
Summer 2022

Hampshire-Franklin Resource Guide for Women and Girls

Compiled by the Hampshire Franklin
Commission on the Status of Women and Girls



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Introduction

This guide is intended to provide a comprehensive list of resources available to women, girls, and their families within Hampshire and Franklin counties to help them find needed support, guidance and resources.

The Commission has made every effort to ensure that the information provided is accurate and reliable. However, given the pandemic and other factors, we suggest confirming hours and service as information may change.

The Hampshire-Franklin Commission on the Status of Women and Girls represents all cities and towns in Hampshire and Franklin Counties including: Amherst, Ashfield, Belchertown, Bernardston, Buckland, Charlemont, Chesterfield, Colrain, Conway, Cummington, Deerfield, Easthampton, Erving, Gill, Goshen, Granby, Greenfield, Hadley, Hatfield, Hawley, Heath, Huntington, Leverett, Leyden, Middlefield, Monroe, Montague, New Salem, Northampton, Northfield, Orange, Pelham, Plainfield, Rowe, Shelburne, Shutesbury, South Hadley, Southampton, Sunderland, Ware, Warwick, Wendell, Westhampton, Whately, Williamsburg, and Worthington.

If you would like to provide information about a resource that is not listed, or your information has changed, please contact us at hampshirefranklinsw@gmail.com.

Basic Needs & Community Centers

Amherst Survival Center

138 Sunderland Road, North Amherst, MA 01059

<https://amherstsurvival.org>

info@amherstsurvival.org

413-549-3968

The Amherst Survival Center promotes the health and well-being of residents of Franklin and Hampshire counties with a wide variety of programs designed to help people meet their basic needs. COVID has restricted some services that will likely expand in the future. Current services include:

- Free hot lunch, fresh produce, bread and a snack plus an optional sandwich for pick-up outside of the center Monday, Tuesday, Thursday and Friday 12:00 pm to 3:00 pm.
- Once per month pick-up free groceries (8-10+ day's-worth) for all family members from the food pantry. This service is restricted to residents of Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield South Hadley, Sunderland, Ware and Whately. There is no income cap. No citizenship requirement. No photo ID is required.
- The health clinic is free and open with limited days and hours – check calendar. If experiencing homelessness, one can drop-in between 9:00 am and 3:00 pm Monday, Tuesday, Thursday and Friday to access showers, laundry, computers, charging stations and mail service as well as obtain socks, underwear and sleeping bags. Masks are required.

Community Action Pioneer Valley

<https://www.communityaction.us>

info@communityaction.us

Community Action Pioneer Valley offers programs and services to residents of Western Massachusetts. Programs include Head Start, energy assistance, WIC, youth programs, family support programs, a food pantry, tax assistance, and more.

Name	Address	Telephone
Franklin County Main Office	393 Main Street Greenfield, MA 01301	413-774-2318
Hampshire County Main Office	56 Vernon Street Northampton, MA 01060	413-582-4230
North Quabbin Main Office	167 South Main Street Orange, MA 01364	978-544-5423

CSO Living Room

140 High Street, Greenfield, MA 01301
www.csoinc.org/community-based-programs
info@csoinc.org
413-775-6760

The Greenfield Living Room, open 9:00 am to 5:00 pm on Tuesday to Saturday provides free access to staff who can assist with housing, health or employment issues. The facility offers access to laundry, shower/bathrooms, phone-charging, internet access, and more. The space is accessible regardless of insurance or paperwork. More information on walk-ins and sign-ups are available on their website or phone line.

Episcopal Church of Saints James and Andrew

8 Church Street, Greenfield, MA 01301
<https://www.saintsjamesandandrew.org/meals-and-more>
office@saintsjamesandandrew.org
413-773-3925

The Episcopal Church of Saints James and Andrew, offers programs and services such as:

Sunday Sandwiches:

- Providing access to bag lunches as take out from the parking lot window on Sundays noon to 12:30 pm

Second Helpings:

- Seated hot meals on Mondays 4:30 to 5:00 pm in Parish Hall which opens at 4:15 pm. or
- Hot meals to go from the parking lot window

Whitney's Pantry:

- Offering personal care essentials: toilet paper, soap, shampoo, toothpaste, and more on the LAST Monday of every month from 4:30 – 5:00 pm.

Franklin Area Survival Center

96 Fourth Street, Turners Falls, MA 01376
<https://franklinareasurvivalcenter.org>
413-863-9549

Since 1980, the Franklin Area Survival Center's core mission has been to reduce food insecurity. They currently operate a food pantry (that offers a delivery service) and thrift store in Turners Falls to pursue that goal. The thrift store is open to the general public and helps finance their food pantry. Emergency food is also available anytime the thrift store is open. Stop by the food pantry Monday to Friday from 10:00 am to 1:30 pm to sign-up. A form of ID, not necessarily government issued, is requested but not mandatory.

Program	Day	Time
Food Pantry	Monday-Friday	10:00 - 1:30 pm
Thrift Store	Monday-Saturday	10:00 - 5:00 pm

Franklin County Community Meals Program

<https://fccmp.org>

Orange Food Pantry 413 772-1033

The Franklin County Community Meals Program manages three meal sites in Turners Falls, Greenfield and Orange and provides pantry grocery items.

RSVP for weekly meals @ <https://www.fccmp.org/community-meals/>

MEALS & PANTRY/GROCERY

Place Name	Address	Days / Times	Description
Orange United Methodist Church	104 South Main Street, Orange MA 01364	Thursday 5:00 – 5:30 pm	Bagged “hot grab & go meal, a brown bag to take home & additional grocery items.”
Our Lady of Peace Church	7th Street, Turners Falls, MA 01376	Monday 4:30 – 6:00 pm	Hot Meals & Grocery Bags Sidewalk in front of Church
Second Congregational Church	Court Square, Greenfield MA 01301	Tuesday & Wednesday 4:45– 5:45 pm	Hot Meals to go on Side Driveway
Trinitarian Congregational Church	147 Main Street, Northfield MA 01360	4th Thursday monthly 5:00 – 6:00 pm	

PANTRY/GROCERY ONLY

Place Name	Address	Days / Times	Description
Orange United Methodist Church	118 East Main Street, Orange, MA 01364	Thursday 10:00 am – 3:00 pm	Non-perishable pantry staples are pre-packed. Come inside to choose from a variety of meat, dairy & baked goods. Diapers also available at no cost
GCC Food Pantry –Greenfield Community College (for students)	1 College Drive #240, Greenfield MA 01301	When school is in session. Hours vary by semester.	Available as needed for support, gift cards & referrals
Turners Falls Mobile Food Bank	Court Square, Greenfield MA 01301	3rd Wednesday monthly	Fresh produce and other nutritious foods at no cost.

