

AGAWAM DIRECTORY OF COMMUNITY RESOURCES

A COMMUNITY GUIDE TO AGAWAM-BASED AGENCIES
ORGANIZATIONS AND PROGRAMS THAT PROVIDE INDIVIDUAL
GROUP AND FAMILY SUPPORT SERVICES.



Agawam Public Schools

- *HOTLINE NUMBERS • HEALTH INFORMATION • CONSUMER CONCERNS •*
- *DISEASE PREVENTION & CONTROL • ENVIRONMENT •*
- *MENTAL & EMOTIONAL SUPPORT • NUTRITION PERSONAL & FAMILY HEALTH •*
- *PET & WILDLIFE RESOURCES RECREATIONAL LEISURE & PHYSICAL FITNESS •*
- *SAFETY & VIOLENCE PREVENTION • SPIRITUAL RESOURCES •*
- *SUBSTANCE USE/ABUSE •*

TOLL FREE NUMBERS AND HELP HOTLINES

Abuse & Rape Crisis.....	733-7100
Agawam Fire Department Non-Emergency	786-2662, 821-0612, 821-0613
Agawam Police Non-Emergency.....	786-4767
Agawam Police/Fire/Ambulance <i>Emergency Only</i>	911
AIDS/HIV.....	1-800-342-2437
ALANON/AL-A-TEEN.....	782-3406
Alcohol Help Line.....	1-800-252-6465
Alcoholics Anonymous.....	532-2111
Alzheimer's Association.....	1-800-272-3900
American Red Cross.....	737-4306
ARCH (Battered Women).....	733-7100
Blind, Commission for the.....	1-800-392-6450
Child Abuse & Neglect.....	1-800-792-5200
Deaf, Commission for the.....	1-800-882-1155
Department of Social Services (DSS).....	1-800-792-5200
Disability Determination.....	1-800-882-2040
Drug Abuse.....	1-800-662-HELP
Drug Help.....	1-800-378-4435
Elder Abuse.....	1-800-922-2275
Elder Affairs Hotline.....	1-800-882-2003
First Call For Help.....	737-2712

Food Stamp Hotline.....	1-800-645-8333
Fuel Assistance.....	1-800-632-8175
Individuals with Disabilities.....	1-800-462-5015
Literacy.....	1-800-447-8844
Medicaid.....	1-800-841-2900
Medicare.....	1-800-882-1228
Mothers Against Drunk Driving (MADD).....	1-800-633-6233
Narcotics Anonymous.....	538-7479
National Center for Missing Children.....	1-800-843-5678
National Domestic Violence Hotline.....	1-800-799-SAFE
National Sexually Transmitted Diseases.....	1-800-227-8922
New Beginnings (Rape/Domestic Violence).....	1-800-479-6245
Nursing Home Complaints.....	1-800-462-5531
Overeaters Anonymous.....	783-4198
Page Plus Program (Pregnant & Parenting Teens).....	732-3121
Parental Stress.....	1-800-632-8188
Poison Control.....	1-800-682-9211
Pregnancy & Options Counseling.....	733-6639
Psychiatric Crisis Line (Mt. Tom MHC).....	536-2251
Public Safety.....	1-800-223-0933
Registry of Motor Vehicles.....	1-800-858-3926
Rehabilitation Commission.....	1-800-223-2559
Revenue, Department of.....	1-800-392-6089
Runaway Hotline.....	1-800-231-6946
Social Security.....	1-800-772-1213

STD's.....	784-8354
Substance Abuse Hotline.....	1-800-550-0467
Telecommunications & Energy.....	1-800-392-6066
The Professionals (BMC) for Health Questions.....	784-CALL
Tobacco Quit Line.....	1-800-TRY-TO-STOP
Tobacco Quit Tips.....	1-800-9-GET-A-TIP
Welfare.....	1-800-249-2007
Westfield Crisis Intervention.....	568-6386
Westfield Infant Toddler Services (WITS)	1 -800-905-TIES
91 Elm St., WFLD.....	568-3942
WIC.....	1-800-WIC-1007
Worker's Compensation.....	1-800-323-3249

MEDICAL EMERGENCY PROCEDURES

General Information

WHAT TO DO:

Do stay calm

Do check first to see that the victim has an open airway, is breathing and has a heartbeat. (If not, immediate action is necessary before taking care of any other injuries.)

Do treat the patient gently. Reassure them that help is coming, and keep them as quite as possible.

