

# BERKSHIRE NORTH WIC

## Community Resource and Referral Guide Guia de Recursos y Referidos en la Comunidad



**Hillcrest Campus/165 Tor Court, 2<sup>nd</sup> Flr, Pittsfield, (413) 445-9429, Fax; (413)445-9448**  
**510 North St, Bldg. 6, Pittsfield, (413) 447-3495, Fax: (413) 553-6740**  
**37 Main St., North Adams, 3rd Flr, (413) 663-3012, Fax: (413) 663-6499**

**SNAP (Cupones para Alimentos): (413) 236-2000, 1(800) 942-1007,**  
**Food Bank: 1-(800)-247-9632, Project Bread: 1-(800)-645-8333**

**Emergency Vouchers Short Term Day Care (Vales para Cuidado de niños durante el día por periodo de corta duración): Vicki Palardi, Girls Inc., 165 First St., Pittsfield (413)442-5174**

**Abuse, Child (Maltrato, Menores): Dept of Children & Families, Pittsfield, (413)236-1800, Toll Free: 1(800) 292-5022, The Kid's Place (413)499-2800 x13, Elizabeth Freeman Center (413)499-2425, North Adams, (413)663-7459 or Hotline after 5pm: 1 (800) 792-5200**

**Abuse, Domestic (Abuso, Familiar): Elizabeth Freeman Center, 43 Francis Ave./Berkshire Violence Prevention Center, Pittsfield, (413)499-2425, Hotline: (866)401-2425 North Adams, (413)663-7459, Battered Women's Hotline (Linea Caliente Mujeres Maltratadas): Toll Free (877) 563-1628, Safe Link Hotline: (877) 785-2020**

**Abuse, Substance (Abuso, Drogas y Sustancias): Pittsfield, McGee Unit, (BMC): (800) 222-1664, (413)442-1400 or (413) 445-9228. Substance Abuse Counseling (outpatient) (413)445-9160, The Brien Center: (413)499-0412, Substance Abuse Services (413)499-1000, 1 (800) 252-0227 North Adams: (413) 664-4541, Narcotics Anonymous: (413) 443-4377 Crisis line: (800)252-0227 (24 hr), Massachusetts Abuse Hotline: 1 (800) 327-5050, Mass Relay: 711, Helpline-online.com, Alcoholics Anonymous: (413) 443-0212**

**Berkshire Children & Families (Centro de los Berkshire para menores y familias): (413)448-8281**

**Breastfeeding Support (Apoyo en la Lactancia Materna): Pittsfield, WIC (413)447-3495,(413)445-9429, BMC Family Health Education Program (413)447-2400, (413)447-2611, BMC Lactation Consultants (413)447-2114 (x6335) or (413)447-2609, Visiting Nurse Association (413)447-2862, Teen to 23 Project, (413)743-5338, LaLeche League, Unitarian Universalist Church, 3<sup>rd</sup> Weds of month 7p-9p, North Adams, WIC (413)663-3012, Berkshire Nursing Families; "Breastfeeding 101" (413)743-5338 or 346-453,2 Visiting Nurse Association (413)664-4536, La Leche League of Berkshire County (413)443-9599 or (413)441-7176, Teen to 23 Project, (413)743-5338.**

**Childbirth Classes/Education (Las Clases de preparación para el parto y la educación) Pittsfield:** WIC Lunch & Learn; Tuesdays 12p-1p at Hillcrest office (413)445-9429, Berkshire Medical Center; (413) 447-2400

**Child Care (Cuidado para Niños): Pittsfield** New England Farm Workers Council Voucher Daycare Program, (413)236-5890, Family Childcare System (413)443-0676, Child Development & Education, Inc. (413)499-4100

**Child Support (Pagos de Manutención): 1 (800) 332-2733, Berkshire County:** Dept of Revenue: (413)443 -1009, Probate Court (413)442-6941

**Community Partnerships (CFCE) (Asociaciones Comunitarias):** Comprehensive Services for Preschoolers, Pittsfield, (413)499-4809, North Adams, (413)664-4615, Central Berkshire (413)655-2471