Hilltown Churches Food Pantry

29 Main Street, Ashfield MA 01330

<https://www.ashfield.org/2391/Hilltown-Churches-Food-Pantry>

413-625-0020

The Hilltown Churches Food Pantry provides food for anyone residing in the eleven Hilltowns: Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements. Proof of residency in one of the eleven towns served and a “simple statement of need” are required to sign up and access the food distributions every other Tuesday from 3:00 pm to 6:00 pm.

Hilltown Community Development

387 Main Road PO Box 17, Chesterfield, MA 01012

<https://www.hilltowncdc.org>

413-296-4536

Hilltown Community Development is a private nonprofit organization in rural Western Massachusetts working to support rural development and prosperity in the region by improving housing, strengthening social services, leveraging funding, and stimulating the local economy. Hilltown Community Development seeks to improve the quality of life for Hilltown residents by addressing economic, housing, education, social and community needs while preserving the rural character of the area.

Offices remain closed to walk-in visitors. Make an appointment by calling 413 296-4536.

MANNA Community Kitchen

<http://www.mannanorthampton.org>

413-584-1757

MANNA Soup Kitchen, Inc. is a nonprofit organization that provides nutritious meals on the go to people in the local community.

These hours were confirmed June 2022 but may shift per Covid, so it is best to call and confirm current hours.

Day	Time	Location
Monday, Tuesday & Thursday	11:30-12:30PM	St. John's Church 48 Elm Street, Northampton, MA
Wednesday	6:00 -7:00 PM	St. John's Church 48 Elm Street, Northampton, MA
Friday & Saturday	11:30 – 12:30PM	Edwards Church 297 Main St, Northampton, MA

Montague Catholic Social Ministries Women's Center

41 Third Street, Turners Falls, MA 01376

<http://www.mcscommunity.org/p/19/The-Womens-Center>

<https://www.facebook.com/MCSMcommunity/>

womenscenter@mcscommunity.org

413-824-5387

The Women's Center is open to all women and provides a safe place to build a nurturing community with peer support. Women's Center programs and workshops, such as sewing, walking and writing, offer opportunities for connection, healing, and growth while increasing confidence and leadership skills. The Women's Center provides clothing, groceries, computer and internet access, arts and craft workshops, and information about other community resources.

Neighbors Helping Neighbors, Inc

<https://www.nhnfoodpantry.org/>

info@nhnfoodpantry.org

Meeting the need of individuals and families having food hardships in the towns of South Hadley and Granby.

Address	Telephone	Hours
30 Carew St South Hadley MA 01075	413-437-7593	Wednesday 12:30 pm - 5:00pm Saturday 10:00 am - Noon

Northampton Survival Center

<http://www.northampton-survival.org>

info@northampton-survival.org

The Northampton Survival Center, through its Goshen and Northampton locations, provides low-income residents of Hampshire County with nutritionally-balanced food once a month. Clients can also come to receive personal care items, clothing, and pet food.

Address	Telephone	Hours
265 Prospect St, Northampton, MA 01060	413-586-6564	Office is Open Monday to Friday 9:00 am - 4:00 pm
40 Main Street Goshen, MA 01032	413-268-7578	Office is Open Wednesday 9:00 am - 4:00 pm Outdoor Pantry Distribution Hours: Wednesday 1:00 – 3:00 pm

United Way

71 King Street, Northampton, MA 01061
<https://uw-fh.org>
(Franklin and Hampshire Regions)
info@uw-fh.org
413-584-3962

United Way engages and inspires the people, employers, and organizations of Hampshire and Franklin Counties to give, advocate, and volunteer on behalf of our community. Their vision is that all individuals and families have the tools and resources to reach their full potential through education, economic security, and wellness.

For Hampshire County, United Way partners with SingleCare to offer discounted prescriptions

For Southern Hampshire (and Hampden County), United Way works with Thrive to provide money and Tax assistance.

WIC

<https://www.mass.gov/women-infants-children-wic-nutrition-program>
800-942-1007

Women, Infants, & Children (WIC) Nutrition program provides healthy foods and nutrition education, breastfeeding support and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify.

Address	Telephone
1200 North Pleasant Street, Amherst, MA 01002	413 548-1285
300 High Street, Holyoke, MA 01040	413 548-1285
3 Osgood Street, Greenfield, MA 01301	413-376-1160
15 Straw Avenue, Northampton, MA 01062	413 387-1244
167 South Main Street, Orange, MA 01364	978 544-8093
83 South Street, North Entrance, Gilbert Wing G-160, Ware, MA 01082	413-967-2163

Wright Home For Women

305 Main Street, Easthampton, MA 01027
<http://www.smoc.org/wright-home-for-women.php>
413-527-3527

The Wright Home for Women supports 16 formerly homeless women in a congregate setting who are working to rebuild their lives and become self-sufficient. Residents are required to engage in an intensive, comprehensive program designed to assist participants over a nine to twelve month period to achieve the goal of economic self-sufficiency.

Career & Life Skills

Best Buddies Massachusetts

<https://www.bestbuddies.org/mari/massachusetts@bestbuddies.org>
massachusetts@bestbuddies.org
617-778-0522

Best Buddies Massachusetts (BBMA), based in Boston, has been in operation since 1996 working to enrich the lives of youth and adults with intellectual and developmental disabilities (IDD) through their Friendship program, Jobs program, and Leadership Development program.

Franklin Hampshire Career Center

<https://masshirefhcareers.org>
info@masshirefhcareers.org
413-774-4361
800-457-2603 (Toll-free)

The Franklin Hampshire Career Center supports and promotes workforce and economic development in the region through the delivery of quality employment, training and education services for job seekers and employers. Call in advance to learn about current workshops being offered at each location and workshop registration. Programs are offered in person and virtually.

Connectivity Support Programs

The Greenfield Office participates in two programs:

1. The Federal Affordable Connectivity Program (ACP) which provides a temporary discount on monthly broadband internet bills for low-income households. You can call the main office or go to this link for more information including how to apply for ACP Internet Discount: www.fcc.gov/sites/default/files/acp-flyer-ii.pdf
2. Mass Internet Connect (MIC) program offer FREE Chromebooks for MassHire Career Center customers who do not have access to a computer (desktop, laptop, chromebook or similar device). You may be eligible if your only method of internet access is through a smartphone or child's computer. While set to expire June 30, 2022, the program has twice been extended so may be worth looking into if the need exists.

Office Type	Address	Hours
Franklin County Main Office	One Arch Place, 2nd Floor Greenfield, MA 01301	Hours beginning June 17, 2022 Monday to Friday 9:00 – 4:00
Northampton Access Point (Forbes Library)	20 West Street Northampton, MA 01060	Workshops offered on Wednesdays. Call or check https://www.massshirefhcareers.org/events/
Orange Access Point (Orange Innovation Center)	131 West Main Street, Suite 1, First Floor, Orange, MA 01364	Friday 9:30 – noon & 12:30 – 4:00 pm Unemployment and Veterans Services

JobsInTheValley.com

<https://www.jobsinthevalley.com/>

JobsInTheValley is dedicated to serving the employment needs of the Pioneer Valley and of Western Massachusetts. Job seekers can find listings for full-time, part-time, and volunteer jobs available in Western Mass.