Do tell the rescue or ambulance crew as much as you can about what happened, what the patient's condition was when you first saw them and what actions you have already taken.

Do let the emergency crew do its job and help keep other people out of the way.

WHAT *NOT* TO DO:

Do not move the patient unnecessarily.

Do not try to remove an object that is impaled in the body.

Do not give the patient anything to eat or drink. Never give alcohol.

Do not delay calling for help.

Do not do anything you are not trained to do and are not sure is appropriate.

IMPORTANT: Review this information periodically. Know what to do before an emergency happens.

Dial 911 for emergency help from Police, Fire, or Ambulance.

GET HELP!

From: Baystate Health Systems (1993) *Adult Emergencies and What to do About Them*.
Springfield, MA: Author

SIGNS OF ALCOHOL ABUSE

One or more of the following factors indicates a possible drinking problem:

- Needs a drink at a certain time of “the morning after”
- Loses time at work or school due to drinking.
- Drinks alone or tries to hide drinking.
- Has loss of memory or loss of control while or after drinking.
- Seems irritable, defensive, jealous, moody, easily angered after drinking.
- Denies everything or gets upset at criticism or complaints about his/her drinking.
- Has physical complaints that may be related to drinking: inefficiency, low energy, weight loss, sleeplessness, accidents.
- Feels guilty, worthless, or depressed because of drinking.
- Avoids friends and social activities because of drinking.
- Embarrasses, harms, or worries family and friends with his/her drinking behavior

GET HELP!

Refer to Hotline Numbers, Substance Use/Abuse, Disease Prevention & Control, Family & Personal Health, and Mental & Emotional Support sections of this Directory.

DEPRESSION

Symptoms of depression can include:

- Persistent sad or “empty” mood.
- Loss of interest or pleasure in ordinary activities, including sex.
- Decreased energy, fatigue, being “slowed down.”
- Sleep disturbances (insomnia, early-morning waking, or oversleeping.)
- Eating disturbances (loss of appetite and weight, or weight gain.
- Difficulty concentrating, remembering, making decisions.
- Feelings of hopelessness pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Thoughts of death or suicide; suicide attempts.
- Irritability.
- Excessive crying.
- Chronic aches and pains that don’t respond to treatment.

GET HELP!

Professional treatment is needed when four or more of these symptoms last longer than two weeks or interfere with normal functioning.

Refer to the Hotline Numbers and Mental & Emotional Support sections of this Directory

From: USDHHS (1992) *Helpful Facts about Depressive Illness*,
Publication No., (ADM) 92-1536, NIMH.

POSSIBLE SIGNS OF DRUG ABUSE

The following is a list of general behavior characteristics which may indicate drug use:

- Abrupt changes in school or work attendance, quality of work, grades, discipline, work output.
- Unusual flare-ups or outbreaks of temper.
- Withdrawal from responsibility.
- General changes in overall attitude and personality.
- Deterioration of physical appearance and grooming.
- Suspicious behavior regarding actions and possessions.
- Wearing of sunglasses at inappropriate times (to hide dilated or constricted pupils).
- Continual wearing of long-sleeved garments (to hide injection marks).
- Change in peer groups; association with known drug users.
- Unusual borrowing of money from parents or friends.
- Stealing small items from home, school, or employer.
- Attempts to appear inconspicuous in manner and appearance (to avoid attention and suspicion).

GET HELP!

Refer to the Hotline Numbers and Substance Use/Abuse, Disease Prevention & Control, Family & Personal Health, Mental & Emotional Health sections of this Directory.

SYMPTOMS OF EATING DISORDERS

The following is a list to general characteristics, which may indicate the presence of an eating disorder:

Early Signs of Anorexia Nervosa

- Intense fear of weight gain
- Cessation of three consecutive menstrual periods
- Loss of at least 15% of body weight
- Compulsive or ritualistic behavior
- Insistence on keeping weight below a healthy minimum
- Distorted body image

Early Signs of Bulimia

- Secret binging, followed by fasting, self-induced vomiting or laxative use
- Frequent visits to the bathroom
- Problems with teeth
- Low frustration tolerance and poor emotional control
- Frequent dieting
- Extreme concern with body weight and shape

Symptoms Common to Both Anorexia Nervosa and Bulimia:

- Complaints about feeling fat or bloated
- Perfectionist ideal
- Depression stemming from low self-esteem
- All-or-nothing thinking
- Abnormal eating habits
- Preoccupation with weight and body image
- Compulsive or excessive exercising

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health, and Mental & Emotional Support sections of this Directory.

