



Greater Lowell Community Resources in response to COVID-19

Healthcare

Organization	Telephone	Email/Website	Days	Hours
Lowell Community Health Center	978-937-9700	www.lchealth.org	M-F M-Th Saturday	8AM-5PM 5PM-8PM (telephonic) 9AM – 1PM
Lowell General Hospital	978-942-2850	https://www.lowellgeneral.org/news-and-media/news/important-information-on-covid-19-coronavirus		
CVS Pharmacy at Lowell CHC	978-805-1004	Available for home delivery Within 3 business days	M-F Saturday	8AM-5PM 8AM-1PM

Emergency Resources and Information

Organization	Days/Hours	Telephone	Email/Website
City of Lowell Emergency Operations Center	M - F 8:30AM – 4:30PM	978-674-4052	https://www.lowellma.gov
Community Teamwork Inc.	M – F 8:30AM – 5PM	978-654-5607	CovidResponseCTI@commteam.org
Mass.gov		211	www.mass.gov.COVID19

Additional Resources

Organization	Days/Hours	Telephone	Email/Website
Lifting Lowellians: Assistance and Mutual Aid (LLAMA)			www.tinyurl.com/helpfromLLAMAs
Comcast	Access to Affordable/free Internet for 3 Months		https://www.internetessentials.com/apply
W.I.C. (Women, Infants & Children)	M-F 8:30AM -5PM	978-454-6397	WICCovidResponseCTI@Commteam.org
The Wish Project	Closed to Walk-In Service To Access call or email	866-947-4360	info@thewishproject.org



Food

Organization	Service	Day(s)	Time	Contact
Boys & Girls Club of Greater Lowell	Grab & Go Lunch/Dinner	M - F	11 AM to 1PM	978-458-4526 657 Middlesex St. Lowell, MA
Child Nutrition Outreach Program	Sites with food available		https://meals4kids.org/su/mmer	
Christ United Church		Wednesdays	10AM – 1PM	
Life Connections	Hot meals To GO	M/T/W	12 – 2PM	978-997-0588 193 Appleton St. Lowell, MA
Living Waters	Bagged Breakfast/Lunch	T/Th/F	9AM - 1:30PM	978-323-4673 10 Kirk St. Lowell, MA
Lowell Public Schools (Under 18 ONLY)	Food Truck Loading Dock			<ul style="list-style-type: none"> • Barlett (11-11:30 AM) – 79 Wannalancit St. • Butler (12:45-1:30 PM) – 1140 Gorham St. • Greenhalge (10:30-11 AM) – 149 Ennell st. • Lincoln (1:30-2:00 PM) – 300 Chelmsford St. • Moody (12-12:30 PM) – 158 Rogers St. • Murkland (12:45-1:15 PM) – 350 Adams St. • Pawtucketville (12-12:30 PM) – 425 W. Meadow Rd. • Robinson (11:15-11:45 AM) – 110 June St. • STEM/Rogers (10:30 AM-1:00 PM) – 43 Highland St.
Lowell Senior Center (60+)	Breakfast To Go Lunch To Go	Everyday	7AM – 9AM 10AM – 11:30AM	978-674-1172 276 Broadway St. Lowell, MA
Meals on Wheels			1-800-892-0890	
Merrimack Valley Catholic Charities	Bags of food	Fridays	10AM – 12PM	978-454-9946 70 Lawrence St. Lowell, MA
Mill City Grows	Online orders, case by case, Lowell ONLY		Order by 11AM	
Open Pantry of Greater Lowell	Bags of food Entrance @ 200 Central St, Lowell, MA	M – TH Wednesday Evenings	9 AM – 12 PM 5:30 PM - 7:00 PM	978-453-6693 13 Hurd St. Lowell, MA
Project Bread	FoodSource Hotline		1-800-645-8333	
Salvation Army Community Table	Breakfast (55+) Lunch (55+)	T/Th	8-10:30AM 11:30AM	
St. Paul's	Bagged Dinners	M - F	5PM	978-758-9186 273 Summer St. Lowell, MA Eliot Presbyterian Church



Substance Use Recovery Support

Group	Contact
Substance Abuse Helpline	Call 1-800-327-5050
Lowell House Inc. Individual and Group treatment, Recovery Coaching, Case Management Support or to join early recovery Structured Outpatient Addictions Program (SOAP)	Call (978) 459-8656
Recovery Café	Open Monday – Friday, 8:30am to 12:30 PM
Lowell House Inc. Distress/ Informational Call-In Line	9am-5pm: (978) 866-9145 After Hours: (978) 866-9145
Digital Recovery Meetings	7 days a week, at 9am 12pm 3pm, 9pm www.Unityrecovery.zoom.us/my/allrecovery
AA Meetings	2pm Everyday Dial-in Number: (425) 436-6360 Access Code: 422932#
Lowell Crisis Team	(800) 830-5177

