

# Ashland

Food Pantry	Pickup only by appointment call 508-532-7946	
Restaurant Relief Program	Food Delivery from restaurants for those facing hardships	<b>Call 508-532-7900 between the hours of 9am-12pm on Friday and Monday to order meals</b>
Schools	Closed until 4/7	Online learning resource <a href="http://www.ashland.k12.ma.us/">http://www.ashland.k12.ma.us/</a>
School Meals	Visit <a href="http://www.ashland.k12.ma.us/">http://www.ashland.k12.ma.us/</a> for info	
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	<a href="https://www.mass.gov/locations/milford-wic-program">https://www.mass.gov/locations/milford-wic-program</a>	
Coronavirus Info	<a href="https://www.ashlandmass.com/765/Coronavirus-2020">https://www.ashlandmass.com/765/Coronavirus-2020</a>	Hotline: <b>508-532-7900</b>

# Bellingham

Food Pantry	Franklin Food Pantry <a href="https://www.franklinfoodpantry.org/">https://www.franklinfoodpantry.org/</a>	Call <b>508-528-3115</b>
Seniors	Transportation Services Call: 508-966-0398	
Schools	Closed through 4/6 Visit <a href="https://www.bellinghamk12.org/">https://www.bellinghamk12.org/</a>	
Fuel Assistance	Call 508-966-0398	
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Domestic Violence/ Sexual Assault	New Hope Inc.	<b>Support line:</b> 800-323-4673 (24/7) <b>Chat:</b> <a href="https://www.new-hope.org/">https://www.new-hope.org/</a> (M-F 9a - 4p)
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	<a href="https://www.mass.gov/locations/milford-wic-program">https://www.mass.gov/locations/milford-wic-program</a>	
Coronavirus Updates	Visit <a href="https://www.bellinghamma.org/home/urgent-alerts/coronavirus-covid-19-update-governor-bakers-order-non-essential-businesses">https://www.bellinghamma.org/home/urgent-alerts/coronavirus-covid-19-update-governor-bakers-order-non-essential-businesses</a>	

# Framingham

COVID-19 Information		<a href="https://www.framinghamma.gov/2875/CORONAVIRUS-COVID-19">https://www.framinghamma.gov/2875/CORONAVIRUS-COVID-19</a>
Food Pantries	A PLACE TO TURN 99 Hartford Street, Natick, MA 01760	508-655-8868 <a href="https://www.aplacetoturn-natick.org/">https://www.aplacetoturn-natick.org/</a>
	Celebration International Church 508-653-6864	E-mail <a href="mailto:Help@cicalive.com">Help@cicalive.com</a>
	Daniels Table Main Phone number: 508-405-0769 For English and Spanish: 508-239-6690 For English and Portuguese: 508-239-6691	<a href="https://danielstable.org/">https://danielstable.org/</a>
	Extreme food emergency call (508) 532-5479	
	Salvation Army call 508-875-3341	<a href="https://massachusetts.salvationarmy.org/ma/franeedhelp">https://massachusetts.salvationarmy.org/ma/franeedhelp</a>
	United Way 508-370-4921 and 774-200-3556	<a href="https://www.uwotc.org/">https://www.uwotc.org/</a>
Family Meals	Framingham Public schools 508-626-9109	
Seniors	Food delivery through A Place to Turn call 508-655-8868	<a href="https://www.aplacetoturn-natick.org/">https://www.aplacetoturn-natick.org/</a>
	Food Service Callahan Center call first 508-532-5980	<a href="https://www.framinghamma.gov/360/Council-on-Aging">https://www.framinghamma.gov/360/Council-on-Aging</a>
Fuel Assistance	SMOC 508-620-1230, (Toll Free) 800-286-6776	
Unemployment	<a href="https://www.mass.gov/orgs/departament-of-unemployment-assistance">https://www.mass.gov/orgs/departament-of-unemployment-assistance</a>	
Schools	Closed until May 4	<a href="https://www.framingham.k12.ma.us/">https://www.framingham.k12.ma.us/</a>
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
WIC	<i>Framingham WIC:</i> 508-620-1445	<a href="https://www.facebook.com/Framingham.Waltham.WIC">https://www.facebook.com/Framingham.Waltham.WIC</a>