HIV/AIDS

**If a person has the following or persistent symptoms,
professional health care should be sought:**

- Unexplained persistent fatigue.
- Unexplained fever, shaking chills or drenching night sweats lasting longer than several weeks.
- Unexplained weight loss greater than 10 lbs.
- Swollen glands (enlarged lymph nodes usually in the neck, armpits, or groin) which are otherwise unexplained and last more than two months.
- Pink-to-purple flat or raised blotches or bumps occurring on or under the skin inside the mouth, nose, eyelids, or rectum (initially they may resemble bruises but do not disappear and are usually harder than the skin around them).
- Persistent white spots or unusual blemishes in the mouth.
- Persistent diarrhea.
- Persistent dry cough which has lasted too long to be caused by a common respiratory infection, especially if accompanied by shortness of breath.

GET HELP!

Refer to the Hotline Numbers and Disease Prevention Control and Mental & Emotional Support sections of this Directory.

EARLY SIGNS OF PREGNANCY

If a female has the following symptoms, professional health care should be sought:

- Missed Period (the most obvious sign)
- Nausea
- Full, tender breasts
- Frequent urination
- Increase or decrease in appetite

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health, Mental & Emotional Support and Nutrition sections of this Directory.

BECOMING A FORMER SMOKER

If you are like most smokers, you probably started smoking in your early or preteen years. When you choose to become a former smoker, you will learn a different response to the desire to smoke. You will learn strategies, techniques, practices and skills that can help you succeed. Maybe you're thinking about quitting. Help is available.

GET HELP!

Refer to the Hotline Numbers and Disease Prevention & Control sections of this Directory.

WARNING SIGNS OF SUICIDE RISK

Prior to a suicide attempt, an individual may exhibit one or more of the following warning signs.

ACUTE SIGNS

- Radical personality changes such as persistent sadness, loss of interest in usual activities, feelings of guilt, worthlessness, or helplessness.
- Withdrawal from family, friends, and regular activities.
- Noticeable changes in eating or sleeping habits or energy level; neglect of personal appearance.
- Declining grades or unexplained decline in the quality of schoolwork.
- Difficulty in concentrating.
- Unexplained or unusually severe, violent or rebellious behavior.
- Running away.
- Expression of despair, death, or suicide, even jokingly.
- Preoccupation with themes of death.
- Giving verbal hints such as “I won’t be a problem for you much longer,” or “Nothing matters,” or “I won’t be taking that exam anyway.”
- Giving away prized possessions, like they are making final arrangements and are getting their affairs in order.
- Suddenly becoming cheerful after a prolonged depression; a final decision has been made to end it all and the can see relief ahead.
- Formation of a lethal plan or commit suicide.

CHRONIC SIGNS

- Drug and /or alcohol abuse.
- Persistent boredom and/or difficulty concentrating.
- Physical symptoms often related to emotional disturbances, such as stomachache, headache, or fatigue.
- Previous suicide attempts; four out of five people who commit suicide have made at least one previous attempt.
- Family history of suicide; suicide can become an option for a youth when a brother or sister has taken his or her life.
- Severe depression.

In Spite of these dangerous signals, it is extremely important to remember that there is no suicide “type”.

GET HELP!

Refer to the Hotline Numbers and Mental & Emotional support sections of this Directory.

TRAUMATIC STRESS

People may experience traumatic stress when they are exposed to an extraordinary event that threatens their physical or psychological well-being and challenges their ability to cope. Examples of events that can prove traumatic are the following; rape or other types of assault, childhood sexual or physical abuse, family violence, other crimes, accidents, serious injuries, emergencies, war and other life-threatening situations or illnesses.

Here are some warning signs that the traumatic stress is unresolved;

- Upsetting memories or dreams of the event
- Withdrawal from other people and loneliness
- Anxiety, fears, phobias, and feeling jumpy

- Grief, anger, shame, or guilt
- Avoidance of reminders of the event
- Depression, including decreased energy, tearfulness, sleep problems, and loss of pleasure, meaning, or hope.
- Increased health problems
- Increased use of alcohol or other drugs

GET HELP!

People who experience ongoing distress or disruptions in their life style as a result of a traumatic event may find it useful to consult a professional.

Refer to the Hotline Numbers and Family & Personal Health, Mental & Emotional Support, Safety & Violence Prevention, and Spiritual Resources sections of this Directory.

