

Worcester Resource List



**YOUTH
ADVOCACY
FOUNDATION**

Community

Worcester Youth Center | (508) 791-4702 | 326 Chandler Street, Worcester, MA

Hours: Monday-Friday: 10:30am-7pm. Saturday-Sunday: Closed.

Website: <https://worcesteryouthcenter.org/>

The Worcester Youth Center offers a space for people between the ages 14 and 24 to spend time, meet each other, and participate in free activities. This is a great place to go if you need a place outside of home or school to spend time.

United Way YouthConnect | (508) 757-5631 | 18 Chestnut Street, Suite 530, Worcester, MA

Hours: Monday-Friday: 8:30am-4:30pm. Saturday-Sunday: Closed.

Website: <https://www.unitedwaycm.org/youthconnect>

United Way's YouthConnect program provides youth with free activities and events. Additionally, they provide dinner and snacks. Visit their website to learn more and to register for their programs.

Food and Housing

Friendly House | (508) 755-4362 | 36 Wall Street, Worcester, MA

See the website for the hours of the food pantry, youth programs, and social service.

Website: <https://www.friendlyhousema.org/>

The Friendly House can help you to find emergency housing, after school and sports programs, as well as food. Additionally, they have people who can work with you if you are having problems with your family.

LUK | (508) 762-3000 | 40 Southbridge St. 4th Floor, Worcester, MA

Hours: Monday-Thursday: 8am-6pm. Friday: 8am-4pm.

First and third Saturday of the month: 8am-12pm.

Website: <https://www.luk.org/>

LUK can help provide you with therapy, housing, or more specific support depending on what you need. Additionally, they provide a lot of opportunities for activities and programs outside of the house.

Mental and Physical Health

Seven Hills | (508) 459-6444 | 81 Hope Avenue, Worcester, MA

Hours: Monday-Friday: 7am-4pm. Saturday-Sunday: Closed.

Website: <https://www.sevenhills.org/>

Seven Hills offers so many different types of support. Mainly, they offer services related to physical and mental health. Give them a call or visit their website to learn if they could help you with your specific health needs.

Youth Mobile Crisis Intervention Center | (866) 549-2142 | 26 Queen Street, Worcester, MA

Hours: Always available.

Website: <https://www.communityhealthlink.org/program/youth-mobile-crisis-intervention>

The Youth Mobile Crisis Intervention Center (YMCI) can assist at any time with the mental health crises of people under the age of 21. They are a safe alternative to police. If you or someone you love is having a mental health crisis, it may help to call the YMCI. They can come to you directly, or you could speak to them over telehealth. Call their number for help.

Community Behavioral Health Center | (508) 860-1000 | 12 Queen Street, Worcester, MA

Hours: Monday-Friday: 8am-8pm. Saturday-Sunday: 9am-5pm.

Website: <https://www.communityhealthlink.org/cbhc>

The Community Behavioral Health Center can help to provide support during a substance use or mental health crisis. You can call their number at any time, even outside of work hours, if you are looking for support.

Education and Jobs

Bottom Line | Worcester State University

Hours not listed.

Website: <https://www.bottomline.org/>

The Bottom Line helps first-generation students get into college. They are active in many colleges, including Worcester State University. Visit their website to learn more and apply.

Let's Get Ready | (646) 808-2760 | *No office located in Massachusetts.*

Hours not listed.

Website: <https://www.letsgetready.org/>

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If you are a Junior or Senior in high school, you can find free, online support from Let's Get Ready when applying to college. They can also support you if you are in college, and want advice on how to thrive in school.