

Barnstable County CARE Guide

Community Access to Resources and Education



2025

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TABLE 1: BARNSTABLE COUNTY REGIONAL EMERGENCY PLANNING COMMITTEE

<https://www.capecod.gov/departments/regional-emergency-planning-committee/>

TABLE 2: FAMILY RESOURCE CENTERS

Name	Contact Information	Notes
CAPE COD FAMILY RESOURCE CENTER	(508) 815-5100 29 Bassett Ln Hyannis, MA 02601 https://capecodfamilyresourcecenter.org/ https://www.familycontinuity.org	• The Family Resource Center supports families when they have a crisis or need help. • Child and family support and counseling, basic needs, education, application for public assistance • Outpatient mental health services: • (508) 862-0600
CHILD CARE NETWORK	(508) 778-9470 372 North St Hyannis, MA 02601 https://www.cacci.cc/programs/child-care-network/	• Child Care Network's free resource and referral services help families identify and access high quality, affordable early education and out-of-school time programs. • Information and Referral, Subsidy Management, Professional Development, Advocacy
MONOMOY EARLY CHILDHOOD FAMILY RESOURCE CENTER	(508) 430-7216 x4044 Harwich Elementary School 263 South St Door 6A Harwich, MA 02645	• Office hours by appointment • Satellite of Cape Cod Children's Place • Access to free food and nutrition education • Access to free infant and toddler clothing and diapers • Early education and care tuition assistance

	https://www.monomoy.edu email lucyc@capecodchildrensplace.com	Early literacy Book Bag Lending Library
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TABLE 3: FOOD

Name	Contact Information	Notes
CAPE COD COOPERATIVE EXTENSION	(508) 375-6944 Andrea Scarpellini Food Access Coordinator andrea.scarpellini@capecod.gov https://www.capecod.gov/departments/cooperative-extension/programs/nutrition-education-food-safety/food-access-resources/	FOOD ACCESS RESOURCE GUIDE link *REFER TO GUIDE linked above for Pantry locations
DEPARTMENT OF TRANSITIONAL ASSISTANCE	(877) 382-2363 https://www.mass.gov/orgs/departments-of-transitional-assistance	- Monday – Friday 8:15 AM – 4:45 PM - Apply online for SNAP benefits https://dtaconnect.eohhs.mass.gov/
FAMILY PANTRY OF CAPE COD	(508) 432-6519 133 Queen Anne Rd Harwich, MA 02645	- Eligibility based on USDA poverty guidelines; ID and residence verification required. - Open for client visits on the following days and times: - Tuesday: 10:00 AM – 3:30 PM

	https://www.thefamilypantry.com/ New client forms available online to download	– Wednesday: 10:00 AM – 12:00 PM – Thursday: 10:00 AM – 7:00 PM – Saturday: 9:00 AM – 12 PM • Provides groceries every 10 days • Each client is allowed to select the products that he or she wants. • Large selection of healthy foods including frozen meats, cheese, eggs, fresh produce as well as the canned and packaged food products. • Clothing “boutique” on site • The Family Pantry "Healthy Meals in Motion Mobile Pantry" delivers groceries to seniors or individuals/families unable to leave the home. Serves Brewster, Chatham, Eastham, Provincetown, and Dennis.
HEART TO HOME MEALS	(508) 658-3000 https://hearttohomemeals.com	• Home meal delivery for seniors in Massachusetts • Private pay, no subscription or delivery fees • Delivery to Barnstable County on Mondays • Place order by 2:00 PM Friday

MOM'S MEALS	(877) 508-6667 https://www.momsmeals.com/	• Serves nationwide. • 8:00 AM – 5:00 PM • *Delivery available • Mom's Meals Long Term Services and Support/Home and Community Based Services Program provides refrigerated, home-delivered meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or other government-funded nutrition programs.
PROJECT BREAD'S FOODSOURCE HOTLINE	(800) 645-8333 https://www.projectbread.org/get-help	• Monday-Friday 8 AM – 7 PM; Saturday 10:00 AM – 2:00 PM • Provides free, expert assistance in understanding what programs are out there to help you go beyond just making ends meet, stretch your food budget, and reliably feed yourself or your family.
THE 246 KITCHEN	246 Main St Wellfleet, MA 02667 http://www.246kitchen.org/	• Free hot dinner cooked and served by teams of community members • Tuesdays 4 PM – 6 PM October through April.

TABLE 4: HEALTHCARE

Name	Contact Information	Notes
CAPE COD HEALTHCARE	(844) 275-2242 https://www.capecodhealth.org/	• Cape Cod Hospital 27 Park Street Hyannis MA • Falmouth Hospital 100 Ter Heun Drive Falmouth MA • Multiple urgent care and laboratory service sites (see links below) Urgent & Primary Care locations: https://www.capecodhealth.org/locations/search-results/?displayName=urgent+care&sort=13&page=1 Laboratory Services locations: https://www.capecodhealth.org/locations/search-results/?displayName=lab&sort=13&page=1
CAREWELL URGENT CARE	(508) 694-7901 484 Route 134 Patriot Square South Dennis, MA 02660 https://www.carewellurgentcare.com/centers/south-dennis/	• Urgent care and walk in services • Open daily 8:00 AM - 8:00 PM