From: The Traumatic Stress Institute, 22 Morgan Farms Drive, S. Windsor, CT 06074,
(203) 644-6891

CONSUMER CONCERNS

Assistance with Food, Employment, Legal, Health, & Other Issues

Agawam Housing Authority	
Meadowbrook Manor Agawam, MA 01001.....	786-1297
Agawam Post Office	
600 Suffield St., Agawam.....	786-1001
American Red Cross, www.redcrosspioneer valley.org	
506 Cottage St., Spfld.....	737-4306
Department of Transitional Assistance	
95 Liberty St., Spfld.....	858-1000
Emergency Food, Salvation Army Citadel Springfield	
www.salvationarmy/usaeast.org	733-1518
Fuel Assistance Program, Valley Opportunity Council.....	552-1548
Housing Assistance, HAP, Inc., www.HAPhousing.org	
322 Main St., Spfld.....	785-1251
Legal Services of W.Mass., www.wmls.org	
127 State St., Spfld.....	781-7814
MA Dept. of Public Welfare (Dept. of Transitional Assistance).....	564-5100
310 State Street, Spfld.	or.....858-1000

Partners for Community, New England Farm Workers
 225 High Street, Holyoke.....536-5403
 Regional Employment Board of Hampden County
 1441 Main Street, 1st floor, Spfld.....755-1356
 MASS HEALTH/Customer Service.....1-800-841-2900
 Social Security www.socialsecurity.gov1-800-772-1213
 United Way of Pioneer Valley, Inc.....737-2691
 West Springfield Parish Cupboard
 1023 Main St, W. Spfld.....734-7969

DISEASE PREVENTION & CONTROL

Agawam Health Dept.,
 36 Main Street Agawam..... 786-0400 ext. 207
 American Cancer Society, www.cancer.org
 59 Bobala Rd., Holyoke.....734-6000
 American Diabetes Association
 Meridan, CT.....FAX 1-860-342-2383
 American Heart Association
 54 Wayside Avenue, Suite C, W. Spfld., MA.....827-0400
 American Lung Association www.lungma.org
 393 Maple Street, Spfld.....737-3506
 American Red Cross www.redcross.pioneervalley.org
 506 Cottage St., Spfld.....737-4306
 After Hours Emergency.....1-800-737-4781
 BayState MedicalCenter www.baystatehealth.org
 759 Chestnut St., Spfld.....794-0000
 BayState Medical Center Infectious Disease
 759 Chestnut St., Spfld.....794-5376
 BayState Visiting Nurses & Hospice
www.baystatehealth.org781-5070
 HIV/AIDS Services, Tapestry Health
 365 Bay St., Spfld.....747-5144
 Holyoke Hospital, www.holyokehealth.com
 575 Beech St., Holyoke.....534-2500
 MA Dept. of Public Health, Northampton.....413-586-7525
 MA Easter Seals Society, www.eastersealsma.com
 1111 Elm St., W. Spfld.....734-6434
 Mercy Medical Center, www.mercycares.com
 271 Carew St., Spfld.....748-9000

HOMELESS SERVICES

Agawam Housing Authority	
Meadowbrook Manor Agawam, MA 01001.....	786-1297
American Legion, Post # 185	
478 Springfield St., Feeding Hills	786-4806
American Red Cross (free clothing)	
506 Cottage St., Spfld.....	737-4306
ARISE for Social Justice (food, clothes) www.riseup@arise.net	
94 Rifle St., Spfld.....	734-4948
Cummings Memorial (Spfld Rescue Mission)	
19 Bliss St., Spfld.....	732-0808
F.O.R. Families Program (for family's transitions from homelessness to permanent housing).....	1-800-311-2229
Friends of the Homeless Inc., (Adult Day Center & Shelter)	
503 Worthington St., Spfld.....	734-9946
Health Care for the Homeless,	
271 Carew St., Spfld.....	748-9064
Jefferson St. Shelter for Families	
Jefferson St., Spfld...referrals through DTA.....	736-2263
New England Farm Worker's Council (family emergency shelters)	
1628 Main St., Spfld.....	536-5403
New Horizon Shelter	
764 Alden St., Spfld.....	782-8654
Prospect Street Shelter (homeless families) referrals through DTA	
Prospect St., Spfld.....	737-5518
Recovery Home (single adult shelter)	
56 Temple St., Spfld.....	733-1472
Respite & Shelters ARCH (for battered woman)	
P.O. Box 80632, Spfld.....	733-7100
SAFE Havens	
30 High St., Spfld.....	734-5376
Safety Zone Emergency Shelter for Youth	
45 Willow St., Spfld.....	781-6556
Salvation Army	
170 Pearl St., Spfld.....	733-1518
Springfield Housing Authority	
25 Saab Court, Spfld.....	737-9376
Teen Living Program (pregnant/parenting teen mothers & their children)	

