



# MEET ABCD



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*Explore our programs and services*



FROM WHERE YOU ARE

TO WHERE YOU WANT TO BE

# WHAT IS **ABCD**?

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## **ABCD – Action for Boston Community Development**

— is a nonprofit Community Action Agency that creates pathways out of poverty in partnership with families and communities so that everyone can thrive.

For over 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](mailto:abcdconnect@bostonabcd.org)  
[bostonabcd.org/abcdconnect](https://bostonabcd.org/abcdconnect)

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*ABCD programs and services are subject to income eligibility.  
Please contact the programs to see if you qualify.*

# CAREER DEVELOPMENT

At ABCD, we meet clients where they are, supporting their career journeys. Our philosophy is to assist individuals in creating paths toward their goals. We offer job coaching, readiness training, search services, and support, with specialized programs for youth and young adults to enhance their job search and career development.

## BRIDGES RETURNING CITIZENS CENTER (BRCC)

**617.468.8918** | [masshiremncareers.com/returning-citizens-resources](https://masshiremncareers.com/returning-citizens-resources)

Operating as a career center within a career center, the Bridges Returning Citizens Center (BRCC) offers access to **job training, employment services, and supportive services to formerly incarcerated individuals**. The BRCC is co-located at the MassHire Metro North Cambridge Career Center.

## FIRST STEPS INTO CHILDCARE

**617.348.6728** | [bostonabcd.org/firststeps](https://bostonabcd.org/firststeps)

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



## MASSHIRE METRO NORTH CAREER CENTER

[bostonabcd.org/masshire](https://bostonabcd.org/masshire)



<b>CAMBRIDGE</b>	<b>617.661.7867</b>
<b>CHELSEA</b>	<b>617.884.4333</b>
<b>WOBURN</b>	<b>781.932.5500</b>

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](https://masshiremncareers.com).

# CHILDREN

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*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) | [cccboston.org](http://cccboston.org)**

We are a resource and referral agency that connects families with **child care financial assistance and services** that fit your needs and schedule. We also provide support and technical assistance to the professionals who provide these services.

## **HEAD START & CHILDREN'S SERVICES**

**617.348.6388 | [bostonabcd.org/headstart](http://bostonabcd.org/headstart)**

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



# EDUCATION

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*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 | [bostonabcd.org/esol](http://bostonabcd.org/esol)

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, as well as pursue your own education and job training.



## UNIVERSITY HIGH SCHOOL

617.348.6510 | [uhsboston.org](http://uhsboston.org)

University High School caters to students who seek **alternative pathways to academic success**. With personalized instruction and workforce development opportunities, UHS fosters a sense of belonging and cultivates the strengths of every student, guiding them toward their full potential.



## WILLIAM J. OSTIGUY HIGH SCHOOL

617.348.6070 | [ostiguyhigh.org](http://ostiguyhigh.org)

For students impacted negatively by substance misuse, **we provide a safe, sober, and supportive school environment** and associated prevention programs that reinforce a healthy life with academic success.



# ELDERS

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



## AMERICORPS SENIORS FOSTER GRANDPARENT PROGRAM

[bostonabcd.org/fgp](http://bostonabcd.org/fgp)

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.

### Chinese

617.348.6341

### Spanish

617.348.6786

### English

617.348.6338

## 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 SERVICES

*ABCD Energy Services operates two departments that are leading the way to lower costs and a clean energy future. We can help pay your bills, keep you warm in winter, cool in summer, and safer and healthier year-round through innovative decarbonization, energy efficiency and resiliency programs.*



## ENERGY ASSISTANCE

Our Energy Assistance programs provide financial support through the federal Low Income Home Energy Assistance Program (LIHEAP), which can lower your heating bills, and utility partner programs that can reduce your gas and electricity costs.

### FUEL ASSISTANCE (LIHEAP)

**617.357.6012 (Boston)**

**781.322.6284 (Mystic Valley)**

[bostonabcd.org/heat](http://bostonabcd.org/heat)

Serving residents of Boston, Brookline, Everett, Malden, Medford, Melrose, Newton, Stoneham, Winchester, and Woburn. If you qualify, we help you pay winter heating bills, negotiate discounted gas and electricity rates, and access other money-saving, energy-conserving services.

### UTILITY BILL ADVOCACY

[bostonabcd.org/utility](http://bostonabcd.org/utility)

Through our partnerships with National Grid and Eversource, we can help you reduce overdue utility bills (arrearages) by accessing structured payment plans that meet your needs and avoid shutoffs by asserting your rights.

## **CLIMATE EQUITY & IMPACT** | [bostonabcd.org/cei](https://bostonabcd.org/cei)

CE&I provides clean, green, energy-efficient systems for income-eligible homes and multi-family apartment buildings and complexes statewide – at no cost. With the help of our partners Eversource, National Grid, the MA Executive Office of Housing and Livable Communities, and many others, ABCD provides a comprehensive, whole building approach to maximize the energy savings, greenhouse gas reductions and comfort in all types of housing.



