

RESOURCE MANUAL FOR UML'S STUDENTS, FACULTY & STAFF

Food and Housing Insecurities



NOW OPEN

UMASS LOWELL
NAVIGATORS

FOOD
PANTRY

UNIVERSITY CROSSING 104
1ST FLOOR NEAR THE SOLUTION CENTER
MONDAY-FRIDAY • 3PM-7PM

FOR MORE INFORMATION EMAIL
NAVIGATORS@STUDENT.UML.EDU

The purpose of the Food pantry is to supply free food items for any member of the UMass Lowell community who may be experiencing hunger and struggling to buy food. The pantry is open to all UMass Lowell students, faculty & staff.

WANT TO DONATE FOOD ITEMS?
#UCAN BY BRINGING NON-PERISHABLE ITEMS
TO UNIVERSITY CROSSING SUITE 200

 **UMASS LOWELL**
Learning with Purpose

By Ashley Cochran

Public Health'16

UMass Lowell

This document contains information on the different resources that are provided by both the University of Massachusetts Lowell and the City of Lowell. Below you will find resources for food pantries, meal programs/soup kitchens, and shelters. Along with the general contact information, this resource manual will provide you with things that you may need, what to expect, requirements if there are any, and directions on how to get there using the UMass shuttle system.

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Introduction- My Story

I spent five years here at the University of Massachusetts Lowell as an undergraduate studying Public Health. Although my experiences here were very similar to those of my peers, I didn't have the "traditional" college experience. What I mean by this is that I didn't have any family I could turn to when I need help. I'm the first person in my family to go



to and graduate from college. Plus, my family lives on the other side of the country in Nevada. So needless to say I was on my own. Some of the most difficult challenges that I faced as a first generation college student on my own was dealing with the fact that I had housing and food insecurities. Through my connection as president and co-founder of the peer health education group, Healthy H.A.W.K.S. I was able to find organizations on campus that were able to help me out. When I was asked to put this document together, I was beyond excited that I could use my experience to help make it a little easier for other students who might face the same challenges that I did.

Congratulations in getting to college. You can do this!

Ashley Cochran



Navigator's Club

Who:

The UMass Lowell Navigators Club is an organization made up of students, faculty & staff members dedicated to advocating and providing for the needs of UMass Lowell students who have followed a less traditional path to college and who are in need of additional support. This includes students who are/were in foster care, first generation college students, international students, transfer students, student veterans, students in the LGBTQ community and students otherwise living independently.

What they do:

Develop resources and connections to help our members be successful college graduates. This includes; Navigate the college experience, generate supportive environment to foster connections and social relationships, educate the campus community about issues relevant to our members & Advocate for policies.

*"College doesn't come with a
GPS, that's why you have the
Navigators!"*

Harbormaster Program:

A support program which includes campus faculty and staff members who provide additional resources for students (examples include extending class deadlines, pointing students to various offices, assisting with FAFSA, etc.). In order for a student to access a Harbormaster, the student will first notice a nautical decal on a faculty member's door. If the decal is present, the member has been through our Harbormaster's training and may help the student. The decal looks very similar to the Navigators logo which can be found at the top left corner of this page.

If you'd like to find out more about which professors are a part of this program, contact the adviser Stephanie Block.

Annual Thanksgiving Dinner:

The Navigators host the Thanksgiving Dinner which unites students who may not have a place to spend for a dinner. The dinner is free and open to any students who wish to participate. The

annual dinner is held on campus every year around the end of November. In order to be able to be a part of this dinner, the student needs to RSVP for the event. The only information that needs to be provided is the name of the student and that they plan on attending.

Contact Information:

Email- navigators@student.uml.edu,

Adviser- Stephanie Block- Stephanie_block@uml.edu, 978-934-3937

Deborah Finch- Deborah_Finch@uml.edu

Facebook: UMass Lowell Navigators Club

The Navigators host bi-weekly/once a month general body meetings usually held in University Crossing (Date/Location TBA).