Pioneer Valley Workers' Center

20 Hampton Ave, Ste. 200, Northampton, MA 01060

<https://pvworkerscenter.org/>

413-570-3060

The Pioneer Valley Workers' Center builds power with low-wage and immigrant workers throughout Western Massachusetts. They organize to build community and win real change in the lives of working people.

Star Light Center

251 Nonotuck Street, Florence, MA 01062

<https://www.viability.org/star-light-center>

ekreke@viability.org

413-586-8255

Star Light Center believes every individual has the right to work and to lead full and productive lives as contributing members of our communities. Their Clubhouse Model program offers services to adults with mental illness to prepare for, find, and retain employment. Members and staff work together to operate the Club and to ensure the opportunity to contribute to the community through meaningful work. Services include: career planning, job readiness training, GED and college prep, vocational training, housing supports, and social activities to develop meaningful relationships.

Women Business Owners Alliance of the Pioneer Valley

122 Pleasant Street #107, Easthampton, MA 10127

<https://wboa.org/>

The mission of WBOA is to provide education and enlightenment to support the social and economic power of women in business and to promote entrepreneurship. They host several professional development seminars, networking workshops, and provide leadership opportunities to women in business in Western Massachusetts.

Domestic Violence & Sexual Assault

Alianza (formerly “Womanshelter/Compañeras”)

<https://www.alianzadv.org/>

info@womanshelter.org

413-538-9717

1-877-536-1628 (Hotline)

Alianza provides emergency shelter to women and children experiencing domestic abuse. Their counseling, legal, immigration, housing, and support group services all help carry out their belief that women deserve respect and the power to make their own choices. Their services are available to women living in Holyoke, Chicopee, Ludlow, Springfield, West Springfield, Westfield, Southampton, Monson, Palmer, Ware, South Hadley, Belchertown and Granby.

Center for Women and Community

Africa House, 180 Infirmary Way, Amherst, MA 01003

<https://www.umass.edu/cwc/>

cwc@umass.edu

413-545-0883

413-545-0800 (Emergency Hotline)

The CWC at UMass Amherst offers free counseling, rape crisis intervention, and community education to women in Hampshire County. They are also home to the Women of Color Leadership Network, which offers a variety of workshops for women of color to help them connect with other community members and organizations.

New England Learning Center for Women in Transition

479 Main Street, Greenfield, MA 01301

<http://www.nelcwit.org/>

info@nelcwit.org

413-772-0871

413-772-0806 (Emergency Hotline)

NELCWIT is the domestic violence and rape crisis center of Franklin County and the North Quabbin region. Their services include crisis intervention, counseling, advocacy, and economic support. Most services are free of charge and are available to all, regardless of gender, sexuality, ability, and citizenship status, and do not require health insurance.

Northwestern District Attorney Domestic Violence & Sexual Assault Unit

<https://www.northwesternda.org/domestic-violence-and-sexual-assault-unit>
413-774-3186

The Domestic Violence and Sexual Assault Unit works closely with police departments, courts and social service agencies to address the serious problem of domestic violence through prosecution of the offenders and the development of strategies for prevention and intervention for the victims. They are involved in education and advocacy initiatives, and also host trainings and networking opportunities for people working to end domestic violence. This unit also offers the ADT AWARE Program, which provides victims of domestic violence with personal safety alarms. Identified participants are given a silent alarm pendant allowing them priority police response in a domestic violence emergency.

Safe Passage

43 Center Street #304, Northampton, MA 01060
<https://safepass.org/>
info@safepass.org
413-586-1125
413-586-5066 (Emergency Hotline)
888-345-5282 (Toll-Free Hotline)

Safe Passage offers a variety of services to survivors of domestic violence. They act as a crisis shelter for victims and their families, and also provide counseling and legal services. All survivors of domestic violence are welcome, regardless of age, gender, sexuality, legal status, or ability.

The Salasin Project

747 Main Street, Greenfield, MA 01301
<https://salasinproject.org/>
413-774-4307

The Salasin Project aims to offer a safe space for survivors of domestic violence to grow and heal. Focusing on the specific needs of the family, they work to help survivors and their families meet basic needs, such as housing, food, transportation, utilities, childcare, and most importantly, safety.

YWCA of Western Massachusetts

<https://www.ywworks.org/>

413-723-3121

413-733-7100 (Hotline)

800-796-8711 (Toll-Free Hotline)

800-223-5001 (Español)

For nearly 150 years, the YWCA has served our region, guided by its founding principle: to provide shelter, support services, and tools for self-sufficiency for women and girls in our community. In Northampton, they offer a safe place for supervised visitation with the non-custodial parent for victims of domestic violence and their children.

Education

Ada Comstock Scholars Program

Smith College

<https://www.smith.edu/about-smith/ada-comstock-scholars-program>

admission@smith.edu

413-584-2700

The Ada Comstock Scholars Program at Smith College enables women of nontraditional college age to complete a bachelor of arts degree either part time or full time, with flexible options for reduced course loads, special academic advising, career counseling and housing. Candidates must be at least 24 years old, a veteran, or have a dependent other than a spouse, and have at least 48 transfer credits.

Collaborative Education Services

97 Hawley Street, Northampton, MA 01060

<https://www.collaborative.org/>

413-586-4900

CES is a non-profit educational service agency, committed to reaching and educating learners of all ages, and experienced in working with educators to help students learn and succeed. For youth, they offer early childhood, after school, and special education programs. Educators can come to CES to get their teaching license or attend professional development workshops on a wide range of subjects related to teaching.

Community Foundation of Western Massachusetts

<http://communityfoundation.org/scholarships/scholarship-loan-descriptions/>

scholar@communityfoundation.org

413-732-2858

The Community Foundation of Western Massachusetts administers over 130 scholarships and two interest-free educational loans for high school, undergraduate, and graduate students in Western Massachusetts.

Five College Women's Studies Research Center

Mount Holyoke College, 79 College Street, South Hadley, MA 01075

<https://www.fivecolleges.edu/fcwsrc>

fcwsrc@fivecolleges.edu

413-538-2275

The Center initiates and supports collaborative projects dedicated to engaged, critical feminist scholarship from diverse perspectives. With an emphasis on emerging fields in women's, gender, and sexuality studies in all disciplines, the Center also provides a forum in which faculty and graduate students in the Five Colleges, visiting scholars at all ranks from around the world, and partner organizations can present their work. Annual thematic foci provide a framework for partnerships, short-term and long-term residencies and symposia.

