



ACTION FOR BOSTON
COMMUNITY DEVELOPMENT

MEET ABCD ▶▶

Explore our programs and services





ABCD
THIS WAY UP 

WHAT IS ABCD?

ABCD – Action for Boston Community Development – is Greater Boston’s antipoverty agency. Each year, we provide 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 nearly 60 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 achieve their highest potential.

LEARN MORE AT
BOSTONABCD.ORG



@bostonabcd



@abcbdoston



@bostonabcd



@abcbdoston1



action-for-boston-community-development

ABCD CONNECT

Fast and friendly access to life-changing programs and services

If you're struggling or if you're looking for ways to build a better life, contact ABCD Connect. We'll put you in touch with a broad range of programs including:

- Food, clothing and heating assistance
- Early education and childcare
- Alternative high schools and youth programs
- Career training
- Reproductive and sexual health
- Housing services
- Immigration services
- Elder programs ... and more.

617.348.6329

abcdconnect@bostonabcd.org

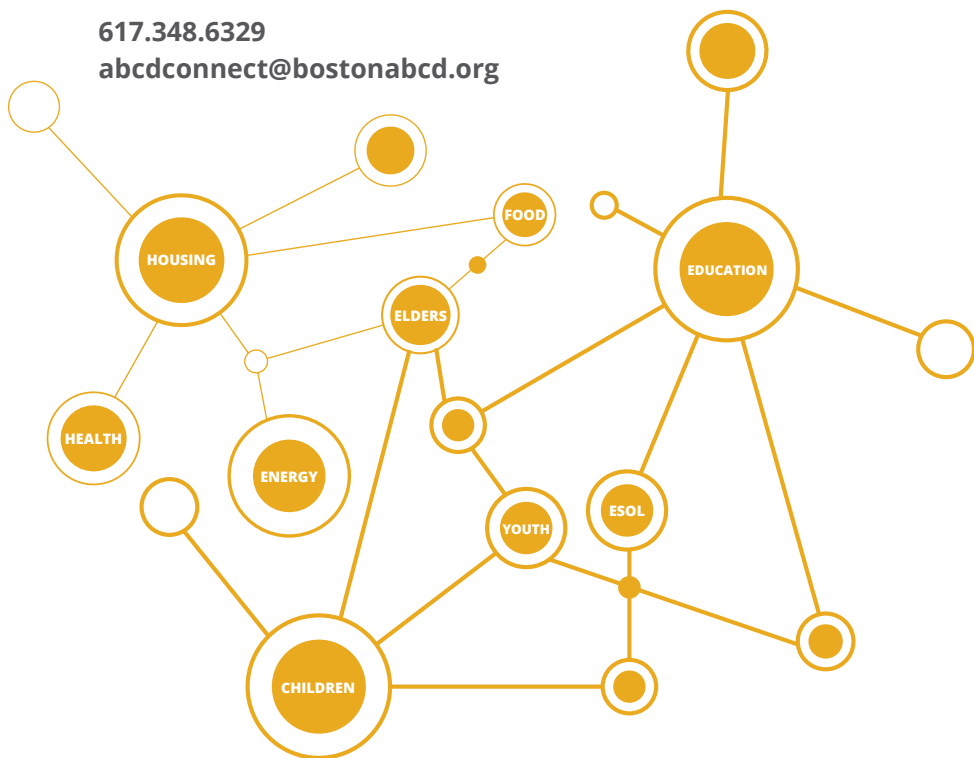


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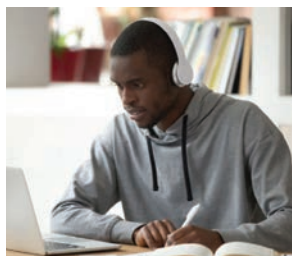
CAREER DEVELOPMENT

Meeting you where you are, creating paths that can take you where you want to be, and assisting you along the journey – this is the mission of BRIDGES, how ABCD organizes to deliver access to educational and job training programs, as well as job coaching, readiness, and search services. ABCD also offers programs for youth and young adults.