**Community Services (Servicio Comunitario):** Mass 2-1-1, 1 (877) 211-6277, [www.mass211.org](http://www.mass211.org)

**Crisis Intervention (Intervention de Crisis):** Mental Health & Substance Abuse,

***Pittsfield:*** Brien Center (800)252-0227 or (413)499-0412, ***North Adams,*** Brien Center (413)664-4541

**Dental (Odontologia):** Mass Health Dental Customer Service (800)207-5019, ***Pittsfield*** :( 413)447-2781

BMC Dental Services/Servicio Dental en BMC: (413) 447-2781, Hillcrest Dental: (413)445-6680,

***North Adams:*** (413) 443-346-4242 (T/TH/F: 7:50a-5:45p, Ashland Dental: Dr. Donald Mead (413)663-3378, Dr. Ralph Blanchard, Jr. (413) 663-5153(both accept children starting at 3 yrs of age).

**Department of Transitional Assistance (DTA) Berkshire County:** (413) 236-2000, 1 (800) 445-6604

**Disaster Assistance** (Fire, etc.) Red Cross: (413) 442-1506

**Drug Overdose (Sobredosis Drogas):** 911, BMC ER (413)447-2834

**Early Intervention/Pediatric Development (Grupos de juego/Desarrollo Pediatrico):** ***Pittsfield,*** Pediatric Development Ctr. (413)499-4537, ***North Adams,*** Early Intervention, (413)664-9345, Family Resource Center Play & Learn Groups (413)664-4821, ***Gt. Barrington:*** (413) 717-4083

**Education: (Educación):** ***Pittsfield,*** The Learning Connection (adults) (413)499-9531, Teen Parent Program (413)443-2530, Berkshire Works (413)499-2220, Adult Learning Center (413)499-9530, Parent-Child Home Program for Toddlers, ***Pittsfield,*** (413)448-9676, ***North Adams,*** 664-4274, N. Berkshire Adult Basic Education Program @ MCLA, (413)662-5314, Office of Continuing Education @ MCLA, (413)662-5543

**Employment (Empleo):** Division of Employment and Training, BerkshireWorks, ***Pittsfield,*** (413)499-2220, Berkshirejobs.com (413)663-3384

**Environment (Medio Ambiente):** CET ***Pittsfield,*** (413)445-4556, ***North Adams,*** Healthy Homes (413) 663-9242

**Lead Poisoning Prevention (Prevencion de Envenenamiento de Menores con Plomo)** (800) 532-9571  
North Adams Lead Poisoning Prevention Program, (413)663-9242

**Family Planning (Planificacion Familiar):** Tapestry, ***Pittsfield,*** 100 Wendell Ave 443-2844, ***North Adams,*** Tapestry 289 Church St, MCLA Wellness Ctr. (413) 662-5258. Weds 1pm-6pm, ***Greta Barrington:*** 777 South Main St. (413)528-4238

**Families with Disabilities (Familias con Discapacidad):** AdLib (413)442-7074, Toll Free: 1 (800) 232-7074 United Cerebral Palsy (UCP) ***Pittsfield,*** (413)442-1562, ***North Adams,*** UCP/Early Intervention (413)664-9345, Mass. Rehabilitation Commission, ***Pittsfield,*** (413)499-2720, ***North Adams,*** (413)663-5391, BFAIR ***Pittsfield,*** (413)443-6007, ***North Adams*** (413)664-9382,

**Family Education (Educacion para la familia):** ***Pittsfield,*** (413) 447-2400, McInerney Parenting Services (413) 499-3556, Berkshire County Fatherhood Initiative: (413)443-7220 ext 1406 (call for date & time), ***North Adams:*** Early Intervention (413) 662-3315, North Berkshire Family Net (423) 664-4821. LINC'S Parent Center (413)664-7512, Childcare of the Berkshires/Parenting Partnership, (413)664-4725, Berkshire Children & Families, (413)448-8281 toll free: 1 (888)742-7443