Frances Perkins Scholars Program

Mount Holyoke College

<https://www.mtholyoke.edu/fp>

admission@mtholyoke.edu

413-538-2077

Mount Holyoke continues to support the philosophy of its founder, Mary Lyon, who believed that a Mount Holyoke education should be available to any talented woman who could benefit from it. In recognition of the fact that the quest for knowledge has no age limit, Mount Holyoke College welcomes scholars who follow unconventional paths to its gates and, through The Frances Perkins Program, opens the nation's oldest women's college to students of nontraditional age who have not yet earned an undergraduate degree. Each year, for twenty-five admitted Frances Perkins scholars, that welcome comes with very generous financial support from the College.

Greenfield Community College Women's Resource Center

Core Building Room 212

<https://www.gcc.mass.edu/wrc>

413-775-1114

Funding from the Mary Stuart Rogers Foundation supports women in transition in achieving their educational goals.

Massachusetts Head Start Association

<https://massheadstart.org/>
info@massheadstart.org
508-561-7965

The Massachusetts Head Start Association, Inc., a not-for-profit, 501(c)(3) membership organization, works in collaboration with other stakeholders to meet the needs of low-income families and achieve successful outcomes for children in order to prepare them for future success in learning. Head Start supports the development of the whole child. In addition to providing early learning experiences to help children improve their academic skills, Head Start promotes children's physical wellness and social-emotional development, important factors in school readiness and future academic success. Visit their website to find a Head Start program in your community.

Smith College Precollege Programs

30 Belmont Ave, Northampton, MA 01063
<https://www.smith.edu/academics/precollege-programs>
summerprecollege@smith.edu
413-585-4455

Smith College offers four programs for ambitious high school girls who wish to learn more about a particular focus area. Students can select programs on environmental science, women's history, engineering, or writing. All courses are taught by Smith College faculty, and students can also participate in a week-long college admissions workshop taught by Smith admissions officers.

Sophia Smith Collection of Women's History

Smith College
<https://www.smith.edu/libraries/special-collections/about/sophia-smith-collection-womens-history>
specialcollections@smith.edu
413-585-2970

Smith College is home to the Sophia Smith Collection of Women's History, an archive of primary sources tied to women's history. The archives hold over 700 collections and are accessible to the public.

Family Services

Family Outreach of Amherst

401 Main Street, Suite 12, Amherst, MA 01002

<https://chd.org/programs-services/emergency-housing-assistance-western-ma/shelters-for-women-and-children-western-ma>

familyoutreach@chd.org

413-549-5548

Family Outreach of Amherst (FOA) is the safety net for low-income families in Amherst and the surrounding communities. They are unique in their ability to address all the issues struggling families face: mental health, domestic violence, addiction, housing, and life skills. They believe that families are experts in their own lives and should be active participants in creating change in their lives.

Hilltown Families

PO Box 332, Williamsburg, MA 01096

<http://www.hilltownfamilies.org/>

info@hilltownfamilies.org

Hilltown Families is an online grassroots communication network for families living throughout the four counties of Western Massachusetts. Their online communication network consists of an award-winning blog, eNewsletter, radio show/podcast, social network platforms, online bulletin boards, and television segments.

It Takes a Village

<http://www.hilltownvillage.org/>

info@hilltownvillage.org

closet@hilltownvillage.org

413-650-3640

It Takes a Village is a nonprofit organization offering free postpartum support to families with infants and young children living in Western Massachusetts. Services include home visits, parent groups, and The Village Closet, which distributes free baby items to families in need.

Name	Address	Hours
The Village Closet	2 East Main Street, Cummington, MA	Tuesdays 11 am-2 pm 1st and 3rd Saturdays of each month from 11 am-2 pm

Quabbin Mediation

13 South Main Street, Orange, MA 01364

<https://quabbinmediation.org/>

info@quabbinmediation.org

978-544-6142

888-924-2600 (Toll-Free)

Quabbin Mediation is a community-based organization committed to helping people in Central and Western Massachusetts resolve conflicts, acquire communication skills, and intervene in harmful situations. Quabbin Mediation trains mediators who specialize in family and divorce mediation.

Western Massachusetts Family Centers

In Hampshire and Franklin counties, there are several family and community centers that serve to empower women and men to succeed as parents, grandparents, and caregivers. They offer a variety of services for caregivers, infants and children, including family education, support groups, playgroups, school readiness programs, and more.

Name	Address	Telephone
Amherst Family Center	1200 North Pleasant Street Amherst, MA 01002	413-256-1145
Belchertown Family Center	51 State Street Belchertown, MA 01007	413-835-5201
Community Action Family Center	90 Federal Street Greenfield, MA 01301	413-475-1555
Easthampton Family Center	43 Main Street Easthampton, MA 01027	413-527-5496
Hilltown Family Center	9 Russell Road Huntington, MA 01050	413-667-2203
Northampton Parents Center	297 Main Street Northampton, MA 01060	413-582-2636
Ware Family Center	49 Church Street Ware, MA 01082	413-967-8127
Valuing Our Children	217 Walnut Street Athol, MA 01331	978-249-8467

Women of Color Health Equity Collective

PO Box 3477, Springfield, MA 01101

<https://wochec.org/>

info@motherwoman.org

413-636-5904

WOCHEC hosts multiple support groups across Massachusetts for women and girls of color. They are dedicated advocates for policies that support women and girls while also offering professional trainings for others who hope to do the same.

Health, Mental Health and Recovery Services

Abortion Rights Fund of Western Massachusetts

PO Box 2162, Amherst, MA 01004-2162

<http://arfwm.org/>

info@arfwm.org

413-582-3532

ARFWM is a community-based, all-volunteer organization dedicated to overcoming barriers to abortion access by centering people who have abortions and organizing at the intersections of racial, economic, and reproductive justice. They provide direct financial assistance to those seeking abortions who cannot afford them.

CHD (Center for Human Development)

332 Birnie Ave

Springfield, MA 01107

CHD.org

1-844-CHD-HELP

CHD provides a wide range of services for people with mental health and addiction challenges in several location in the Pioneer Valley.

Clinical & Support Options

8 Atwood Drive Suite 301, Northampton, MA 01060 (Administrative Offices)

<https://www.csoinc.org/>

info@csoinc.org

413-773-1314

CSO provides a wide range of behavioral health services in homes, schools and other community settings across Hampshire and Franklin counties. Referrals for services may be made by any individual or service provider. As a community behavioral health agency, CSO believes deeply in providing services that empower those who receive services, and enrich the lives of those living in their community. Services offered include free support for crime victim, psychosocial rehabilitation for adults with mental health disorders, therapeutic services for youth who experience emotional disturbances, and more. Visit their website to learn about their extensive program offerings.

Community Health Center of Franklin County

<http://www.chcfc.org/>

CHCFC offers accessible medical, dental, and nutrition services to residents of Franklin County. They accept most insurance plans, and offer a sliding fee scale for those without insurance.

