MEET ABCD

Explore our programs and services
GET TO KNOW ABCD

Each year, ABCD – *Action for Boston Community Development* – provides more than 100,000 people in the Boston and Mystic Valley areas with the tools, support, and resources they need to transition from poverty to stability and from stability to success.

For more than 50 years, we’ve been deeply rooted in every neighborhood we serve. Offering a broad range of proven and innovative programs and services, we partner with individuals and families in their quest to live with dignity and achieve their highest potential.

VISIT US TO FIND OUT MORE:

**BOSTONABCD.ORG**
ABCD’S FRONT DOOR

ABCD designed Front Door, an innovative technology platform, to help the people we serve gain access to all the programs and services that will enable them to transition from poverty to stability and success.

Clients often seek out ABCD for a particular program, not realizing that they might qualify for several others and the advantages of a comprehensive approach to addressing the challenges of poverty. When we provide key supports, whether it’s early education through Head Start, adult education and career training, fuel assistance, or any of more than 50 other programs, clients can become empowered, and realize their full potential.
# TABLE OF CONTENTS

## ABCD PROGRAMS AND SERVICES

### ADULT EDUCATION | p. 6
- Educator Provider Support
- English for Speakers of Other Languages (ESOL)
- GATE

### CHILDREN & EDUCATION | p. 7
- Childcare Choices of Boston
- Head Start & Children’s Services
- Head Start Innovations

### ELDERS | p. 8
- Foster Grandparents
- Ready, Set, Bank™
- Tech Goes Home
- Senior Programs

### ENERGY & FUEL | p. 9
- Fuel Assistance
- Utility Bill Advocacy
- Conservation
- Heating Systems
- Weatherization

### FINANCIAL | p. 10
- Tax Assistance

### FOOD | p. 10
- Food Pantries
- Food Stamps/SNAP
- Holiday Meals

### HEALTH | p. 11
- Community Prevention
- Family Planning
- Family Planning Training Institute

### HOUSING | p. 12
- Emergency Housing Site Management
- Foreclosure Prevention
- Housing Counseling Services
- Mystic Valley Housing Services
- Tenant Workshops

### IMMIGRATION | p. 13
- Citizenship and Naturalization
- Civics Classes
- Related Services

### YOUTH & EDUCATION | p. 14
- Career Explorations
- Future Protectors Initiative
- Get StartEd
- SummerWorks
- WorkSmart
- Youth Engaged in Action (YEA!)
- University High School
- William J. Ostiguy High School

### LOCATIONS | p. 16
- ABCD Neighborhood Locations
- Downtown Boston Offices

### GET INVOLVED | p. 19
- Donate
- Volunteer
- Internships

---

*ABCD programs and services are subject to income eligibility. Please contact the programs to find out if you qualify.*
ADULT EDUCATION

For those who are looking to build a better life for themselves and their families, ABCD offers a number of educational and job training programs to help reach career and life goals. We offer tools that help our clients overcome poverty and reach success.

EDUCATOR PROVIDER SUPPORT
617.348.6314

Our partnership with the Massachusetts Department of Early Education and Care provides training for educators and other childcare providers to learn best practices, improve skills, and earn the credentials needed to advance their level of care.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)
617.348.6239

Clients can learn English or improve their ability to speak, read and write. This helps them better communicate with their children’s teachers, talk to their doctors, read the news — and connect with others.

GATE — GENERATIONS ADVANCING TOGETHER THROUGH EDUCATION
617.348.6777

A breakthrough education & training program that helps you choose and pursue a career path in financial services, health care or information technology while assisting with childcare.
Parenting begins before a baby is born, and so do our programs. Through health screenings and family supports, ABCD helps new parents build a better life for their growing family and learn to balance work or school with raising kids. In addition, we help parents nurture their children during the early years of growth and development.

**CHILD CARE CHOICES OF BOSTON**  
**617.542.5437 (KIDS)**

We are a resource and referral agency that connects families with vouchers and childcare services that fit their needs and schedule. We also provide support and training to the professionals who provide these services.