FIRST STEPS INTO CHILDCARE 617.780.4817

An online training program for people 25+ to pursue a career in early childhood education. As a participant, you will complete an accredited college education course and can interview for employment with ABCD's Head Start program and other early education providers.



GATEWAY 617.348.6313

GATEWAY is an online education and career development program for job seekers 18+. You receive instruction in math, reading comprehension, and communications. In addition, you gain “soft skills” including time management, business etiquette, and leadership, as well as preparation for job skills assessment tests and access to job placement support.

MASSHIRE METRO NORTH CAREER CENTER

CAMBRIDGE 617.661.7867

CHELSEA 617.884.4333

WOBURN 781.932.5500

ABCD operates the MassHire Metro North Career Center (MNCC). MNCC offers job seekers access to job training, job search, job readiness workshops, and where applicable, placement services.

Learn more at masshiremncareers.com.



CHILDREN

Parenting begins before a baby is born, and so do our programs. Through early education and care, health screenings, and family supports, ABCD helps new parents build a better life for your growing family and learn to balance work or school with raising kids.



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 your needs and schedule. We also provide support and training to the professionals who provide these services. Learn more at cccboston.org.



HEAD START & CHILDREN'S SERVICES 617.348.6388

This early education and family development program offers comprehensive services focusing on school readiness, social and learning skills, and physical wellness from the time a child is an infant through age five.

EDUCATION

ABCD helps newcomers to this country acclimate to the community with three levels of English classes. In addition, in partnership with Boston Public Schools, we operate alternative schools that enable high school students facing social and economic barriers to thrive.



ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) 617.348.6329

Learn or improve your ability to speak, read and write English. You will learn to communicate better with your children's teachers, talk to the doctor, read the news — and connect with others.

UNIVERSITY HIGH SCHOOL 617.348.6510

For students who struggle academically and feel out of sync with the traditional school system, UHS's creative approach can be the answer. Learn more at uhsboston.org.



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 and outreach programs that reinforce a healthy life with academic success. Learn more at ostiguyhigh.org.



ELDERS

If you're a senior living in Boston, we can help you feel your best and live an active, meaningful life. ABCD offers programs that promote health, financial security, independence, and a sense of community.



AMERICORPS SENIORS FOSTER GRANDPARENT PROGRAM 617.348.6784

If you're 55+ with extra time and a love of giving back, consider becoming a special mentor and friend to our youngest children in ABCD Early Head Start and Head Start or in other local childcare and public school programs. You'll build a bond that you and your "grandchildren" will cherish.



SENIOR BROWN BAG 617.348.6329

This food and nutrition program for income-eligible seniors takes place at regular times each month. In order to receive a "brown bag" filled with nutritious food and staples, call in advance to be placed on the list.

SENIOR PROGRAMS 617.348.6329

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**

ENERGY & FUEL

If you live in Boston, Brookline, Everett, Malden, Medford, Melrose, Newton, Stoneham, Winchester, or Woburn, we may be able to help you stay warm and healthy in winter, cool in summer, and more energy-efficient all year round.



ABCD ENERGY PROGRAMS

617.357.6012 (Boston)

781.322.6284 (Mystic Valley)

FUEL ASSISTANCE

If you qualify, we help you pay winter heating bills, negotiate discounted rates for gas and electricity, and access our other money-saving, energy-conserving services.

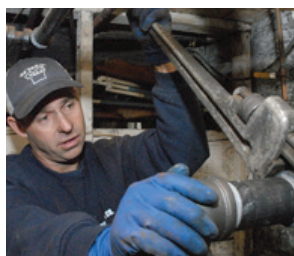


UTILITY BILL ADVOCACY

Through our partnerships with National Grid and Eversource, we can help you reduce overdue utility bills (arrearages) and avoid shutoffs when you follow a payment plan structured to meet your 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, freezer, air conditioner, dehumidifier or front-loading washing machine.



HEATING SYSTEMS

We can replace or repair your inefficient heating system, provide emergency response if you lose your heat, and provide system tune-ups.

WATER ASSISTANCE

The newly formed federal Low Income Household Water Assistance Program (LIHWAP) – funded through the American Rescue Plan – is designed to help you pay for water and wastewater bills.



