

PRENATAL 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 Health Connection (617-591-6925)- 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

Children’s Trust: information and resources based on zip code
English: <http://www.onetoughjob.org/> Spanish: <http://espanol.onetoughjob.org/>

Early Intervention Partnership Program – Cambridge/Somerville Residents **ONLY**
(617-629-3919), 12 Tyler St, Somerville.
Provides home visiting for pregnant women, new mothers up to infants 1st birthday.

Families First – Provides parent education and support (617-868-7687)
www.families-first.org

Greater Boston Legal Services
Provides low-cost or free legal immigration counseling
(617)603-2700 Cambridge/Somerville www.gbls.org (617)371-1234 Boston Office

Healthy Families – Program for first time teen parents (up to age 20) Maternal, infant and early childhood visiting program. Contact Aljandra (781) 577-8180

- Medford/Melrose/Everett/Malden (781-338-7550)
- www.healthyfamiliesma.org

Healthy Start - Program of prenatal care for uninsured pregnant women
(1-888-488-9161).
<https://www.bmc.org/pediatrics-special-kids-special-help/pay-your-childs-healthcare/healthy-start-program>

Jewish Family and Children’s Services – Multiple services such as prenatal visiting mom program and grieving programs for miscarriage (617-224-4127)
www.jfcsboston.org

MA Adult Literacy Hotline – Referrals to ESL, GED, and citizenship classes
(1-800-447-8844) – massliteracyhotline.org/hotline

MA Substance Abuse Info and Education Hotline (1-800-327-5050)
www.Helpline-online.com

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

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

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

Mental Health Resource – The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) has a [Moms' Mental Health Matters](#) initiative to educate consumers and health care providers about who is at risk for depression and anxiety during and after pregnancy, the signs and how to get help.

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

Pregnancy Help Boston- Pregnancy testing, Limited ultrasound, Supportive Counseling, Information & Referrals, Education, Career & Housing Information, Ongoing Support, Material Assistance. All services are free. (617-782-5151) www.pregnancyhelpboston.org

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 Early Head Start – Early childhood program for pregnant women and parents of child until age 3 - Somerville/Cambridge (617-629-6652)

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-TryToStop 1-800-879-8678 or 1-800-QUIT-NOW (1-800-784-8669)
<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