# Holliston

Food Pantry	73 Charles Street	(508) 429-5392 : <a href="https://www.hollistonpantrysshelf.org/">https://www.hollistonpantrysshelf.org/</a>
Food Services	Lunches for families in need	E-mail: foodservice@holliston.k12.ma.us
Schools	Closed through 4/7	<a href="http://www.holliston.k12.ma.us/">http://www.holliston.k12.ma.us/</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	<a href="https://www.mass.gov/locations/milford-wic-program">https://www.mass.gov/locations/milford-wic-program</a>	
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Coronavirus Updates	<a href="https://www.townofholliston.us/home/news/information-on-the-flu-and-covid-19-viruses">https://www.townofholliston.us/home/news/information-on-the-flu-and-covid-19-viruses</a>	

# Hopkinton

Food Pantry	Project Just Because <a href="https://projectjustbecause.org/">https://projectjustbecause.org/</a> 109 South St, Hopkinton	9:00 – 4:00 Monday – Thursdays Call: (508) 435-6511 to schedule delivery if unable to go to the pantry
Seniors	Senior Center 508-497-9730 Meals on Wheels <a href="http://www.mealsonwheelsbapath.org/Meals-on-Wheels.html">http://www.mealsonwheelsbapath.org/Meals-on-Wheels.html</a> 508-573-7246	Senior Center is closed, but staff is coordinating food delivery and medical equipment needs
Schools	Closed until 4/7 Remote Learning beginning 3/18/20	<a href="https://docs.google.com/document/d/1QWcaIW6JbWVtLECHBx5YHlrX4aAAJssc4H0qNy8j9EQ/edit">https://docs.google.com/document/d/1QWcaIW6JbWVtLECHBx5YHlrX4aAAJssc4H0qNy8j9EQ/edit</a>
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	SMOC <a href="https://www.smoc.org/wic-women-infants-children-program.php">https://www.smoc.org/wic-women-infants-children-program.php</a>	508-620-1445
Coronavirus Info	<a href="https://www.hopkintonma.gov/departments/covid-19_resource_page.php">https://www.hopkintonma.gov/departments/covid-19_resource_page.php</a>	

# Lowell

Food Pantry	Merrimack Valley Food Bank <a href="https://mvfb.org/home/merrimack-valley-food-bank-response-to-covid-19/">https://mvfb.org/home/merrimack-valley-food-bank-response-to-covid-19/</a> Open Pantry of Greater Lowell Central Food Ministry, Inc.	Call 978-454-7272 Monday – Friday 8:00 – 4:00  Call 978-453-6693 <a href="http://www.theopenpantry.org/1701.html">http://www.theopenpantry.org/1701.html</a> Call 978-453-4920
Seniors	Senior Center open for grab-and-go breakfast and lunch and resources by phone Meals on Wheels	7:00 – 9:00 Breakfast 10:00 – 11:30 Lunch Call: 978-674-4131 <a href="https://www.lowellma.gov/373/Senior-Center">https://www.lowellma.gov/373/Senior-Center</a>  1-800-892-0890
Schools	Closed until 4/7	At-Home Learning <a href="https://www.lowell.k12.ma.us/site/Default.aspx?PageID=3777">https://www.lowell.k12.ma.us/site/Default.aspx?PageID=3777</a>
School Meals	Grab-and Go Breakfast and lunch	Full list of pick up times and locations <a href="https://www.lowell.k12.ma.us/site/Default.aspx?PageID=3776">https://www.lowell.k12.ma.us/site/Default.aspx?PageID=3776</a>
Domestic Violence/ Sexual Assault	Alternative House (Domestic Violence)  The Center for Hope and Healing (Sexual Assault)	<b>Support line:</b> 888-291-6228 (24/7)  <b>Support line:</b> 800-542-5212 (24/7) <b>Chat:</b> <a href="https://chhinc.org/chat/">https://chhinc.org/chat/</a> (M-F 9a - 5p)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	Community Teamwork  CTI	<a href="https://www.commteam.org/how-we-help/housing-utilities/liheap/">https://www.commteam.org/how-we-help/housing-utilities/liheap/</a> 978-459-6161 <a href="http://www.commteam.org/wp-content/uploads/2017/02/FA-Flyer-2017.pdf">http://www.commteam.org/wp-content/uploads/2017/02/FA-Flyer-2017.pdf</a> 978-459-6161
WIC	Community Teamwork	978-454-6397
Coronavirus Info	<a href="https://www.lowellma.gov/1401/Coronavirus-COVID-19#">https://www.lowellma.gov/1401/Coronavirus-COVID-19#</a>	
Resources for Homeless Service Providers		<a href="https://www.lowellma.gov/DocumentCenter/View/11016/Coronavirus-Resources-for-Homeless-Services-Providers_City-of-Lowell_Rv-">https://www.lowellma.gov/DocumentCenter/View/11016/Coronavirus-Resources-for-Homeless-Services-Providers_City-of-Lowell_Rv-</a>