### **CONSERVATION**

ABCD can often lower electric bills with no cost instant savings measures like energy efficient light bulbs, water conservation measures and possibly upgraded appliances like a new refrigerator, freezer, air conditioner, dehumidifier or front-loading washing machine.

### **HEATING, VENTILATION AND AIR CONDITIONING (HVAC)**

We can replace or repair your inefficient heating system, with a focus on replacing fossil fuel-burning systems (oil and propane) with electric air source heat pumps (ASHP). We scope, design, contract and oversee the installation at no cost to both owners and renters. ASHP technology provides heating on the coldest days, air conditioning on the hottest days, and helps our clients reduce their greenhouse gas emissions and carbon footprint.

### **WEATHERIZATION**

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

### **ELECTRIFICATION, DECARBONIZATION AND RESILIENCY**

Our programs are designed to provide a comprehensive suite of energy-saving building upgrades and a pathway to electrification, decarbonization, and resiliency.



# FINANCIAL

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



## TAX ASSISTANCE

617.348.6329 | [bostonabcd.org/tax](https://bostonabcd.org/tax)

Part of the federal VITA program, our IRS-certified tax preparers help taxpayers receive **eligible 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

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*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 ACCESS CENTERS

**617.348.6329** | [bostonabcd.org/foodcenters](https://bostonabcd.org/foodcenters)

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

## FOOD STAMPS/SNAP

**617.298.2045** | [bostonabcd.org/snap](https://bostonabcd.org/snap)

We assist with completing and filing **Supplemental Nutrition Assistance Program** applications, including new and recertification processes, at our ABCD Mattapan Family Service Center.

## FOOD POP-UPS

**617.208.8677** | [bostonabcd.org/foodpupups](https://bostonabcd.org/foodpupups)

The ABCD Food Pop-Up van visits neighborhoods to **provide fruit, vegetables, and other nutritious groceries** that suit your culture and traditions.

## FOOD DELIVERY

**617.298.6222** | [bostonabcd.org/fooddelivery](https://bostonabcd.org/fooddelivery)

If you're homebound or living with a disability, we may be able to help by **delivering groceries from the store to your door.**

## HOLIDAY MEALS

**617.348.6329**  
[bostonabcd.org/holidaymeals](https://bostonabcd.org/holidaymeals)

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



# HEALTH

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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.



## COMMUNITY WELLNESS

617.348.6251 | [bostonabcd.org/health](http://bostonabcd.org/health)

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 programs are free and take place in person, online, or in combination.



## FAMILY PLANNING

617.348.6251 | [bostonabcd.org/familyplanning](http://bostonabcd.org/familyplanning)

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

617.348.6251 | [bostonabcd.org/ffptraining](http://bostonabcd.org/ffptraining)

ABCD provides 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** | [bostonabcd.org/foreclosure](http://bostonabcd.org/foreclosure)

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** | *Malden, Medford, Everett*  
**617.348.6347** | *Boston*  
[bostonabcd.org/housingcounseling](http://bostonabcd.org/housingcounseling)

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)

**781.321.3431** | [bostonabcd.org/mhot](http://bostonabcd.org/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 of services, and ultimately, help find permanent housing.

## RENTAL ASSISTANCE

**617.348.6330** | [bostonabcd.org/rentalassistance](http://bostonabcd.org/rentalassistance)

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

[bostonabcd.org/citizenship](https://bostonabcd.org/citizenship)

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

## CIVICS CLASSES

[bostonabcd.org/civicsclasses](https://bostonabcd.org/civicsclasses)

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

[bostonabcd.org/immigration](https://bostonabcd.org/immigration)

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





# YOUTH AND YOUNG ADULTS

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*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** | [bostonabcd.org/cx](https://bostonabcd.org/cx)

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.

## LEVEL UP

**617.348.6548** | [bostonabcd.org/levelup](https://bostonabcd.org/levelup)

If you're 18 to 24 and no longer in school or working full-time, Level Up can help you find, prepare for, and enter the career you want. You'll enroll at a local college to pursue a certificate-level degree.

## SUMMERWORKS

**617.348.6548** | [bostonabcd.org/summerworks](https://bostonabcd.org/summerworks)

Each summer, if you're 14 to 24, 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** | [bostonabcd.org/worksmart](https://bostonabcd.org/worksmart)

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** | [bostonabcd.org/yea](https://bostonabcd.org/yea)

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



# LOCATIONS: PROGRAMS & SERVICES

## **ALLSTON / BRIGHTON**

- **Allston/Brighton NOC**  
640 Washington Street, Suite 201/202  
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

## **CHARLESTOWN**

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

## **DORCHESTER**

- **Dorchester NSC**  
110 Claybourne Street  
Dorchester, MA 02121  
617.288.2700
- **Roxbury/N.Dorchester NOC**  
565 Warren Street  
Dorchester, MA 02121  
617.442.5900
- **Thelma D. Burns Building**  
575 Warren Street  
Dorchester, MA 02121  
617.652.7020
- **University High School**  
575 Warren Street  
Dorchester, MA 02121  
617.348.6508
- **William J. Ostiguy High School**  
575 Warren Street  
Dorchester, MA 02121  
617.348.6730