**HEAD START & CHILDREN’S SERVICES**  
**617.348.6388**

We focus on school readiness, social, and learning skills, and physical wellness from the time a child is an infant until they’re approaching kindergarten.

**HEAD START INNOVATIONS**  
**617.348.6388**

ABCD partners with leading academic, government, nonprofit, and private organizations on Head Start and Early Head Start programs to seek change that will positively impact children and families.
We help thousands of Boston seniors feel their best and live active, meaningful lives. ABCD offers programs that promote health, financial security, independence, and a sense of community. For those facing challenges like hunger or isolation, ABCD gives them a voice – and a sense of worth – in their community.

**FOSTER GRANDPARENTS**  
**617.348.6784**  
Older adults with extra time and a love of giving can become a special mentor and friend to our youngest children in Head Start, Child Care and Public School. They build a bond that they and their “grandchildren” will always cherish.

**READY, SET, BANK**SM  
**617.348.6340**  
This program helps eligible seniors get a handle on personal finances and online banking. The program combines classroom instruction with interactive online workshops that offer step-by-step guidance.

**TECH GOES HOME**  
**617.348.6340**  
Low income seniors have the opportunity to learn basic computer skills through the Tech Goes Home computer literacy program. Those who successfully complete the course receive a Google Chromebook computer at no cost.

**SENIOR PROGRAMS**  
**617.348.6239**  
Many ABCD neighborhood locations offer senior programs including exercise classes, health and wellness education, recreational activities and group outings, as well as specialized nutritional resources to help elders stretch their food dollars.

Drop-in elder services are offered at the following ABCD locations:

- **PARKER HILL/FENWAY NSC | 617.445.6000**
- **MATTAPAN FSC | 617.298.2045**
- **NORTH END/WEST END NSC | 617.523.8125**
- **ROXBURY/N. DORCHESTER NOC | 617.442.5900**

More information can be found at local neighborhood centers.
ABCD offers a number of services to income-eligible residents of Boston, Brookline, Everett, Malden, Medford, Melrose, Newton, Stoneham, Winchester, and Woburn to help them stay warm in the winter and cool in summer, and become more energy efficient all year round.

ABCD ENERGY PROGRAMS
617.357.6012 (Boston)
781.322.6284 (Mystic Valley)

FUEL ASSISTANCE
ABCD administers the federal Low Income Home Energy Assistance Program (LIHEAP). For those who qualify, we help pay winter heating bills and negotiate discounted rates for gas and electricity.

UTILITY BILL ADVOCACY
Through our partnerships with National Grid and Eversource, we can help clients reduce overdue utility bills (arrearages) and avoid shutoffs when they follow a payment plan structured to meet their needs.

CONSERVATION
With the help of our partner Eversource, ABCD can often lower electric bills with free energy efficient light bulbs, water conservation materials and possibly a new refrigerator, air conditioner, dehumidifier or front-loading washing machine.

HEATING SYSTEMS
Homeowners may be eligible to have heating systems repaired or replaced, get emergency response if they lose their heat, and receive equipment tune-ups.

WEATHERIZATION
Our Weatherization Assistance Program (WAP) helps cut heating and air conditioning costs. We can install attic and wall insulation, weather stripping, and air sealing at no cost.
FINANCIAL

ABCD makes our clients’ financial well-being a priority through a free tax preparation and counseling program that can help pay off debt and build savings.

---

**TAX ASSISTANCE**

617.348.6239

Part of the federal VITA program, our IRS-certified tax preparers help clients apply for tax credits such as EITC that maximize their refunds. We also provide a general financial check-up that includes advising on the client’s credit report and tax-time savings options.

---

FOOD

Today, more and more families are struggling to put food on the table. We’re here to help families in Boston, Malden, Medford, and Everett get the nutritious food they need. Along with our core programs, we often offer workshops and participate in farmers markets to help fight hunger in Greater Boston.

---

**FOOD PANTRIES**

617.348.6239

Those in urgent need of food or who struggle feeding themselves or their family can call us any time.