68-70 Calhoun St., Spfld.....731-5960

Veterans Service
 36 Main St., Agawam..... 786-0400 Ext.236/237

Warming Place (homeless adults)
 600 W. Columbus Ave., Spfld.....746-8703

West Springfield Parish Cupboard
 1023 Main St., W. Spfld.....734-7969

Womanshelter Companeros (for battered woman)
 Holyoke.....1-877-536-1628 or 536-1628

Worthington Street Shelter
 Worthington St., Spfld.,.....732-3069

YWCA intake line (battered woman)
 P.O. Box 1835, Westfield.....1-800-479-6245

MENTAL & EMOTIONAL SUPPORT

Agawam Counseling Center
 30 Southwick St., Feeding Hills, Agawam.....786-6410

BayState Medical Center, Behavioral Health Services
 3300 Main St., Spfld794-5555

Brightside for Families & Children, www.mercycares.com
 2112 Riverdale St, W. Spfld788-7366

Center for Adults & Families, www.carsoncenter.org
 77 Mill St., Westfield568-6141

Center for Children & Youth, www.carsoncenter.org
 20 Broad St., Westfield.....568-1421

Child & Family Service of West Springfield, www.CFS.org
 425 Union St., W. Spfld.....737-4718 or 737-1426

Child Guidance Clinic, www.bhninc.org
 110 Maple St., Spfld.....732-7419

Cross Roads Day Treatment (through River Valley Council)
 207 Elm St., Holyoke.....540-1223
 1188 Parker St., Spfld (Family Psych. Health Ctr.).....782-7777

Dept. of Mental Retardation, www.dmr.state.ma.us
 436 Dwight St. Suite 205, Spfld.....1-800-370-8525 or 784-1339

Gandara Mental Health Center
 333 East Columbus Ave, Spfld.....736-8329

Gay/Lesbian Information Services, P.O. Box 80891, Spfld, MA 01138-0891	
Holyoke Medical Center for Behavioral Health 575 Beech St., Holyoke, 5 th floor.....	534-2626
Community Services Institute, 1695 Main St., Spfld.....	739-5572
Lutheran Social Services, www.LSSNE.org 593 Main St., W. Spfld.....	787-0725
MA eating Disorder Assoc.(MEDA/ABC) www.medainc.org 92 Pearl St., Newton, MA.....	1-617-558=1881
Mt. Tom Mental Health Center, www.bhninc.org 40 Bobala Rd., Holyoke.....	536-5473
National Alliance for the Mentally Ill of W. Mass Agawam.....	786-9139
Pioneer Valley Mental Health Clinic, www.bhinc.org 110 Maple St., Spfld.....	734-3151
Springfield Adolescent Day Treatment Program Partial Hospitalization/Day School Program of BayState Medical Center, Spfld.....	784-3852
Westfield Crisis Intervention (24 hours) Westfield.....	568-6386

NUTRITION

American Legion 478 Springfield St., Feeding Hills	786-4806
Martin Luther King Jr. Community Center <i>food distribution Fridays 10am - noon</i> 3 Rutland St, Spfld.....	746-3655
Parish Cupboard (9:00 – 12:30, M-F) 1023 Main St., W. Spfld.....	734-7969
Salvation Army Citadel, www.salvationarmy/usaeast.org Emergency Food, T, W & TH 9:00 – 12:00 Good Neighbor Energy Fund 170 Pearl St., Spfld.....	733-1518
The Center of Hope, Food Pantry 141 Florence St., Spfld.....	732-0523
The Gray House <i>Emergency food/clothing</i> 22 Shelton St., Spfld.....	734-6696
Veteran's Services 26 Central St., W. Spfld.....	263-3020
WIC (Woman-Infant-Child) Free Food Program	

425 Union St, W. Spfld.....734-1381
77 Mill St., Westfield.....568-1007

PERSONAL & FAMILY HEALTH CHILD & ADOLESCENT SERVICES

Child Care

Boys & Girls Club of West Springfield (open until 7:30pm)

www.wsbgclub.com

615 Main St., W. Spfld.....736-1831

Head Start Childcare – *W.Spfld & Agawam apply through Westfield*

390 Southampton Rd., Westfield.....562-0475

Educational Programs

Agawam Public Library, www.agawamlibrary.org

750 Cooper Street..... 789-1550

Department of Social Services (DSS)

