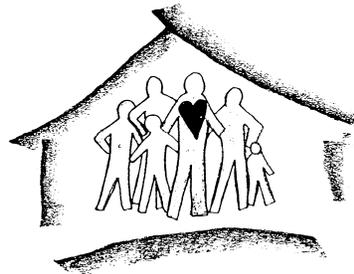


BEDFORD YOUTH AND FAMILY SERVICES
Town Center
12 Mudge Way
Bedford, Massachusetts 01730

COMMUNITY SOCIAL SERVICES REFERENCE GUIDE

Eighth Edition
July 2012

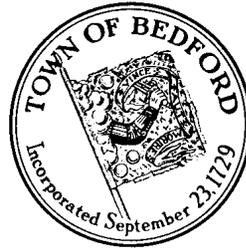


This guide has been compiled to provide assistance to our staff, other municipal departments, and all Bedford residents in accessing most commonly requested local information.

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, 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



Youth & Family Services Staff:
Sue Baldauf, Director
Fran Stander, Administrative Assistant
Jessica Wildfong, Prevention Services
Vacant, Veterans Agent

YOUTH AND FAMILY SERVICES

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

July 2012

Dear Bedford Residents,

Welcome to our eighth 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

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 or may be available on line, 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 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,

A handwritten signature in cursive script, appearing to read "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
1-617/426-9444

Central Service Center

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

Call for Meeting Information
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

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, Ronald Cordes
Bedford Local Transit 781/275-2255	Rides – Information and Reservation (not associated with MBTA) See Page 7 Coordinator - Dottie Piantedosi
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

Library

781/275-9440

Fax: 781/275-3590

TDD:781/275-6347

www.bedfordlibrary.net

email: bedford@minlib.net

Planning Department

781/275-1548

Fax: 781/271-0537

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. 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

911

Chief: Robert Bongiorno x129 rborgiorno@Police.BedfordMA.gov
Detective Bureau: Scott Jones x128 * Crime Prevention Officer: Jim Graham x121
Juvenile Officers/SRO: Jeff Wardwell x125/SRO Steve Waite * Dog Officer x120

Community Outreach Officer: Kristin Dineen x175 * Safety Officer: Paul Saunders x174
Child Passenger Seat Installation: x151

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

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

781/275-1212

After hours EMERGENCY

1-800/442-9006

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

1-800/365-1691

Coviello Electric to report a burned out street light or www.covielloelectric.com

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

Amy Hamilton, Director amy@bedfordma.gov www.bedfordrecreation.org
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
The Corner
Springs Brook Park
Summer Adventures

Schools
781/275-7588
781/275-7708
781/275-1700
781/275-3201
781/275-7606
781/275-6804

www.bedford.k12.ma.us
Superintendent – Jon Sills
Business Office/Accounts Payable/Payroll, David Coelho, Director of Finance ~ Fax: 781/275-1332
Bedford High School (Grades 9-12), Principal, Henry Turner
John Glenn Middle School (Grades 6-8), Principal, Kevin Tracey
Job Lane Elementary (Grades 3-5), Principal, Rob Ackerman
Davis Elementary (Grades K-2), Principal, Nancy Peterson

TOWN OF BEDFORD DEPARTMENTS (CONTINUED)

Town Center Building and Old Town Hall

781/275-4880

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

Vacant, 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

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 - PPurchia@aol.com or 17 Reed Lane, Bedford, MA
Volunteer committee responsible for organizing town ceremonies honoring
our veterans on Veterans Day, Memorial Day and at special events.

Chamber of Commerce

781/275-8503

Fax: 781/275-8501

12 Mudge Way, Bedford

www.bedfordchamber.org

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,
Cambridge Savings Bank Flavors of Bedford, Suzanne & Co. Holiday House Tour.
Office Hours: Monday, Wednesday and Thursday 9:00 a.m. to 2:00 p.m.

Bedford Community Table

Food 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

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

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

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 Thursday 8:00 a.m. to 3:30 p.m.
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

Domestic Violence Services

SAFELINK 1-877/785-2020 ~ 24 Hour Resource – 1-617/521-0100 Main Office
Casa Myrna Vasquez www.casamyrna.org

Domestic Violence Services Network, Inc.
(DVSN) Concord 1-978/318-3421 or 781/275-6111
www.dvvap.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 1-617/248-0922 Jane Doe Safety Fund

National Domestic Violence Hotline 1-800/799-SAFE(7233)

REACH 1-800/899-4000 24 HOUR HOTLINE www.reachma.org
formerly Waltham Support Group For Battered Women

Massachusetts Office for
Victim Assistance 1-617/727-5200 nova.state.ma.us
One Ashburton Place, Room 1101, Boston, MA 02108

