



ACTION FOR BOSTON  
COMMUNITY DEVELOPMENT

## MEET ABCD ▶▶

*Explore our programs and services*





ABCD  
THIS WAY UP 

# GET TO KNOW ABCD

Each year, ABCD – **Action for Boston Community Development** – provides more than 100,000 people in the Boston and Mystic Valley areas with the tools, support, and resources they need to transition from poverty to stability and from stability to success.

For more than 50 years, we've been deeply rooted in every neighborhood we serve. Offering a broad range of proven and innovative programs and services, we partner with individuals and families in their quest to live with dignity and achieve their highest potential.

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VISIT US TO FIND OUT MORE:  
**BOSTONABCD.ORG**



# ABCD'S FRONT DOOR

ABCD designed *Front Door*, an innovative technology platform, to help the people we serve gain access to all the programs and services that will enable them to transition from poverty to stability and success.

Clients often seek out ABCD for a particular program, not realizing that they might qualify for several others and the advantages of a comprehensive approach to addressing the challenges of poverty. When we provide key supports, whether it's early education through Head Start, adult education and career training, fuel assistance, or any of more than 50 other programs, clients can become empowered, and realize their full potential.



**abcd** ACTION FOR BOSTON  
COMMUNITY DEVELOPMENT



**ABCD Community  
Membership Card**

178 Tremont Street, Boston MA 02111

# TABLE OF CONTENTS

## ABCD PROGRAMS AND SERVICES

### **ADULT EDUCATION | p. 6**

- Educator Provider Support
- English for Speakers of Other Languages (ESOL)
- GATE

### **CHILDREN & EDUCATION | p. 7**

- Childcare Choices of Boston
- Head Start & Children's Services
- Head Start Innovations

### **ELDERS | p. 8**

- Foster Grandparents
- Ready, Set, Bank<sup>SM</sup>
- Tech Goes Home
- Senior Programs

### **ENERGY & FUEL | p. 9**

- Fuel Assistance
- Utility Bill Advocacy
- Conservation
- Heating Systems
- Weatherization

### **FINANCIAL | p. 10**

- Tax Assistance

### **FOOD | p. 10**

- Food Pantries
- Food Stamps/SNAP
- Holiday Meals

### **HEALTH | p. 11**

- Community Prevention
- Family Planning
- Family Planning Training Institute

### **HOUSING | p. 12**

- Emergency Housing Site Management
- Foreclosure Prevention
- Housing Counseling Services
- Mystic Valley Housing Services
- Tenant Workshops

### **IMMIGRATION | p. 13**

- Citizenship and Naturalization
- Civics Classes
- Related Services

### **YOUTH & EDUCATION | p. 14**

- Career Explorations
- Future Protectors Initiative
- Get StartEd
- SummerWorks
- WorkSmart
- Youth Engaged in Action (YEA!)
- University High School
- William J. Ostiguy High School

### **LOCATIONS | p. 16**

- ABCD Neighborhood Locations
- Downtown Boston Offices

### **GET INVOLVED | p. 19**

- Donate
- Volunteer
- Internships

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*ABCD programs and services are subject to income eligibility.  
Please contact the programs to find out if you qualify.*

# ADULT EDUCATION

*For those who are looking to build a better life for themselves and their families, ABCD offers a number of educational and job training programs to help reach career and life goals. We offer tools that help our clients overcome poverty and reach success.*

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## **EDUCATOR PROVIDER SUPPORT**

**617.348.6314**

Our partnership with the Massachusetts Department of Early Education and Care provides training for educators and other childcare providers to learn best practices, improve skills, and earn the credentials needed to advance their level of care.



## **ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)**

**617.348.6239**

Clients can learn English or improve their ability to speak, read and write. This helps them better communicate with their children's teachers, talk to their doctors, read the news — and connect with others.



## **GATE — GENERATIONS ADVANCING TOGETHER THROUGH EDUCATION**

**617.348.6777**

A breakthrough education & training program that helps you choose and pursue a career path in financial services, health care or information technology while assisting with childcare.

# CHILDREN & EDUCATION

*Parenting begins before a baby is born, and so do our programs. Through health screenings and family supports, ABCD helps new parents build a better life for their growing family and learn to balance work or school with raising kids. In addition, we help parents nurture their children during the early years of growth and development.*

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## **CHILD CARE CHOICES OF BOSTON 617.542.5437 (KIDS)**

We are a resource and referral agency that connects families with vouchers and childcare services that fit their needs and schedule. We also provide support and training to the professionals who provide these services.



## **HEAD START & CHILDREN'S SERVICES 617.348.6388**

We focus on school readiness, social, and learning skills, and physical wellness from the time a child is an infant until they're approaching kindergarten.