1537 Main St., Spfld.....452-3200

112 Industry Ave, Spfld.....205-0500

261 High St., Holyoke.....493-2600

Family Ties of MA, www.massfamilyties.org1-800-905-8437

Information & support for families of children w/special needs

Foster Care/Adoptive Services Brightside Adoption Services

2112 Riverdale St., W. Spfld.....827-4377

MA Citizens for Life Adoption Services, www.pvmcfl.org

109 Center St., Ludlow.....583-5034

Pregnant Adolescent Girls Education, YWCA , www.yvworks.org

1 Clough St., Spfld, MA 01118.....732-3121

Salvation Army in Westfield

Southwick & Hilltowns, Stop&Shop Vouchers, Small Pantry

12 Arnold St., Westfield.....568-1256

Health Services

Agawam Health Dept.,

36 Main Street Agawam..... 786-0400 ext. 207

Western MA Department of Public Health (DPH)

23 Service Center Rd., Northampton.....1-413-586-7525

Leisure Programs

Agawam Recreational Department
760 Cooper Street Agawam.....821-0513

Boy Scouts of America, Pioneer Valley Chapter,
www.pvcbasa.org
249 Exchange St., Chicopee.....594-9196

Community Support Line
for Children with Special Health Care Needs.....1-800-882-1435

Good Start/Healthy Families (parent education & support)
113 Hampden St., Spfld.....532-9446

MA Easter Seals Society Camp, www.eastersealsma.com
W.Spfld.....734-6434

Pioneer Valley Girl Scouts, www.gspv.org
40 Harkness Ave, East Longmeadow.....525-4124

Westfield Infant Toddler Services/Early Intervention
www.thomchild.org
91 Elm St., Westfield.....568-3942

West Springfield Boys and Girls Club, www.wsbgclub.com
615 Main St., W.Spfld.....736-1831

West Springfield Teen Center
Piper Rd., W.Spfld.....731-8404

Schools

Bambi
22 Vernon St., Agawam.....786-8325

Head Start
733 Main St., Agawam.....789-1784
Westfield.....562-0586

The Kid's Place
901 Springfield St. Feeding Hills.....786-7980

Pam's Place
605 Springfield St., Agawam.....789-4987

Perry Lane

108 Perry Ln., Agawam.....	789-1616
Smart Start	
21 N. Westfield St. Feeding Hills.....	786-0302
Springfield Day Nursery, www.sdn.org	
1840 Westfield St., W.Spfld.....	732-5183
Westover Job Corp. Center, www.jobcorps.doc.gov	
103 Johnson Drive, Chicopee.....	593-5731
West Springfield Boys & Girls Club Tutoring	
615 Main St., W. Spfld.....	736-1831
Agawam Public Schools	
Administrative Offices,	
1305 Springfield Street, Feeding Hills.....	821-0552
Department of Special Education	
760 Cooper Street, Agawam, MA 01001.....	821-0556
Benjamin J. Phelps School	
689 Main Street, Agawam, MA 01001.....	821-0586
Clifford M. Granger School	
31 South Westfield Street, Feeding Hills, MA 01001.....	821-0581
James Clark School	
65 Oxford Street, Agawam, MA 01001.....	821-0576
Robinson Park School	
65 Begley Street, Agawam, MA 01001.....	821-0584
Agawam Middle School	
68 Main Street, Agawam, MA 01001.....	789-1400 ext. 448
Agawam Junior High School	
1305 Springfield Street, Feeding Hills, MA 01030.....	821-0561
Agawam High School	
760 Cooper Street, Agawam, MA 01001.....	821-0521