Support Our Students (SOS)

Who:

Support our Students (SOS) is a nonprofit organization that addresses the issue of hunger in the UMass Lowell community. SOS drew its inspiration from programs in Europe where surplus food products were sold at reduced costs to community members in need.

What they do:

SOS is a multifaceted organization. One component is a meal donation system which allows students with meal plans to contribute one guest swipe to a student in need, or which otherwise allows people to purchase \$5 “meal scholarships,” which will be placed on the ID card of an in-need student for their use at an on-campus dining hall. Another component is that SOS intends to host workshops on a regular basis that will build awareness

for the program and teach valuable lessons on nutrition and affordable food prepping and spending. Support our Students will also hold periodic food drives that will stock an on-campus food pantry for students in need.

Meal Scholarship Program

\$5- One meal for a student

\$15- Full day's meals for a student

\$105- One Week's meals for a student

\$450- A month's meals for a student

Are you Eligible to get Free Meals?

If you can answer yes to any of the questions below you are eligible to receive meals from SOS:

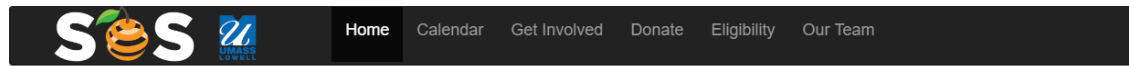
1. Did you worry about whether or not your food would run out before you got money to buy more?
2. Did the food that you bought run out and you didn't have enough money to get more?
3. Were you unable to afford balanced meals?
4. In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?
5. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?
6. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?
7. In the last 12 months, did you lose weight because there wasn't enough money for food?
8. In the last 12 months, did you ever not eat for a whole day because there wasn't enough money for food?

How to Access Resources:

How do you advertise your organization? Club fair/Family Day, opening week events, etc?

Is there a phone number you can be reached at?

Resource Page - <http://www.sosuml.org/#home>



Our Sponsors



Resources

To Donate Food: [Merrimack Valley Food Bank](#)

Student Food Pantry: [Navigators Club Page](#)

Local Food Pantries and Warm Meals: [Lowell Food Security](#)

Leanne Brown's Good and Cheap Eat Well on \$4/Day Cookbook: [Cook Book](#)

Federal Food Assistance: [Supplemental Nutrition Assistance Program](#)

Lowell Community Resources: [Community Teamwork Inc](#)

Fresh Local Produce: [Mill City Grows](#)

No Kid Hungry: [Share Our Strength Cooking Matters](#)

Alliance of College Food Pantries: [College and University Food Bank Alliance](#)

Healthy Eating: [Choose My Plate](#)

SOS website has several different links that lead to multiple resources that can be helpful to students. These resources provide a wide range of options for every individual seeking support.

Contact Information:

Address- Charles J. Hoff Alumni Scholarship Center, 1 Perkins St., Lowell, MA 01854

Email- sosatuml@gmail.com



Did you know that 35% of college students report having been food insecure during their college experience? That there are over 58,000 self-identified homeless college students in the US? The numbers are staggering, and are growing.

The Navigators, a UMass Lowell student organization, created the food pantry and have operated it on a very restricted budget, with little space and resources. Student Affairs has partnered with them and have relocated the Food Pantry to room 104 in University Crossing. This space is larger, open 20 hours per week, and is staffed by students. The Navigators will also meet students by appointment if the open hours do not work. And now we are establishing the UMass Lowell Neighborhood Food Project to supply the food pantry with a constant flow of food, toiletries, and other goods to help our food insecure students eat, thrive, learn, and be successful students.

The purpose of the food pantry is to supply free food items for any member of the UMass Lowell community who may be experiencing hunger and struggling to buy food. The pantry is open to all UMass Lowell students, faculty and staff.

LOCATION & HOURS

**Navigators Food Pantry
University Crossing 104
(first floor near the Solution Center)
Hours: Monday - Friday 3-7 p.m.**

QUESTIONS?

Want to Join UMass Lowell Navigators? Please contact: Navigators@student.uml.edu.

If you still have questions or want to learn more you can also email: Student_Affairs@uml.edu.

Want to donate food items? Please bring any **non-perishable items** to University Crossing Suite #200. Thank you.



