

Boston/Cambridge Resource Guide for Homeless and Low-Income Individuals

DAILY MEALS

Boston Rescue Mission 3

9 Kingston St., Boston
Community meals: 3:00pm
weekdays, and 5:00pm Sundays.

Pine Street Inn

444 Harrison Ave., Boston
617-482-4944
Breakfast: 6:00am; brown bag lunches
During the day; Dinner: 5:00pm;
Chicken truck: 11:30am
(Saturdays only)
Must be registered to receive food

Rosie's Place

889 Harrison Ave., Boston
617-442-9322
Women & children only, no boys over
age 11 Lunch: 11:30am to 1:00pm;
Dinner: 4:30 to 7:00pm.

St. Francis House

39 Boylston St., Boston
617-542-4211
Breakfast: 7:30 to 9:00 a.m.;
Lunch: 11:30 a.m. to 1:00 p.m.
Emergency sandwiches:
Weekdays 2:45 to 3:00pm

Salvation Army

402 Mass. Ave., Cambridge
617-547-3400
Lunch: 12:00 noon

Women's Lunch Place

67 Newbury St., Boston
617-267-0200
Women & children only, no boys over
14; Open Mon. through Sat., 7:00am
to 2:00pm; Buffet breakfast 7:00 to
11:00am, restaurant-style lunch
12:00 noon to 2:00pm

WEEKLY MEALS

Monday:

Boston Rescue Mission

39 Kingston St., Boston
Food pantry: 9:00 to 11:00am
(except holidays)
Bring proof of address

Holy Resurrection

Orthodox Church
62 Harvard Ave., Allston
617-787-7625
6:00 to 7:00pm dinner and take-out
from Open Door Soup Kitchen/St.
Bridget's Food Pantry

Baptist Church

146 Hampshire St., Cambridge
617-868-4853
Dinner 6:00 to 7:30pm

Tuesday:

Church of the Advent

30 Brimmer St., Boston
617-523-2377
Dinner 6:00 to 7:00pm

First Parish Unitarian Church

3 Church St. Cambridge
617-876-7772
Dinner 6:00 to 7:00pm
(Doors open at 5:30)

Faith Lutheran Church

311 Broadway, Cambridge
617-354-0414
Faith Kitchen, second & last Tuesday
of every month, 6:30pm

Wednesday:

Hope Fellowship Church

16 Beech Street, Cambridge, MA

Streetlight Outreach Team

Wednesday nights at Harvard Square
in the pit 8:15 p.m. to 9:45 p.m.

Salvation Army

402 Mass. Ave., Cambridge
617-547-3400
Dinner 5:00 to 6:00pm

St. Bartholomew's Episcopal Church

239 Harvard Street,
Central Square, Cambridge
Dinner 6:00 to 7:00pm

Thursday:

Christ Church

Zero Garden St. Cambridge
617-876-0200
Dinner 6:00pm

Union Baptist Church

874 Main St., Cambridge
617-864-6885
5:00pm

Friday:

Arlington St. Church

351 Boylston St., Boston
617-536-7050
5:00pm

Food Not Bombs

Boston Common
(near Park Street T)
617-787-3463
3:00 to 5:00pm

Mass. Ave. Baptist Church

146 Hampshire St., Cambridge
617-868-4853
6:00 to 7:30pm

WEEKLY MEALS

Saturday:

Hope Fellowship Church

16 Beech Street, Cambridge, MA
Hope Café - 12:00 noon to 1:30pm

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Last Saturday of the month

Loaves and Fishes

First Korean Church

35 Magazine Street, Cambridge
5:30pm buffet dinner, music,
food pantry

Pilgrim Trinitarian

Congregational Church

540 Columbia Rd, Dorchester
617-282-0456

12:00 noon to 1:30pm community
lunch, cafe style, and we serve the
guests, no standing in line.

Sunday:

Boston Rescue Mission

39 Kingston St., Boston
5:00pm Sundays.

Food Not Bombs

955 Mass Ave (617) 787-3436
Central Square in Cambridge on
Sundays from 3-5pm.

FOOD ASSISTANCE

Greater Boston Food Bank

617-427-5200

Serves non-profit organizations such
as agencies, shelters, etc.

Office hours: 8am - 4:30pm

Project Bread

617-723-5000; Hotline 1-800-645-8333

Referrals to food pantries
throughout the city

First Church in Jamaica Plain

6 Eliot St, Jamaica Plain

617-524-1634

First and third Thursday of each
month from 11:00am - 12:00-noon

Somerville Food Pantry

617-776-7687

Food pantry: Mon, Tue, Fri.
10am-2pm; Wed. 12pm-4pm;

Thu. 1pm-4pm; Sat 9am-12pm

Somerville residents only. Those
unable to use other pantries due to

disability may call and ask for the
Project Soup Delivery Coordinator.

