

Community Services for Douglas Students and their Families



DOUGLAS PUBLIC SCHOOL DISTRICT
Douglas, MA



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Counseling Agencies

Parents may choose to first contact their child's primary care physician and/or their insurance provider to determine what counseling agencies are covered under their insurance. Parents may also contact their child's Guidance/ Adjustment Counselor for further information/ referrals. Many agencies offer home-based services as well.

Children's Friend
Worcester (508) 753-5425

Community Healthlink
Worcester (508) 860-1000

Family Continuity Planning (FCP)
Whitinsville (508) 234-4181

Milford/Franklin Counseling (508) 473-7400

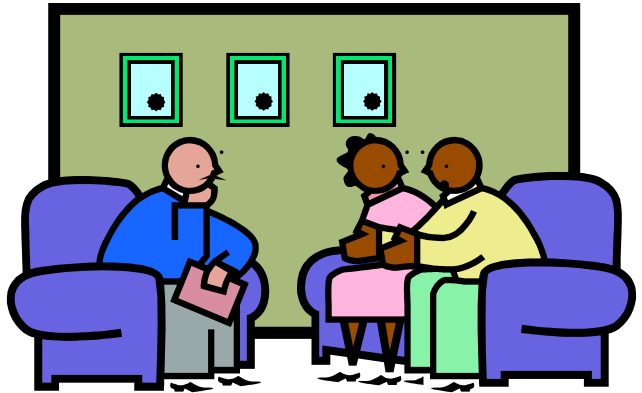
MSPCC
Worcester (508) 753-2967

Riverside Community Care
Upton (508) 529-7000

South Bay Mental Health
Worcester (508) 791-4976

Wayside Community Counseling Center
Milford 1-800-492-9743

Youth Opportunities Upheld, Inc. (YOU. Inc.)
Worcester (508) 849-5600

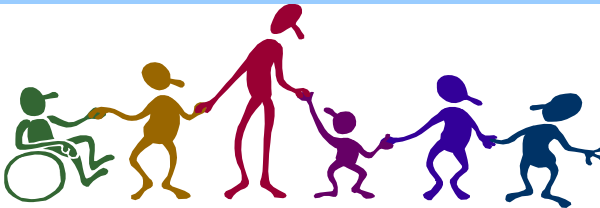


Douglas Resources

Early Childhood Center / Student Support Services	(508) 476-4034
Elementary School	(508) 476-4200
Fire Department (Office phone)	(508) 476-2267
Highway Department Garage/Public Works	(508) 476-3378
High School	(508) 476-4100
Middle School	(508) 476-3332
Municipal Offices	(508) 476-4000
Mumford River Lodge	(508) 476-7112
Police Department (Business Only)	(508) 476-3333
Post Office	1-800-275-8777
Primary School	(508) 476-2154
Public Library	(508) 476-2695
School Superintendent's Office	(508) 476-7901
Sokol Club	(508) 476-7489
Transfer Station	(508) 476-3742

Disability Services

Department of Developmental Disabilities (DDS)	(508) 887-1100
Department of Mental Health (DMH)	(800) 221-0053
Easter Seals of Central Mass	(800) 244-2756
Federation for Children	(800) 331-0688
Legal Assistance Corp.	(800) 649-3718
Massachusetts Justice Project (legal assistance)	(508) 831-9888
Social Security Office	(800) 722-1213



Health Services

American Red Cross (508) 595-3700

American Foundation for Suicide Prevention afsp.org

Blackstone Valley Free Medical Clinic
2nd Monday of the month 6-8 p.m. (508) 234-9356
Northbridge High School

Community Healthlink, Inc.
Provides a variety of counseling, educational services and additional services (508) 860-1260

Douglas Department of Public Health (508) 476-4000
ext. 352

Family Health Center of Worcester, Inc. (508) 860-7700

Harrington Memorial Hospital (508) 765-9771
Southbridge

Health Insurance for Kids-Children's Medical Security Plan 1-888-665-9993

Home Staff, LLC 1-800-779-3312
Care for home bound patients

Lifeline-Milford (Catholic Charities) (508) 478-9632

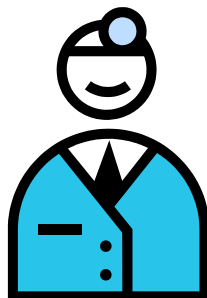
Milford Regional Medical Center (508) 473-1190

New Hope 1-800-323-HOPE
Support for victims of domestic violence and sexual assault

St. Vincent Hospital at Worcester Medical Center 1-877-633-2368

UMass Memorial Medical Center (508) 334-1000

Visiting Nurse Association Care Network and Hospice (VNA) 1-800-521-5539



Hotlines

Alcohol & Drug Abuse-(ADCARE)
Worcester

1-800-ALCOHOL

Big Brothers~Big Sisters
(for single parent families)