Meal Programs

Lowell Transitional Living Center

LTLC provides meals, emergency shelter, and transitional and supportive housing to those who are hungry, homeless, or who need support to remain in their homes. For so many who have lost hope, the LTLC people and programs help restore dignity and self-respect. With the help of our case managers, individuals take important steps toward self-sufficiency by confronting the reasons they are homeless, and then work to make the changes necessary to find housing and live independently.

Meal Program

For anyone who is looking to enjoy a free hot meal, there is a short meal intake packet that needs to be filled out beforehand with a staff member. There is also a table that is filled with breads, produce, and other array of foods that anyone is welcome to take with them.

Breakfast is served every day from 6:45-8:00am

Dinner is served every night from 5:45-6:45.

Open to the public and is served 7 days a week.

Contact Information:

Address- 189 Middlesex Street, Lowell

Phone- (978) 458-9888

Email- info@ltlc.org

Directions: Take a Yellow Line Buss to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Slight right to stay on Central St. Turn right onto Middlesex St. Destination will be on the right. About a 7 minute walk.

Living Waters



Who:

Living Waters Center for Hope is a non-denominational, faith based, outreach drop-in center that is located in downtown Lowell. We offer a non-threatening and safe day time drop in center with a home like atmosphere; a place of hope, help and healing. A wide continuum of care is available to anyone in need; no documentation of need is required. But most importantly we offer compassion, honor, hope, respect and dignity to all people who walk through our doors.

A nonprofit charitable organization staffed and primarily volunteer run. We serve all races, creeds and faiths; the rich and poor; those living in homes, apartments, shelters and those without any. We believe that partnership with the people of God, we can make a meaningful contribution towards moving people out of homelessness among people with addiction, mental illness and disabilities.

When:

Soup kitchen: Breakfast, Lunch and snacks

Serves food on Tuesdays/Thursdays/Fridays from 9:00-3:30, 1st Saturday 9:00-11:00 and on the 2nd, 3rd, and 4th Saturday from 9:00-1:00.

What:

Must be 18 years or older. You do not need to be religious to access our services. Anyone in need is welcome. Entrance is on the side of the building, facing Merrimack street.

Hours of Operation:

Tuesday 9:00-1:30

Thursday 9:00-1:30

Friday 9:00-1:30

Saturday 9:00-11:00

Contact Information:

Address- 10 Kirk Street, Lowell

Phone- (978) 323- 4673

Email- info@livingwaterslowell.org

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn right onto Central St. Turn left onto Merrimack St. Turn right onto Kirk St. Destination will be on your left. About an 8 minute walk.

Salvation Army



Who:

Provides families with food, Seasonal assistance and is a resource to help with your other needs. The Salvation Army relies on monetary and gift donations from people in the Lowell community to enable them to do their good work to help others in the community who may have fallen on difficult times.

What:

Individuals in the Greater Lowell community may apply for food support benefits in person the at Salvation Army social service office at 150 Appleton St. Lowell

Salvation Army food pantries provide groceries for low income families and individuals in need. Food is free. This location is first come first serve.

Serving clients based on their individual needs is the direction we take here in Lowell. Not sure what direction to turn? Then give us a call and we'll try to sort it out together.

Soup Kitchen:

-Saturday lunch is served from 1-2 PM no registration necessary. Open to all.

-Sunday - late lunch/dinner -doors open at 3:30 - praise service at 4:00 followed by meal. No registration necessary. No participation in the service necessary. Open to all.

Contact Information:

Address- 150 Appleton Street Lowell

Phone- (978) 458-3396 extension 229

Email- Dianne.James@use.salvationarmy.org

www.SalvationArmyMA.org/Lowell

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Continue onto Gorham St. Turn right onto Appleton St. Destination will be on your left.



Pathfinders- Bridgewell

Who:

Pathfinder is a nationally recognized program that serves homeless individuals who often have a psychiatric disability and other challenges. Pathfinder has been providing on-site housing and drop-in center services as well as community outreach since 1996. The program targets individuals who have been unable to access services and treatment needed to begin the process of reentering mainstream society.