COMMUNITY HEALTH CENTER OF CAPE COD	(508) 477-7090 107 Commercial St Mashpee, MA 0264 https://chcofcapecod.org/locations/mashpee	• Primary Care, SmartExam, Women's Health, Walk-In Care, Dental, Pharmacy, Optometry, Behavioral Health, Substance Use Disorders, Telehealth and Insurance Enrollment • Multiple locations including Bourne, Centerville, Falmouth, Mashpee, Sandwich https://chcofcapecod.org/locations/
DUFFY HEALTH CENTER	Clinic: (508) 771-9599 Admin: (508) 771-7517 94 Main St Hyannis, MA 02601 www.duffyhealthcenter.org	• Primary Care, Preventative Care, Sexual Health, Chronic Disease Management, Care Coordination, Nutrition, 24/7 Triage for Urgent Concerns; • Outpatient Psychiatric Services, Individual Counseling, Court Evaluations, Suicide Prevention, Spiritual Care; • Office Based Addiction Treatment, Recovery Coaching and Support, Specialized Programs for Parenting Mothers with history of substance use disorder and Teens; • Connection to Insurance & Benefits, Assistance with basic needs, Connection to Community Resources, Housing Referrals & Placement, Homelessness Prevention, Emergency Shelter Program; • Outreach in the Community • Portuguese speakers on site

ELLEN JONES COMMUNITY DENTAL CENTER	(508) 778-5400 Patriot Square 513 Route 134 South Dennis, MA 02660 https://www.hhsi.us/locations/ellen-jones-community-dental-center/.	• Hours: Monday, Wednesday, Friday 8:00 AM - 4:30 PM Tuesday, Thursday 8:00 AM - 8:00 PM Every other Saturday 8:00 AM - 12:30 PM • Accepts Mass Health, Health Safety Net, most insurances, sliding scale fees for uninsured
HARBOR COMMUNITY HEALTH CENTER	(508) 778-5420 735 Attucks Ln Hyannis, MA 02601 https://www.hhsi.us/locations/harbor-community-health-center-hyannis/.	• Medical care, social services, health insurance enrollment or payment plan • Appointments by video, phone, and in-person • Dental services • Food assistance/ SNAP. On site food pantry. Contact Camila Barbosa directly at (508) 778-5413. • Pharmacy on site • PreP, HIV prevention and support • Spanish and Portuguese language services
HEALTH IMPERATIVES	(509) 711-8010 1019 Iyannough Rd Hyannis, MA 02601 https://healthimperatives.org/hyannis/	• Sexual and reproductive health • WIC Nutrition Assistance • Healthy Families- home visits, parent coaching, parenting education, and resources to young people up to age 26. By appointment (508) 540-2968

OUTER CAPE HEALTH SERVICES	(508) 432-1400 710 Route 28 Harwich Port, MA (508) 487-9395 49 Harry Kemp Way Provincetown, MA 02657 (508) 349-3131 3130 Route 6 Wellfleet, MA 02667 https://www.outercape.org/	• Medical care, behavioral health, health insurance enrollment • WIC office onsite at Harwich location, Orleans, Eastham and Provincetown by phone https://www.outercape.org/services/women-infants-children-wic-food-nutrition/
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VISITING NURSE ASSOCIATION OF CAPE COD (DIVISION OF CAPE COD HEALTHCARE)	(800) 631-3900 25 Communication Way Hyannis, MA 02601 Health & Wellness: (508) 957-7423 https://www.capecodhealth.org/medical-services/visiting-nurse-association/ Hospice/Palliative Care: (800) 978-0838 (508) 957-7710 https://www.capecodhealth.org/medical-services/visiting-nurse-association/hospice-palliative-care/	• Home health care • Hospice and palliative care • Bereavement Support groups- downloadable schedule on webpage • Public Health and Wellness- downloadable schedule of activities on webpage
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TABLE 5: HOUSING, RENT, AND MORTGAGE ASSISTANCE

Name	Contact Information	Notes
CHAMP	https://publichousingapplication.ocd.state.ma.us/ (866) 483-6445	• Common Housing Application for Massachusetts Programs • Apply for state-aided public housing and the Alternative Housing Voucher Program

CHAMP HOMES	(508) 771-0885 82 School St Hyannis, MA 02601 https://www.champhomes.org/	• Provides transitional housing for adults on Cape Cod who are homeless or near homeless in a safe, compassionate, respectful environment with assistance in providing life skills, mentoring, vocational opportunities and self-advocacy.
HARWICH ECUMENICAL COUNCIL FOR HOUSING	(508) 432-0015 120 Route 28, 3rd Floor P.O. Box 638 West Harwich, MA 02671 https://www.hech.org/	• HECH has developed affordable housing providing both rental and homeownership opportunities to stabilize Cape communities. • Today, HECH self-manages a portfolio of 50 rental units • Administers rental assistance programs funded by local municipalities. • Oversees town funded housing rehabilitation programs for emergency home repairs for qualifying residents • Manages the Libby Arnold Stevens Resident Stabilization Fund providing emergency assistance to residents of Barnstable County • Actively help families' access affordability resources and assistance from a variety of sources.