Legal Services

Elder Legal Services and
Boston Legal Services 1-617/371-1234

Metrowest Legal Services 1-800/696-1501 or 1-508/620-1830
63 Fountain St., Suite 304,
Framingham, MA 01702 formerly South Middlesex Legal Services
www.mwlegal.org

FAMILY SUPPORT SERVICES

Child Care and Parent Support

Child Care

Community Teamwork, Inc.
1-978/459-0551

Child Care Resource and Referral for Bedford
167 Dutton St., Lowell, MA 01852
www.comteam.org/childcare_search.htm

Commonwealth of Massachusetts
Department of Early Education and Care

Licensed Provider lists for Bedford
www.mass.gov under “Early Education & Care Programs” tab

Pre-Schools and School Age Child Care:

Bedford Children’s Center
781/271-9847

402 Concord Rd.
ages newborn – 5th grade

Bedford High Integrated Pre-School
781/275-1700 x4110

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
ages 6 weeks – 5 years

The Goddard School
781/275-7880

52 Middlesex Turnpike
ages 6 weeks – 6 years

Inch by Inch Child Development Centers
781/271-0800

19 Crosby Drive #C
ages 8 weeks – 11 years

The LEAP School
781/275-2010

376 Concord Rd.
ages 1 – 5 years

Open Arms Christian Pre-School
781/271-1148

426 Davis Rd.
ages 2.9 – 5 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.bedfordrecreation.org
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 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.bfctoday.com

First Connections
Community Agencies Building
111 Old Road to Nine Acre, Ste. 1009
Concord, MA 01742
1-978/287-0221

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 open Mon-Thurs. 9:30 a.m. – 2:00 p.m.

Minuteman Early Intervention
1269 Main St., Concord, MA 01742
1-978/287-7900

Work with children – birth to age 3 with developmental delays
www.minutemanarc.org

Parents Helping Parents
1-800/632-8188

Weekly support group in Bedford for parents of all ages.
www.parentshelpingparents.org

HEALTH SERVICES

Bedford Board of Health

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

Town Department, All public health issues; Heidi Porter, 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

Public Health-Care Information

1-877/623-6765

- a. Commonwealth Health Insurance Connector
www.mahealthconnector.org
- b. Commonwealth Care Member Service Center
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

1-800/462-1120

Massachusetts Medicaid and CHIP (Children's Health Insurance Plan)
Website: 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
1-617/441-0700

552 Massachusetts Ave., Suite 203, Cambridge, MA 02139-4088
www.healthier-communities.org

Social Security Administration
1-800/772-1213

HEALTH SERVICES (CONTINUED)

Hospitals

Emerson Hospital
1-978/369-1400
1-978/287-3690

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	1-617/426-9444
Casa Myrna Vasquez (Safelink)(domestic violence).....	1-877/785-2020
Child Abuse Hotline	1-800/422-4453
Crisis Hotline.....	1-800/540-5806 or 781/893-2063
Eating Disorders Association	1-617/558-1881
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)
National Suicide Prevention Lifeline & Veterans Crisis Line	1-800/784-2433
Parental Stress.....	1-800/632-8188
Poison Control	1-800/682-9211 or 1-617/232-2120
Rape Crisis Center.....	1-800/922-8772 or 1-617/492-7273
Runaway	1-800/621-4000 or 1-800/786-2929
Sexual Assault Domestic Violence.....	1-800/593-1125 or 1-508/626-8686
Youth in Crisis	1-617/773-4878
Youth Peer Hotline (Youthline).....	1-877/968-8454

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

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
Heavy cleaning	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

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

Assessing veteran's benefits and services –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
Lori Wittner, Director

Affiliates for Adult Development

330 South Rd., Bedford, MA 01730

781/275-2122

Counseling, family and career services

Eliot Community Human Services

ORNAC, Concord, MA 01742

1-978/369-1113

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)
1-888/399-6111
Fax: 1-978/318-3442

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 Box locations

American Red Cross: Great Road Gulf, 349 Great Rd. and Bedford Motel, 30 North Rd.
Bagged clothing only - Supports local Red Cross Chapter disaster relief efforts
For tax receipts call: 1-508/586-4445 www.americanredcross.org

Planet Aid: Boston Buddha Temple, 125 North Rd., New England Nurseries, 216 Concord Rd., Dance Time 131 Great 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

St. Vincent De Paul: 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

Household Goods Recycling Ministry
530 Main St. (Rte. 27)
Acton, MA 01720
1-978/635-1763 or 1-978/635-1710

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

SOCIAL SERVICES (CONTINUED)