When:

Serves breakfast every morning at 8am

Lunch every afternoon from 11:00-1:00

Dinner every night at 5:00.

What:

Drop-In Center

Open from 8 A.M. to 8 P.M. every day of the year, the drop-in center offers a safe and secure environment to have a meal, take a shower, wash laundry or just relax off the streets. The program is open to all homeless individuals, male and female. The main goal is to engage individuals, at their own pace, in examining and engaging in services that will aid them in stabilization. Program service includes: daily meals, use of laundry and shower facilities, assistance with entitlement applications, assistance securing housing, healthcare facilitation, and linkages to other community providers.

Contact Information:

Address- 94 Summer Street, Lowell

Phone- (978) 459- 3387

Email- info@bridgewell.org

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Slight right to stay on Central St. Continue onto Gorham St. Turn right onto Appleton St. Turn left toward South St. Turn left onto South St. Turn right onto Summer St. About a 10 minute walk.

St. Paul's Kitchen



Who:

In 1995, inspired by a Bible passage, Rose and her husband Walter started St. Paul's Soup Kitchen at St. Paul's United Methodist Church in Lowell. They began serving dinner one night a week and it quickly became two. Food was purchased at the Lowell Food Bank and cooked at St. Paul's. The Pastor at St. Paul's spoke with the Interfaith Council of Lowell and explained that the Soup Kitchen was successfully providing meals for the working poor, elderly and families in the community. Other churches were interested in helping with the preparation and serving of meals and the service increased to three days a week with twelve churches participating. Every work day of the month was covered by a different church because the City Manager was aware of the good work of St. Paul's Soup Kitchen he asked them to provide meals five days a week to take pressure off the Transitional Center.

When:

Dinner is served Monday-Friday from 5:00-6:00 at the Eliot Church. Doors open at 3 and dinner is served at 5.



What:

Open to the public. The church is open from 3:00-6:00 pm every day that dinner is being served. Folks are welcome to come by early and mingle with others. Once you arrive at the church, you sign in by writing your name on the sign in sheet, grab a hot cup of coffee if you'd like and then go sit in the dining room until dinner is served. Dinner is free and there is no limit to how many times you enjoy a hot meal for dinner.

Contact Information:

Address- 273 Summer street, Lowell (Eliot Church)

Phone- 978-758-9186 (Rose- Director of the Program)

Email- walterbronk@comcast.net

Directions: Take a Yellow Line Bus to the ICC. Then Head west on

Warren St/Warren Ct toward Central St. Turn left onto Central St. Slight right to stay on Central St. Turn right onto Middlesex St. Turn left onto South St. Turn right onto Summer St. Destination will be on the right. About a 12 minute walk.

Merrimack Valley Catholic Charities



Who:

(MVCC) is a community service site of Catholic Charities, Archdiocese of Boston. MVCC helps nearly 30,000 people in need from Lowell, Lawrence, Haverhill and surrounding communities annually through a wide range of services. The programs at Merrimack Valley Catholic Charities strive to prevent hunger and homelessness for local families in a financial emergency; engage young parents through skill building and education; provide elders support as they raise their grandchildren; and support families in their effort to build safe, nurturing environments as they follow their own path back to self-sufficiency.

-Things needed for food pantry services:

- 1) Photo ID
- 2) Social security card/Birth Certificate for everyone in your household who you are claiming.
- 3) A proof of address for everyone over the age of 18 that lives in your household.

-What to expect?

There is parking available behind the church. The entrance is on the side of the building and can be accessed by a ramp. Once you have entered the building, a staff member will need to see your photo ID. You will then be given a number. When your number is called, you will meet with a different staff member who will ask you question and ask to see all of the paperwork that you brought to complete the intake process. At the end of the intake process you will be given a food panty card with your name and basic info on it. The next time you visit this sight you will only need to bring your photo ID and your food panty card. After you will be lead to the food room where you will get to pick some items of food. If you have reusable bags, you should bring them, if not then there are boxes there that you can use to carry your food in.