Address	Telephone	Services
102 Main Street Greenfield, MA 01301	413-325-8500 (Medical) 413-74-2615 (Dental)	Administration, Medical, Pediatrics, Nutrition, Special Programs, Dental, Addiction
119 New Athol Road Orange, MA 01364	978-544-7800 (Medical) 978-544-1576 (Dental)	Family Medicine, Dental, Enrollment assistance
164 High Street Greenfield, MA 01301	413-325-8700	Urgent Dental Clinic

Grace House

143 West Street, Northampton, MA 01060

<http://chd.org/adult-services/addiction-recovery-services/grace-house/>

413-586-8213

Grace House is a residential treatment program for mothers in early recovery located in Northampton. They offer space for recovering mothers to grow emotionally, socially, and spiritually through their various clinical and supportive services.

Hampshire HealthConnect

30 Locust Street, Northampton, MA 01060

<https://www.cooleydickinson.org/programs-services/hampshire-health-connect/>

413-582-2848

Hampshire HealthConnect helps uninsured and underinsured people access health coverage through the Massachusetts Health Connector. They are a program offered by Cooley Dickinson Hospital. They offer a walk-in, first-come, first-serve service. Walk-in hours are Monday-Wednesday & Friday from 8:30 am - 12:00 pm and Monday-Friday from 12:30 pm - 4:00 pm.

Hilltown Community Health Center

Huntington Health Center

73 Russell Rd

Huntington, MA 01050

<https://www.hchcweb.org/>

413-667-3009

A full-service health center with several locations providing primary care for adults and children, mental health care, and dental care. The health center accepts most insurances, offers a sliding scale fee, and serves all patients without regard to ability to pay.

Huntington Health Center	73 Russell Rd Huntington, MA 01050	413-667-3009
J.P. Musante Health Center Bangs Community Center	70 Boltwood Walk Amherst, MA 01002	413-835-4980 Spanish speaking staff and providers
Worthington Health Center	58 Old North Road Worthington, MA 01050	413-238-5511
School Based Clinic Gateway Regional Middle/High School	12 Littleville Rd Huntington MA 01050	413-667-0142

LifeCourse Counseling Center

P.O. Box 845, Northampton, MA, 01061

<https://lifecourse.net/>

413-775-3567

LifeCourse Counseling Center was established in 1980 and provides LGBTQI people therapy, counseling, psychotherapy, consultation and education throughout the Pioneer Valley of Western Massachusetts.

MassHealth

<https://www.mass.gov/topics/masshealth>

In Massachusetts, Medicaid and the Children’s Health Insurance Program (CHIP) are combined into one program called MassHealth. MassHealth members may be able to get doctors visits, prescription drugs, hospital stays, and many other important services.

Mercy Cares Women’s Health Services

271 Carew St.

Springfield, MA 01104

<http://www.mercycares.com/womens-health>

413-748-9000

Mercy Women’s Health Services offers a holistic approach to gynecological and pregnancy care for women of all ages. They have offices in Holyoke and Springfield, where women can access a variety of services, including counseling and support groups for women experiencing postpartum depression.

Opioid Task Force

43 Hope Street Room 1705, Greenfield, MA 01301

<https://www.opioidtaskforce.org/>

info@opioidtaskforce.org

413-775-7475

The Opioid Task Force of Franklin County and the North Quabbin Region works with public and private partners to implement prevention, intervention, treatment, and recovery strategies through its five committees: Education and Prevention, Healthcare Solutions, Housing and Workforce Development, Public Safety and Justice, Treatment and Recovery. Located at the Franklin County Justice Center, the organization provides programs and resources to help reduce opioid and heroin addiction in the Franklin County and North Quabbin Regions.

Pioneer Women's Health

48 Sanderson Street, First Floor, Greenfield, MA 01301

<https://www.baystatehealth.org/locations/48-sanderson-street/pioneer-womens-health>

413-773-2200

The certified nurse-midwives at Baystate Medical Practices - Pioneer Women's Health - Greenfield are highly educated professionals with backgrounds in both nursing and midwifery. All are certified by the American Midwifery Certification Board, licensed to practice and prescribe medications by the state of Massachusetts, and credentialed by Baystate Franklin Medical Center.

RECOVER Project

68 Federal Street, Greenfield, MA 01301

<https://recoverproject.org/>

acushing@wmtcinfo.org

413-774-5489

The RECOVER Project is a recovery support center funded by the Bureau of Substance Abuse services that provides trauma-informed support and community resources through peer-to-peer, recovery, and participatory based models. More information on opportunities for social connection and recovery coaching can be found on their website.

ServiceNet

21 Oleander Dr.

Northampton, MA 01060

413-585-1300

ServiceNet works with people who are living with mental illness, developmental disability, autism, brain injury, addiction issues, or the hardship of homelessness. They are located in several locations in the Pioneer Valley.

South Hadley Girls Treatment Program – TEMPORARILY CLOSED

<https://www.rfkchildren.org/our-work/residential-treatment/south-hadley-girls-treatment-program/>

617-227-4183

The South Hadley Girls Treatment Program provides young women between the ages of 13-18 with the educational, life skills, therapeutic, recreational and support services needed to improve their behavior and ultimately return home and into their communities. Often these girls have experienced trauma, causing them to display negative or risk behaviors. Residents participate in therapy sessions and education programs to prepare them for success outside of the program.

Tapestry Health

<http://www.tapestryhealth.org/>

413-586-2016

Tapestry Health is a judgment-free, community-based health services center. Tapestry provides a variety of services to support sexual and reproductive health, harm reduction through needle exchange, Narcan access, overdose prevention, STD testing and prevention, gender affirming hormone therapy, counseling, food access and more.

Locations are in Springfield, Holyoke, Chicopee, Northampton, Greenfield, North Adams, Pittsfield, and with mobile access vans.

Address	Telephone	Services
278 Main Street, Suite 307A Greenfield, MA 01301	413-773-5403	Sexual and Reproductive Health
8 Church Street Greenfield, MA 01301	413-221-7722	Syringe Access Program and Overdose Prevention
15A Main Street Holyoke, MA 01040	413-315-3732	Syringe Access Program and Overdose Prevention
306 Race Street Holyoke, MA 01040	413-536-8777	Sexual and Reproductive Health
76 Carlon Drive Northampton, MA 01060	413-586-2536	Sexual and Reproductive Health
16 Center Street, Suite 415/423 Northampton, MA 01060	413-586-2539	Syringe Access Program, and Overdose Prevention
Amherst & Belchertown	413-316-4684	Mobile Harm Reduction services only.
40 School Street, Unit 6 Greenfield, MA 01301	413-475-3377	Syringe Access Program and Overdose Prevention
Montague	413-221-7722	Mobile Harm Reduction services only.

TransHealth Northampton

Florence MA, 01062
<https://transhealth.org/>
info@transhealth.org
413-341-9400

Transhealth Northampton provides services for transgender, non-binary, and gender-diverse (non-binary, gender queer, gender-non-conforming) kids, adults, and families, as well as those questioning and exploring their gender, and others for whom gender identity provides a barrier to accessing quality healthcare services. Adult primary care, pediatric primary care, mental health care, gender-affirming hormonal care, a community closet, and other supportive services are available. Appointments are available Monday to Friday from 9:00 am to 5:00 pm. Location address is made available after scheduling an appointment.

