **Council On Aging**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-6825

In-home service case management; transportation to medical appointments, family caregiver services and counseling; information and referral regarding housing, day care, benefits and services, both local and long distance

Minuteman Senior Services  
24 Third Ave.,  
Burlington, MA 01803  
781/272-7177 or 978/263-8720  
1-888-222-6171

Aging information center and support services, home care, caring conversations, care planning and management, memory disorder consultation, meals, elder abuse and neglect, money management, nursing home placement consultation, legal services, health benefits counseling, community education, housing options, support for caregivers, local and long distance referrals and resources.

Respite care, day and overnight breaks for family member caregivers, in-home services.

#### Some services offered:

Homemaker	Companion	Medical Escorts
Heavycleaning	Meals on Wheels	Health Benefits Counseling
Personal Care	Legal Services	Alzheimer's In-Home Consultation
Laundry	Shopping	Congregate Meals
Day Care	Bill Paying	Home Health Services
Medical Transportation		Volunteer Visitors

## SOCIAL SERVICES

**Counseling**, domestic violence, donations, food, fuel, income supports,  
legal services, work supports

### Counseling

#### **Bedford Youth and Family Services**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-7727  
[sueb@bedfordma.gov](mailto:sueb@bedfordma.gov)

Counseling for individuals and families, information, referral, community education, youth development and support, prevention services

Sue Baldauf, Director

#### **Bedford Veterans Service**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-1328  
Fax: 781/275-7767  
[fgordon@bedfordma.gov](mailto:fgordon@bedfordma.gov)

Assessing veteran's benefits and services – Fred Gordon, Agent available in Bedford Monday, Tuesday, Wednesday and Friday from 8 a.m. to 4 p.m. by appointment.  
Available Thursday from 2:00 to 7:00 p.m. for drop in or unscheduled visits. Messages can be left at any time.

#### **Council on Aging (COA)**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-6825

Town Department, social, health, outreach services, etc. to elders  
Pat Levan, Director

Affiliates for Adult Development  
330 South Rd., Bedford, MA 01730  
781/275-2122

Counseling, family and career services

Eliot, ORNAC, Concord 01742  
978/369-1113

Counseling and supportive mental health services

## SOCIAL SERVICES (CONTINUED)

Counseling, **domestic violence, donations**, food, fuel, income supports,  
legal services, work supports

### Domestic Violence

#### **Bedford Police Department**

**911**

DVVAP/DV Services Network (DVSN)  
978/318-3421  
Fax: 978/318-3442

Domestic Violence Victim Assistance Program/Domestic Violence Services Network  
P.O. Box 1556, Concord, MA 01742 Collaborative relationship with Bedford and  
other area Police Departments

REACH  
Domestic Violence Women's Shelter  
1-800-899-4000 Hot Line  
781/891-0724 x108

**Refuge, Education, Advocacy, Change**  
90 day emergency shelter

Advocacy Line  
Donations to: P.O. Box 540024, Waltham, MA 02454

### Donations

#### Bedford Donation Boxes

American Red Cross: Two locations: (1) at Great Road Gulf, 349 Great Rd. and (1) at Bedford Motel, 30 North Rd.  
Bagged clothing only - Profits local Red Cross Chapter disaster relief efforts  
For tax receipts call: 508/586-4445 [www.americanredcross.org](http://www.americanredcross.org)

Planet Aid: located at Zwicker's parking lot, 379 North Rd.  
Clothing and shoes only. Dedicated to protecting the environment and creating sustainable development.  
For tax receipts call: 1-888-893-0648 [www.planetaid.org](http://www.planetaid.org)

St. Vincent De Paul: located in St. Michael's Church parking lot, 90 Concord Rd.  
Bagged clothing only  
For residential furniture pickup or tax receipts call: 1-800-675-2882 [www.svdpboston.com](http://www.svdpboston.com)

Household Goods Recycling Ministry  
530 Main St. (Rte. 27)  
Acton, MA 01720  
978/635-1763

Provide household goods to the needy at no charge. To donate, drop-off hours  
9 a.m. – noon Tues., Thurs., Sat. Pick up service available for large items for  
\$25 fee.  
[www.hgrm.org](http://www.hgrm.org)

## SOCIAL SERVICES (CONTINUED)

Counseling, domestic violence, donations, **food, fuel, income supports,**  
legal services, work supports

### Food

#### **Bedford Board of Health**

781/275-6507

Community Table/Food Pantry

781/275-7355

Food Stamps

1-800-645-8333

WIC PROGRAM

617/591-6900

978/454-6397

WIC STATE HOTLINE

1-800-942-1007

### Fuel

Fuel Assistance

### Income Supports

Community Teamwork

978/459-0551

978/459-6161 Fuel Assistance

1-877-451-1082 Fuel Assistance toll-free

Dept. of Transitional Assistance

1-800-445-6604 or 978/446-2400

See **Food** and **Fuel Assistance** above

Commercial Food Safety

[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

Collects foodstuffs and distributes to individuals with proof of need. Serves Thursday night dinner at Town Center (yellow building), 12 Mudge Way between 5 and 6 p.m.

Department of Transitional Assistance

Food Source Hotline

Women, Infants and Children Program provides nutrition education and food for pregnant women and children up to age five.