Hours of Operation-

Monday- 12:30-4:00

Tuesday- 3:00-6:30

Wednesday- 12:30-4:00

Contact information:

Address- 70 Lawrence Street, Lowell

Phone- (978) 454-9946

Directions: Take a Yellow Line Bus to the ICC. Then Head southeast on Warren St/Warren Ct toward Hurd St. Turn right onto George St. Turn left onto Green St. Continue onto Church St. Turn right onto Lawrence St. Destination will be on the left. It's about a 6 minute walk.

Open Pantry Greater Lowell

Who:

The mission of The Open Pantry is to relieve hunger in our community. We aim to connect people to a variety of filling, nutritious, and culturally-appropriate food as well as to other community resources; to advocate on behalf of those in need locally, statewide, and nationally; and to engage with others in building food security. We provide short-term food assistance to those in need who reside in the Greater Lowell area.

What:

Clients are eligible to receive a 'standard' order of food every 30 days. We can also provide clients with 4 'emergency' orders during a 12-month period.

REQUIRED PAPERWORK

Clients need to bring the following items each time they visit The Open Pantry:

- (1) Original Social Security Card for every member of the household being claimed. Copies are not accepted. Other acceptable documentation includes a passport or other immigration papers; and
- (2) Proof of Residence for the head of household from the last 90 days. Name, date, and address is required for your proof of residence. Utility bills or rent receipts are best for proof of residence.

Please visit The Open Pantry even if you do not have these items so we can provide additional resources and at least an 'emergency' order of food for you and your family.

SOME TIPS BEFORE VISITING THE OPEN PANTRY



- Please bring reusable bags for your orders whenever possible.
- We are busier towards the end of the month so please expect a longer wait-time.
- While some of us can speak Spanish, Khmer, & Portuguese, we recommend bringing an interpreter or translator with you when necessary.
- Unfortunately, we do not have public restrooms or free parking for clients at this time. However, our Wednesday evening clients can park at parking meters.
- For those of you who need it, we have a limited amount of taxi vouchers to get you and your order of food home.

WHAT TO EXPECT WHEN YOU VISIT THE OPEN PANTRY

When you enter The Open Pantry, clients need to take a number by the office because we serve on a first-come basis. Please come at least 30 minutes before we close. We have a waiting room available, which sometimes has donations (books, bags, toys, etc) available to clients. It is recommended to have your required paperwork ready while you are waiting. Please help us keep our spaces clean.

Once your number is called, you meet with a volunteer staff member who takes you through an intake process. We collect your required paperwork and may ask to see a picture ID. We ask you specific questions in order to collect data (DOB, sources of income, demographic info) needed for the organization.

We also ask if you or other household members have any food allergies or diet restrictions. You can request specific items, and if we have them available for your household size, we will provide them in your order. If you are given anything you will not use, please return them to us so we can re-stock and provide them to another household.

We offer to pack your orders either in bags or boxes, but we prefer you bring in your own reusable bags to help us cut costs. Whenever possible, some volunteers may also help walk your orders out to your car.

If you have any questions or concerns, please speak with staff or someone from our team of volunteers. You can also email us at [info @theopenpantry.org](mailto:info@theopenpantry.org)

We also provide an anonymous suggestion box in the client waiting area. We will do our best to answer your questions and address your concerns

Important for our Clients regarding Thanksgiving Meal Package Sign-Up Guidelines

The Open Pantry works in partnership with the other Greater Lowell food pantries (Catholic Charities, and Central Food Ministry, MVFB Mobile Pantry) and other Thanksgiving meal providers to ensure constituents receive a Thanksgiving meal package from only one provider each year. If you would like to pick up your Thanksgiving meal package from The Open Pantry, we will accept sign-ups in person from September 15th - October 31st when clients express interest and have required paperwork.

Contact Information:

Address- 13 Hurd Street, Lowell

Phone- (978) 453-3396

Hours of Operation: Monday- 9:00-12:00, Tuesday- 9:00-12:00, Wednesday- 9:00-12:00, 5:30-7:00, Thursday- 9:00-12:00, Friday- 9:00-12:00

Directions: Take a Yellow Line bus to the ICC in downtown Lowell. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Turn left onto Hurd St. Destination will be on the right. It's about a 2 minute walk.