## **HEAD START INNOVATIONS 617.348.6388**

ABCD partners with leading academic, government, nonprofit, and private organizations on Head Start and Early Head Start programs to seek change that will positively impact children and families.

# ELDERS

*We help thousands of Boston seniors feel their best and live active, meaningful lives. ABCD offers programs that promote health, financial security, independence, and a sense of community. For those facing challenges like hunger or isolation, ABCD gives them a voice – and a sense of worth – in their community.*



## **FOSTER GRANDPARENTS**

**617.348.6784**

Older adults with extra time and a love of giving can become a special mentor and friend to our youngest children in Head Start, Child Care and Public School. They build a bond that they and their “grandchildren” will always cherish.



## **READY, SET, BANK<sup>SM</sup>**

**617.348.6340**

This program helps eligible seniors get a handle on personal finances and online banking. The program combines classroom instruction with interactive online workshops that offer step-by-step guidance.



## **TECH GOES HOME**

**617.348.6340**

Low income seniors have the opportunity to learn basic computer skills through the Tech Goes Home computer literacy program. Those who successfully complete the course receive a Google Chromebook computer at no cost.

## **SENIOR PROGRAMS**

**617.348.6239**

Many ABCD neighborhood locations offer senior programs including exercise classes, health and wellness education, recreational activities and group outings, as well as specialized nutritional resources to help elders stretch their food dollars.

Drop-in elder services are offered at the following ABCD locations:

- **PARKER HILL/FENWAY NSC | 617.445.6000**
- **MATTAPAN FSC | 617.298.2045**
- **NORTH END/WEST END NSC | 617.523.8125**
- **ROXBURY/N. DORCHESTER NOC | 617.442.5900**

*More information  
can be found at local  
neighborhood centers.*

# ENERGY & FUEL

*ABCD offers a number of services to income-eligible residents of Boston, Brookline, Everett, Malden, Medford, Melrose, Newton, Stoneham, Winchester, and Woburn to help them stay warm in the winter and cool in summer, and become more energy efficient all year round.*



## **ABCD ENERGY PROGRAMS**

**617.357.6012 (Boston)**

**781.322.6284 (Mystic Valley)**

### **FUEL ASSISTANCE**

ABCD administers the federal Low Income Home Energy Assistance Program (LIHEAP). For those who qualify, we help pay winter heating bills and negotiate discounted rates for gas and electricity.



### **UTILITY BILL ADVOCACY**

Through our partnerships with National Grid and Eversource, we can help clients reduce overdue utility bills (arrearages) and avoid shutoffs when they follow a payment plan structured to meet their needs.

### **CONSERVATION**

With the help of our partner Eversource, ABCD can often lower electric bills with free energy efficient light bulbs, water conservation materials and possibly a new refrigerator, air conditioner, dehumidifier or front-loading washing machine.



### **HEATING SYSTEMS**

Homeowners may be eligible to have heating systems repaired or replaced, get emergency response if they lose their heat, and receive equipment tune-ups.



### **WEATHERIZATION**

Our Weatherization Assistance Program (WAP) helps cut heating and air conditioning costs. We can install attic and wall insulation, weather stripping, and air sealing at no cost.

# FINANCIAL

*ABCD makes our clients' financial well-being a priority through a free tax preparation and counseling program that can help pay off debt and build savings.*



## **TAX ASSISTANCE** **617.348.6239**

Part of the federal VITA program, our IRS-certified tax preparers help clients apply for tax credits such as EITC that maximize their refunds. We also provide a general financial check-up that includes advising on the client's credit report and tax-time savings options.

# FOOD

*Today, more and more families are struggling to put food on the table. We're here to help families in Boston, Malden, Medford, and Everett get the nutritious food they need. Along with our core programs, we often offer workshops and participate in farmers markets to help fight hunger in Greater Boston.*



## **FOOD PANTRIES** **617.348.6239**

Those in urgent need of food or who struggle feeding themselves or their family can call us any time.

## **FOOD STAMPS/SNAP** **617.348.6239**

We help our clients complete and file the Supplemental Nutrition Assistance Program application.

## **HOLIDAY MEALS** **617.348.6239**

No one should spend the holidays hungry. ABCD helps clients get access to nutritious and delicious meals.

# HEALTH

*The ABCD Health Services Department is committed to keeping low-income residents and communities in Greater Boston healthy. We offer a variety of programs and services that promote public health, help prevent the spread of sexually transmitted diseases, and encourage family planning each year to tens of thousands of families. Our network of neighborhood health centers also offers targeted programs to meet the health needs of each community we serve.*

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## **COMMUNITY PREVENTION**

**617.348.6251**

We offer reproductive and sexual health as well as wellness education programs to reach youth and adults in their community who may not use—or trust—conventional sources of care and information. We are community based, meaning we collaborate with local programs, businesses, and nontraditional partners.

