

Elms College
291 Springfield St
Chicopee, MA 01013
(413) 594-2761

1. Academic Support Services
 - a. http://www.elms.edu/-Academics-/Academic_Resources/Academic_Resource_Center.xml
Academic Resource Center
Tutor's office: 413-265-2426
Sr. Ann Daly, director: 413-265-2376
writeon@elms.edu
 - b. Online tutoring sources
 - i. Etutoring.org
2. Child Care
 - a. **Valley Opportunity Council, Inc. (VOC)**
300 High Street, Holyoke, MA 01040
Phone (413) 552-1554
Fax (413) 552-1558
<http://www.valleyopp.com/>
3. Clothing
 - a. Salvation Army 285 Liberty St, Springfield - (413) 785-1921
Call for a list of locations
 - b. Call United Way Hotline 2-1-1
4. Employment
 - a. Campus job sources
 - i. Student Employment: At Elms College, jobs opportunities are posted outside the financial aid office and e-mailed to eligible students who in turn set up interviews with campus offices and academic divisions to fill open positions.
Troy Davis, director
Office of Financial Aid
413-265-2249
finaid@elms.edu
Berchmans Hall
 - b. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 - c. Online job sources
 - i. dcjobs.com
 - ii. washingtonpost.com
 - iii. dcjobsource.com
 - iv. Careerbuilder.com
5. Financial Aid
 - a. Financial Aid
 - i. http://www.elms.edu/-Admission-/Financial_Aid.xml
 - ii. Troy Davis, director
Office of Financial Aid

413-265-2249
finaid@elms.edu

- b. FAFSA
 - i. <http://www.fafsa.ed.gov/>
 - ii. For assistance with problems or difficulties while using FAFSA on the Web, or for specific questions about the FAFSA, **call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-319-337-5665**. If you are hearing-impaired and have questions, contact the TTY line at 1-800-730-8913.
 - iii. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
 - iv. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
 - i. Scholarships.com
 - ii. Fastweb.com
 - iii. Studentscholarshipsearch.com
 - iv. Strategies to help get a scholarship.
 - 1. <http://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/scholarship-application-strategies.aspx> * Note: There will be ads for colleges and online schools. Just click “No Thank You” and continue. You do not have to fill these portions out.

6. Food

- a. Campus Food Programs
 - i. http://www.elms.edu/-Student_Life-/Dining_Services.xml
Scott Cyr, director
Dining Services
413-592-1201
cyr@elms.edu
Mary Dooley College Center Dining Hall
- b. Massachusetts Department of Social Services – Food Assistance
 - i. Customer Service Line 1-800-997-2555
 - ii. How-to and terms to know
http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Food+%26+Nutrition&L4=SNAP+Benefits&sid=Eeohhs2&b=terminalcontent&f=dta_c_foodnut_ebt2&csid=Eeohhs2
 - iii. How to apply for food assistance online
http://www.mass.gov/?pageID=eohhs2modulechunk&L=4&L0=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Transitional+Assistance&sid=Eeohhs2&b=terminalcontent&f=dta_c_foodnut_foodstamps&csid=Eeohhs2
- c. Food Pantries and Programs
 - i. Dial **United Way Hotline 211** for food pantries and services near you
 - ii. Eastern Massachusetts: Greater Boston Food Bank 617-427-5200
 - 1. <http://www.gbfb.org/index.cfm>
 - iii. Central Massachusetts: Worcester County Food Bank 508-842-3663
 - 1. <http://www.foodbank.org/>
 - iv. Western Massachusetts: The Food Bank of Western Massachusetts 413-247-9738.

- 1. <http://www.foodbankwma.org/>
- v. Northeastern Massachusetts: Merrimack Valley Food Bank 978-454-7272
 - 1. <http://www.mvfb.org/>
- d. Farmers Markets
 - i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
 - ii. Search different payment methods, locations and times.
- e. WIC
 - i. Nutritional support to pregnant/breastfeeding women and children
 - ii. [http://www.mass.gov/?pageID=eohhs2subtopic&L=5&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Food+%26+Nutrition&L4=Women%2c+Infants+and+Children+\(WIC\)+Nutrition+Program&sid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2subtopic&L=5&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Food+%26+Nutrition&L4=Women%2c+Infants+and+Children+(WIC)+Nutrition+Program&sid=Eeohhs2)
 - iii. List of WIC Offices in Boston
[http://www.mass.gov/?pageID=eohhs2terminal&L=6&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Food+%26+Nutrition&L4=Women%2c+Infants+and+Children+\(WIC\)+Nutrition+Program&L5=WIC+Office+Locations+in+Massachusetts&sid=Eeohhs2&b=terminalcontent&f=dph_wic_c_office_boston&csid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2terminal&L=6&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Food+%26+Nutrition&L4=Women%2c+Infants+and+Children+(WIC)+Nutrition+Program&L5=WIC+Office+Locations+in+Massachusetts&sid=Eeohhs2&b=terminalcontent&f=dph_wic_c_office_boston&csid=Eeohhs2)
Springfield North WIC Program
 1985 Main Street
 Springfield, MA 01103
 (413) 737-8868
Springfield South WIC Program
 1139 Main Street
 Springfield, MA 01103
 (413) 693-1029