(508) 752-7868

Blackstone Valley Rape Crisis Team

(508) 478-2992

Child At-Risk Hotline

1-800-792-5200

Legal Advocacy Resource Center

1-800-342-5297

National Child Abuse Hotline

1-800-742-4453

National Runaway Switchboard

1-800-RUNAWAY

National Suicide Prevention Lifeline (a 24-hour crisis
hotline provided by the Samaritans)

1-800-273-TALK

Parents Anonymous Hotline (parents talking to parents)

1-800-882-1250

Parental Stress Hotline

1-800-632-8188

Poison Information Center

1-800-682-9211

Riverside Emergency Mental Health Services

(508) 634-3420

Samaritans Suicide Prevention – 24 hour Toll Free

(877) 870-4673
(508) 875-4500



Housing, Food, and Shelter

Catholic Charities
Whitinsville

(508) 234-3800

Citizens Oil (Joe 4 Oil)

(617) 338-6300

Department of Transitional Assistance (Welfare)

(800) 249-2007

Faith Fellowship Church
Uxbridge

(508) 278-0300

Food Source Hotline/Food Stamp Outreach

(800) 645-8333
www.gettingfoodstamps.org

Northbridge Food Pantry
Northbridge

(508) 234-4599

First Congregational Church
Douglas

(508) 476-0022

Second Congregational Church
Douglas

(508) 476-7030

Salvation Army Thrift Store
Northbridge

(508) 234-4439

SMOC Housing Assistance

(508) 872-0765

St. Denis Church Food Pantry
Douglas

(508) 476-2002

Women, Infants and Children Nutrition Program (WIC)

1-800-WIC-1007

Worcester Community Action Council (WCAC)
(Home heating fuel assistance)

(508) 754-1176



Dial 211 for any questions!!!

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<http://www.mass211.org/>

Recreation

Boy Scouts (Grade 5+)

www.douglasbsa.com

Jeffrey Talbot, Sr.

(508) 476-3616

Cub Scouts (Grade 1-5)

<http://pack134douglas.scoutlander.com>

Kris Moran

kv Moran@msn.com

Dance Sensation

(508) 476-7396

Douglas Baseball & Softball

www.douglasyouthsports.com

Douglas Youth Basketball (K-8)

www.dyhoops.com

Douglas Axmen Soccer (ages 4+)

www.douglassoccer.com

Habitat for Soccer & Sports
Uxbridge

(508) 278-9888

www.thehab.com

Kurlan Music Center (music lessons/sales)

Worcester

(508) 853-6417

www.kurlanmusic.com

Music & Arts Center (music store/lessons)

Milford (used by school district)

(508) 473-2895

R & R Gymnastics

Millbury

(508) 865-7440

Valley Music School (music lessons)

Whitinsville

(508) 234-9977

Whitin Community Center

Whitinsville

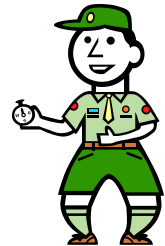
(508) 234-8184

www.ourgym.com

YMCA of Central Mass.

Boylston

(508) 852-6694



Women and Children's Services

Blackstone Valley Rape Crisis Team (Wayside) (508) 478-2992

Community Healthlink for Women and Children (508) 421-4485

DayBreak Domestic Violence Hotline (508) 755-9030

**Department of Children and Families (DCF)
(formerly the Department of Social Services)** (508) 929-1000

**Department of Youth Services (DYS)
Central Regional Office Westborough** (508) 792-7611

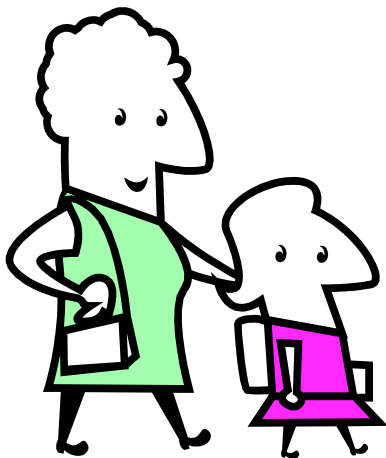
Mass Health (Medicaid) (800) 841-2900

New Hope Shelter 1-800-323-4673

**Parent Support at Milford Public Library
80 Spruce St. Milford** Mary Lambert
(508) 767-9725
First and third Fridays of each month 10:30-12:00 mlambert@ppal.net

Women's Protective Services (508) 820-0834
Framingham (508) 626-8686
Hotline/Crisis

Worcester Parent Support Advocacy League Joanne Carey
Joannecarey1@yahoo.com (508) 767-9725



Helping Your Child Succeed

- ☑ Get involved in your child's school and maintain frequent contact with your child's teachers. Attend parent conferences and school events.
- ☑ Encourage your child to be healthy by eating nutritiously, getting plenty of exercise, and enough sleep.
- ☑ Remember to praise your child and let them know you are proud of them for their achievements. This will help build their self-esteem.
- ☑ Encourage your child to get involved at school and participate in after-school activities. This will help them build friendships and feel a sense of belonging.
- ☑ Make attendance at school a priority. When your child is absent for an illness, remember to send a doctor's note in.