Support Groups

Group	Day(s)/Hours	Contact
Center for Hope & Healing Live Chat Services for Sexual Assault Survivors	M-F 9am to 5pm 24hr hotline	www.chhinc.org/chat 1-800-542-5212
Suicide Hotlines:	24hr hotline	Samaritans statewide hotline Call or Text: 1-877-870-HOPE (4673)
	24hr hotline	National Suicide Prevention line 1-800-273-TALK (8255)
	24hr hotline	The Trevor Project (For LGBTQ+) 1-866-488-7386
	24hr hotline	Veteran’s Crisis Line 1-800-273-8255 press 1 Text 838255
	24hr hotline	COPLINE (International Law Enforcement Officers’ Hotline) 1-800-267-5463
Domestic Violence Hotline:	24hr hotline	Statewide Hotline Safelink 1-877-785-2020
	M-F 8AM – 4:30PM	Lowell Police Department, Family Services Unit 978-674-4502
	24/7	For Emergencies DIAL 911 Non Emergencies 978-937-3200
	24/7 hotline 24/7 hotline	Alternative House 1-888-291-6228 Local Line: 978-454-1436



Unemployment Assistance

Visit <https://www.mass.gov/guides/what-to-do-if-youve-become-unemployed-in-massachusetts>

Remote Legal Assistance

KNOW YOUR RIGHTS IN HOUSING COURT DURING THE CORONAVIRUS OUTBREAK

1. **POSTPONED COURT DATES:** All pending eviction cases are postponed until **no earlier than Tuesday, April 21, 2020.**
2. **GET ADVICE BEFORE SIGNING AN AGREEMENT for Judgment.** Online information is available at www.masslegalhelp.org. “Self-help” evictions or “lock-outs” are illegal.

If you have questions about a pending eviction case and are low-income and without your own lawyer, you may contact the following paralegals for an intake/assistance:	
Lowell	Eden Chorm, Tel. 781-254-1265
Lynn	Lorraine Medrano, Tel. 781-244-1403
Lawrence	Myrta Cupeles, Tel. 781-254-2831

Educational Resources – Online Learning

Grade	Resource
Pre-K - 12	Lowell Public Schools Online Learning https://www.lowell.k12.ma.us/Page/3777
Pre-K	https://drive.google.com/open?id=15oSE6Y1ScofypRnyaTDC4wTRA5Nh-N8G Blossom and Root
Elementary	https://drive.google.com/open?id=1u7nzwMzTJujKf7YOp8FU2vbBMseCkpg Wilder Child
Middle	https://drive.google.com/open?id=1Dtbes2mDgh7ZDi8Nn78W67s2NQ7DA7XP
High School	https://drive.google.com/open?id=1R4s6TVN1zt3uVHrCLeGR6BKr2AXPIMnx
K - 12	Foundations in Social Justice Global Village Illustrative Mathematics Lowell Library- COVID-19 Services Match Fishtank Oakland Public Schools (Searchable by grade level) Radical Math (Math/STEM focused) Scholastic Learn at Home Squilt Music Storyline Online Teaching Tolerance The Conscious Kids Zinn Education Project
Virtual Field Trips	These are websites that have videos and activities kids can enjoy: Click here



Essex County Community Resources in Response to COVID-19

Food

Organization	Location	Days/Hours
Methuen Public School	Tenney Grammer School (Upper School side)	M-F 9AM – 12PM
	M.A.N. Methuen Arlington Neighborhood (141 Tenney street, Methuen, MA)	M-F 11AM – 1PM
Lawrence Public Schools (Ages 1-18 residents of Lawrence)	Arlington School, Guilmette School, Lawrence High School, Parthum School, Wetherbee School	11AM-1PM
Boys and Girls Club of Lawrence	136 Water St, Lawrence, MA Right Side Entrance	M-F 4:30PM-6PM
Merrimack Valley YMCA Grab n Go Lunches	Lawrence YMCA – Youth and Teens	M-F 3PM – 5M

Frontline Health Worker Resources

Organization	Location	Website	Days/Hours
YMCA (Northshore) -Emergency Childcare	Greater Beverly (Sterling YMCS) Salem YMCA Haverhill YMCA	https://www.northshoreymca.org/	7AM-6PM