# Marlboro

Food Pantries	Marlborough Community Cupboard Food Pantry at 255 Main Street	<a href="https://www.uwotc.org/MCC">https://www.uwotc.org/MCC</a>
Meal Continuity Plan	Marlborough Public Schools will continue providing breakfast and lunch to all families in our community. Meals are available at no charge for anyone who is 18 years old or younger	To access instructions for picking up meals at community-wide drop off locations or school sites, please go to <a href="http://bit.ly/mpsmeals">http://bit.ly/mpsmeals</a> and <a href="http://bit.ly/mpsdropoff">http://bit.ly/mpsdropoff</a> .
Meals on Wheels	Open	Call Marlborough Housing Authority at (508) 624-6908
Seniors	Senior aid program for grocery help and medicine retrieval	call 508-485-6492 or email <a href="mailto:ppope@marlborough-ma.gov">ppope@marlborough-ma.gov</a>
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Schools	Closed to April 6	Online Enrichment Program Visit: <a href="https://www.mps-edu.org/Page/1173">https://www.mps-edu.org/Page/1173</a>
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
WIC	<a href="https://www.mass.gov/locations/marlboro-wic-program">https://www.mass.gov/locations/marlboro-wic-program</a>	
Covid-19 Information	Web Updates <a href="https://www.marlborough-ma.gov/board-health/pages/1-corona-virus-information">https://www.marlborough-ma.gov/board-health/pages/1-corona-virus-information</a>	Community Information Hotline call 508-251-5622.

# Milford

Food Pantry	Daily Bread Food Pantry <a href="https://www.trinitychurchmilford.org/project/daily-bread-food-pantry">https://www.trinitychurchmilford.org/project/daily-bread-food-pantry</a>	Call 508-478-4225
Seniors	Transportation and client services still available via Senior Center Meals on Wheels	Must call phone numbers listed <a href="https://drive.google.com/file/d/1tyVbbNzTNAs6dOSh4oSl6s289DRwRY_r/view">https://drive.google.com/file/d/1tyVbbNzTNAs6dOSh4oSl6s289DRwRY_r/view</a>  508-949-6640
Schools	Closed until 4/7	FAQs and Digital Learning Platform link <a href="https://docs.google.com/document/d/19LNXYLLhwQ7Tfx13h6LawA_qyhFPo-XKsmFD3lwfpio/edit">https://docs.google.com/document/d/19LNXYLLhwQ7Tfx13h6LawA_qyhFPo-XKsmFD3lwfpio/edit</a>
School Meals	Grab-and Go Breakfast and lunch	Memorial Elementary School 12 Walnut St 8:00 – 10:00 11:00 – 1:00
Domestic Violence/ Sexual Assault	New Hope Inc.	<b>Support line:</b> 800-323-4673 (24/7) <b>Chat:</b> <a href="https://www.new-hope.org/">https://www.new-hope.org/</a> (M-F 9a - 4p)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/announcement.php">https://www.smoc.org/announcement.php</a>
WIC	Milford WIC Program <a href="https://www.mass.gov/locations/milford-wic-program">https://www.mass.gov/locations/milford-wic-program</a>	Call 508-634-8012
Coronavirus Info	<a href="https://www.milfordma.gov/coronavirus-covid-19-updates">https://www.milfordma.gov/coronavirus-covid-19-updates</a>	