**Family Resource Centers (Centros de recursos de la familia):** ***North Adams:*** The Family Resource Center at Child Care of the Berkshires, (413)664-4821, The Family Place, (413)663-7588

**Food Resources (Los recursos alimentarios):** Berkshire North WIC, *Pittsfield*, (413)445-9429 or 447-3495, *North Adams*, (413)663-3012, *GT. Barrington*, (413)528-0457, Toll Free: (800) 942-1007, **SNAP** (formerly Food Stamps) (Cupones para Alimentos) **Food Bank:** 1-800-247-9632, **Project Bread:** (800) 645-8333, Department of Transitional Assistance: (413) 236-2000, 1 (800) 445-6604, **Berkshire Food Project (North Adams):** (413)664-7378, **School Meals Programs: Breakfast & Lunch:** (800)645-8333

**Food Pantries (Despensas de Alimento):** *Pittsfield*, Salvation Army (413)442-0624, St. Joseph's Church (413)445-5789, St. Mark's Church (413)447-7510, Christian Center (413)443-2828, First Baptist Church (413)445-4539, Reigning Love Church (413)448-6221, First United Methodist Church (413)499-0866, Christian Assembly (413)442-1495 (Tues 2p-4p, Fri 10a-12p) South Congregational Church (413)442-7357, Dalton: St. Agnes Church (413)684-0125, (Need to live in Dalton, Hinsdale, Savoy, Becket or Peru & have I.D.), Dalton United Methodist Church (413)684-0521, *Hinsdale:* First Congregational Church (413)655-8587, *North Adams:* Salvation Army (413)663-7987, Friendship Center Food Pantry, (413)664-0123, Weds. 10a – 2pm & 4pm - 6pm, Goodwill (413)743-8-92, Vietnam Veteran's Chapter 54, (413)346-4167, *Williamstown:* St. Patrick's Church (413)458-4946, every 1<sup>st</sup> & 3<sup>rd</sup> Wed, 1p-3p), Community Bible Church: (413) 458-5556, Adams: Pope St. John(413)743-0577 every Wednesday; 11a-1p & 4p-6p, St. Thomas Church (in basement) (413)743-4189, Every Wednesday 11a-1p & 4p – 6p. (Need to live in Adams, Cheshire or Savoy). *Lanesboro*, VFW Food Pantry (413)442-1025, *Lenox:* United Methodist Church 445-5918, *Lee:* St George Episcopal (413)243-0272, (call for days & time) *GT. Barrington:* Calvin Christian Church; Thurs. 10a-1pm, **Must bring own bags**, Mobile Food Bank: (413)528-0457 every 1<sup>st</sup> Tuesday of month, 12pm-1pm.

**Free Hot Meals (Comidas Calientes Gratis):** *Pittsfield*, Christian Center (413)443-2828, Salvation Army (413)442-0624, St. Steven's Episcopal Church (413)448-8276, First Baptist Church 445-4539, First United Methodist Church (413)499-0866 /Pearl St. Day Center (413)445-4445, *Dalton:* Dalton Congregational Church (413)684-1715, Dalton United Methodist Church (413)684-0521, *Hinsdale:* First Congregational Church (413) 655-8337, Town Hall (413)655-2310, *Cheshire:* 1<sup>st</sup> Baptist Church of Cheshire, (413)743-3649, *Adams:* Community Center (413)743-8333, *North Adams*, Berkshire Food Project (413) 664-7378; Lunches served daily at noon, Salvation Army (413)663-7978, Harvest Christian Ministries, (413)664-4845, Breakfast M-F 7:30a-9a, lunch-Saturdays 11:30a-1p, *Williamstown:* Harper Center (413)458-8250 (Call first), *Lee:* 1<sup>st</sup> Congregational Church (413)243-1033, *Lenox:* Community Center (413)637-5535 *Gt. Barrington:* Arlo Guthrie Center (Old Trinity Church) Wednesdays, 12p-1p (413)528-1955

