

Food Resources

Tuesdays 3-5 pm **food pantry** distribution: Pantry of Hope, next to us in First Baptist Church in Melrose, 561 Main Street, Melrose, MA 02176, phone 781-665-4470, email Melrose1BC@aol.com

Fridays 10-11:30 am **food pantry** distribution: Servants' Heart at Faith Evangelical Church, 200 Franklin St, 200 Franklin St, Melrose,(781) 662-8226 . *Must be a resident of Melrose and bring ID the first time, may come twice a month.* Also on the **3rd Friday of the Month**, 5:00 - 6:00 pm with a Community Dinner following.

Various dates: Bread of Life **Food Pantry**, 54 Eastern Avenue, Malden, (781) 397-0404

Wed. 4:00 pm - 6:00 pm, **Fri.:** 2:00 pm - 4:00 pm

In Everett: Everett City Hall, 1st Floor, 484 Broadway, Everett, MA. **3rd & 4th Thurs.:** 3 - 5:00 pm

* *You may receive groceries once every 4 weeks if you are a resident of Malden, Medford, Everett, Melrose, Saugus, Stoneham, Wakefield, Reading, North Reading or Winchester.*

Monday through Friday 10-2pm by appointment. The Mystic Valley Corps **Food Pantry**: 213-219 Main Street, Malden, MA 02148-6939, (781) 324-1970, Officers: Major Allison & Captain James Labbe, www.SalvationArmyMA.org/MysticValley Serves residents of Malden, Medford, Everett, and Melrose. Call 781.324.1970 ext. 301 for an appointment. *Open pantry; you choose what to take. Those receiving SNAP benefits can use our food pantry once a month, 2 weeks after receiving SNAP benefits. -Those NOT receiving SNAP benefits must present: Current pay stub, ID and current utility bill to determine financial eligibility.*

Tuesday evenings, 6:30-8pm. Freedom Hill Community Church: **Food Pantry** Bring ID with current address but *no geographic restrictions.* 77 Kennedy Dr, Malden, MA, 781-321-2121. www.freedomhill.church *You are welcome to come once a month.*

Bread of Life **Actual Meals** (indicates new changes as of summer 2016!):

Tuesdays 5:30-6:30 pm @ 54 Eastern Ave, take out meal only

Wed 5:30-6:30pm @ American Legion, 368 Pleasant Street, Malden

Thurs 5:30-6:30 @ American Legion

Fri 5:30-6:30 @ First Baptist Church, 493 Main Street in Malden

Homeless Resources

Many shelters you will see are for families, others are just for men, others are "wet" or shelters for alcoholics/addicts, others for those in recovery from addiction. Call them in advance.

- Housing Families: 350 Cross Street, Malden, MA 02148, 781-322-9119, www.housingfamilies.org Housing Families Inc. helps 400 homeless and extremely low-income people each day -- 300 of these are homeless and formerly homeless children. Housing Families helps these children and their parents to grow and heal from their past traumas, including losing their home. We offer a range of academic and emotional supports (tutoring and counseling) which help children improve their grades and their self-esteem. In addition to supportive services, we operate nearly 100 units of affordable housing and transitional shelter. We seek to empower families and are steadfast in our mission to end family homelessness.
- St. Patrick's Shelter Women's Shelter: 270 Washington St, Somerville, MA 02143, <http://www.ccab.org>
An emergency and extended stay shelter for women only over the age of eighteen. Operated by Catholic Charities. No referral needed, walk in by 3pm. Hours of operation: shelter 24/7, Office 9/5 daily except for weekends. Serves all of Middlesex County. Clients need to call in the morning for bed reservation. Shelter pick - up is at the Cambridge Multi - Service Center, 362 Green Street, Cambridge (Central Square) at 4: 00 pm . Shelter offers bed and a food pantry on Tuesdays and Thursdays. It is not wheelchair accessible
- Somerville Homeless Coalition Adult Shelter: 14 Chapel St., Somerville, MA 02144, 617-623-2546, www.somervillehomelesscoalition.org
Operated by the Somerville Homeless Coalition. An emergency and extended stay sober shelter for 12 men and 4 women. Call to get on waitlist (leave name and number on voicemail) and call daily to check on waitlist status. Drug and alcohol testing. Mandatory housing focused case management. Required to save 50% of income during stay.
- Somerville Coalition Family Shelter: 59 Cross Street, Somerville, MA 02145, 617-776-6661. The shelter is open 24 hours a day, 7 days a week.
This is a residential facility for families in a communal-like atmosphere where families reside together and share services and resources. The family shelter can serve five families at one time and offers housing search, case management, referrals to community resources such as school enrollment, child care, parenting skills, budgeting, etc. Referral required from DTA. The building is not wheelchair accessible
- Medford Family Life Education Services: 2 Central Ave, Medford, Massachusetts 02155, Phone (781) 391-9116, <http://www.headinghomeinc.org/>. Seems to be connected with "Heading Home, Inc" which has shelter & emergency services. Shelters are in Cambridge, across the urban area, Dorchester and Roxbury, and a Women's Drop-in Program that provides hot meals, clothing, counseling, and referrals.

Call the Cambridge Shelter if you are homeless and seeking emergency shelter.
617-547-1885

- ABCD runs the Mystic Valley Opportunity Center in Malden, which has a Homeless Outreach team. ABCD also took over operations from Tri-CAP of a rooming house in Malden (permanent housing for formerly homeless) and a transitional house (for homeless), both of which hold about 12 - 14 single men & women.

Mystic Valley Opportunity Center, 110 Pleasant St., Malden, MA, 781-321-3431.
The director is Richard Matos-Haile richard.matos-haile@bostonabcd.org