# Natick

Food Pantries	A Place To Turn: 99 Hartford Street call 508-655-8868	<a href="https://www.aplacetoturn-natick.org/">https://www.aplacetoturn-natick.org/</a>
Seniors	Natick Community Senior Center	Call 508-647-6542 <a href="https://www.natickma.gov/786/CommunityCenter">https://www.natickma.gov/786/CommunityCenter</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
Schools	Currently Closed Visit <a href="http://www.natickps.org/cms/one.aspx?portalId=119470&amp;pageId=7519922">http://www.natickps.org/cms/one.aspx?portalId=119470&amp;pageId=7519922</a> for updates	Distance Learning Resources <a href="http://www.natickps.org/cms/one.aspx?portalId=119470&amp;pageId=7519922">http://www.natickps.org/cms/one.aspx?portalId=119470&amp;pageId=7519922</a>
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Substance Abuse Help	Visit <a href="https://www.natickma.gov/DocumentCenter/View/9685/Tips-for-Substance-Abuse-Disorder-during-COVID-19">https://www.natickma.gov/DocumentCenter/View/9685/Tips-for-Substance-Abuse-Disorder-during-COVID-19</a>	
Coronavirus Updates	<a href="https://www.natickma.gov/1696/COVID-19-Coronavirus">https://www.natickma.gov/1696/COVID-19-Coronavirus</a>	

# Northbridge

Food Pantries	NAC Food Pantry 20 Highland Street (508) 234-4599	Hours: <b>Tuesday 10am-12pm and Thursday 1pm-3pm</b>
Meals on Wheels	Open Call: <b>508-949-6640</b>	
Schools	Closed through 4/7 <a href="https://www.nps.org/">https://www.nps.org/</a>	Distance Learning <a href="https://www.nps.org/">https://www.nps.org/</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Domestic Violence/ Sexual Assault	New Hope Inc.	<b>Support line:</b> 800-323-4673 (24/7) <b>Chat:</b> <a href="https://www.new-hope.org/">https://www.new-hope.org/</a> (M-F 9a - 4p)
WIC	<a href="https://www.mass.gov/locations/whitinsville-wic-program">https://www.mass.gov/locations/whitinsville-wic-program</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
Coronavirus Updates	<a href="https://www.northbridgemass.org/board-of-health/pages/new-2019-novel-coronavirus-covid-19">https://www.northbridgemass.org/board-of-health/pages/new-2019-novel-coronavirus-covid-19</a>	

# Southborough

Food Pantry	Southborough Food Pantry	Pick-up only with pre-order Thursdays 6:30 – 7:15 pm Fridays 9:45 – 11:00 am  Email <a href="mailto:southboroughfoodpantry@gmail.com">southboroughfoodpantry@gmail.com</a> or call 508-485-4847 to place order If unable to pick-up food will be delivered to home address
Seniors	Meals on Wheels <a href="http://www.mealsonwheelsbapath.org/Meals-on-Wheels.html">http://www.mealsonwheelsbapath.org/Meals-on-Wheels.html</a> 508-573-7246	Senior Center is closed, but staff will return messages 508-229-4453
Schools	Closed until 4/7	E-Learning via NSBORO-CONNECT
School Meals	Meals will be delivered to student's homes Monday, Wednesday, and Fridays	To receive lunches fill out form: <a href="https://docs.google.com/forms/d/e/1FAIpQLScioYeZsFGAqNkqCJLS5azo5lx7M4LkdMF9-cZVAPf2ghObmw/viewform">https://docs.google.com/forms/d/e/1FAIpQLScioYeZsFGAqNkqCJLS5azo5lx7M4LkdMF9-cZVAPf2ghObmw/viewform</a>
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	SMOC <a href="https://www.smoc.org/wic-women-infants-children-program.php">https://www.smoc.org/wic-women-infants-children-program.php</a>	508-620-1445
Coronavirus Info	<a href="https://www.southboroughtown.com/home/urgent-alerts/all-town-offices-closed-public">https://www.southboroughtown.com/home/urgent-alerts/all-town-offices-closed-public</a>	