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 financial well-being a priority through a free tax preparation and counseling program that can help income-eligible taxpayers pay off debt and build savings.



TAX ASSISTANCE 617.348.6329

Part of the federal VITA program, our IRS-certified tax preparers help you apply for tax credits such as EITC that maximize your refunds. We also provide a general financial check-up that includes advising on your 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 sometimes provide grocery gift cards, offer workshops, and participate in farmers' markets to help fight hunger.



FOOD PANTRIES 617.348.6329

If you're in urgent need of food or are struggling to provide groceries for your family, call us.

FOOD STAMPS/SNAP 617.348.6329

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

HOLIDAY MEALS 617.348.6329

No one should spend the holidays hungry. ABCD can help you get nutritious and delicious meals.

HEALTH

ABCD Health Services department is committed to keeping underserved residents of Greater Boston and Massachusetts healthy. We offer a variety of programs and services to tens of thousands of young people and families, and our partnership with neighborhood health centers expands our capacity to meet the community's needs.



SAFER IS SEXY 617.348.6263

These ABCD programs empower young BIPOC and LGBTQ+ residents of Greater Boston by helping you make informed, healthy decisions about your sexual health and well-being. All of our programs are led by healthcare professionals who draw on the latest research and bring their expertise directly to you. All programs are free and take place in person, online, or in combination.



FAMILY PLANNING 617.348.6254

The ABCD Family Planning Partnership collaborates 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 617.348.6254

ABCD provides professional training in family planning, reproductive health and sexuality education for healthcare providers, counselors, educators, and other community health workers.

HOUSING

Finding and keeping an affordable place to live is one of the toughest challenges in Greater Boston. We can help you navigate the complicated path to subsidized housing, help prevent evictions and foreclosures, and, when you're in crisis, help you find shelter.



FORECLOSURE PREVENTION 617.298.2045

If you're struggling to keep your home, we can help you understand your rights and responsibilities, organize your finances, and access additional services. (Offered only at our Mattapan Family Service Center but open to all Boston residents who qualify.)

HOUSING COUNSELING 781.321.3431

We inform, explain, and advise you on all aspects of avoiding homelessness. We can also assist you in finding affordable housing.



MOBILE HOMELESS OUTREACH TEAM (MHOT)

The MHOT van is on the streets of Everett, Malden and Medford providing food, water, clothing and hygiene kits directly to homeless individuals. MHOT can also provide counseling, refer those in need services, and ultimately, help find permanent housing.



RENTAL ASSISTANCE 617.348.6329

ABCD offers support if you're facing eviction or a housing-related hardship. We can assist you in finding resources to help you remain in safe and secure housing.

IMMIGRATION

Welcome, new residents! We know it's hard to start a new life in a new country and community. We offer a variety of free services through ABCD neighborhood locations. (Income and residency requirements apply.)



Contact our
Immigration Hub
to find out which
programs are offered
at ABCD locations:
617.445.6000

CITIZENSHIP AND NATURALIZATION

ABCD can screen you for eligibility, help with the application process, and prepare new Americans for the naturalization interview.

CIVICS CLASSES

We teach new Americans the rights, privileges, and responsibilities of citizenship and how our government runs. We also prepare you for the naturalization test.

RELATED SERVICES

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

YOUTH AND YOUNG ADULTS

If you're a teenager or young adult, ABCD offers programs that help you develop skills, create positive change, and achieve your full potential. Discover a variety of programs to help you succeed in school, prepare for a career, and build a strong foundation for a successful future.



CAREER EXPLORATIONS 617.348.6548

If you're 16 to 24 years old, we can prepare you for a career in healthcare, early childhood education or culinary arts through professional training and certification, mentoring, paid internships, and more.

HOPES 617.348.6548

This program offers training and a path to a career in the culinary field if you're 18 to 24 and have been involved in the criminal justice system.



SUMMERWORKS 617.348.6548

Each summer, if you're 14 to 21, you can earn money, gain firsthand work experience, explore a career path, make lasting friendships, and give back to the community.