Walden Behavioral Care

100 University Drive, Amherst, MA 01002
<https://www.waldeneatingdisorders.com/>
413-582-0100

The Walden Clinic in Amherst offers partial hospitalization and intensive outpatient programs and welcomes adults and teens of all genders and their families. Family-Based Treatment is the focal point of their teen program and is designed to give parents an active and positive role in helping their child to reduce disordered eating behaviors, restore weight and resume proper adolescent development. With specialty programming including LGBTQ, trauma and college student tracks, a gender and sexuality alliance group for adolescents and outings for adults every other week, the Amherst clinic is dedicated to ensuring that you find a healing environment that addresses and supports your unique needs.

Wildflower Alliance

<https://wildfloweralliance.org/>
info@wildfloweralliance.org
413-539-5941

Wildflower Alliance is a grassroots Peer Support, Advocacy, and Training organization with a focus on harm reduction and human rights with several community centers, peer run respites, phone and online supports, and more throughout the Western Massachusetts.

Centers	Address	Contact
Afiya Peer Run Respite (Call for stay requests and more info)	Northampton, MA – Off King Street near Big Y.	Phone Only: 413-570-2990 https://wildfloweralliance.org/afiya/
Greenfield Center	20 Chapman Street, Greenfield, MA 01301	413-772-0715 https://wildfloweralliance.org/greenfield/

Legal Services

American Civil Liberties Union

39 Main Street, Northampton, MA 01060

<https://www.aclum.org/>

info@aclum.org

413-586-9115

For nearly 100 years, the American Civil Liberties Union (ACLU) has worked every day in the courts, in the legislature, and in communities to defend and preserve the individual rights and liberties guaranteed by the Constitution, Bill Rights, and laws of the United States. The ACLU of Massachusetts has also spearheaded the Immigration Protection Project (IPP). The IPP is a coordinated regional effort by attorneys and organizations to provide immigrants in Western Massachusetts with referrals for legal assistance and connections to other services.

Community Legal Aid

20 Hampton Avenue, Northampton, MA 01060 (Main Office)

55 Federal Street, Greenfield, MA 01301 (Satellite Office)

<http://www.communitylegal.org/>

855-252-5342

Community Legal Aid, Inc. (CLA) is the free civil legal aid provider for residents of the five counties of central and western Massachusetts. CLA specializes in assisting tenants threatened with eviction or the loss of a rent subsidy; homeless families trying to access shelter; individuals and families trying to access public benefits programs and unemployment compensation; domestic violence victims in family law matters; persons seeking humanitarian-based immigration relief; students in need of services to help them thrive in school; elders facing threats to their autonomy, independence, or safety, and persons seeking help with a legal problem because they are a victim of a crime or a survivor of a homicide victim.

Disability Law Center

<https://www.dlc-ma.org/>

617 723-8455

800 872-9992

The Disability Law Center (DLC) is the Protection and Advocacy agency for Massachusetts. DLC is a private, non-profit organization responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities. Their mission is to provide legal advocacy on disability issues that promote the fundamental rights of all people with disabilities to participate fully and equally in the social and economic life of Massachusetts.

Franklin County Bar Association

20 Federal St. Suite 4
Greenfield, MA 01301
<http://franklincountybar.org>
413-773-9839

The Franklin County Bar Association serves as the professional organization for attorneys interested in promoting the administration of justice and standards of excellence in the legal profession throughout Franklin County. Members of the Bar work with the Courts on projects to benefit all. They offer a Lawyer referral service to help individuals find the lawyer they need for the needs they have.

Greenfield Court Service Center

43 Hope Street, Greenfield, MA 01301 (First Floor)
<https://www.greenfieldcourtservicecenter.org/>
greenfieldcsc@jud.state.ma.us
413-775-7483

Greenfield Court Community Legal Aid, Inc. (CLA) is the free civil legal aid provider for residents of the five counties of central and western Massachusetts. CLA specializes in assisting tenants threatened with eviction or the loss of a rent subsidy; homeless families trying to access shelter; individuals and families trying to access public benefits programs and unemployment compensation; domestic violence victims in family law matters; persons seeking humanitarian-based immigration relief; students in need of services to help them thrive in school; elders facing threats to their autonomy, independence, or safety, and persons seeking help with a legal problem because they are a victim of a crime or a survivor of a homicide victim.

Type	Day	Hours
In-person	Tuesdays and Thursdays	8:30 am - 1 pm 2 pm - 4:30 pm
Online (Zoom)	Monday-Friday	9 am - 12 pm

Hampshire County Bar Association

15 Gothic Street, Suite 10, Northampton, MA 01060
<http://hampshirebar.org/>
413-586-8729

The Hampshire County Bar Association is a service organization composed of attorneys dedicated to improving the quality of the practice of law in Hampshire county. They offer educational programs for parents going through divorce to help them to support their children (Parents & Children in Transition and Only One Childhood), and for parents who were never married (For The Children). Residents of Hampshire County may also call the Hampshire County Bar Association to receive a free lawyer referral for any kind of legal service.

Massachusetts Bar Association Lawyer Referral Service & Dial-A-Lawyer Program

<https://www.masslawhelp.com/>

617-654-0400 or 866-627-7577 (Lawyer Referral)

617-338-0610 or 877-686-0711 (Dial-A-Lawyer)

The Massachusetts Bar Association's Lawyer Referral Service is one of the largest legal referral services in the nation, which makes it easy to connect you to the right lawyer in your area. Whether you are buying/selling a home, starting a business, going through a divorce or need a will, LRS can refer you to a lawyer for any legal issue. Representatives are available over the phone Monday to Friday from 9:00 am to 4:45 pm. Referrals can also be made online.

Additionally, the MBA has sponsored a monthly Dial-A-Lawyer program encouraging members of the public to call with their legal problems and questions. This program was created in order to assist the people of Massachusetts that have fallen through the cracks of the legal and criminal justice system. Lawyers are available on the first Wednesday of the month between 5:30 pm and 7:30 pm.

Massachusetts Legal Resource Finder

<https://www.masslegalservices.org/findlegalaid>

The Legal Resource Finder search results will give you contact information for legal aid programs, nonprofits, government agencies and court programs that may be able to help you with your legal issue for free or at a low cost. It will also give you links to legal information and self-help materials.

Massachusetts Office for Victim Assistance

403 Pleasant Street, Northampton, MA 01060

<https://www.mass.gov/orgs/massachusetts-office-for-victim-assistance>

MOVA@state.ma.us

844-878-6682

MOVA upholds and advances the rights of crime victims and witnesses by providing outreach and education, policy advocacy, policy and program development, legislative advocacy, grants management and service referrals.