**FOOD STAMPS/SNAP**

617.348.6239

We help our clients complete and file the Supplemental Nutrition Assistance Program application.

**HOLIDAY MEALS**

617.348.6239

No one should spend the holidays hungry. ABCD helps clients get access to nutritious and delicious meals.
HEALTH

The ABCD Health Services Department is committed to keeping low-income residents and communities in Greater Boston healthy. We offer a variety of programs and services that promote public health, help prevent the spread of sexually transmitted diseases, and encourage family planning each year to tens of thousands of families. Our network of neighborhood health centers also offers targeted programs to meet the health needs of each community we serve.

COMMUNITY PREVENTION
617.348.6251

We offer reproductive and sexual health as well as wellness education programs to reach youth and adults in their community who may not use—or trust—conventional sources of care and information. We are community based, meaning we collaborate with local programs, businesses, and nontraditional partners.

FAMILY PLANNING
617.348.6251

The ABCD Family Planning program partners with community health centers, school-based health centers, and hospital primary care programs to support comprehensive family planning and sexual health counseling, education and medical care for residents of Metro Boston's diverse neighborhoods. Our goals are to help individuals and couples prevent unintended pregnancies, decrease sexually transmitted infections and HIV, have healthy pregnancies, and stay healthy throughout their lives.

FAMILY PLANNING TRAINING INSTITUTE
617.348.6255

The ABCD Family Planning Training Institute provides professional level training on family planning, reproductive health and sexuality education for healthcare providers, counselors, educators, and other community health workers. We offer a comprehensive calendar of professional training opportunities.
Finding and keeping affordable housing is one of the toughest challenges in Greater Boston. Through our offices in Boston and Malden, we’re supporting people in their search for shelter and working to prevent families from becoming homeless. We provide assistance, including information to help clients through the complicated processes associated with getting subsidized housing.

**EMERGENCY HOUSING SITE MANAGEMENT**
Department of Housing and Community Development | 617.573.1100
In partnership with the state Department of Housing and Community Development (DHCD), we manage a “scattered site” shelter that temporarily houses homeless families placed by DHCD.

**FORECLOSURE PREVENTION**
617.298.2045
We help clients struggling to keep their homes understand their rights and responsibilities, help them organize their finances, and access additional services. Offered only at our Mattapan Family Service Center but open to all Boston residents who qualify.

**HOUSING COUNSELING AND HOMELESSNESS PREVENTION SERVICES**
617.348.6347 (Boston) | 781.321.3431 (Mystic Valley)
We inform, explain, and advise clients on all aspects of avoiding homelessness. We also help them find and stay in affordable housing.

**TENANT WORKSHOPS**
617.348.6347 (Boston) | 781.321.3431 (Mystic Valley)
We teach clients about their rights as tenants and provide information about resources available. We also clarify the process of applying for subsidized housing.
We welcome new Bostonians! We understand the challenges they face as they adjust to life in a new country and community, and we offer a variety of free services and assistance through our network of neighborhood sites. Income and residency requirements apply.

CITIZENSHIP AND NATURALIZATION
ABCD can conduct eligibility screening, help with the application process, and prepare new Americans for their naturalization interview.

CIVICS CLASSES
New Americans learn the rights, privileges, and responsibilities of citizenship and how our government runs, as well as prepare for their naturalization test.

RELATED SERVICES
We offer assistance to those seeking to renew a green card or replace citizenship documents.

Contact our Immigration Hub to find out which programs are offered at ABCD locations: 617.445.6000
We promote the well-being of our city’s youth so they can move forward, create positive change in their community, and achieve their full potential. ABCD offers a variety of programs to help young people stay in school, prepare for a career and build a strong foundation for a successful future.

**CAREER EXPLORATIONS**  617.348.6548

We prepare eligible individuals age 16 to 24 for careers in healthcare, early childhood education or culinary arts through professional training, mentoring, paid internships, and more.

**FUTURE PROTECTORS INITIATIVE**  617.348.6548

Youth can earn a paycheck and gain professional experience while preparing for a career in law enforcement, government, firefighting or the medical field.