**PERSONAL & FAMILY HEALTH
ADULTS**

Agawam council on Aging	
68 Meadowbrook Manor, Agawam	821-0604, 821-0605
Agawam Health Dept.,	
36 Main Street Agawam.....	786-0400 ext. 207
Agawam Public Library, www.agawamlibrary.org	
750 Cooper Street.....	789-1550
Brightside for Families & Children	
2112 Riverdale St., W. Spfld.....	788-7366
Dept. of Veteran's Affairs	
26 Central St., W. Spfld.....	263-3000
Jewish Family Services, www.jfslink.org	
15 Lenox St., Spfld.....	737-2601
Lutheran Social Services (<i>English as Second Language Programs</i> <i>Employment, Resettlement & Case Management</i>)	
593 Main St., W. Spfld.....	787-0725
MA Citizens for Life, www.pvmcfl.org	
109 Center St., Ludlow.....	583-5034
Heritage Hall Nursing Home,	
61 Cooper St., Agawam	786-8000
VA Outpatient Clinic, Dept of Veteran Affairs	
25 Bond St., Spfld	731-6000
Veteran's Affairs Medical Center, www.visn1.med.va.gov	
421N.MainSt., Northampton.....	584-4040

**PERSONAL & FAMILY HEALTH
WOMEN'S SERVICES**

ARCH (Rape/Abuse),	
P.O. Box 80632, Spfld.....	733-7100
Birthright of Pioneer Valley, <i>Memorial House</i>	
271 Carew St., Spfld.....	732-6104
Downey Side Adoption Agency,	
999 Liberty St., Spfld.....	781-2123
Healthy Start/Children's Medical Security Plan	
23 Service Ctr, Northampton	1-800-531-2229
Dept. of Public Health, www.ma.gov/dph	586-7525
Planned Parenthood of West Mass,	

110 Maple St., Spfld	732-1620
Pregnancy Care Center	
704 Sumner Ave., Spfld	732-2006
Safe Passage, www.safepass.org	
43 Center St., Suite G, Nton	586-5066
Tapestry Health Systems, www.tapestryhealth.org	
15 A Main St., Holyoke	536-8777
Woman-Infant-Child (WIC) Fee Nutrition Program	
425 Union St., W. Spfld	734-1381
77 Mill St., Westfield	568-1007
1127 Main St., Spfld.....	737-8868
Womanshelter/Companeras, www.womanshelter.org	
P.O. Box 1099, Holyoke.....	538-9717
YWCA Intake Line, <i>Shelter advocacy for woman & children</i>	
P.O. Box 1835, W. Spfld.....	1-800-479-6245
YWCA Page Plus Program for Pregnant & Parenting Teens	
1 Clough St., Spfld. www.yvworks.org	732-3121
YWCA of Western Massachusetts, www.yvworks.org	
1 Clough St., Spfld.....	732-3121

PET & WILDLIFE SERVICES

Concerned Citizens for Animals, <i>low cost spay/neuter program</i>	
Spfld., MA 01138-0073.....	565-5383
Massachusetts Society for the prevention of Cruelty to Animals	
171 Union St, Spfld.....	736-2992
Angell Animal Medical Center, www.mspca.org	
Spfld.....	785-1221
Agawam Animal Hospital	
65MillSt., Agawam.....	786-4440
Agawam Health Dept.,	
36 Main Street Agawam.....	786-0400 ext. 207

RECREATIONAL, LEISURE & PHYSICAL FITNESS RESOURCES

American Legion, 478 Springfield St., Feeding Hills	786-4806
American Legion Auxiliary, 83 Park Ave., W.Spfld.....	736-9550
Boy Scouts of America, Pioneer Valley Chapter, 249 Exchange St., Chicopee, www.pvcbsa.org	594-9196
Genesis Spiritual Life Center, www.genesiscenter.us 53 Mill St., Westfield.....	562-3627
MA Special Olympics, 380 Union St., W. Spfld.....	747-8946
Pioneer Valley Girl Scouts, www.gspv.org 40 Harkness Ave., E.Longmeadow.....	525-4124
Ramapogue Historical Society, 80 Brush Hill Ave., Apt #26, W. Spfld.....	732-8049
Agawam Cultural Council, 36 Main St., Agawam	786-0400
West Springfield Boys & Girls Club 615 Main St., W. Spfld.....	736-1831
Agawam Public Library, www.agawamlibrary.org 750 Cooper Street.....	789-1550
Agawam Public Schools, Athletic Director AHS, 760 Cooper St., Agawam	821-0529
Agawam Recreation Dept. 26 Central St., W. Spfld.....	821-0513
West Springfield Teen Center Piper Rd., W. Spfld.....	731-8404
YMCA 275 Chestnut St., Spfld.....	739-6951
67 Court St., Westfield.....	568-8631

DOMESTIC VIOLENCE

If you are battered:

You are not alone. There are many women like you in the same situation.

You don't deserve to be threatened, hit, or beaten. Nothing you do or say justifies the abuser's violence.