HOUSING ASSISTANCE CORPORATION	(508) 771-5400 255 Independence Dr Hyannis, MA 02601 https://haconcapecod.org/	- Monday – Friday, 9:00 AM – 5:00 PM - The agency is the regional administrative agency for RAFT, ERAP/ERMA applications. - For Emergency Rental and Mortgage Assistance
MASSACHUSETTS HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)	Cold Relief Heatline: (800) 632-8175 https://www.mass.gov/service-details/learn-about-home-energy-assistance-liheap	- No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. - All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance.
MASSACHUSETTS HOUSING AUTHORITY CONTACT LIST	Click link to access list and search alphabetically by town name.	https://www.mass.gov/service-details/local-housing-authority-contact-listing

TABLE 6: INFECTIOUS DISEASE

Name	Contact Information	Notes
AIDS SUPPORT GROUP OF CAPE COD	(508) 487-9445 Provincetown Office Administrative & Client Services 96 Bradford St Provincetown, MA 02657	- Prevention, education, and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands. - Locations in Falmouth, Hyannis, Martha's Vineyard and Provincetown

	(508) 487-8311 Provincetown Drop-in Center 301 Commercial St Provincetown, MA 02657 https://www.asgcc.org/	
MA DEPT OF PUBLIC HEALTH AND INTEGRATED TESTING LINKAGE SERVICES LOCATOR	https://www.mass.gov/info-details/integrated-testing-and-linkage-services-locator	Find a Department of Public Health (DPH) funded location to get tested for HIV, hepatitis C, and sexually transmitted infections.

TABLE 7: IMMIGRATION

Name	Contact Information	Notes
ABA FREE LEGAL ANSWERS	(800) 285-2221 https://abafederal.freelegalanswers.org	- Volunteer attorneys answer your specific questions about immigration issues via email - Monday - Friday 9:00 AM - 6:00 PM
IMMIGRANT ASSISTANCE CENTER (IAC)	(508) 996-8113 58 Crapo St #1 New Bedford, MA 02740 https://immigrantsassistancecenter.org	- Case management for basic needs, at risk youth, emergency planning & elder services - Multi-lingual and multi-cultural staff - Citizenship guidance - Workforce readiness - Promote secure employment and financial self-sufficiency - Respect for maintaining ethnic identity

		• Referrals to public and private agencies for social, economic and cultural needs • Aim to improve quality of life for immigrants
IMMIGRATION RESOURCE CENTER (OFFERED BY THE COMMUNITY ACTION COMMITTEE OF CAPE COD AND THE ISLANDS)	(508) 778-9470 372 North St Hyannis, MA 02601 https://www.cacci.cc/ EMAIL: bethg@cacci.cc	• Free legal counsel and assistance for immigrants and their families • U.S. citizenship assistance ○ Free citizenship preparation classes ○ Interview preparation services • Assistance with Naturalization Form (N-400) • Bilingual Staff Available • Monday-Friday 8:00 AM – 5:00 PM
MASSACHUSETTS IMMIGRATION AND REFUGEE ADVOCACY COALITION (MIRA)	(617) 350-5480 69 Canal St 3 rd Floor Boston, MA 02114 https://miracoalition.org/	• Immigration advocacy • Connect immigrants with various service providers • Human service referrals including ○ Affordable healthcare ○ Housing and food assistance ○ Legal assistance ○ English language learning ○ Citizenship information
MASS LEGAL HELP	(866) 885-6277 https://www.masslegalhelp.org/immigration	• Immigration specialists offer legal rights Information from immigrations specialists ○ Legal rights ○ Obtaining citizenship ○ Family and youth support ○ Benefits and healthcare options ○ Work permits • Training online • American Immigration Lawyers Association: Find a Lawyer Program

		Talk to a law librarian program Monday – Friday 9:00 AM -12:00 PM; 1:00 PM - 4:00 PM
OFFICE FOR REFUGEES AND IMMIGRANTS (ORI)	(617) 727-7888 1 Ashburton Place 5 th Floor Boston, MA 02108 https://www.mass.gov/orgs/office-for-refugees-and-immigrants	- Support and services to meet the cultural and language needs of immigrants - Services provided through a network of agencies and community-based organizations - Monday-Friday 9:00 AM - 5:00 PM
PROJECT CITIZENSHIP	(617) 694-5949 https://projectcitizenship.org/	- FREE high-quality legal help to apply for US citizenship delivered by over 1000 volunteers and pro-bono attorneys - Monday-Friday 09:30 AM– 4:30 PM
U.S. IMMIGRATION AND CITIZENSHIP SERVICES (USICS)	(877) 339-5334 https://www.uscis.org	- Citizenship resource center - Information about rights and responsibilities of citizenship, the naturalization process and eligibility - Free study materials for the naturalization interview and test