## **FAMILY PLANNING**

**617.348.6251**

The ABCD Family Planning program partners with community health centers, school-based health centers, and hospital primary care programs to support comprehensive family planning and sexual health counseling, education and medical care for residents of Metro Boston's diverse neighborhoods. Our goals are to help individuals and couples prevent unintended pregnancies, decrease sexually transmitted infections and HIV, have healthy pregnancies, and stay healthy throughout their lives.

## **FAMILY PLANNING TRAINING INSTITUTE**

**617.348.6255**

The ABCD Family Planning Training Institute provides professional level training on family planning, reproductive health and sexuality education for healthcare providers, counselors, educators, and other community health workers. We offer a comprehensive calendar of professional training opportunities.

# HOUSING

*Finding and keeping affordable housing is one of the toughest challenges in Greater Boston. Through our offices in Boston and Malden, we're supporting people in their search for shelter and working to prevent families from becoming homeless. We provide assistance, including information to help clients through the complicated processes associated with getting subsidized housing.*

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## **EMERGENCY HOUSING SITE MANAGEMENT**

**Department of Housing and Community Development | 617.573.1100**

In partnership with the state Department of Housing and Community Development (DHCD), we manage a "scattered site" shelter that temporarily houses homeless families placed by DHCD.

## **FORECLOSURE PREVENTION**

**617.298.2045**

We help clients struggling to keep their homes understand their rights and responsibilities, help them organize their finances, and access additional services. Offered only at our Mattapan Family Service Center but open to all Boston residents who qualify.

## **HOUSING COUNSELING AND HOMELESSNESS PREVENTION SERVICES**

**617.348.6347 (Boston) | 781.321.3431 (Mystic Valley)**

We inform, explain, and advise clients on all aspects of avoiding homelessness. We also help them find and stay in affordable housing.

## **TENANT WORKSHOPS**

**617.348.6347 (Boston) | 781.321.3431 (Mystic Valley)**

We teach clients about their rights as tenants and provide information about resources available. We also clarify the process of applying for subsidized housing.

# IMMIGRATION

*We welcome new Bostonians! We understand the challenges they face as they adjust to life in a new country and community, and we offer a variety of free services and assistance through our network of neighborhood sites. Income and residency requirements apply.*



Contact our **Immigration Hub** to find out which programs are offered at ABCD locations:  
**617.445.6000**

## **CITIZENSHIP AND NATURALIZATION**

ABCD can conduct eligibility screening, help with the application process, and prepare new Americans for their naturalization interview.

## **CIVICS CLASSES**

New Americans learn the rights, privileges, and responsibilities of citizenship and how our government runs, as well as prepare for their naturalization test.

## **RELATED SERVICES**

We offer assistance to those seeking to renew a green card or replace citizenship documents.

# YOUTH & EDUCATION

*We promote the well-being of our city's youth so they can move forward, create positive change in their community, and achieve their full potential. ABCD offers a variety of programs to help young people stay in school, prepare for a career and build a strong foundation for a successful future.*

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## **CAREER EXPLORATIONS** **617.348.6548**

We prepare eligible individuals age 16 to 24 for careers in healthcare, early childhood education or culinary arts through professional training, mentoring, paid internships, and more.



## **FUTURE PROTECTORS INITIATIVE** **617.348.6548**

Youth can earn a paycheck and gain professional experience while preparing for a career in law enforcement, government, firefighting or the medical field.



## **GET STARTED** **617.348.6548**

Young adults interested in a career in early childhood education get a paid internship, college courses, and the chance to interview for a position with ABCD Head Start.



## **SUMMERWORKS** **617.348.6548**

Each summer, youth can earn money, gain firsthand work experience, explore a career path, and make lasting friendships and connections.



**WORKSMART**  
**617.348.6548**

Throughout the school year, ABCD's WorkSMART program helps Boston high school students stay in school and get ready for the future through career readiness and a paid internship.



**YOUTH ENGAGED IN ACTION (YEA!)**  
**Various ABCD neighborhood locations**

13 year olds can enjoy a meaningful and fun 3 week summer experience. They gain financial awareness and learn about careers and civic engagement. They also learn leadership skills and have priority admission status to ABCD's SummerWorks program.



**UNIVERSITY HIGH SCHOOL**  
**617.348.6510**

For those who struggle academically and feel left behind by the traditional school system, the creative UHS approach can be the answer.