Brookline Food Pantry

15 St. Paul St., Brookline

617-566-4953

Tues. & Thurs. 10am - 2pm; Wed.

3pm- 6pm; Sat. 1pm - 4pm.

Brookline residents only. Second-time
visitors must present a letter from an
advocate confirming that they are in
need of food services.

CEOC (Cambridge Economic Opportunity Commission)

11 Inman St. (basement), Cambridge

617-868-2900

Food pantry: Mon, Wed 4pm - 6pm;

Tue 12pm - 2pm; Thurs 11am-1 pm;-

Closed Fri.

East End House

105 Spring St., Cambridge

617-876-4444

Food pantry: Tue 12pm-2pm; Fri

10am-12:30pm. Offers assistance in

filling out food stamp applications

(call for appointment).

Margaret Fuller House

71 Cherry St., Cambridge

617-547-4680

Food pantry: Weds 5:00 to 7:30pm;

Thurs 1:00 to 4:00pm; Fri & Sat

9:00am to 12:00 noon

Salvation Army

402 Massachusetts Ave., Cambridge

617-547-3400

Cambridge and Somerville residents

only. Food pantry: 9am - 3pm

(by appointment)

St. Francis House

39 Boylston St., Boston

617-542-4211

Food pantry: Monday through

Weds.10am - 11am; Sign up at the

Counseling Desk in the St. Francis

House Day Center

St. James Episcopal Church

Helping Hand Food Pantry

Second Saturday of the Month

Fresh Pond Apartments (middle tower)

364 Ringe Ave, Cambridge

617-547-4070

Saturday 11am-1pm

Guest can wait inside starting

at 10:45am.

St. Paul's AME Church

85 Bishop Allen Drive, Cambridge

617-661-1110

Food pantry: Wed. 12pm - 2pm;

Sat. 10am - 12pm

Western Ave Baptist Church

299 Western Ave., Cambridge

617-661-0433

Food pantry: Every second

Wed 10am

Zinberg Clinic Pantry

Cambridge Hospital

617-665-1606

For clinic patients with

HIV/AIDS only.

Food pantry: Mon. - Fri. 9am-5pm.

Fair Foods \$2 a bag

St. Paul's Church

29 Mt. Auburn St, Cambridge

617-491-8400

Saturdays 11:00 -11:30 a.m.

Somerville Community Baptist Church

31 College Ave. Somerville

617-625-6523

Free community meals the second

Friday of every month at 6:30pm

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GENERAL SERVICES

The Women's Center

46 Pleasant St., Cambridge
Help line: 617-354-8807

Computers, kitchen, space, children's room, and more. Walk-ins welcome. Women & children only (no boys over age 12); Hours: Mon-Fri 10am-8pm, Sat 10am-3pm.

Cambridge Multi-Service Center

19 Brookline St., Cambridge
617-349-6340

City-run agency with additional community non-profit partners. Works with Cambridge families in shelters, provides shelter referrals and other housing assistance. Employs housing specialists for elderly and disabled.

Office hours: Mon. 8:30am - 8pm; Tue., Wed., Thu. 8:30am - 5pm; Fri. 8:30am - 12pm. Walk-ins accepted.

HomeStart

(617) 234-5340

Central Office: 105 Chauncy Street, Suite 502, Boston; Phone: 617.542.0338

Walk-ins every Wednesday

3:00 p.m. to 4:45 p.m.

Must present a valid form of ID at the front desk.

Cambridge Office: 552 Massachusetts Ave., Suite 208A, Cambridge; Phone: 617.234.5340; not accepting walk-ins at this time.

Housing Advocates help you with the search for permanent housing.

Travelers Aid Family Services of Boston

727 Atlantic Avenue Boston
617-542-7286

Travelers Aid Family Services provides critical assistance for homeless and at-risk fathers, mothers, and children. They offer emergency and longterm shelter, travel assistance, employment and training programs, and substance abuse programs.

Cardinal Medeiros Center

25 Isabella St., Boston
617-619-6960

Day center for homeless adults (50 years & older); mental health & nursing staff; help with housing searches. Lunch served at 11:45am. Office hours: Mon.-Thu. 9am-4pm; Fri. 9am-3pm

Caspar

240 Albany St., Cambridge
617-661-0600

Open 24 hrs/day; emergency shelter open 4:30pm - 8am; Clients who leave in the morning may not return until 3pm; Clients staying multiple nights must prove recent local residency.

CLSACC (Community Legal Services and Counseling Center)

617-661-1010

www.clsacc.org

One West Street, Cambridge
Volunteer based organization that provides legal assistance and counseling.