7. Health Care

- a. Campus Health Center
 - i. http://www.elms.edu/-Student_Life-/Health_Center.xml
 Jill Gagne, RN, director
 Health Center
 413-265-2288
gagnej@elms.edu
 Maguire Center
- b. Mass Health / Medicaid
[http://www.mass.gov/?pageID=eohhs2topic&L=3&L0=Home&L1=Consumer&L2=Insurance+\(including+MassHealth\)&sid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2topic&L=3&L0=Home&L1=Consumer&L2=Insurance+(including+MassHealth)&sid=Eeohhs2)
 - i. MassHealth Enrollment Center
 1-888-665-9993
 (TTY: 1-888-665-9997 for people with partial or total hearing loss)
 - ii. Choosing a Health Plan Website
[http://www.mass.gov/?pageID=eohhs2terminal&L=4&L0=Home&L1=Consumer&L2=Insurance+\(including+MassHealth\)&L3=MassHealth+Information+for+Members&sid=Eeohhs2&b=terminalcontent&f=masshealth_consumer_member_choose_plandoc&csid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2terminal&L=4&L0=Home&L1=Consumer&L2=Insurance+(including+MassHealth)&L3=MassHealth+Information+for+Members&sid=Eeohhs2&b=terminalcontent&f=masshealth_consumer_member_choose_plandoc&csid=Eeohhs2)
 - iii. Mass Health Dental program
<https://masshealth-dental.net/MemberServices/Default.aspx>
 Phone numbers: 1.800.207.5019, Hearing impaired 1.800.466.7566

- c. National Institute of Mental Health
 - i. Helps you locate services in your area and provides support <http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
 - ii. The Information HelpLine is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 am- 6 pm, Eastern time.
- d. Crisis Hotlines
 - i. Free hotlines for emergency situations. **If your emergency is life threatening please call 911**
http://www.allaboutcounseling.com/crisis_hotlines.htm
 - ii. **Boys Town Suicide and Crisis Line: 800-448-3000 or 800-448-1833**
Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week. (Not just for boys)
 - iii. **National Domestic Violence/Child Abuse/ Sexual Abuse: 800-799-SAFE /800-799-7233/800-787-3224 TDD**
800-942-6908 Spanish Speaking
 - 1. **Several other phone numbers in the online list for eating disorders, drug use, STDs, sexual assault, rape and other issues. Confidential and free of charge.**
- e. Planned Parenthood
Sexual health for men and women, birth control, pregnancy care.
3550 Main Street, Suite 201
Springfield, MA 01107
P: 800.258.4448
F: 413.739.5812
<http://www.plannedparenthood.org/>
Plan B (Morning After) Birth Control assistance provided.
- f. Free Clinics <http://www.freeclinics.us/freeclinic.php>

The Sharewood Project	136 Harrison Ave.	Boston	Massachusetts	2111	(781) 324-8991
MetroWest Free Medical Program	105 Hudson Rd.	Sudbury	Massachusetts	1776	508-532-0739
Women of Means, Inc.	148 Linden St, Suite 208	Wellesley	Massachusetts	2481	(781) 239-0290

***REMEMBER: If the clinic you call cannot help you, call 211 for a representative who can help locate the best services near you.**

- 8. Housing
 - a. Dorms/Resident Halls
 - i. http://www.elms.edu/-Student_Life-/Residence_Life.xml
 - b. If you have questions, please contact the Office of Residence Life at 413-265-2461.

Patrick Carpenter, director
413-265-2461
carpenterp@elms.edu
Elizabeth Fogarty, assistant director
413-265-2260 fogartye@elms.edu

- c. Department of Health and Human Services
 - i. Basic Website
<http://www.mass.gov/?pageID=eohhs2constituent&L=2&L0=Home&L1=Consumer&sid=Eeohhs2>
 - ii. MA DHHS contact info
<http://www.mass.gov/?pageID=eohhs2utilities&L=1&sid=Eeohhs2&U=contactus>
 - 1. Executive Office Phone Number 617-573-1600
- d. Roommate Finders/Boards
 - i. www.roommates.com
 - ii. www.roomster.com
 - iii. www.Roomates4you.com
- e. Energy Assistance
http://www.mass.gov/?pageID=eohhs2terminal&L=4&L0=Home&L1=Consumer&L2=Basic+Needs&L3=Housing+and+Shelter&sid=Eeohhs2&b=terminalcontent&f=dta_c_housing_energy&csid=Eeohhs2
 - i. To find out if you can get help and which agency covers your city or town, call the "Hotline" at 1-800-632-8175 or on the internet at <http://www.mass.gov/dhcd/components/cs/Fuel/default.htm>

9. Social Support

- a. Student organizations
 - i. Student organizations can provide outlets for social networking and support, connecting with students that have similar life experiences, interests and majors, getting help with an academic issue (such as asking a member of a math club to tutor you) and connections to community and campus events including dances, parties and concerts. Being an active member of a student organization also opens up employment, scholarship and further academic opportunities. Take advantage of this awesome resource!
 - 1. http://www.elms.edu/-Student_Life-/Student_Organizations.xml
Trudy Laramee, office assistant
Student Affairs
413-265-2210
laramet@elms.edu
Mary Dooley College Center, room 110

10. Transportation

- a. Campus Commuter Services
 - i. **BUS! HOTLINE** — Call 877-355-1555 to receive recorded information about the BUS service, including current reports of transportation delays and service interruptions.

Don't see what you need or aren't sure? Call 2-1-1 the United Way Hotline and be connected to a specialist who will listen to your concern and help you find the right answer. This call is confidential and free.