TABLE 8: INTIMATE PARTNER VIOLENCE

Name	Contact Information	Notes
CATHOLIC SOCIAL SERVICES - IMMIGRANT VICTIMS REPRESENTATION PROJECT	(508) 771-6771 261 South St Hyannis, MA 02601	- Founded in 2008 to address the particular needs of immigrant survivors of abuse, exploitation, trafficking and other crimes. - Staff educate clients on their rights, connect them with wraparound survivor services, and help them

	https://www.mass.gov/locations/catholic-social-services-hyannis-immigrant-victims-representation-project-ivrp .	apply for lawful immigration status. IVRP provides clients with safety, healing, legal help, and access to the social and economic life of our communities.
INDEPENDENCE HOUSE	24 Hour Hotline: (800) 439-6507 Main Office: (508) 771-6507 160 Bassett Ln Hyannis, MA 02601 https://independencehouse.org/	• Cape Cod Resource, counseling, and advocacy center to address and prevent domestic and sexual violence. • Promoting safe, and healthy relationships. • Offers individual and group counseling for survivors of domestic violence, specifically intimate partner violence. Activities are individualized to each person's situation. • Additional locations in Falmouth, Orleans and Provincetown
SAFE LINK	(877) 785-2020 The Massachusetts statewide toll-free domestic violence hotline	• Provides access to all DV shelters in Massachusetts. Operators can direct each victim to a shelter hotline and all services are confidential.

TABLE 9: MENTAL HEALTH

Name	Contact Information	Notes
BAY COVE BEHAVIORAL HEALTH & WELLNESS CENTER	(833) 229-2683 116 Camp St Hyannis, MA 02601 https://www.baycovecapecod.org/	• Open 24/7 • Crisis Intervention services for youth and adults • Adult Community Crisis Stabilization • Youth Community Crisis Stabilization • Behavioral Health • Urgent Care
CAPE & ISLANDS EMERGENCY SERVICES	(833) 229-2683 (BAY-COVE) https://www.baycovecapecod.org/get-help-now	24-hour Hotline for crisis intervention for mental health or substance use (formerly MA DMH Crisis Hotline)
CAPE COD HEALTHCARE BEHAVIORAL HEALTH CARE	(800) 513-4728 27 Park St Hyannis, MA 02601 100 Ter Heun Drive Falmouth, MA 02540 https://www.capecodhealth.org/medical-services/behavioral-health/	• Adult Inpatient Services • Emergency and Consultative Services • Intensive Outpatient Program (IOP) • Outpatient Mental Health Services • Partial Hospital Program (PHP) • Child, Adolescent and Adult Outpatient Psychiatric Services • Patient and Family Support

MASSACHUSETTS BEHAVIORAL HEALTH HELPLINE	(833) 773-2445 Call or text 24/7	• Connect you directly to clinical help, even if you're not sure what kind of help or treatment you may need, we can help guide you. • It's free, confidential, and no health insurance is required. • Real-time interpretation in 200+ languages
NATIONAL ALLIANCE ON MENTAL ILLNESS CAPE COD	(508) 778-4277 248 Stevens St Hyannis, MA 02601 https://namicapecod.org/ info@namicapecod.org	Serves individuals and their families who are affected by the broad spectrum of mental illness and neurological disorders through support, education, and advocacy and promotes mental wellness for all.
NATIONAL SUICIDE PREVENTION LIFELINE	988 call or text	24-hour Hotline to talk to a skilled, trained counselor at a crisis center in your area.
PLYMOUTH OUTPATIENT AND COMMUNITY BEHAVIORAL HEALTH CLINIC	(508) 830-0000 7 Scobee Circle Plymouth, MA 02360 Admissions and Referral Department: (800) 244-4691 https://southbaycommunityservices.com	South Bay is a community-based, behavioral health care organization offering a continuum of services including adult behavioral health, substance abuse counseling, children's behavioral health, autism services and early childhood services.

THE SAMARITANS ON CAPE COD & THE ISLANDS	Local Crisis Line: 508-548-8900 (508) 548-7999 13 Steeple St Mashpee, MA 02649 https://capesamaritans.org/	- Crisis Lines, Community Education, Outreach, Grief Services https://capesamaritans.org/find-support/ - Support materials https://capesamaritans.org/support-materials/
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TABLE 10: MULTI-SERVICE AGENCIES

Name	Contact Information	Notes
BARNSTABLE COUNTY DEPARTMENT OF HUMAN SERVICES	(774) 224-2120 3195 Main St Barnstable, MA 02630 https://www.capecod.gov/departments/human-services/	- Initiatives include: Human Services brochure - Aging Well & Healthy Living - Behavioral Health - Housing & Homelessness - SHINE (508) 375-6762 SHINE brochure - Substance Use Prevention Substance Use Resource Guide
CAPE COD TIMES NEIGHBORS FUND	(508) 778-5661 (800) 422-1446 Open weekdays https://neighborsfund.org Services: https://needyfund.org/services/	- Intake Specialists provide resources and referrals to everyone - Household budgeting and financial assistance for vital human needs to qualifying residents of the Cape and Islands who are experiencing financial crises.