**WILLIAM J. OSTIGUY HIGH SCHOOL**  
**617.348.6070**

For students committed to recovering from substance abuse, we provide a safe, sober and supportive school environment in which to earn a high school diploma.

# LOCATIONS

*For people in Boston, Malden, Medford, Everett, and a number of surrounding towns, we're right around the corner.*

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**\* ABCD Central Offices**

178 Tremont Street  
Boston, MA 02111  
**617.348.6000**

**8) Mystic Valley Opportunity Center**

11 Dartmouth Street, Suite 104  
Malden, MA 02148  
**781.321.3431**

**1) Allston/Brighton NOC**

640 Washington Street, Suite 203  
Brighton, MA 02135  
**617.903.3640**

**9) North End/West End NSC**

1 Michelangelo Street  
Boston, MA 02113  
**617.523.8125**

**2) Asian American Civic Association**

87 Tyler Street  
Boston, MA 02111  
**617.426.9492**

**10) Parker Hill/Fenway NSC**

714 Parker Street  
Roxbury, MA 02120  
**617.445.6000**

**3) Dorchester NSC**

110 Claybourne Street  
Dorchester, MA 02124  
**617.288.2700**

**11) Roxbury/N.Dorchester NOC**

565 Warren Street  
Dorchester, MA 02121  
**617.442.5900**

**4) East Boston APAC**

21 Meridian Street  
East Boston, MA 02128  
**617.567.8857**

**12) South Boston Action Center**

424 West Broadway  
South Boston, MA 02127  
**617.269.5160**

**5) Jamaica Plain APAC**

30 Bickford Street  
Jamaica Plain, MA 02130  
**617.522.4250**

**13) South End NSC**

554 Columbus Avenue  
Boston, MA 02118  
**617.267.7400**

**6) John F. Kennedy FSC**

23A Moulton Street  
Charlestown, MA 02129  
**617.241.8866**

**14) Thelma D. Burns Building**

575 Warren Street  
Dorchester, MA 02121  
**617.652.7020**

**7) Mattapan FSC**

535 River Street  
Mattapan, MA 02126  
**617.298.2045**



# ABCD SERVICE NETWORK BOSTON & GREATER BOSTON

# DOWNTOWN BOSTON



A

## ABCD Central Offices

178 Tremont Street  
Boston, MA 02111  
**617.348.6000**

## Energy Programs

178 Tremont Street, 4th Flr  
Boston, MA 02111  
**617.357.6012**

## Tax Preparation

178 Tremont Street  
Boston, MA 02111  
**617.348.6239**

## Youth Services

178 Tremont Street  
Boston, MA 02111  
**617.348.6548**

B

## Child Care Choices of Boston

105 Chauncy Street, 2nd flr  
Boston, MA 02111  
**617.542.5437**

## Health Services

105 Chauncy Street, 4th flr  
Boston, MA 02111  
**617.348.6261**

## Housing and Homelessness Prevention Department

105 Chauncy Street, 3rd flr  
Boston, MA 02111  
**617.348.6319**

C

## Elder Services

19 Temple Place, 4th flr  
Boston, MA 02111  
**617.348.6784**

## William J. Ostiguy High School

19 Temple Place, 4th flr  
Boston, MA 02111  
**617.348.6070**

## Workforce Development

19 Temple Place, 2nd flr  
Boston, MA 02111  
**617.348.6777**

# GET INVOLVED

WE COULDN'T FULFILL OUR MISSION WITHOUT THE HELP OF OUR DONORS, VOLUNTEERS, AND INTERNS. EACH ONE MAKES A LIFE-CHANGING DIFFERENCE.



## DONATE

Tax-deductible donations support more than 50 ABCD programs that help Greater Boston's most vulnerable children, youth, elders, individuals and families. The impact is immediate and enduring.



## VOLUNTEER

Volunteers can join a single ABCD event like the annual Field of Dreams at Fenway Park. Or, they can lend a hand on a regular basis, offering spirit and expertise to programs that help children, youth, individuals, families, and elders in need.



## INTERN

An internship is a powerful way to learn and support ABCD's mission to provide low income residents in Boston and the Mystic Valley with the tools, support, and resources they need to move from poverty to stability and from stability to success.

## CONTACT US TODAY!

Secure online donations can be made at [bostonabcd.org/donate](https://bostonabcd.org/donate) or by contacting **ABCD's Give Line** at **617.348.6559** | [give@bostonabcd.org](mailto:give@bostonabcd.org)

Information about volunteering and internships can be found at:  
[bostonabcd.org/get-involved](https://bostonabcd.org/get-involved) | **617.348.6591** | [volunteer@bostonabcd.org](mailto:volunteer@bostonabcd.org)

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