# Springfield

Food Pantry	Open Pantry  Parish Cupboard Community Survival Center	Call 413-737-5353 <a href="http://www.openpantry.org/emergency-food-pantry.php">http://www.openpantry.org/emergency-food-pantry.php</a> Call 413-734-7969  Call 413-543-3930
Seniors	Dept. of Elder Affairs	Call 413-787-6785 <a href="https://www.springfield-ma.gov/hhs/?id=elderaffairs">https://www.springfield-ma.gov/hhs/?id=elderaffairs</a>
Schools	Closed until 4/7  Resources for Families	Extended Learning <a href="https://www.springfieldpublicschools.com/news/News/learning_from_home">https://www.springfieldpublicschools.com/news/News/learning_from_home</a> <a href="https://www.springfieldpublicschools.com/news/News/local_resources_from_families">https://www.springfieldpublicschools.com/news/News/local_resources_from_families</a>
School Meals	Grab-and-Go Meals (including weekends)	Full list of times and locations <a href="https://www.springfieldpublicschools.com/news/News/food_when_school_is_out">https://www.springfieldpublicschools.com/news/News/food_when_school_is_out</a>
Domestic Violence/ Sexual Assault	YWCA of Western Massachusetts	<b>Support line:</b> 413-733-7100 (24/7) <a href="https://www.ywworks.org/">https://www.ywworks.org/</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	

Fuel Assistance	Partners for Community	413-272-2200
WIC	Springfield South WIC Tapestry	413-370-2134 413-586-2016 <a href="https://www.tapestryhealth.org/">https://www.tapestryhealth.org/</a>
Coronavirus Info		<a href="https://www.springfield-ma.gov/cos/index.php?id=news-story&amp;tx_news_pi1%5Bnews%5D=14227&amp;tx_news_pi1%5Bcontroller%5D=News&amp;tx_news_pi1%5Baction%5D=detail&amp;cHash=6fd7afd9ad160d4d4389925a4bbbe0ba">https://www.springfield-ma.gov/cos/index.php?id=news-story&amp;tx_news_pi1%5Bnews%5D=14227&amp;tx_news_pi1%5Bcontroller%5D=News&amp;tx_news_pi1%5Baction%5D=detail&amp;cHash=6fd7afd9ad160d4d4389925a4bbbe0ba</a>
Citizen Resources	Must call numbers listed	<a href="https://www.springfield-ma.gov/cos/fileadmin/uploads/july_police_2019/City_of_Springfield_-_Citizen_Resource_Guide.pdf">https://www.springfield-ma.gov/cos/fileadmin/uploads/july_police_2019/City_of_Springfield_-_Citizen_Resource_Guide.pdf</a>

# Waltham

Food Pantry	MHSA/Bristol Lodge 545 Moody St. Sacred Heart Church	Daily hot take-out meal: 4:30 – 5:30  Thursdays 4:00 – 5:00
Seniors	Grandma's Pantry at Christ Church Waltham Council on Aging Meals on Wheels	2 <sup>nd</sup> and 4 <sup>th</sup> Saturday 9:00 – 11:00  781-314-3000  781-314-3300
Schools	Closed until 4/7	Extended Learning <a href="https://sites.google.com/walthampublicschools.org/wps-extendedlearning/home">https://sites.google.com/walthampublicschools.org/wps-extendedlearning/home</a>
School Meals	Grab-and-Go lunch and dinners Grab-and Go Breakfast and lunch Waltham YMCA	Locations and times: <a href="https://www.walthampublicschools.org/parents/covid-19/">https://www.walthampublicschools.org/parents/covid-19/</a>  8:00 – 12:00 725 Lexington St.
Domestic Violence/ Sexual Assault	Boston Area Rape Crisis Center (Sexual Assault)  REACH Beyond Domestic Violence (Domestic Violence)	<b>Support line:</b> 800-841-8371 (24/7) <b>Chat:</b> <a href="https://barcc.org/help/services/hotline">https://barcc.org/help/services/hotline</a> (9a - 11p)  <b>Support line:</b> 800-899-4000 (24/7)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	Watch CDC	<a href="https://watchcdc.org/covid-19-resources-utilities/#fuel-assistance">https://watchcdc.org/covid-19-resources-utilities/#fuel-assistance</a>
WIC	SMOC <a href="https://www.smoc.org/wic-women-infants-children-program.php">https://www.smoc.org/wic-women-infants-children-program.php</a>	SMOC WIC Waltham Office 781-642-7194
Coronavirus Info	<a href="https://www.city.waltham.ma.us/covid-19">https://www.city.waltham.ma.us/covid-19</a>	
General Resource Information	WATCH CDC	<a href="https://watchcdc.org/covid-19-resource-guide-waltham/">https://watchcdc.org/covid-19-resource-guide-waltham/</a>