There are people who will support you and understand the problems you are facing. You can talk to a friend, relative, or neighbor. Talking with someone you know can be a first step in getting the support you need. You can call a shelter hotline just to talk confidentially about your situation. Women there can share information on how to leave your home if you choose to, and provide emergency housing for you and your children, legal information, counseling and support groups.

In an emergency, you can call the police, who can provide you with temporary protection until you can go to a safe place. You can go to a hospital or doctor to check for injuries. You can obtain protective orders under the Abuse Prevention Act. Available in district, probate or superior court without a lawyer, these orders can prohibit the man from further abusing you, require him to leave the house, and provide you with custody of your children, as well as other measures. You can ask a shelter to help you get orders or ask a friend to go to court with you.

If you know a woman who is being beaten: a friend, sister, mother, neighbor:

Be there as a friend, as a non-judgmental, good listener. Give her support to express her hurt and anger, and allow her to make her own decisions. Let her know that she is not the only woman being battered, and that no one deserves to be beaten. Find out if she is physically hurt. Help her to go to the hospital and check for injuries.

If she has decided to leave home, help her look for a place to live. Invite her to stay with you in an emergency, if you think you both will be safe. Help provide transportation and childcare. Help her report the assault to the police, if she chooses to do so. Let her know that resources are available, including the programs listed in this booklet, which can provide emergency housing for her and her children, counseling and legal information. Accompany her to district, probate or superior court to obtain protective orders under the Abuse Prevention Act. Available without a lawyer, these orders can prohibit the man from further abusing her, and provide her with custody of her children, as well as other measures. Give her a copy of this Directory.

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health and Mental & Emotional Support sections of this Directory

SPIRITUAL RESOURCES

Agawam Church of the Bible	
www.agawamchurch.org	789-2904
Agawam Congregational Church	
745 Main St., Agawam.....	786-7111
Agawam United Methodist Church	
459 Mill St., Feeding Hills.....	786-4174
Bethany Assembly of God	
580 Main St., Agawam.....	789-2930
Calvary Assembly of God	
18 S. Westfield St., Feeding Hills.....	789-9888
Faith Bible Church	
370 Shoemaker Ln., Agawam.....	786-1681
Feeding Hills Congregational Church	
21 N. Westfield St., Feeding Hills.....	786-5061
First Baptist Church ABC	
760 Main St., Agawam.....	786-7300
Grace Baptist Church	
475 Pine St., Agawam.....	821-0112
Grace Chapel	
Agawam.....	786-9111

SUBSTANCE USE/ABUSE

Adcare Hospital, www.adcare.com	
107 Lincoln St., Worcester.....	1-800-345-3552
or.....	1-800-799-9000
Agawam Counseling Center	
30 Southwick St., Feeding Hills.....	786-6410
Al-Anon/Alateen Support Groups	
<i>(for individuals who know/live with an alcoholic)</i> Spfld.....	782-3406
Alcoholics Anonymous of Western Mass	
www.westernmassaa.org	532-2111
Baystate Health System, Alcoholism & Drug Services	
Spfld.....	794-5555

Brightside for Families & Children	
2112 Riverdale St., W. Spfld.....	788-7366
Carson Recovery Center (<i>Springfield detox</i>)	
471 Chestnut St., Spfld.....	794-5555
Child & Family Services	
425 Union St., W.Spfld.....	737-4718
367 Pine St., Springfield.....	737-1426
Gandara Mental Health Center	
333 East Columbus Ave., Spfld.....	736-8329
Greenfield Detox (Beacon)	
59 Sanderson St, Greenfield.....	(413) 773-2489
Holyoke Hospital, Center for Behavioral Health, www.holyokehealth.com	
575 Beech St., Holyoke.....	534-2626
Mt. Tom Mental Health Center, www.e-behavioralcare.org	
40 Bobala Rd., Holyoke.....	536-5473
Narcotics Anonymous	
Pittsfield, MA.....	(413) 443-4377
Phoenix House (<i>residential alcohol & drug treatment</i>).	
5 Madison Ave., Spfld.....	733-2178
Providence Hospital Acute Residential Treatment	
Clinical Assessment Ctr., www.mercycares.com	
1233 Main St., Holyoke.....	1-800-274-7724
River Valley Counseling Adolescent & Adult Programs	
303 Beech St., Holyoke.....	540-1100
Sloan Clinic	
140 High St., Spfld	794-8409
Westfield Crisis Intervention	
Westfield.....	568-6386

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