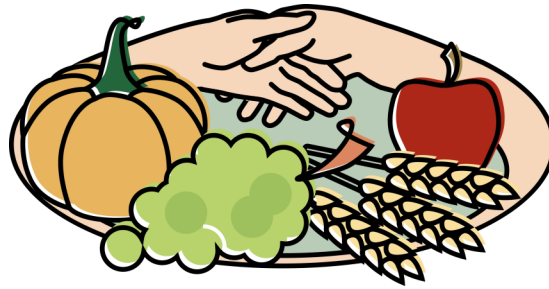

COMMUNITY FOOD RESOURCES



SOUPER SATURDAYS

The First Lutheran Church, 1668
Main Street, West Barnstable

*Open Saturdays
11:30-12:30*

What is Provided: Homemade
Hearty Stews and Soups

All are welcome
(must call to register)

508-362-3161

FAMILY PANTRY OF CAPE COD

133 Queen Anne Road, Harwich

*Tues./Thurs. 10-3:30, Thurs. 5-7,
Wed. 10-12, Sat. 10-12*

What is Provided: Choice pantry
shopping

All are welcome
(can visit every 14 days)

508-432-6519

FAMILY TABLE COLLABORATIVE

Hyannis Youth and Community
Center, 141 Bassett Lane, Hyannis

Monthly Hot Meal Distribution

What is Provided: Hot meals to go

All are welcome
(must call to register)

781-248-5753

For a more comprehensive listing of food resources in your area please ask your Family Service Worker and they will be happy to connect you with any resources you may need.

COMMUNITY RESOURCE GUIDE

Emergency & Crisis Intervention:

Medical/Police/Fire Emergency 911

Medical Helplines

Cape Cod Hospital ER 508-771-1800
Falmouth Hospital ER 508-548-5300
Poison Control 800-222-1222

Suicide Prevention

Samaritans Cape Cod and Islands 800-893-9900
Suicide Prevention Lifeline 800-273-8255
Crisis Text Line Text **HOME** to 741-741

Military / Veteran Crisis

Veterans Crisis Line 800-273-8255
Text **HI** to 838-255
Military Helpline 888-457-4838
Text **Mil1** to 839-863

Domestic Violence / Sexual Assault

National Domestic Violence Hotline 800-799-7233
Love I Respect Dating Abuse Helpline
866-331-9474
Text **LOVEIS** to 22522
Independence House Hotline 800-439-6507
Rape, Abuse, and Incest Hotline 800-656-4673
Rape Crisis Hotline 800-841-8371

Abuse / Neglect

MA Child-at-Risk Hotline 800-792-5200
Elder Abuse Hotline 800-922-2275
Disabled Person Protection 800-426-9009
Children's Cove 508-375-0410

Alcohol & Drug

Alcohol & Drug Helpline 800-923-4357
Text **RecoveryNow** to 839-863
Substance Abuse Helpline 800-327-5050

Senior Crisis

MA Elder Hotline 888-243-5337
MA Senior Legal Helpline 866-778-0939

Mental Health

Mobile Crisis: 833-229-2683
Cape Cod Psychiatric Assessment 800-513-4728
NAMI Helpline 800-950-6264
National Grief Hotline 800-445-4808

Parenting Crisis

Parental Stress Hotline 800-632-8188
National Parent Helpline 855-427-2736



Financial Assistance:

Cape & Islands Self Reliance 508-563-6633
Cape Cod Hospital Application Counselor 508-862-7019
Cape Cod Times Needy Fund 508-778-5661
Catholic Social Services 508-771-6771
Community Action Committee 508-771-1727
Cape Cod Council of Churches 508-775-5073
DTA 508-862-6600
Hands of Hope 508-432-1312
Falmouth Service Center 508-548-2794
Lombard Fund (*Barnstable only*) 508-862-4610
Lower Cape Outreach Council 508-240-0694
Salvation Army 508-775-0364
St. Vincent de Paul Society 800-675-2882
Hyannis 508-775-3073
Cotuit 508-420-0949
Falmouth 508-548-1944
Social Security Administration 800-772-1213
Veterans Benefits 800-827-1000
Comcast <https://apply.internetessentials.com>
Department of Public Utilities 800-392-6066
Eversource Financial Assistance 866-861-6225
Fuel Assistance of Cape Cod and the Islands 508-778-0870/877-FUEL-AID
Gas Assistance 800-548-8000
Good Neighbor Energy Group 800-334-3047
MASS Save Heat Loan 800-696-8077
MASS Save Home Energy Audit 800-632-8300
MASS Save Income Eligibility 866-537-7267