Youth Programs

Athena Girls

9 1/2 Market Street, Northampton, MA 01060
<http://clickworkspace.org/athena-girls/>
info@clickworkspace.org

Athena Girls is a workshop series that focuses on issues of female self-empowerment for girls ages eight (8) to sixteen (16). Local speakers talk with the girls about their work and strive to inspire them to reach their full potential. Past workshops include Activism 101, Navigating Friendships, and Self Defense for Girls.

Community Action Pioneer Valley Youth Programs

<https://www.communityaction.us/youth-programs>

Community Action Youth Programs inspires emerging leaders to be their very best. Their free youth development programs focus on leadership development, community service, employment readiness, and diversity support.

Location	Address	Telephone
Main Office	154 Federal Street Greenfield, MA 01301	413-774-7028
Orange Office	167 South Main Street Orange, MA 01364	413-774-7028
Northampton Office	17 New South Street Suite #100 Northampton, MA 01060	413-774-7028

DIAL/SELF Youth and Community Services

196 Federal Street, Greenfield, MA 01301
<http://www.dialself.org/>
info@gscwm.org
413-774-7054

Begun in 1977 by a local doctor and other community members concerned about the lack of services available to at-risk youth, DIAL/SELF has consistently provided outreach, advocacy, and residential services to area teens for the past 40 years. The Mission of DIAL/SELF is to help young people become independent by connecting them with housing, employment, education and civic opportunities.

Girls Inc.

6 Open Square Way, Holyoke, MA 01040
<https://www.girlsincholyoke.org/>
413-532-6247

Girls Inc. aims to help girls grow so they can reach their full potential. They offer after-school and summer programs for girls ages five (5) to eighteen (18) focusing on academic success, STEM, leadership development, and health and wellness.

Girls on the Run

<https://www.girlsontherunwesternma.org/>
alison.berman@girlsontherun.org
413-687-2726

Girls on the Run celebrates the uniqueness of every girl through sports and mentorship programming. They offer a 10-week program for girls in grades three (3) through eight (8) that allows them to learn more about fitness and community service. Their programs run at several schools in both Hampshire and Franklin counties, and can be found on their website.

Girl Scouts of Central and Western Massachusetts

301 Kelly Way, Holyoke, MA 01040
<http://www.gscwm.org/>
info@gscwm.org
413-584-2602

For the past century, Girl Scouts has provided girls with opportunities to develop the confidence and skills they need to become independent and experienced leaders. Contact GSCWM to find a troop in your area.

Smith College Museum of Art Second Fridays

20 Elm Street, Northampton, MA 01063
<https://www.smith.edu/artmuseum/Events/Second-Fridays>
artmuseum@smith.edu
413-585-2760

On the second Friday of every month, the Smith College Museum of Art offers free evening programming for youth, including hands-on crafts inspired by the museum's current exhibitions.

Emergency Hotlines

CSO Crisis Hotline Crisis Text Line	413-774-5411 Text HOME to 741741
Mass Critical Health & Human Services Hotline	Dial 2-1-1
MA Substance Use Helpline	1-800-327-5050
National Abortion Hotline	1-800-772-9100
National Child Abuse Hotline	1-800-422-4453
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Drug Helpline	1-888-633-3239
National Eating Disorder Association Hotline	1-800-931-2237
National Sexual Assault Hotline	1-800-656-HOPE (4673)
National Suicide Prevention Hotline*	1-800-273-TALK (8255)
Postpartum Support International	1-800-994-4PPD (4773)
Teen Dating Abuse Hotline	1-866-331-9474
Trans Lifeline Peer Support Hotline	1-877-565-8860

*Already available in some areas, starting on July 16, 2022, there will be a new three-digit national dialing code 988 which will route callers to the National Suicide Prevention Lifeline.

Whether calling or texting 988, individuals will be connected to one of the over 200 crisis centers in the Lifeline network

The Commission

On January 11, 2017, HD#1867 established the Hampshire-Franklin Commission on the Status of Women as a permanent Commission consisting of up to nine individuals to be appointed by the Massachusetts Commission on the Status of Women.

Per its enabling legislation, the Hampshire-Franklin Commission is charged with conducting an ongoing study of matters concerning women within Hampshire and Franklin counties. The Commission is mandated to report its findings to the Massachusetts Commission on the Status of Women annually and to recommend solutions to the challenges facing the women and girls of the Hampshire-Franklin area.

Commissioners

Victoria Cliche

Victoria Cliche is a former CEO of an educational non-profit and a former financial services executive. She has spent her career helping individuals and organizations identify their goals and optimize their talents. She served as an advocate for students with disabilities and as a volunteer Commissioner on the Conservation and Community Preservation commissions in the Town of Leverett for ten years. She joined the Hampshire Franklin Commission on the Status of Women and Girls in 2021 and currently serves as Clerk.

While attending the Stern Business School at NYU, Victoria was awarded the Management Consulting award for research on “Best Practices of Internal Management Consultants” for the Association of Internal Management Consultants. As an adjunct professor at Polytechnic University in Brooklyn, she taught an undergraduate accredited course entitled “Designing Training for the Organization,” as part of the Technical Communications program of study. She is seeking an MSW so as to be able to assist individuals in a clinical practice. Victoria has several certifications including Goldratt Institute Jonah, Myers-Briggs Type Indicator Practitioner, Strong Inventory Assessment Administrator and Center for Creative Leadership’s Benchmarks 360 Coach. She is a trained mediator as well as a graduate of a three-year program integrated Kabbalistic healing. A third-generation native of New York City, Victoria moved to Massachusetts where she raised her family and found community in kindred souls working to make the world a little better and kinder.

Bonnie MacCracken

Bonnie, is an inaugural member of the Hampshire-Franklin Commission on the Status of Women and Girls (HFCSWG). She has served on the executive committee of the HFCSWG for three years, one term as treasurer and two as chair. As Chair, her goals were to increase the commission’s visibility and programming. During her tenure with the commission, she shared her entrepreneurial and organizational leadership skills while operating her own business and political campaigns, working to elect more women to political offices, and while attending the Women’s Campaign School at Yale and the Women’s Fund of Western Massachusetts Leadership Institute for Political and Public Impact (LIPPI).

She has dedicated more than a dozen years to public service and providing leadership on issues of housing insecurity and on community nonprofit boards. She worked with Massachusetts Alliance Against Predatory Lending with foreclosed homeowners, drafting policy, reviewing foreclosure documents, and testifying at hearings before state legislative committees. In 2012, she drafted and successfully lobbied for an amendment to the Massachusetts Homestead Act to protect deployed Massachusetts servicemembers from the foreclosure of their homes. This amendment was passed under the Valor Act of 2012.

She recently closed her thirty-year land title research firm and began a new career working as a Realty Specialist for the U.S. Fish and Wildlife Service. In her role as a Realty Specialist, she is a project manager overseeing a portfolio of land acquisitions at refuges located in the Northeast region. She resides in Amherst with her family.

