

POSTPARTUM REFERRALS

CAB - Free cab rides to food and health (Somerville)– <https://tinyurl.com/somervillecab>

Cambridge Hospital (Cambridge Health Alliance) (617-665-1000)
1493 Cambridge Street, Cambridge

CHA Breast Center (617-665-2001)- provide services including education, screening mammograms, diagnostic radiology services and breast cancer treatment.

Cambridge/Somerville Legal Services – Help with tenant/landlord issues, benefits, mental health, family law (617-603-2700), www.masslegalhelp.org
60 Gore St #203, Cambridge, MA 02141

Children’s Trust: information and resources based on zip code
English:<http://www.onetoughjob.org/> *Spanish:*<http://espanol.onetoughjob.org/>
55 Court St, 4th Floor, Boston, MA 02108 617-727-8957

Riverside Community Care Early Intervention
<https://www.riversidecc.org/child-family-services/early-childhood-services/early-intervention/>
Cambridge/Somerville Residents **ONLY**
(617-629-3919 X5755), 14 Tyler St, Somerville

- Provides home visiting program for pregnant women, new mothers up to infants 1st year birthday

Early Intervention Program – Program to address concerns for children age 0-3; General Line (1-800-905-8437/leave message for referral to town site) For website of Families Ties of Massachusetts, see www.massfamilyties.org

- **Cambridge, Somerville** (617-629-3919)
- **Everett, Malden, Medford** (781-321-0645)
- **Acton, Bedford, Boxborough, Carlisle, Concord, Lincoln, Littleton, Maynard, Stow** (978-287-7800)
- **Belmont, Waltham, Watertown** (781-894-6564)
- **Arlington, Burlington, Lexington, Wilmington, Winchester, Woburn** (781-932-2888)
- **Melrose, N. Reading, Reading, Stoneham, Wakefield** (781-935-3855)

Families First Parenting Programs (Watertown) – Parent education and support (617-868-7687) <https://www.families-first.org/>

Greater Boston Legal Services -
Provides low-cost or free legal immigration counseling
(617) 371-1234, 197 Friend St, Boston, MA 02114. <https://www.gbls.org/>

Healthy Families – Program for first time teen parents (up to age 20), maternal, infant and Early childhood home visiting Program. www.healthyfamiliesma.org

- Medford/Melrose/Everett/Malden (781-338-7550)
- Cambridge/Somerville 781-693-1232

Jewish Family and Children's Services – Multiple services such as post-partum new mom support groups. For mothers, fathers and caregivers, with babies up to 1 year. (7617) 224-4127. <https://www.jfcsboston.org/>

MA Substance Use Helpline (1-800-327-5050)

MAPS – Providing health and social services to Portuguese speakers. <https://maps-inc.org/>

- Cambridge 617-787-0557 Clarisse
- Somerville 508-259.9889 Rosana rosana@maps-inc.org
- 1046 Cambridge Street
- Cambridge, MA 02139
- Horário Segunda e Quinta das 10-6pm
- Terça & Quarta das 9 -5pm

MASS HEALTH – State medical insurance program (1-800- 841-2900).

MASSHEALTH APPLICATION– CHA Financial Assistance counselors can help you apply. Call for an appointment. Help available in English, Spanish, Portuguese, Creole. (617-665-1100)

MIRA- MA Immigrant and Refugee Advocacy Coalition provides information on programs available to immigrants and refugees, such as immigrant rights (617-350-5480). www.miracoalition.org

Mother's Milk Bank Northeast – Donate your unused pumped milk. (617-527-6263) donate@milkbankne.org 377 Elliot St, Newton Upper Falls, MA 02464

RESPOND, Inc. - Services for battered women and children (617-440-7267) Hotline (617-623-5900). www.respondinc.org

SAFELINK – MA statewide domestic violence hotline (1-877-785-2020)

Somerville Hospital of Cambridge Health Alliance (617-591-4500)
230 Highland Avenue, Somerville

Transitional Aid to Families with Dependent Children (TAFDC) - Provides cash benefits to families with children and pregnant women in the last 120 days of pregnancy (1-800-249-2007)

- Chelsea Office (617-551-1700), 80 Everett Ave, Chelsea 02150

Try to Stop Tobacco Resource Center – Provides information and referrals for smoking cessation to residents of Massachusetts (1-800-879-8678, <https://www.mass.gov/take-the-first-step-toward-a-nicotine-free-life>)

Women's Center – Resources for women who are in or have been in abusive relationships (617-354-8807) 46 Pleasant Street, Cambridge. www.cambridgewomenscenter.org