Employment, Adult Education & Job Training:

ACCESS (HISET/GED/ESOL) 508-778-2221
Barnstable Community School 508-790-6458
Cape Cod Community College 508-362-2131
Cape Cod Literacy Council 508-771-0211
Cape Cod Regional Technical School Adult Ed. 508-432-4500, Ext.229
MassHire 508-771-5627
Mass. Division of Unemployment Assistance 508-775-5800
Job Training & Employment Corp 508-790-0400

Immigration Services:

MassLegalHelp www.masslegalhelp.org
Catholic Social Services 508-771-6771
Immigrants Assistance Center 508-996-8113
Community Action Committee 508-771-6771

COMMUNITY RESOURCE GUIDE, Continued



Family Services and Support:

AIDS Support Group of Cape Cod	508-778-1954		
Al-Anon/Alateen of Cape Cod	508-366-4663		
Alcoholics Anonymous	800-839-1686		
American Heart Association	508-760-6818		
Barnstable County Human Services	508-362-2511		
Big Brothers/Big Sisters	508-771-5150		
Boys and Girls Club	508-477-8845		
Cape & Islands Breastfeeding Warm-line	508-888-7794		
Cape Behavioral Health	508-862-0514		
Cape Cod Behavioral Health	774-205-3793		
Cape Cod Children's Place	508-240-3310		
Cape Cod Family Resource Center	508-815-5100		
Cape Cod Health Financial Aid Application Counselor	508-862-7019		
Cape Cod Health Care Human Services	508-894-2247		
Cape Cod Healthy Families	508-540-2968		
Cape Cod Hospital	508-771-1800		
Cape Cod Hospital/Childbirth Education	508-862-5520		
Cape Cod Neighborhood Support Coalition	508-771-4336		
Child & Family Services (Outpatient Children's Mental Health Services)	508-778-1839		
Child Care Network	508-778-9470		
Coalition for Children	508-548-0151 Ext. 172		
Community Action Committee	508-771-1727		
Community Health Care Center	508-477-7090		
Duffy Health Center	508-771-9599		
Falmouth Hospital	508-548-5300		
Falmouth Service Center	508-548-2794		
Family Continuity	508-862-0600		
		Gosnold Counseling Center	508-540-6550
		Health Connection	508-255-1903
		Health Imperatives	508-540-2968
		Independence House	508-771-6507
		JRI Community Service Agency	508-771-3156
		Massachusetts Dental Society	800-342-8747
		Mass. Dept. of Children & Families	508-760-0200
		Mass. Dept. of Developmental Services	508-771-2595/800-352-0711
		Mass Dept. of Mental Health	508-957-0900
		Mass. Dept. of Public Health	617-624-6000
		Massachusetts Mentor	508-862-2639
		Military Family Outreach Cape Cod	508-375-6695
		National Alliance for the Mentally Ill (NAMI)	508-778-4277
		Parent Information Network	508-947-8779
		Parents Helping Parents	800-632-8188
		Pitter Patter Programs	508-314-4776
		Sandwich Partnership for Families	508-888-9525
		Social Security Administration	800-772-1213
		Spaulding Outpatient Center	508-833-1060
		VNA of Cape Cod	800-631-3900
		WE CAN	508-430-8111
		WIC Cape Cod	508-771-7896

Information you may need to provide:

- Government issued ID such as a license, MA ID card, passport, etc.
- Ages of all family members living in the household.
- Household income verification—recent pay stubs, SSI income award letter, copy of unemployment benefits, etc.
- Verification of town or county residence (*this varies amongst agencies.*)

Every effort has been made to ensure that the information listed in this brochure is accurate; however, some organizations occasionally relocate or change phone numbers.

PLEASE CALL BEFORE GOING TO ANY LISTED ORGANIZATION