**Free Clothing (Ropa gratis) (gently used):** *Pittsfield:* Pregnancy Support Services (413)443-7351, *North Adams*, Family Resource Center (infant to size 10) (413)664-4821

**Head Start:** *Pittsfield:* (413)499-0137, *Adams:* (413) 743-5150, *North Adams:* (413) 664-4829 *Becket:* (413)623-6489, *GT. Barrington:* (413) 528-8689

**Heating & Energy Programs: (Programas de energía y calor)** Berkshire Community Action Council, *Pittsfield*, (413)445-5671, *North Adams*, (413)663-3014, Toll Free: (866) 216-6200, *Great Barrington*, (413)528-1947, *Good Neighbor Fund* (Utilities) Salvation Army; *Pittsfield*, (413)442-0624, *North Adams* (413)663-7987. **Citizens Energy** (assistance for oil & gas heat), (877) 563-4645, **Energy Bucks** (fuel assistance, utility discounts & weatherization): (866)-537-7276, **National Grid** (866) 395-0315, **Mass Dept of Housing & Community Development** (Heat info) 1 (800) 632-8175, **Catholic Charities** :( 1 time assistance) (413)452-0613 **Mass Save:** 1 (866) 527-7283

**Housing Authority/ Subsidized (Autoridad de vivienda / subvencionado):** *Pittsfield*/Section 8- (413)499-1630, 74 North Street, Berkshire Housing: (413)499-1630, *Adams; IncomeElig/Section 8:* (413)743-5924, *Dalton:* (413) 684-2493, *North Adams/Section 8:* (413)663-5379, *Williamstown:* (413)458-8282 Habitat for Humanity: (413)442-3181

**Housing Discrimination (Discriminación en la vivienda): (413)539-9796/**

[www.massfairhousing.org/info@massfairhousing.org](http://www.massfairhousing.org/info@massfairhousing.org)

**Housing Legal Services:** Berkshire County Regional Housing Authority: (413)443-7138

**Lead Poisoning Prevention Program: (Prevención de envenenamiento por plomo programa):**

(413)663-9242, Toll Free: (800) 954-0038

**Legal Aid (Asistencia Legal):** W. Mass Legal Services/Community Legal Aid, **Pittsfield**, (413)499-1950,

**North Adams**, (413)664-4531, Dial-A-Lawyer- first Wednesday of every month 5:30pm- 7:30pm

(speak to a lawyer free of charge) (617)338-0610, Basic recorded legal information 24/7: (617)542-9069,

**Immigration/ (Inmigración): Pittsfield:** (413) 499-1950, **North Adams:** (413)664-4531 or (800) 639-1509

**Immigration Assistance:** Berkshire Immigration Center: (413) 445-4881

**Literacy/ (Alfabetismo), (English as 2<sup>nd</sup> language): Pittsfield:** Literacy Volunteers of Berkshire County,

(413)499-9487, **North Adams:** Northern Berkshire Adult Basic Education Program (at MCLA) (413)662-5000

**Medical Insurance (Seguro Medico): Pittsfield,** Advocacy for Access (413) 445-9480 or 1(888)822-2237

Community Health Plan, (413)447-3038, **North Adams**, ECU-Care (413) 663-8711,

**BMC HealthNet**, 1 (800) 792-4355, **Health New England** (800)-841-2900

**Mental Health: (Salud Mental) (outpatient), children & adults (niños y adultos):** Clinical Support Options,

**Pittsfield** (413)236-5656, Berkshire Medical Center (413)447-2000, Brien Center: (413)499-0412, South Bay

Mental Health, (413) 495-1500, National Alliance on Mental Health (NAMHI) (413)443-1666, Behavioral

Health Network (413)304-2422 **North Adams:** Brien Center: (413)664-4541, Toll free: (800) 252-0227

(24 hr crisis service)

**Parenting Classes (Crianza): Pittsfield:** WIC: Infant Feeding, Childbirth Classes, Baby 101/Happiest Baby on

the Block (413)445-9429, Childcare of the Berkshires, Inc., (413)445-4324, Teen to 23 Project, (413)743-5338,