COMMUNITY ACTION AGENCY OF CAPE COD AND THE ISLANDS	(508) 771-1727 372 North St Hyannis, MA 02601 Email: bethg@cacci.cc https://www.cacci.cc/	• Monday – Friday 8 AM to 4 PM • CACCI, and CCN (Child Care Network) • Services for Low-Income Individuals and Families • They provide resources and skills to individuals and families in the region to assist with independence and self-sufficiency through personal growth, family stabilization, life skills and employment readiness. • Application for public benefits (SNAP, RAFT), health insurance enrollment, immigration resources, emergency needs • Help with bills, debt, rent, and other costs. They also can refer people to other charities and organizations.
FALMOUTH HUMAN SERVICES	(508) 548-0533 774 Main Street Falmouth, MA 02540 https://www.falmouthma.gov/289/Human-Services	• Clinical Counseling for Falmouth Residents • Consultation & Outreach • Information, Triage & Referrals on a wide range of social service needs • Community Partnership Projects • Technical & Fiscal Support to Falmouth Human Services Committee and Falmouth Commission on Substance Use • Graduate Student Internships
HEALTH MINISTRY USA	(774) 470-4946 250 South St Hyannis, MA 02601	Faith based health and wellness organization that provides: • Clothes and Food • Translation services • Transportation to medical appointments

	https://healthministryusa.org/ Email: healthministryusa@gmail.com	• School support • Brazilian Consular service • Scheduling medical appointments and exams • Mental health therapies • Mobile Dental Hygiene • English classes (ESL I, II, III) • Physical activity classes • Health plan/Mass Health Connector • Vaccine clinic • First aid and CPR classes • Alcoholics and Narcotics Anonymous meetings • Support groups for abuse, trauma, illness, grief
LOWER CAPE OUTREACH COUNCIL	(508) 240-0694 19 Brewster Cross Rd Orleans, MA 02653 https://lcoutreach.org/	• Housing assistance, financial assistance, career development, heating and fuel, food pantry, basic needs • Food pantries in Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and main office Click here for pantry hours
MASHPEE HUMAN SERVICES	(508) 539-1411 Mashpee Town Hall 16 Great Neck Rd North Mashpee, MA 02649 https://www.mashpeema.gov/human-services	• Information and Referral • Clinical Services to Individual and Families • Consultation and Outreach Services • Case Management • Advocacy • Substance Use Referral to Treatment • Financial Needs and Programs • Collaboration with Town Departments

		• Fuel Assistance • Community Development
PROVINCETOWN COMMUNITY RESOURCE GUIDE	(508) 237-7042 https://www.provincetown-ma.gov/DocumentCenter/View/13242/Ptown-Resource-Guide_June_2021-PDF provincetown@hpccapecod.org	• Provincetown Community Support Liaison • Family & Caregivers • Food Programs • Financial Assistance • Housing & Homelessness • Small Business, Work, Legal • Substance Use
SOUTH SHORE COMMUNITY ACTION COUNCIL, INC	(508) 747-7575 71 Obery St Plymouth, MA 02360 https://www.sscac.org/	• SSCAC runs many programs in the areas of Youth and Family Development, Income Maintenance, Nutrition, Emergency Assistance, Self-Sufficiency, Energy Assistance, Employment, and Transportation Assistance.

TABLE 11: NETWORK OF CARE SERVICE DIRECTORY

<https://www.capecod.gov/departments/human-services/resources/service-directory/>

TABLE 12: OLDER ADULT SERVICES

Name	Contact Information	Notes
BARNSTABLE COUNCIL ON AGING	(508) 862-4750 Barnstable Adult Community Center 825 Falmouth Rd Hyannis, MA 02601 https://townofbarnstable.us/coa/	- Monday – Friday 8:30 AM – 4:30 PM - Newsletter Click here for online access - Ask a Nurse Wednesdays 9:00 AM – 12:00 PM - Blood pressure screening Tuesday 9:00 AM – 12:00 PM - Fitness and Wellness programs - Transportation Monday – Friday, 9:30 AM – 2:00 PM - Call (508) 862-4752 - Support and Advocacy programs
BARNSTABLE NEIGHBOR TO NEIGHBOR (BN2N)	(508) 418-9220 P.O. Box 32 Barnstable, MA 02630 https://www.barnstableneighbor.org/ admin@barnstableneighbor.org	- Brings together older residents, who are living safely and independently in their own homes and need some additional support, with volunteers who are looking for ways to assist their neighbors. - Serving Barnstable, Centerville, Cotuit, Hyannis, Marstons Mills, Osterville, West Barnstable - Drive members to social events and appointments - Run errands - Grocery shop - Guide members to learn new technology like smart phones, tablets, and televisions

BAY TO SOUND NEIGHBORS	(508) 470-0585 P.O. Box 1505 South Dennis, MA 02660 https://www.baytosoundneighbors.org/ battosoundneighbors@gmail.com	• Helping older members of Yarmouth and Dennis “age in place” at home for as long as possible through the support of volunteers in the community • Friendly calls or visits • Home and Garden • Technology Assistance • Transportation • \$200 annual membership fee
BOURNE COUNCIL ON AGING	(508) 759-0600 Ext 5300 Bourne Veterans Memorial Community Center 239 Main St Bourne, MA 02532 https://www.townofbourne.com/council-on-aging	• Monday- Friday 8:30 AM – 4:30 PM • Newsletter: click here for online access
BREWSTER COUNCIL ON AGING	(508) 896-2737 1673 Main St Brewster, MA 02631 https://www.brewster-ma.gov/council-aging-and-council-aging-board	• Monday – Friday, 8:00 AM – 4:00 PM • Newsletter: click here for online access • Fitness and Wellness programs • Medical Equipment shed • Pedicure foot care- 1st Friday of the month (\$40) • Senior Dining and Meals on Wheels • Transportation Services