Salvation Army

Who:

Provides families with food, Seasonal assistance and is a resource to help with your other needs. The Salvation Army relies on monetary and gift donations from people in the Lowell community to enable them to do their good work to help others in the community who may have fallen on difficult times.

What:

Individuals in the Greater Lowell community may apply for food support benefits in person the at Salvation Army social service office at 150 Appleton St. Lowell

Salvation Army food pantries provide groceries for low income families and individuals in need. Food is free. This location is first come first serve.

Serving clients based on their individual needs is the direction we take here in Lowell. Not sure what direction to turn? Then give us a call and we'll try to sort it out together.

Things needed for food pantry services:

-You must bring the following: A photo ID, rent receipt, proof of income (total family income), a utility bill (if they pay utilities) and birth dates of everyone in the home.

-First come first serve. There are no appointments necessary to gain accesses to the food pantry. You may bring your own bags, but it is not required.

Hours of Operation-

Monday- 9:00-11:00

Wednesday- 9:00-11:00

Friday- 9:00-11:00

-PLEASE NOTE: The food pantry is CLOSED in November and December. Call in September to find out sign up dates for families of 2 or more needing Christmas assistance.

Contact Information:

Address- 150 Appleton Street Lowell

Phone- (978) 458-3396 extension 229

Email- Dianne.James@use.salvationarmy.org or www.SalvationArmyMA.org/Lowell

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Continue onto Gorham St. Turn right onto Appleton St. Destination will be on your left.



Central Food Ministry

Who:

Central Food Ministry, Inc. (CFM) was established in 1994 through the joint effort of a group of Lowell businessmen and the Lutheran Church of the Savior (LCS), Bedford, Mass. The charter of CFM is to provide food and hope to the economically distressed in Lowell and surrounding communities in Middlesex county.

What:

Clients receive 5 days of food for every member of their family. Clothing is available at all times. Household items and toys are frequently available. Anyone in need of food is eligible to come every 30 days. Clients must call on the day they want to come in.

Items need for verification:

1) Social security cards for each family member. 2) Proof of residence for any member over the age of 18.

Holiday Extras:

The weeks leading up to Thanksgiving, turkeys with all the "fixings" are handed out to the clients. The same is done around Christmas if the donations are there. The turkeys are donated by local businesses and churches.

Contact Information:

Address- 370 W 6th St, Lowell, MA 01850

Phone- (978) 454-7445

Hours of Operation-

Tuesday- 10:00-1:00, Wednesday- 10:00-1:00, Thursday- 10:00-1:00, 7:00-8:00

Directions: Take a Red bus to East Campus. Then head northeast on Pawtucket St towards the Spinners Stadium. Turn left toward Aiken St. Turn left onto Lakeview Ave. Destination will be on your left, across the street from a Golf Gas Station. About a 15 minute walk.

Christ Jubilee Food Pantry



Who:

A church whose vision is to "raise vibrant Christians as leaders and transformers in their communities and world, a church committed to embracing, evangelizing and empowering all nations with the principles of God's Word and of His love."

Items needed for verification include:

- 1) Proof of residency
- 2) Social security card or Mass Health card

Contact Information

Address- 101 Smith Street, Lowell

Phone- (978) 452-9976 – Must call ahead

Hours of Operation- Friday from 1:00-2:00

Directions: Take a Red Line Bus to South Campus. Then Head south on Wilder St toward Lund St. Turn left onto Middlesex St. Slight right onto Dover Square. Continue onto Branch St. Turn right onto Smith St. Destination will be on the right. About a 20 minute walk.

Shelters



Lowell Transitional Living Center

Who:

LTLC provides meals, emergency shelter, and transitional and supportive housing to those who are hungry, homeless, or who need support to remain in their homes. For so many who have lost hope, the LTLC people and programs help restore dignity and self-respect. With the help of our case managers, individuals take important steps toward self-sufficiency by confronting the reasons they are homeless, and then work to make the changes necessary to find housing and live independently.