WORKSMART 617.348.6548

Throughout the school year, if you're a high school student in Boston, ABCD's WorkSMART program can help you succeed with your studies and get ready for the future through career readiness and a paid internship.

YOUTH ENGAGED IN ACTION (YEA!)

Various ABCD neighborhood locations

13 year olds in Boston, Everett, Malden, and Medford can enjoy a meaningful and fun three-week summer experience. The course features civic engagement, financial literacy, career exploration, online safety and leadership.



LOCATIONS

If you live in Boston, Malden, Medford, Everett, and a number of surrounding towns, we're right around the corner.

ALLSTON / BRIGHTON

- **Allston/Brighton NOC**
640 Washington Street, Suite 203
Brighton, MA 02135
617.903.3640

BOSTON PROPER

- **ABCD Central**
178 Tremont Street
Boston, MA 02111
617.348.6329
- **Asian American Civic Association**
87 Tyler Street
Boston, MA 02111
617.426.9492
- **North End/West End NSC**
1 Michelangelo Street
Boston, MA 02113
617.523.8125
- **Ostiguy High School**
19 Temple Place
Boston, MA 02111
617.348.6070

CHARLESTOWN

- **John F. Kennedy FSC**
23A Moulton Street
Charlestown, MA 02129
617.241.8866

DORCHESTER

- **Dorchester NSC**
110 Claybourne Street
Boston, MA 02121
617.288.2700
- **Roxbury/N.Dorchester NOC**
565 Warren Street
Dorchester, MA 02122
617.442.5900
- **Thelma D. Burns Building**
575 Warren Street
Roxbury, MA 02121
617.652.7020
- **University High School**
575 Warren Street
Roxbury, MA 02121
617.348.6508

EAST BOSTON

- **East Boston APAC**
21 Meridian Street
East Boston, MA 02128
617.567.8857

MALDEN

- **Mystic Valley NOC**
11 Dartmouth Street, Suite 104
Malden, MA 02148
781.321.2501

MATTAPAN

- **Mattapan FSC**
535 River Street
Mattapan, MA 02126
617.298.2045

ROSLINDALE

- **ABCD Roslindale**
18B Corinth Street
Roslindale, MA 02131
617.477.3768

ROXBURY

- **Parker Hill/Fenway NSC**
714 Parker Street
Roxbury, MA 02120
617.445.6000

SOUTH BOSTON

- **South Boston Action Center**
424 West Broadway
South Boston, MA 02127
617.269.5160

SOUTH END

- **South End NSC**
554 Columbus Avenue
Boston, MA 02118
617.267.7400



DOWNTOWN BOSTON



ABCD Central Offices

178 Tremont Street
Boston, MA 02111
617.348.6000

Energy Programs

178 Tremont Street, 4th flr
Boston, MA 02111
617.357.6012

Tax Preparation

178 Tremont Street
Boston, MA 02111
617.348.6329

Child Care Choices of Boston

105 Chauncy Street, 2nd flr
Boston, MA 02111
617.542.5437

Health Services

105 Chauncy Street, 4th flr
Boston, MA 02111
617.348.6261

Housing and Homelessness Prevention

105 Chauncy Street, 3rd flr
Boston, MA 02111
617.348.6319

Elder Services

19 Temple Place, 4th flr
Boston, MA 02111
617.348.6784

William J. Ostiguy High School

19 Temple Place, 4th flr
Boston, MA 02111
617.348.6070

Workforce Development

19 Temple Place, 2nd flr
Boston, MA 02111
617.348.6777

Youth Services

19 Temple Place, 5th flr
Boston, MA 02111
617.348.6548

GET INVOLVED

WE COULDN'T FUFIL OUR MISSION WITHOUT THE HELP OF OUT 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 underserved residents in Boston and Mystic Valley with the tools, support, and resources they need to move from poverty to stability and from stability to success.

CONTACT US TODAY!

Make a secure online donation, at bostonabcd.org/donate or by contacting **ABCD's Give Line** at **617.348.6559** | give@bostonabcd.org

Learn about volunteering and internships at:
bostonabcd.org/get-involved **617.348.6591** | volunteer@bostonabcd.org



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