



abcd

MEET ABCD



Explore our programs and services



FROM WHERE YOU ARE

TO WHERE YOU WANT TO BE

WHAT IS **ABCD**?

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
bostonabcd.org/abcdconnect

TABLE OF CONTENTS

ABCD PROGRAMS AND SERVICES

CAREER DEVELOPMENT | p. 2

- BRCC
- First Steps Into Childcare
- MassHire Metro North
Career Center & MassHire
Boston ABCD Career Center

CHILDREN | p. 3

- Child Care Choices of Boston
- Head Start & Children's Services

EDUCATION | p. 4

- English for Speakers of
Other Languages (ESOL)
- University High School
- William J. Ostiguy High School

ELDERS | p. 5

- AmeriCorps Seniors Foster
Grandparent program
- Senior Brown Bag
- Senior programs

ENERGY SERVICES | p. 6

- Energy Assistance
 - Fuel Assistance
 - Utility Bill Advocacy
- Climate Equity and Impact
 - Conservation
 - Heating, Ventilation, and Air
Conditioning (HVAC)
 - Weatherization
 - Electrification, Decarbonization
and Resiliency

FINANCIAL | p. 8

- Tax Assistance

FOOD | p. 9

- Food Access Centers
- Food Stamps / SNAP
- Food Pop-Ups
- Food Delivery
- Holiday Meals

HEALTH | p. 10

- Community Wellness
- Family Planning
- Family Planning Training

HOUSING | p. 11

- Foreclosure Prevention
- Housing Counseling
- Mobile Homeless Outreach Team
- Rental Assistance

IMMIGRATION | p. 12

- Citizenship and Naturalization
- Civics Classes
- Related Services

YOUTH & YOUNG ADULTS | p. 13

- Career Explorations
- Level Up
- SummerWorks
- WorkSMART
- Youth Engaged in Action (YEA!)

LOCATIONS: PROGRAMS & SERVICES | p. 14

- ABCD Neighborhood Centers

GET INVOLVED | p. 18

- Donate
- Volunteer
- Internships

NOTES | p. 19

*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

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

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 CAREER CENTERS

bostonabcd.org/masshire



CAMBRIDGE	617.661.7867
CHELSEA	617.884.4333
WOBURN	781.932.5500
BOSTON	508.507.8592

ABCD operates the MassHire Metro North Career Center (MNCC) and the MassHire Boston ABCD Career Center. MassHire offers job seekers access to **job training, job search, job readiness workshops**, and where applicable, **placement services**. Learn more at masshiremncareers.com and masshirebostonabcd.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) | 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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/foodpopups

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

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

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.



COMMUNITY WELLNESS

617.348.6251 | 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

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

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

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

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

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

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

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

CIVICS CLASSES

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

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 | 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

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

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

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

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**
15 Tufts 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 02122
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**
25 Corinth Street
Roslindale, MA 02131
617.477.3768

ROXBURY

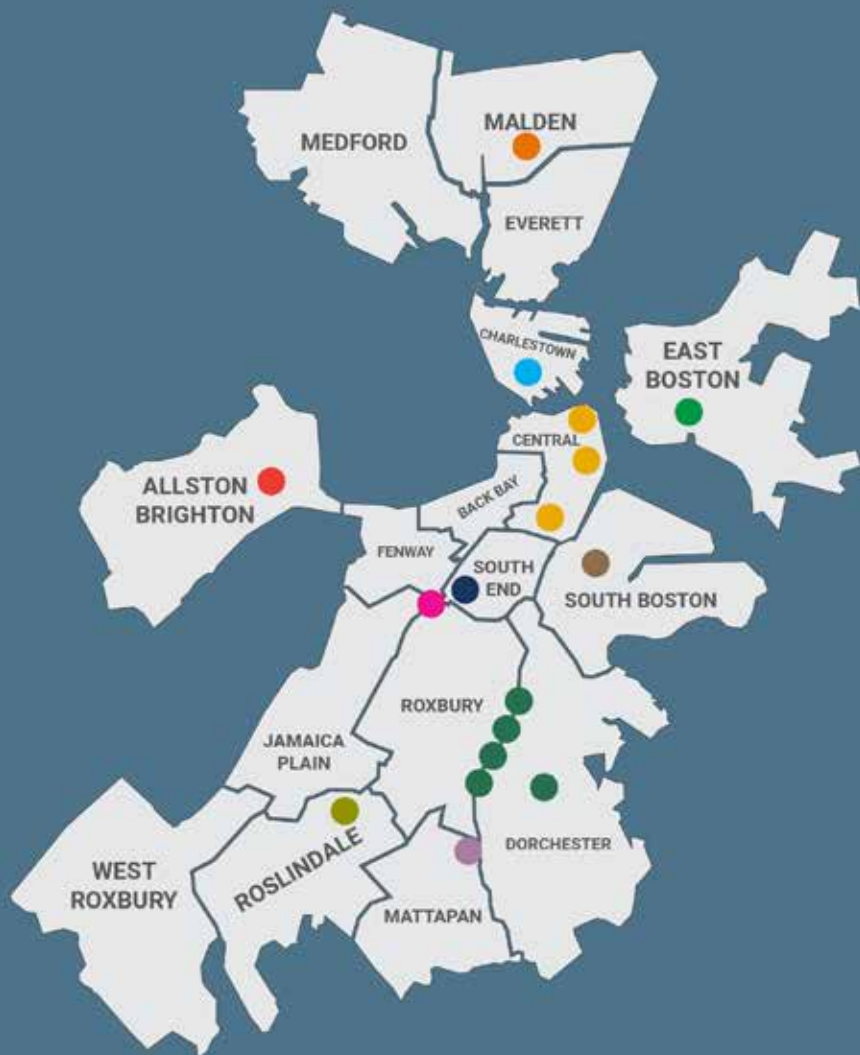
- **Parker Hill/Fenway NSC**
714 Parker Street
Roxbury, MA 02120
617.445.6000

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



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 or by contacting ABCD's Give Line at [617.348.6559](tel:617.348.6559) | give@bostonabcd.org

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

NOTES

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



abcd ACTION FOR BOSTON
COMMUNITY DEVELOPMENT

178 Tremont Street | Boston, MA, 02111
617.348.6000 | bostonabcd.org