Marie McCourt, M.Ed

Marie is a business owner, community leader and public service advocate. She has advocated for elder services, became a special education advocate, fought for diabetes research funding in Washington DC and served as President of the Granby Lions Club. As well, she has served on many boards and committees while also being elected to the Granby School Committee and served as President on the Executive Board of Neighbors Helping Neighbors, Inc Food Pantry in South Hadley.

Marie earned her M.Ed. in Leadership & Management; is currently writing her dissertation for her Ed.D. in Management & Leadership, and graduated from the Leadership Institute for Political and Public Impact (LIPPI) through the Women's Fund of Western Massachusetts. Marie is the Associate Program Director at the Collaborative for Educational Services and runs sixteen out-of-school-time programs throughout Western Massachusetts that aid underserved youth and their families. Her passion is teaching others how to lead staff in a way that is respectful, inspiring and transformational. Marie resides in Granby with her family and many pets.

Jennifer Ortiz

By day, Jennifer is fighting against food insecurity as a coordinator at The Food Bank of Western Massachusetts. By night, she is helping individuals who face substance use and mental health struggles as a clinician at Steppingstone, Inc. out of New Bedford, MA.

Jennifer received her Master of Science in Education from Bay Path University in 2016 and is currently working towards obtaining her EdD from The University of St Augustine for Health Sciences. She has worked with underprivileged families for over ten years. Jennifer was presented with a Certificate of Appreciation for her assistance during the DR 591 Western Massachusetts 6/11 Tornado where she provided translation and interpretation services to Spanish-speaking individuals.

In 2011, Jennifer became a paraprofessional in a substantially separate classroom for students with severe intellectual and developmental disabilities, and ultimately worked her way up to the Educational Team Leader position within the same school district over the course of six years.

Jennifer has been appointed as Chair on several committees and campaigns with the most recent appointment as Commissioner to The Hampshire-Franklin Commission on the Status of Women and Girls.

On days that Jennifer is not working or helping in the community, she can be found hanging out with her, now adult, children and enjoying game night on Sundays in their home in South Hadley.

Marcia Plant Jackson, MSN, MPA, RN, FNP-C

Marcia received her advanced practice degree from Indiana University School of Nursing and her MPA from Indiana University School of Public and Environmental Affairs. She also was adjunct clinical faculty with Indiana University and Ball State University. She has spent time caring for families in school-based community health centers as well as numerous specialty programs for the homeless, HIV/AIDS and women's health. Marcia strongly believes that "healthcare is a right, not a privilege, Healthy people benefit the whole of society." Marcia is one of the founding commissioners of the Hampshire-Franklin County Commission, and the current chair.

Laura Sylvester, MPPA/MPH

Laura Sylvester, MPPA/MPH is the Public Policy Manager for The Food Bank of Western Massachusetts. She works with elected officials at the state and federal level on food policy and related issues such as SNAP, HIP, college hunger, the Cliff Effect, and MEFAP/TEFAP. She sits on multiple regional and statewide committees and coalitions working on creative cross-sector solutions to our most pressing social problems. Laura serves as the Vice Chair of the Hampshire-Franklin Commission on the Status of Women & Girls.

Before coming to the Food Bank, Laura worked to pass the Massachusetts Pregnant Workers Fairness Act and as an ethnographer at Caring Health Center in Springfield, analyzing housing and social service policies and their effect on homelessness.

Laura completed the year-long Leadership for Public and Political Impact training offered by the Women's Fund of Western Massachusetts in 2013. Since then, she has been on a mission to encourage women to run for office and take on leadership roles. She has served a delegate to the MA State Democratic Convention since 2016.

She is a seasoned policy and communications professional who has also worked as a journalist, editor, and in marketing. She lives in Shutesbury with her husband and is the proud mom of two children now in their 20s.

Hampshire & Franklin County Legislators

Find Your Elected Officials:

<https://www.commoncause.org/>

<https://malegislature.gov/>

U.S. Senators

Senator Ed Markey (D)
255 Dirksen Senate Office Building
Washington, DC 20510
<https://www.markey.senate.gov/>
202-224-2742

Senator Elizabeth Warren (D)
317 Hart Senate Office Building
Washington, DC 20510
<https://www.warren.senate.gov/>
202-224-4543

U.S. House of Representatives

Congressman Jim McGovern (D)
MA 2nd Congressional District
370 Cannon House Office Building
Washington, DC 20515
<https://mcgovern.house.gov/>
202-225-6101

Congressman Richard Neal (D)
MA 1st Congressional District
341 Cannon House Office Building
Washington, DC 20515
<https://neal.house.gov/>
202-225-5601

Massachusetts State Senators

State Senator Joanne Comerford (D)
Hampshire, Franklin & Worcester District
24 Beacon Street, Room 413C, Boston, MA
02133
<https://jocomerford.org/>
Jo.Comerford@masenate.gov
617-722-1532

State Senator Anne Gobi (D)
Worcester, Hampden, Hampshire &
Middlesex District
24 Beacon Street, Room 413A, Boston, MA
02133
<http://www.senatorannegobi.com/index.html>
Anne.Gobi@masenate.gov
617-722-1540

State Senator Adam Hinds (D)
Berkshire, Hampshire, Franklin & Hampden
District
24 Beacon Street, Room 109E, Boston, MA
02133
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Adam.Hinds@masenate.gov
617-722-1625

State Senator Eric Lesser (D)
1st Hampden and Hampshire District
24 Beacon Street, Room 410, Boston, MA
02133
<http://senatorlesser.com/contact/>
Eric.Lesser@masenate.gov
617-722-1291

State Senator John Velis (D)
2nd Hampden and Hampshire District
24 Beacon Street, Room 519, Boston, MA
02133
<https://senatorjohnvelis.com/>
John.Velis@MASenate.gov
617-722-1415

Massachusetts House of Representatives

Rep. Natalie Blais (D)
1st Franklin District
24 Beacon Street, Room 446, Boston, MA 02133
<https://www.blaisforma.org/>
Natalie.Blais@mahouse.gov
413-362-9453
Rep. Daniel Carey (D)

2nd Hampshire District
24 Beacon Street, Room 136, Boston, MA 02133
<https://repcarey.org/>
Daniel.Carey@mahouse.gov
617-722-2396

Rep. Mindy Domb (D)
3rd Hampshire District
24 Beacon Street, Room 477, Boston, MA 02133
<https://www.mindydomb.com/>
Mindy.Domb@mahouse.gov
617-722-2210

Rep. Lindsay Sabadosa (D)
1st Hampshire District
24 Beacon Street, Room 160, Boston, MA 02133
<https://www.lindsaysabadosa.com/>
Lindsay.Sabadosa@mahouse.gov
617-722-2304

Rep. Susannah Whipps (I)
2nd Franklin District
24 Beacon Street, Room 540, Boston, MA, 02133
<https://www.repwhipps.com/>
Susannah.Whipps@mahouse.gov
617-722-2090