McInerney Program, (413)445-2997, Berkshire County Fatherhood Program, (413) 346-2431 or (413)443-9469,

Grandparents Raising Grandchildren (Ralph J Froio Sr. Center): (413)499-9346, Berkshire Works Young

Parents Program: (413)499-2220 ext. 131, 24:7 DAD (413) 443-7220 x1406, Baby Lounge: Berkshire

Museum, Weds. 2p-4p & Teen-23 Baby Lounge, Thursdays, 2p-4p (413) 743-5338, **North Adams:**

WIC: Baby 101/Happiest Baby on the Block, (413) 663-3012, Teen to 23 Project, (413) 743-5338,

Healthy Families, (413)664-6104, Berkshire County Fatherhood Program, (413)443-9469 or (413)346-2431

Family Net, (413) 664-4821, Berkshire County Fatherhood Program, (413) 326-2431, 24:7 DAD

(413) 663-7588, x13, Family Place (413) 663-7588, Grandparents Raising Grandchildren (Spritzer

Center), (413) 663-7588 x24 or (413) 236-1924, **Williamstown**, “Life with Baby” Williamstown

Youth Center (parents with infant(s) birth - 15mo. 10am the 1<sup>st</sup> Friday of each month (413)664-4821,

**Parental Stress Line 24 hour parent helpline**, telephone counseling and referral information to

parents, 1-(800) 632-8188

**Playgroups (Grupos de Juego): Pittsfield:** Childcare of the Berkshires, Inc., (413)445-4324, **Baby & Me!**

**Parent/ Child Playgroup @ BMC**, (413)447-2400, Teen to 23 Project, (413)743-5338, Tree House,

(413)344-4435, Head Start, Monthly playgroups; for times and dates contact Jenn Faulconer,

Pittsfield CFCE Coordinator (413)499-4809, **Lanesboro:** “Play & Learn”, Town Hall in Common

Room, Fridays, 11a-noon, **Hinsdale:** Kittredge Elementary School- (Call for times), (413)684-2225 (x5109),

**North Adams:** **Gym Group**, Mondays 5:30p-6:30, Haskins Center Gym (call (413) 664-4821 x20 for more

info), **Pre-K Play Group** (ages 2.5 – 5) Haskins Center Basement 10a-11:30a, **Toddler Play & Learn**

**Group** (ages walking – 2 ½) 10a-11a Family Resource Center Play Room (413)664-4821 (x20),

“**Gym Group:**” (ages: walking-5) Thursdays 11:30a-12:30p), **(CONT. ON NEXT PAGE)**

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Haskins Center Gym on 1<sup>st</sup> floor, *Baby Group* Fridays (**except 1<sup>st</sup> Friday of month**), (Birth – 16 mo.) 11a-noon, **Florida Mountain: Play & Learn**, (ages: walking-8), Tuesdays 5:30p-6:30p at Abbott Elementary School

**Story Hours: Pittsfield**, Public Library, (413)499-9483, Tues 10a, **Dalton: Kindergym/CRA**: (Call for times) (413)684-0260, Dalton Public Library (413) 684-6112, Thurs at 10a, **Lanesborough: Public Library**, Tuesdays 10:15a-11:15a, (413)442-0222, Adams: Public Library, (413)743-8345, Fri at 10a, **Registration Required, North Adams: Public Library** (413)662-3133 Toddlers: Tues @ 10:30a, Pre-K: Weds @ 10:30a, **Williamstown: Milne Public Library**, (413)458-5369, Tues & Weds @ 10:30, 1 Friday a month. (Call for dates), Williamstown Youth Center; *Play & Learn*” (ages: walking-5) Mondays 10a-11:30a