## **EAST BOSTON**

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

## **MALDEN**

- **Mystic Valley Opportunity Center**  
239 Commercial Street  
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**

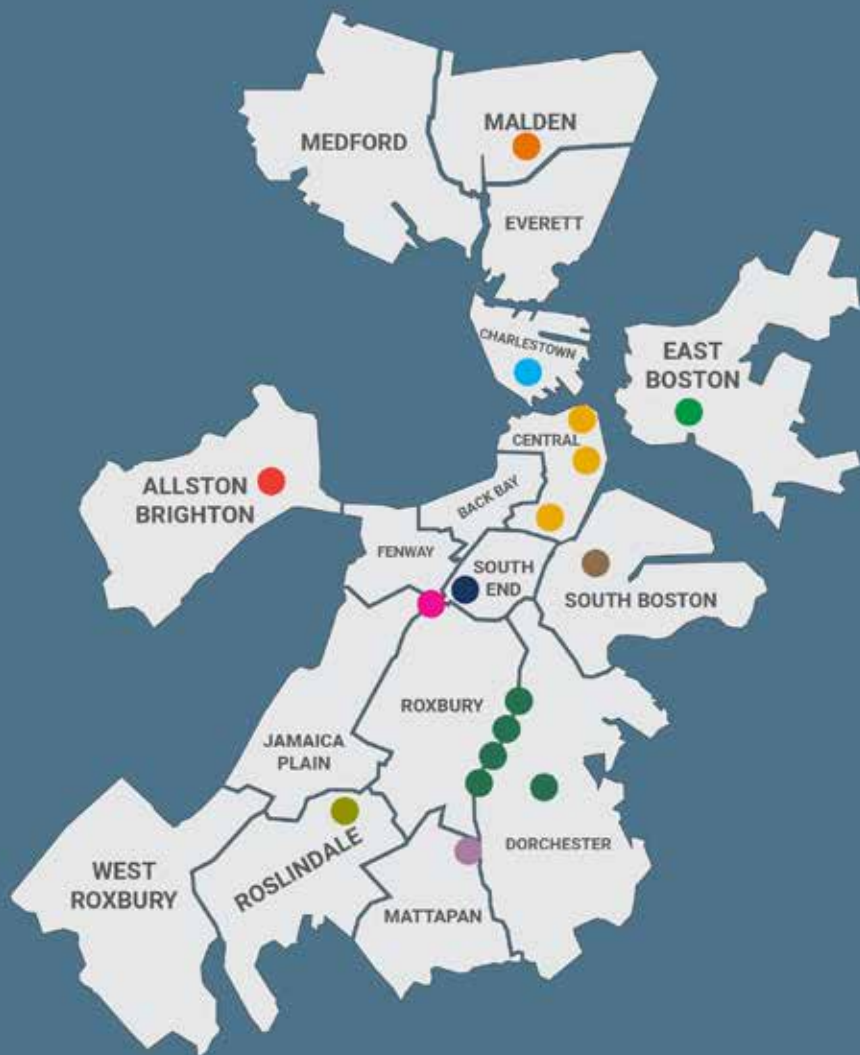
- **Parker Hill/Fenway NSC**  
714 Parker Street  
Roxbury, MA 02120  
617.445.6000

## **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 OFFICES



## **ABCD Central Offices**

178 Tremont Street  
Boston, MA 02111  
**617.348.6000**

## **Energy Assistance**

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**


## **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**

Common  
nd

Park Street 

**C**

Trephin  
Best of Boston 

Downtown Crossing 

Hobgoblin  
Want to Find a  
Wonderful Bar? 

The Godfrey Hotel Boston  
From \$469/night on  
The Godfrey Hotel B...

Lafayette City Center

Citizens Opera House

**A**

 Renewal Church Boston  
Renewal Church  
Boston - Grow Spiri...

**B**

Boylston St

 Chinatown

Essex St

Lagrange St

Beach St

Oxford St

Chinatown G

St  
Stuart St

# GET INVOLVED

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## 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 energy 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](https://bostonabcd.org/donate) or by contacting **ABCD's Give Line** at **617.348.6559** | [give@bostonabcd.org](mailto:give@bostonabcd.org)

Learn about volunteering and internships at:  
[bostonabcd.org/get-involved](https://bostonabcd.org/get-involved) **617.348.6591** | [volunteer@bostonabcd.org](mailto:volunteer@bostonabcd.org)

# NOTES

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*Feel free to use this space to record any notes, highlights, reminders, or other applicable points of interest highlighted in ABCD's program directory.*

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**abcd** ACTION FOR BOSTON  
COMMUNITY DEVELOPMENT

178 Tremont Street | Boston, MA, 02111  
617.348.6000 | [bostonabcd.org](http://bostonabcd.org)