Medical Walk-in Unit at Mass General Hospital

617-726-2707

Provides minor medical care for adults. Patients are seen in order of arrival. MGH accepts most insurances but requires copayments. Hours: Mon.-Fri. 8:30 a.m.-8 p.m.; Sat., Sun., Holidays 9:30 a.m.-4 p.m.; closed Thanksgiving & Christmas

Boston Rescue Mission

39 Kingston St., Boston
Safe & healthy men's overnight shelter program.

Rosie's Place

889 Harrison Ave., Boston
617-442-9322

Women and children only (no boys over age 11); Open 7 days a week; provides help with housing, medical care, job training, financial aid and education, legal services, rape crisis counselors, health specialists, and more.

St. Francis House

39 Boylston Street, Boston
617-542-4211

Meals offered 365 days/yr; food pantry open weekdays. Offers a mailroom, open art studio, clothing lottery, computer library, support groups such as AA, showers, telephones, toothbrushes & razors, medical clinic, counseling and mental health services, housing counseling and stabilization services, and a women's center. For more details on these services and for their specific times visit:

www.stfranchishouse.org

Starlight Ministries

617-262-4567

Outreach Wed. 7pm by Park Street T-Station on the Boston Common. Streetlight Outreach Wednesdays at 8:00pm; Harvard T-Station (The Pit); Porter Square T-Station. Volunteers work weekly to serve the homeless who live in Harvard and Porter Squares. Volunteer teams give away warm food and beverages, clothing and counsel to those in need. Streetlight volunteers also lead an outdoor worship service for the entire community.

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On The Rise

341 Broadway, Cambridge
617-497-7968

Women only. Home-base during the day and advocacy services. Open six days/week. First-time visitors, call ahead or stop by Mon-Fri, 8-2pm. Horizons for Homeless Children; 617-445-1480; horizonsforhomelesschildren.org. Our mission is to improve the lives of young children who experience homelessness and help their families to succeed.

Low Income Home Energy Assistance Program

1-800-632-8175

A government program to help low-income families and individuals pay their heating bills during the winter. LIHEAP fuel assistance is for low-income tenants and homeowners. Eligibility is based on household gross annual income. If you rent, you may receive fuel assistance even if your heat is included in the rent

Health Safety Net (Free Care)

Help Desk: 1-877-910-2100; or Main Office: 617-988-3100

A program for Mass. residents who are not eligible for health insurance, do not have coverage for all medically necessary services, or can't afford to buy insurance. The goal of the Safety Net is to make sure that all Massachusetts residents can get health care when they need it, regardless of income.

Victory Programs, Inc.

617-541-0222 ext. 626

www.vpi.org; Short and long-term residential substance use disorder treatment programs for individuals and families; affordable housing opportunities for eligible individuals; HIV/AIDS case management. Sites throughout Boston.

Lawyers Clearinghouse (Legal Aid)

Mia – 617-778-2082

Cardinal Medeiros Center

Jack – 617.619.6962

Pine Street Inn

Men's Contacts: Sharron – 617.892.9207

Women's Contact: Hawah – 617.892.9303

St. Francis House

Contact: Doug – 617.654.1206

Bridge Over Troubled Waters

Contact: Alex – 617.423.9575 x234

Massachusetts Coalition for the Homeless

781-595-7570

The agency has worked to embed homelessness prevention resources in community health centers, public schools, and in our in-home early intervention programs.

Project Hope

550 Dudley St, Roxbury, MA

617-442-1880

Project Hope is a multi-service agency that provides low-income women with children access to education, jobs, housing, and emergency services; fosters their personal transformation; and works for broader systems change.

Bridge Over Troubled Waters

617-423-9575 (ages 14-24)

Monday through Friday, 9:00am to 4:30pm; 47 West Street, Boston

Bridge drop-in center where homeless youth receive survival aid each day during the week. Youth can have a hot meal, take a shower, access lockers, and do their laundry; and connect with TDP case managers to obtain documentation papers (identification cards, transcripts, CORI records, etc.), participate in life skills workshops, and enjoy community dinners.

Greater Boston Legal Services(GBLS)

197 Friend St., Boston

617-371-1234

800-323-3205 (toll-free)

617-371-1228 (TDD)

Hotline Hours: Monday-Friday,
9:00 a.m.-1:00 p.m.

(GBLS) provides free legal assistance and representation on civil (noncriminal) matters to low-income families and individuals, elders, and people with disabilities.

Walk In Hours: Monday-Friday,
9:00a.m.-12:00p.m.; Office Hours:
Mon.-Fri. 9:00 a.m.-5:00 p.m.