Shelter Services

Once a new client completes an intake and is given a bed, they are assigned an in house case manager. They do a long intake with that case manager within their first week here at LTLC. From there, the in house case manager that they are assigned does any internal and external referrals appropriate for the client.

The requirements/ intake process includes:

- Must be 18 years or older
- Clients must pass a supervised urine drug test / Breathalyzer
- Clients must be from Merrimack Valley / "ties to Lowell".

Housing case managers do follow the clients up to one year after they have been housed. We offer this service so the clients know that they still have someone that they know and trust to come to if they have issues with the landlord or need assistance doing housing related things. We also work closely with a program by the name of Home Goods where clients can go pick out furniture and household items prior to them moving into a unit.

Our two on site Housing Case Managers are Rasheda Campbell and Bridget Anderson.

Contact Information:

Address- 189 Middlesex Street, Lowell

Phone- (978) 458-9888

Email- info@ltlc.org

Directions: Take a Yellow Line Buss to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Slight right to stay on Central St. Turn right onto Middlesex St. Destination will be on the right. About a 7 minute walk.

Living Waters

Who:

Living Waters Center for Hope is a non-denominational, faith based, outreach drop-in center that is located in downtown Lowell. We offer a non-threatening and safe day time drop in center with a home like atmosphere; a place of hope, help and healing. A wide continuum of care is available to anyone in need; no documentation of need is required. But most importantly we offer compassion, honor, hope, respect and dignity to all people who walk through our doors.

A nonprofit charitable organization staffed and primarily volunteer run. We serve all races, creeds and faiths; the rich and poor; those living in homes, apartments, shelters and those without any. We believe that partnership with the people of God, we can make a meaningful contribution towards moving people out of homelessness among people with addiction, mental illness and disabilities.

What:

Must be 18 years or older. Entrance is on the side of the building, facing Merrimack street.

Other services offered include a clothes closet, food/hygiene packs, laundry facilities for the homeless, and Mailboxes for the homeless.

Shelter information: ?

Contact Information:

Address- 10 Kirk Street, Lowell

Phone- (978) 323- 4673

Email- info@livingwaterslowell.org

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn right onto Central St. Turn left onto Merrimack St. Turn right onto Kirk St.

Destination will be on your left. About an 8 minute walk.

Pathfinders- Bridgewell

Who:

Pathfinder is a nationally recognized program that serves homeless individuals who often have a psychiatric disability and other challenges. Pathfinder has been providing on-site housing and drop-in center services as well as community outreach since 1996. The program targets individuals who have been unable to access services and treatment needed to begin the process of reentering mainstream society.

What:

Must be 18 years or older.

Residential Program

Pathfinder has 12 congregate housing units for single, homeless men. Residents are provided with a complete assessment of needs and are offered a menu of services including: assistance in selecting and accessing medical and mental healthcare providers, medication management, managing finances, pursuing entitlement benefits and carrying out activities of daily living. Transitional employment opportunities are provided on-site. The goal is for residents to examine potential treatment options, reclaim control of their lives, and achieve established goals towards self-sufficiency.

Drop-In Center

Open from 8 A.M. to 8 P.M. every day of the year, the drop-in center offers a safe and secure environment to have a meal, take a shower, wash laundry or just relax off the streets. The program is open to all homeless individuals, male and female. The main goal is to engage individuals, at their own pace, in examining and engaging in services that will aid them in stabilization. Program service includes: daily meals, use of laundry and shower facilities, assistance with entitlement applications, assistance securing housing, healthcare facilitation, and linkages to other community providers.

Contact Information:

Address- 94 Summer Street, Lowell

Phone- (978) 459- 3387

Email- info@bridgewell.org

Directions: Take a Yellow Line Bus to the ICC. Then Head west on Warren St/Warren Ct toward Central St. Turn left onto Central St. Slight right to stay on Central St. Continue onto Gorham St. Turn right onto Appleton St. Turn left toward South St. Turn left onto South St. Turn right onto Summer St. About a 10 minute walk.