CHATHAM COUNCIL ON AGING	(508) 945-5190 Chatham Center for Active Living 193 Stony Hill Rd Chatham, MA 02633 https://www.chatham-ma.gov/527/Council-on-Aging	• Monday – Friday, 8:00 AM – 4:00 PM • Newsletter click here for online access • Blood pressure clinic Thursdays 9:00 AM – 10:00 AM • Foot care 4th Wednesday of the month (\$50) • Medical equipment loan program • Mobile pantry delivers to COA 3rd Wednesday of the month • Transportation services
DENNIS COUNCIL ON AGING	(508) 385-5067 Dennis Center for Active Living 1045 Route 134 South Dennis, MA 02660 https://www.town.dennis.ma.us/190/Council-on-Aging https://dcalcapecod.org/	• Monday – Friday 8:30 AM to 4:30 PM • Newsletter: click here for online access • Day program • Evergreen Fitness studio (\$99/year membership) • Exercise, Wellness and Social activities • Lunch and Learn programs • Outreach Services • Seniors Connect Thursdays 10:00 AM - 11:00 AM • Smartphone/Tablet tutoring Mondays 2:45- 3:35 PM • Transportation

EASTHAM COUNCIL ON AGING	(774) 801-3151 Eastham Senior Center 1405 Nauset Rd Eastham, MA 02651 https://www.eastham-ma.gov/418/Senior-Center.	• Monday – Friday, 8:00 AM – 3:00 PM • Newsletter click here for online access • Blood pressure by appointment daily with RN Cindy Dunham (774) 801-3153 • Brown bag program 1st Friday 9:30 AM – 10:30 AM • Eastham coach-free local transportation Fridays 9 AM – 12:30 PM (774) 801-3154 • Grab & Go Meals 1st, 2nd, 4th Fridays 10:30 AM – 11:30 AM • Information and referral services • Medical equipment loan program • Medical transportation (fees \$5–\$50 depending on distance) • Mobile pantry 1st Wednesday of the month 12:00-1:00 PM • SHINE program • Sight loss support group 2nd Thursday of the month 10 AM – 11:30 AM Sep – Jun
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ELDER SERVICES OF CAPE COD & THE ISLANDS	(508) 394-4630 (800) 244-4630 68 Route 134 South Dennis, MA 02660 800-922-2275 Elder Abuse Hotline (24 hours/day, 7 days/week) http://www.escci.org	• ESCCI offers Elder Services for individuals 60 years of age and older. The Information and Referral department can assist with referrals and find the assistance the client needs. They provide Home Care Program, Senior Nutrition Program, Counseling and more. • Open 9:00 AM – 5:00 PM, Monday through Friday • Information & Referral services • Protective services, information and referral, nutrition, caregiver support, assistance applying for public benefits, health insurance. • Meals on Wheels
FALMOUTH SENIOR CENTER	(508) 540-0196 780 Gifford St Falmouth, MA 02540 https://www.falmouthma.gov/444/Senior-Services-Senior-Center	• Monday- Friday 8:30 AM – 4:00 PM • Newsletter click here for online access • Social, Exercise, Health, Nutrition and Outreach Services
HARWICH COUNCIL ON AGING	(508) 430-7550 100 Oak St Harwich, MA 02645 https://www.harwich-ma.gov/224/Council-on-aging	• Monday – Friday, 8:30 – 4:00 PM • Newsletter: click here for online access • Information, referral, and advocacy.

MASHPEE COUNCIL ON AGING	(508) 539-1440 26 Frank E. Hicks Dr Mashpee, MA 02649 https://www.mashpeema.gov/council-aging coa@mashpeema.gov	- Monday – Friday, 8:30 AM – 4:30 PM - Newsletter: click here for online access - Exercise classes - Foot care appointments - Outreach services - Transportation - Wellness checks with VNA nurse 2nd Monday of the month 9:30 AM – 10:30 AM
MASSACHUSETTS COUNCILS ON AGING	(413) 527-6425 116 Pleasant St Suite 306 Easthampton, MA 01027 https://mcoonline.org/coa-directory/	COA Directory Massachusetts Councils on Aging
MASSACHUSETTS SENIOR LEGAL HELP LINE	(800) 342-5297	- Monday through Friday, 9:00 AM – 12:00 noon - Provides free legal information and referral services to Massachusetts residents who are 60 years old or older

NAUSET NEIGHBORS	(508) 514-7067 PO Box 1716 Orleans, MA 02653 https://nausetneighbors.org/	• Help seniors stay in their homes and remain active in their communities for as long as possible. We accomplish this through meaningful volunteering • Serving Brewster, Chatham, Eastham, Harwich, Orleans, and Wellfleet • Transportation • Member visits • Home maintenance • Errands • Tech assistance • \$75 annual membership fee
NEIGHBORHOOD FALMOUTH	(508) 564-7543 115 Palmere Ave, Unit 2A Falmouth, MA 02450 https://www.neighborhoodfalmouth.org/ director@neighborhoodfalmouth.org	• Services to assist seniors in living at home • Light Home Maintenance • Transportation • Connections • Activities • Household Finance Help • Telephone Check-ins • Volunteer Opportunities • Home Safety Review • Emergency Pet Care • \$600 annual membership fee (assistance available)