Lowell WIC Program, 45-47 Kirk St., 2<sup>nd</sup> Floor, Lowell, MA 01852

Age 60+ contact: **Council on Aging** (see listing Page 2) 781/275-6825

Under 60 contact: **Bedford Youth and Family Services** (see listing page 5)  
781/275-7727 Available November through March

167 Dutton St., Lowell, MA 01854

Main # (section 8 housing)

Energy Services – 517 Moody St., Lowell, MA 01854

131 Davidson St., Lowell, MA 01852

## SOCIAL SERVICES (CONTINUED)

Counseling, domestic violence, donations, food, fuel, income supports,  
**legal services, work supports**

### Legal Services

Greater Boston Legal Services Main Office 197 Friend St., Boston, MA 02114 (Over age 60) [www.gbpls.org](http://www.gbpls.org)  
617/371-1234  
Cambridge and Somerville office 60 Gore St., Ste. 203, Cambridge, MA 02141  
617/603-2700

Metrowest Legal Services 63 Fountain St., Framingham, MA 01702 (Under age 60)  
508/620-1830 or 1-800-696-1501 hours M-F 9-5, handicapped accessible, free parking [www.mwlegal.org](http://www.mwlegal.org)  
Fax: 508/620-2323

### Work Supports

The Career Place One-stop career center  
100 Sylvan Rd., G100, Woburn, MA 01801 [www.careerplacejobs.com](http://www.careerplacejobs.com)  
781/932-5500

Dress for Success Boston Promoting the economic independence of disadvantaged **women** by providing  
c/o The Family Justice Center professional attire, a network of support and the career development tools to help  
989 Commonwealth Ave., Boston, MA 02215 women thrive in work and life.  
617/779-2177 Contact for further information. [www.boston@dressforsuccess.org](mailto:www.boston@dressforsuccess.org)

MA Rehabilitation Commission The Mass. Rehabilitation Commission Administrative Offices  
27 Wormwood St., Boston, MA 02210 Fax: 617/727-1354 [www.mass.gov](http://www.mass.gov)  
1-800-245-6543 (Voice/TDD) or 617/204-3600

Solutions at Work Helps people transition out of homelessness. Operated by homeless and formerly  
1151 Mass. Ave., Cambridge, MA 02130 homeless people "breaking the economic chains that bind people in homelessness."  
617/492-0300 [www.solutionsatwork.org](http://www.solutionsatwork.org)

SuitAbility Program Created to enhance the marketability of economically challenged **women** by  
Community Teamwork providing appropriate clothing, at no cost, to those who are actively seeking  
536 Pawtucket St., Lowell, MA 01854 employment. Periodically offers workshops and mentoring related to  
978/934-8898 employment issues. [suitkh@aol.com](mailto:suitkh@aol.com) or [www.suitabilityma.org](http://www.suitabilityma.org)

# TRANSPORTATION

**Bedford Local Transit**  
781/275-2255

Handicapped accessible, runs Monday – Friday 9 AM – 4 PM  
See Page 7

**Wheels of Life/  
Friendly Drivers**  
781/275-6825

Call Bedford Council on Aging  
Taxi and volunteer rides for elders to medical appointments.

MBTA  
617/222-3200

Massachusetts Bay Transit Authority

The Ride  
617/222-5123

Wheelchair accessible rides for those with disabilities lasting more than six months

## YOUTH PROGRAMS

**Bedford Recreation Dept.**  
781/275-1392

A Town of Bedford Department; Amy Hamilton, Director  
Offering recreational opportunities for all ages. See Page 4

**Kids Club**  
781/275-5427

School Age Child Care: Nancy Cormier, Director  
Operates within the Recreation Department See Page 9

**Bedford Public Library**  
781/275-9440

Story hours and craft programs  
See Page 3

**Bedford Youth and Family Services**  
781/275-7727

Youth activities at Middle School and other Town locations  
See Page 5

Bedford Family Connection

Group of parents formed play group and child care co-op  
See Page 10 [www.bedfordkids.com](http://www.bedfordkids.com)

Bedford Babe Ruth Baseball and Softball  
781/275-9222

Operates youth baseball and softball, along with summer leagues  
P.O. Box 136, Depot Sq., Bedford [www.bedfordbaseballsoftball.com](http://www.bedfordbaseballsoftball.com)

Boy Scouts of America  
617/615-0004

Boston Minuteman Council  
[www.bsaboston.org](http://www.bsaboston.org)

First Connections  
978/287-0221

Parenting information and skill training  
See Page 10 [www.firstconnections.org](http://www.firstconnections.org)

Lexington-Bedford-Hanscom Popwarner

Youth football program [www.lbhpopwarner.com](http://www.lbhpopwarner.com)

Lexington-Bedford Youth Hockey  
781/862-0500 x262

Hockey programs, home rink is Hayden in Lexington  
Lexington Recreation Dept. [www.lbyh.net](http://www.lbyh.net)

Middlesex 4-H Youth Development  
781/891-0650 x29

240 Beaver St., Waltham, MA 02452  
[www.mass4h.org](http://www.mass4h.org)

Patriot Trail Girl Scouts  
781/893-6113

Field Office  
265 Beaver St., Waltham, MA 02452  
[www.ptgirlscouts.org](http://www.ptgirlscouts.org)

## **Additions, Corrections, Changes?**

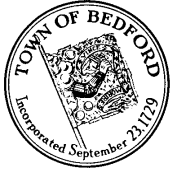
Try as we might, we are not perfect! We may have omitted an important resource or an address or a phone number may have changed. Please pass this information along to us, and we will correct it on our website and in our next guide.

**Listing and Page Number**

**Correct Information**

Please fax to us at 781/275-7767, email to [Y&F@bedfordma.gov](mailto:Y&F@bedfordma.gov) or mail to:

Bedford Youth and Family Services  
Town Center  
12 Mudge Way  
Bedford, MA 01730



BEDFORD YOUTH AND FAMILY SERVICES  
Town Center  
12 Mudge Way  
Bedford, MA 01730

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