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

Thrift Stores

WearOvers

781/275-2705

119 Great Rd., Bedford, MA

Store Hours: Weds. – 10 a.m. – 2 p.m. (2 p.m. – 4 p.m. by chance)

Thurs. – 12 p.m. – 7 p.m. Fri./Sat. – 10 a.m. – 2 p.m. (2 p.m. – 4 p.m. by chance)

No appointment ever necessary

Salvation Army Thrift Shop

1-978/988-9488

625 Main St., Wilmington, MA

Sister Thrift

781/221-2216

374B Cambridge St. (Rte 3A), Burlington, MA

Shanks' Mare Thrift Shop

1-978/663-9933

306 Boston Rd., Billerica, MA

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

1-800/WIC-1007

(942)

1-978/454-6397

Commercial Food Safety

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., 2nd Floor, Lowell, MA 01852

Fuel

Fuel Assistance

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

Income Supports

Community Teamwork

1-978/459-0551

1-978/459-6161 Fuel Assistance

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

155 Merrimack St., Third Floor, Lowell, MA 01854

Main # (section 8 housing)

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

Dept. of Transitional Assistance

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

131 Davidson St., Lowell, MA 01852

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

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.gbls.org
1-617/371-1234
Cambridge and Somerville office 60 Gore St., Ste. 203, Cambridge, MA 02141
1-617/603-2700

Metrowest Legal Services 63 Fountain St. Suite 304, Framingham, MA 01702 (Under age 60)
1-508/620-1830 or 1-800/696-1501 hours M-F 9-5, handicapped accessible, free parking www.mwlegal.org
Fax: 1-508/620-2323

Work Supports

The Career Place, Trade Center One-stop career center
100 Sylvan Rd., G100, Woburn, MA 01801 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.
1-617/779-2177 Contact for further information. www.boston@dressforsuccess.org

MA Rehabilitation Commission The Mass. Rehabilitation Commission Administrative Offices
600 Washington St., 2nd Flr, Boston 02111 www.mass.gov/eohhs/gov/departments/mrc
1-800/245-6543 (Voice/TDD) or 1-617/204-3600

Solutions at Work Helps people transition out of homelessness. Operated by homeless and formerly
1151 Mass. Ave., Cambridge, MA 02138 homeless people "breaking the economic chains that bind people in homelessness."
1-617/492-0300 mailing use: P.O. Box 391349 By appointment only. 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
101 Paige St., Lowell, MA 01852 employment. Periodically offers workshops and mentoring related to
1-978/934-8898 employment issues. suitkh@aol.com or 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
1-617/222-3200

Massachusetts Bay Transit Authority www.mbta.org

The Ride
1-617/222-5123

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

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

Boy Scouts of America
1-617/615-0004

Boston Minuteman Council
www.bsaboston.org

First Connections
1-978/287-0221

Parenting information and skill training
See Page 10 www.firstconnections.org

Lexington-Bedford-Hanscom Popwarner

Youth football program www.lbhpopwarner.com

Lexington-Bedford Youth Hockey
781/862-0500 x262

Hockey programs, home rink is Hayden in Lexington, MA
Lexington Recreation Dept. www.lbyh.net

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

240 Beaver St., Waltham, MA 02452
www.mass4h.org

Patriot Trail Girl Scouts
781/893-6113

Field Office
265 Beaver St., Waltham, MA 02452 www.ptgirlscouts.org

The Edge Sports Center

191 Hartwell Rd., Bedford, MA 01730 www.theedgesportscenter.com



Become familiar with resources important to you on:

Home & Family	Jobs & Education	Health & Safety	Energy & Environment	Tourism & Recreation	Transportation	Business	Government & Taxes
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A sampling of the topics included under these tabs:

- Buying/selling a home	- Find a job	- Disabilities	- Energy & utilities	- Family activities	- Drivers licenses & state ID cards	- Economic development & financial support	- Branches & agencies
- Marriage & divorce	- Unemployment assistance	- Emergencies & disasters	- Hazardous materials & environmental emergencies	- Getting around	- Highways, parking & traffic	- Business licenses, permits & regulations	- Participate & serve
- Elders	- Worker resources	- Environmental hazards	- Recycling & waste management	- History & culture	- Airports, planes, trains & buses	- Employer & workplace information	- Taxes
- Consumer protection	- Adult education & training	- MassHealth	- Air, water & land	- Outdoor activities	- Commuting & public transportation	- Economic data & statistics	- State employees



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

PRESORTED
STANDARD
US POSTAGE PAID
BEDFORD, MA
PERMIT NO. 42

Residential
Postal Customer
Bedford, MA 01730