**Poison Control Hotline: (Linea Caliente de Control de Venenos):** 1 (800) 222-1222, TTY 1 (888) 244-5313

**Police/ La Policia: Pittsfield**, (413)448-9709, **Adams**; (413)743-1212, alt. emergency (413)743-8031, **Cheshire**, (413)743-1501, **Clarksburg** (413)663-7795, Alternate emergency (413) 663-3313, **Dalton**, (413) 684-0300, **Hancock**, (413) 655-0201, **Hinsdale**, (413)655-2245, **Lanesboro**, (413)655-2245, **New Ashford**, (413)458-5461, **North Adams**, (413)664-4944, **Peru**, (413)655-8377, **Savoy** (413) 743-0364, **Williamstown**, (413) 458-5733, **Emergencies ONLY: 911**

**Pregnancy Support Services (Sercicios de Apoyo Durante Embaraz):** Healthy Families, **Pittsfield**, (413)445-4324, **North Adams** (413)664-6104, Pregnancy Support Services, **Pittsfield**: (413) 443-7351, **North Adams** Northern Berkshire Pregnancy Support Center (413)346-4291; Toll free: (855)836-8336, Teen Parent Program (Programa Padres Adolescentes): **Pittsfield**: (413)443-2530, Postpartum Support Network (413)447-2167, Redfield House (413)448-2997, Tapestry, **Pittsfield**: (413)443-2844, **North Adams**, (413)662-5258, Teen Pregnancy Hotline: 1(800) 522-5066, **Childbirth Birth Classes (FREE), Infant Feeding Classes: Pittsfield** WIC (413)445-9429, (call for dates)

**Bereavement Support (Duelo Colaboración): North Adams:** St. Elizabeth’s Parish Center, First Thursday of month, 7p-9p. Call (413)652-3433 or (413)346-4626 for more information.

**Postpartum Support Group (Grupo de Apoyo Postparto): Pittsfield**, Berkshire Medical Center (413)447-2167, Mothers Supporting Mothers (infants welcome) 1<sup>st</sup> & 3<sup>rd</sup> Weds of month; 6p-7:30p in the Chapel at Berkshire Medical Center, **North Adams**, Family Resource Center, (1<sup>st</sup> Friday of every month) (413) 664-4821, SHIMA (413)346-1055 (3<sup>rd</sup> Monday of month) 6:30p

**Rape Crisis Center (Centro de Crisis por Violación): Pittsfield**, (413)443-0089, **North Adams**, (413)663-7459

**Re-Entry Program:** (Please call Sherriff’s office for more information) (413)443-7220 x1190

**STD, Sexually Transmitted Disease (Enfermedades de Transmisión Sexual): Pittsfield**, Tapestry (413)443-2844, STD Clinic (413)447-2654, **North Adams**, (413) 663-8846

**Shelter/Emergency Assistance (Vivienda / Asistencia de Emergencia): Pittsfield**, Our Friend’s House: (413)499-2877, Barton’s Crossing (413)442-1445, **Adams**, Family Life Support Center/Louison House (413)743-7957.

**Suicide Prevention (Prevención del Suicidio): *Pittsfield*:** Brien Center: (800) 252-0227 or (413)499-0412, Mass State-Wide Samaritans Crisis Hotline: (toll free) 1 (877) 870-4673, Youth Suicide Prevention/Brien Ctr Crisis Line: (413)499-0412

**Tobacco Treatment Services (Servicios de Tratamiento por Tabaco): *Pittsfield*,** Tobacco Education (413)499-2602, Quit *Hotline*: 1 (800) 784-8669, ***Online***: [makesmokinghistory.org](http://makesmokinghistory.org)

**Transportation (Transporte): *Pittsfield*,** BRTA (bus) (413)499-2482, Mass Health Transportation Program 1 (800) 841-2900, option 2, and then option 3. **(Must have approved PT-1 form; provided by medical provider)** Taxis: *Pittsfield*, Rainbow (413)499-4300, Arrow (413)499-8604, *North Adams*, Veteran's Taxi (413)663-8300, Transportation Association of Northern Berkshire (413)664-0300 (Berkshire Rides), American Cab Co. (413)663-3000

WIC is an equal opportunity provider & employer

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*This is a working document & info may change.*