ORLEANS COUNCIL ON AGING	(508) 255-6333 Orleans Senior Center 150 Rock Harbor Rd Orleans, MA 02653 https://www.town.orleans.ma.us/220/Council-on-Aging-Senior-Center.	• Monday – Friday, 8:30 AM – 4:30 PM • Newsletter: click here for online access • Day program • Fitness classes • Transportation services
PROVINCETOWN COUNCIL ON AGING	(508) 487-7080 Veterans Memorial Community Center 2 Mayflower St Provincetown, MA 02657 https://www.provincetown-ma.gov/72/Council-on-Aging	• Monday – Thursday 8:00 AM - 5:00 PM; Friday 8:00 AM - 12:00 PM • Newsletter click here for online access • Lunch served Wednesdays at noon (register by prior Thursday) • Outreach and Social Services • Podiatry by appointment • Transportation/Programs/Services: 508-487-7080 • VNA Blood Pressure clinic 2nd Tuesday of the month 10:00 AM – noon
SANDWICH COUNCIL ON AGING	(508) 888-4737 Sandwich Center for Active Living 70 Quaker Meetinghouse Rd Sandwich, MA 02563 https://www.sandwichmass.org/274/Council-on-Aging	• Monday – Friday, 8:30 AM – 4:30 PM • Newsletter click here for online access • Exercise, Social and Wellness activities • Food Pantry call (508) 888-3816 to register • Meals on Wheels • Outreach services • Transportation • SHINE

TRURO COUNCIL ON AGING	(508) 487-2462 7 Standish Way North Truro, MA 02652 https://www.truro-ma.gov/council-on-aging	• Monday – Friday, 8:00 AM to 4:00 PM • Newsletter click here for online access • Community lunch Thursdays 12:00 PM – 1:30 PM • Exercise, Social and Wellness activities • Transportation
WELLFLEET ADULT COMMUNITY CENTER	(508) 349-2800 (508) 349-0313 715 Old Kings Highway Wellfleet, MA 02667 https://www.wellfleet-ma.gov/wellfleet-adult-community-center	• Monday – Friday, 8:30 AM – 4:00 PM • Newsletter click for online access • Exercise, Social and Wellness activities • Maryann’s café Thursdays 12:30 \$9/person register ahead • Outreach Services • Transportation
YARMOUTH SENIOR SERVICES	(508) 394-7606 Yarmouth Senior Center 528 Forest Rd West Yarmouth, MA 02673 https://www.yarmouth.ma.us/309/Senior-Services.	• Monday – Friday, 8:30 AM – 4:30 PM • Newsletter click here for online access • Dining with Friends free lunch Tuesdays Wednesday Thursdays 11:30 AM – 12:30 PM, Registration required. • Exercise, Social and Wellness activities • Outreach Services • Transportation available 7 days per week 8:00 AM – 4:00 PM (508) 394-7606 x 1331

TABLE 13: SUBSTANCE USE

Name	Contact Information	Notes
ACCESS HOPE	(508) 648-5657 kim.powers@ahopec.org https://www.ahopec.org/home	Harm reduction services • Syringe access • Narcan • Fentanyl test strips • Overdose prevention • Risk reduction counseling • HIV testing and peer support • Medication for opioid use disorder
AIDS SUPPORT GROUP OF CAPE COD MOBILE OUTREACH VAN	(774) 763-6656 Call for hours/locations or see schedule here: https://www.asgcc.org/services/mobile-outreach-van	• STI/HIV/HCV testing • Safer sex supplies • Comprehensive risk assessments • Overdose prevention education • NARCAN training and distribution • Syringe services • Safer injection kits • Referrals to medical, mental health, and recovery supports
BARNSTABLE COUNTY DEPARTMENT OF HUMAN SERVICES	(508) 470-3658 3195 Main St Barnstable, MA 02630	Substance Use Prevention: Substance Use Resource Guide

	https://www.capecod.gov/departments/human-services/initiatives/substance-use-prevention/ Angela Rossi, Substance Use Prevention Program Manager	
BARNSTABLE COUNTY SHERIFF DEPARTMENT PROGRAMS	(508) 563-4328 3261 Main St Barnstable, MA 02630 http://www.bsheriff.net/ Youth Academy Program: youthprograms@bsheriff.net	Youth Academy Program • 4 weeks in summer at Cape Cod Community College • Increase social skills • Develop Resiliency • Achieve physical, emotional, and intellectual development B.A.R.S. Program (Bring Awareness & Reality to Students) • Deter youth from committing crimes Extended B.A.R.S. program • Corrections officer and inmates visit schools to discuss alcohol, drugs, violence, and crime
B FREE WELLNESS, INC.	508-470-1077 305 Hokum Rock Rd. Dennis, MA 02638 https://www.bfreewell.org/ hello@bfreewell.org	• Traditional clinical therapy • Individual and group substance use treatment • Prevention: children's programming • Recovery services • Trauma sensitive wellness coaching • Fitness/yoga classes • Massage • Reiki • Energy healing • Acupuncture • Nutritional counseling

