

PHONE 617-376-8701

# Quincy Referrals

FAX 617-376-8709

## Breastfeeding Support

**WIC Virtual Breastfeeding Classes** 617-376-8701

**La Leche League** <https://www.llli.org/>  
*Call returned within 24 hours*

**Mass Breastfeeding Coalition** <https://massbreastfeeding.org/>

**USDA WIC Breastfeeding support** <https://wicbreastfeeding.fns.usda.gov/>

**Zip Milk** <https://www.zipmilk.org/>

**Breast Pumps** <https://www.breastpumps.com/>  
<https://www.vitalmilk.com/>  
<https://acelleron.com/breast-pumps/>

## Disability Assistance

**Family Ties of MA** 781-774-6602

**ARC Disability Services** 781-335-3023

**Federation for Children** FCSN.org

**ABA Educational Centers** 844-909-4222

**South Shore Autism Center** 508-484-8264

## Health & Wellbeing

**MassHealth** <https://Mass.gov/healthcare/>

**MassHealth Dental** 1-800-207-5019

**Aspire Health** <https://aspirehealthalliance.org>

**Mass Bay Counseling** <http://www.massbaycounselingquincy.com>

**A New Way** 617-302-3287

**Interfaith Social Services** 617-773-6203

**Lamour Clinic** 781-885-7252

**Journey Recovery Project** 1-800-327-5050

**Mass Postpartum Support Line** 1-866-472-1897

## Legal Assistance

**Legal Aid/Mass Legal Help** <https://masslegalhelp.org>

**MIRA (Mass Immigrant & Refugee Advocacy Coalition)** 617-530-5480

## New Parent Support

**Healthy Families** <http://healthyfamiliesma.org>

**Teens with Tots** <http://teenswithtots.com>

**Quincy Family Resource Center** 617-481-7227  
<https://www.quincyfamilyrc.org>

**Parents Helping Parents** 1-800-632-8188  
<http://parentshelpingparents.org>

**Stronger Generations** <http://strongergenerations.org>

**Family Ties** 1-800-905-8437  
<http://www.familyties.org>

**Postpartum Support International** 1-800-944-4773

## Violence Prevention

**Jane Doe Inc.** 617-248-0922

**SafeLink Hotline** 1-877-785-2020

**Mass Child at Risk Hotline** 1-800-792-5200

**Dove Inc.** 888-314-3683  
<https://dovemass.org>

**Casa Myrna** 1-877-785-2020

PHONE 617-376-8701

# Quincy Referrals

FAX 617-376-8709

## Income Assistance

Heating and Energy Assistance	<a href="https://www.mass.gov/service-details/learn-about-home-energy-assistance-liheap">https://www.mass.gov/service-details/learn-about-home-energy-assistance-liheap</a>
Project Bread Food Source Hotline	1-800-645-8333
SNAP	877-382-2363
My Brother's Keeper (Food & Furniture Assistance)	<a href="https://www.mybrotherskeeper.org">https://www.mybrotherskeeper.org</a>
Food Pantry List	<a href="https://wic.bamsi.org/community/resources-2/quincy">https://wic.bamsi.org/community/resources-2/quincy</a>
National Grid Discount Application	<a href="https://www.nationalgridus.com/discount-rate-app-MA">https://www.nationalgridus.com/discount-rate-app-MA</a>
Eversource Electric and Gas	800-592-2000
Affordable Connectivity Program	877-384-2575 <a href="https://www.fcc.gov/acp">https://www.fcc.gov/acp</a>
Assurance Wireless	<a href="https://www.assurancewireless.com/apply-now">https://www.assurancewireless.com/apply-now</a>
QCAP Tax Line (Free Tax Preparation)	617-657-5345

Ask WIC staff for a full listings of resources for: Car Seat Safety Inspection Locations, Clothing, Food Pantries, Obstetricians, and Pediatricians



Dial **2-1-1** for additional resources not on this sheet

## Shelters and Housing

Father Bill's Place	617-770-3314
Home Safe (Homeless Prevention)	617-773-6203
Mass Coalition for the Homeless	781-595-7570
QCAP	617-479-8181 <a href="https://www.qcap.org">https://www.qcap.org</a>
Neighbor Works Housing Solutions	<a href="https://nhsmass.org">https://nhsmass.org</a>
Department of Housing and Community Development	<a href="https://mass.gov/orgs/housing-and-community-development">https://mass.gov/orgs/housing-and-community-development</a>



## Prenatal Shelters and Assistance

Bethesda House	781-361-2418
Pregnancy Help Boston – Brockton Office	774-297-2233
Friends of the Unborn	617-786-7903

**WWW.FINDHELP.ORG**

## Employment Assistance and Education

Mass Hire	617-745-4000
Unemployment	877-626-6800
Adult Education (HISET)	<a href="https://www.hiset.org">https://www.hiset.org</a>
Adult Education (QCAP)	<a href="https://www.qcap.org">https://www.qcap.org</a>

## Child Care and Development

Department of Early Education and Care	617-988-7841
Head Start/ Early Head Start	<a href="https://www.qcap.org/our-programs/early-childhood-education-care/head-start-early-head-start/">https://www.qcap.org/our-programs/early-childhood-education-care/head-start-early-head-start/</a>
YMCA Quincy	<a href="https://ssymca.org">https://ssymca.org</a>
South Shore S.T.A.R.S.	781-331-8505 <a href="https://southshoreshstars.org">https://southshoreshstars.org</a>
Hull Family Network	<a href="https://www.town.hull.ma.us/hull-family-network">https://www.town.hull.ma.us/hull-family-network</a>
Quincy Family Resource Center	617-481-7227