# Wayland

Food Pantry	CIC Food Pantry	Call 508-653-6864
Seniors	Call 508-358-2990	Visit <a href="https://waylandcoa.org/">https://waylandcoa.org/</a>
Schools	Closed until 4/7 <a href="https://www.wayland.k12.ma.us/">https://www.wayland.k12.ma.us/</a>	
Domestic Violence/ Sexual Assault	Voices Against Violence	<b>Support line:</b> 508-626-8686 (24/7) <b>Chat:</b> Rc.chat/voices (M-F 9a - 5p) <b>Text:</b> 508-761-1301 (M-F 9a - 5p)
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	SMOC Call (508) 620-1230 or 1 (800) 286-6776 for more info	<a href="https://www.smoc.org/smoc-fuel-assistance.php">https://www.smoc.org/smoc-fuel-assistance.php</a>
WIC	<a href="https://www.smoc.org/wic-women-infants-children-program.php">https://www.smoc.org/wic-women-infants-children-program.php</a> 508-620-1445	
Coronavirus Info	<a href="https://www.wayland.ma.us/health-department/pages/covid-19-virus-information">https://www.wayland.ma.us/health-department/pages/covid-19-virus-information</a>	

# Worcester

Food Pantry	Worcester County Food Bank	All information online <a href="https://foodbank.org/">https://foodbank.org/</a> Call 508-842-3663
Seniors	Services available by phone or online	Call 508-799-1232 Facebook <a href="https://www.facebook.com/WorcesterSeniorCenter/posts/3455739347787338">https://www.facebook.com/WorcesterSeniorCenter/posts/3455739347787338</a>
Schools	Closed until 4/7	Extended Learning <a href="https://sites.google.com/worcesterschools.net/wpsextendedlearning/home">https://sites.google.com/worcesterschools.net/wpsextendedlearning/home</a>
School Meals	Grab-and-Go Breakfast, lunch, dinner	Full list of times and locations <a href="https://worcesterschools.org/2020-spring-summer-mobile-meal-schedule/">https://worcesterschools.org/2020-spring-summer-mobile-meal-schedule/</a>
Domestic Violence/ Sexual Assault	New Hope  YWCA	<b>Support line:</b> 800-323-4673 (24/7) <b>Chat:</b> <a href="https://www.new-hope.org/">https://www.new-hope.org/</a> (M-F 9a - 4p)  <b>Support line:</b> 413-733-7100 (24/7) <b>Chat:</b> <a href="http://ywcahelp.com/">http://ywcahelp.com/</a>
Unemployment	<a href="https://www.mass.gov/unemployment-insurance-ui-online">https://www.mass.gov/unemployment-insurance-ui-online</a>	
Fuel Assistance	Worcester Community Action Council	508-754-7281 <a href="https://www.wcac.net/fuel-assistance/">https://www.wcac.net/fuel-assistance/</a>
WIC	Family Health Center of Worcester	Call 508-796-7000
Coronavirus Info	<a href="http://www.worcesterma.gov/coronavirus">http://www.worcesterma.gov/coronavirus</a>	