CAPE COD CHILDREN'S PLACE FIRST STEPS TOGETHER PROGRAM	Christina Russell at (774) 722-3305 or email crussell@capecodchildrensplace.com 10 Ballwic Rd Eastham, MA 02642 https://capecodchildrensplace.com/family-support/first-steps-together/	• Personal training First Steps Together (Families in Recovery Support) • Recovery and parenting groups in person or virtually • Referrals for physical and mental health care and substance use treatment • Connections to community-based services • Help accessing support for basic needs • Help with coordinating services parents are already receiving • Substance Use Disorder resources https://capecodchildrensplace.com/5-protective-factors/support-in-times-of-need/
GOSNOLD BEHAVIORAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT	(508) 540-6550 Or email Help@gosnold.org Admissions: (800) 444-1554 Inpatient Detox 200 Ter Heun Dr Falmouth, MA Family Assistance & Intervention: Michelle Diaz (774) 392-3721 https://gosnold.org/our-locations/	• Inpatient treatment and stabilization • Outpatient services • Partial hospitalization • Sober living • Recovery coaching • Overdose outreach • Intervention • ER navigation • School-based programs • Behavioral health supports for justice involved
HERREN PROJECT	(844) 543-8555 (401) 243-8590 P.O. Box 131 Portsmouth, RI 02871 https://herrenproject.org/ herrenproject.org/student-resources/	• Services for recovery & prevention • Treatment Placement • Recovery Scholarships • Resources for individuals & family members • Free weekly online support groups and consultations • Sober Living and Recovery Coaching

		Educational Webinars
LEARN TO COPE	(508) 738-5148 4 Court St #110 Taunton, MA 02780 lrc@learn2cope.org https://learn2cope.org/	- Monday-Friday 9:00 AM-5:00 PM - Peer-led support network - Education and resources - Online support via virtual meetings held M/T/W/TH 7:00PM-8:30PM - In-Person meetings schedule https://learn2cope.org/calendar/ - Sibling Group via Zoom every Monday 7:00PM-8:30PM
MASSACHUSETTS SUBSTANCE USE HELPLINE	(800) 327-5050 24/7 https://helplinema.org/	- Statewide public resource for finding substance use treatment, recovery, and problem gambling services. - Helpline services are free and confidential
MOMS DO CARE	(508) 280-6597 Duffy Health Center 94 Main St Hyannis, MA 02601 https://duffyhealthcenter.org/services/substance-use-disorder-programs/	MDC Brochure - Recovery coaching - Access to Medication Assisted Treatment - Access to prenatal and healthcare - Case management - Peer support groups - Counseling - Social service navigation - Free
REACH MOBILE UNIT (DUFFY HEALTH CENTER)	https://www.duffyhealthcenter.org/programs/reach	- Access to showers and basic hygiene - Recovery support navigation - Access to medication for opioid use disorder via telehealth with Duffy providers - Case management resources

		• Harm reduction resources including Narcan and test strips
SHARING KINDNESS	(508) 237-0441 email kim@sharingkindness.org PO Box 111 South Harwich, MA 02661 Dial 988 suicide and crisis lifeline *Veterans Press 1 Crisis Text Line: Text HOME to 741741 https://sharingkindness.org/	• Suicide Prevention • Mental Health Education • Grief Support programs • Sharing/teaching connections and empathy skills • “Courageous conversations” about grief and suicide • Eliminate stigma of seeking help • Facilitate confidence to reach out for help
SOBER.COM	(800) 934- 9518 https://sober.com/find-a-meeting/	• Find Alcoholics Anonymous meetings near you • Discover online or in person meetings • Get 24 hour information on addiction
WELLSTRONG	(508) 444-2219 180 Teaticket Hwy East Falmouth, MA 02536 https://www.wellstrong.org/ info@wellstromg.org	• Monday- Friday 7:00 AM – 7:00 PM, Sat & Sun mornings • Membership based fitness/wellness community • Increase physical and emotional resilience to “stay well” • Maintain recovery through fitness, mindfulness and wellness activities • Healing, strength and empowerment with peer support • Programs available regardless of ability to pay

TABLE 14: TRANSPORTATION (LOCAL)

Name	Contact Information	Notes
CAPE COD REGIONAL TRANSIT AUTHORITY	(800) 352-7155 508-385-1430 TTY: 800-439-0183 Click here for bus schedules, routes and services for seniors and those with disabilities: https://capecodrta.org/ Hyannis Transportation Center 1 Transportation Ave Hyannis, MA 02601	• Information booth hours: 7:00 AM- 5:00 PM • Fixed routes serving all 15 Cape towns • DART: Dial A Ride Transportation ○ Monday -Friday 8AM-5PM: (800) 352-7155 ○ Adults & Youth \$3 ○ Seniors/Disabled \$1.50 ○ Children < age 5 free • SMARTDART: App based door to door ride service ○ For trips <10 miles ○ Barnstable, Dennis, Falmouth, Sandwich and Yarmouth ○ Monday to Saturday 7:30 AM – 6:00 PM ○ \$3 per person per trip • ADA PARATRANSIT: door-to-door shared ride transportation for passengers who meet ADA eligibility requirements and whose disability prevents them from using CCRTA’s accessible fixed route buses.