**GET STARTED**  617.348.6548

Young adults interested in a career in early childhood education get a paid internship, college courses, and the chance to interview for a position with ABCD Head Start.

**SUMMERWORKS**  617.348.6548

Each summer, youth can earn money, gain firsthand work experience, explore a career path, and make lasting friendships and connections.
UNIVERSITY HIGH SCHOOL
617.348.6510

For those who struggle academically and feel left behind by the traditional school system, the creative UHS approach can be the answer.

YOUTH ENGAGED IN ACTION (YEA!)
Various ABCD neighborhood locations

13 year olds can enjoy a meaningful and fun 3 week summer experience. They gain financial awareness and learn about careers and civic engagement. They also learn leadership skills and have priority admission status to ABCD’s SummerWorks program.

WORKSMART
617.348.6548

Throughout the school year, ABCD’s WorkSMART program helps Boston high school students stay in school and get ready for the future through career readiness and a paid internship.

WILLIAM J. OSTIGUY HIGH SCHOOL
617.348.6070

For students committed to recovering from substance abuse, we provide a safe, sober and supportive school environment in which to earn a high school diploma.
For people in Boston, Malden, Medford, Everett, and a number of surrounding towns, we’re right around the corner.

* ABCD Central Offices
  178 Tremont Street
  Boston, MA 02111
  617.348.6000

1) Allston/Brighton NOC
  640 Washington Street, Suite 203
  Brighton, MA 02135
  617.903.3640

2) Asian American Civic Association
  87 Tyler Street
  Boston, MA 02111
  617.426.9492

3) Dorchester NSC
  110 Claybourne Street
  Dorchester, MA 02124
  617.288.2700

4) East Boston APAC
  21 Meridian Street
  East Boston, MA 02128
  617.567.8857

5) Jamaica Plain APAC
  30 Bickford Street
  Jamaica Plain, MA 02130
  617.522.4250

6) John F. Kennedy FSC
  23A Moulton Street
  Charlestown, MA 02129
  617.241.8866

7) Mattapan FSC
  535 River Street
  Mattapan, MA 02126
  617.298.2045

8) Mystic Valley Opportunity Center
  11 Dartmouth Street, Suite 104
  Malden, MA 02148
  781.321.3431

9) North End/West End NSC
  1 Michelangelo Street
  Boston, MA 02113
  617.523.8125

10) Parker Hill/Fenway NSC
    714 Parker Street
    Roxbury, MA 02120
    617.445.6000

11) Roxbury/N.Dorchester NOC
    565 Warren Street
    Dorchester, MA 02121
    617.442.5900

12) South Boston Action Center
    424 West Broadway
    South Boston, MA 02127
    617.269.5160

13) South End NSC
    554 Columbus Avenue
    Boston, MA 02118
    617.267.7400

14) Thelma D. Burns Building
    575 Warren Street
    Dorchester, MA 02121
    617.652.7020
WE COULDN’T FULFILL OUR MISSION WITHOUT THE HELP OF OUR DONORS, VOLUNTEERS, AND INTERNS. EACH ONE MAKES A LIFE-CHANGING DIFFERENCE.

DONATE
Tax-deductible donations support more than 50 ABCD programs that help Greater Boston’s most vulnerable children, youth, elders, individuals and families. The impact is immediate and enduring.

VOLUNTEER
Volunteers can join a single ABCD event like the annual Field of Dreams at Fenway Park. Or, they can lend a hand on a regular basis, offering spirit and expertise to programs that help children, youth, individuals, families, and elders in need.

INTERN
An internship is a powerful way to learn and support ABCD’s mission to provide low income residents in Boston and the Mystic Valley with the tools, support, and resources they need to move from poverty to stability and from stability to success.

CONTACT US TODAY!
Secure online donations can be made at bostonabcd.org/donate or by contacting ABCD’s Give Line at 617.348.6559 | give@bostonabcd.org

Information about volunteering and internships can be found at: bostonabcd.org/get-involved | 617.348.6591 | volunteer@bostonabcd.org