

Provincetown Community Resource Guide



IT'S OK TO ASK FOR HELP.
LET'S GET CONNECTED.

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Accessing resources for support can be time-consuming or confusing.

If you're *not* already connected to a social service agency in town, and you're wondering where to start, Provincetown's Community Support Liaison is here to help you through the process.

Don't know where to start?

Contact:

(508) 237-7042

provincetown @hpccapecod.org



FOOD PROGRAMS

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

AIDS Support Group of Cape Cod

Food pantry, on-site meal program, and home delivery of chef-prepared meals to homebound clients

508-487-9445

Crop Swap

Provincetown's produce swap shop provides free veggies & fruit, when available, inside the Public Library at 356 Commercial Street

508-487-7094

araff@clamsnet.org

Elder Services of Cape Cod and the Islands

Meals on Wheels program

508-394-4630

esci.org

Family Pantry of Cape Cod

Provincetown residents are welcome to shop at the Harwich pantry offering both perishables and non-perishables. Call for information on hours and eligibility. 133 Queen Ann Road, Harwich

508-432-6519

thefamilypantry.com

Helping Our Women Food Pantry

Call ahead to plan pick-up of free groceries and personal care products

508-487-4357

helpingourwomen.org

Homeless Prevention Council

HPC is a certified SNAP (Supplemental Nutrition Assistance Program) outreach partner. Contact us for assistance in applying for or receiving benefits

508-255-9667

info@hpccapecod.org

Healthy Meals in Motion Mobile Pantry

Monthly mobile pantry for income-eligible residents 60+ years of age and families with children. Offered by Family Pantry of Cape Cod and Provincetown Council On Aging. Call COA for more information

508-487-7080



FOOD PROGRAMS *(continued)*

Little Free Pantry at the UU Meeting House

Free, non-perishable grocery and toiletry items, in a shed located to the right of the UU Meeting House door. Drop off donations at 236 Commercial Street: Mon-Thurs, 9:30AM-4:00PM

508-487-9344

Lower Cape Outreach Food Pantry

Open Wednesdays and Thursdays from 10AM to 2PM on a drop-in basis (appointments no longer required). Customers can shop every *other* week (not weekly). Provincetown United Methodist Church, 20 Shank Painter Road. Ask for Nicola

516-974-1524

Provincetown Council On Aging

Food pantry and programs for residents of all ages

508-487-9344

Provincetown Public Schools

Call for information about food programs for children in school or early childhood programs

508-487-5020

provincetownschools.com

Soup Kitchen in Provincetown (SKIP)

Serves free lunches Mon-Fri, 12:30-1:30PM at 20 Shank Painter Road. Open weekdays from the first Monday in November through the last Friday in April

508-487-8331

skipfood.org

(for latest info)

Truro Community Kitchen

Delivers free cooked meals on Tuesdays to those in need in Truro

973-868-7526

trurocommunitykitchen@gmail.com

trurocommunitykitchen.com



FINANCIAL ASSISTANCE

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

CASE WORKERS/ADVOCATES

Agencies that help you access resources:

Gosnold, Inc.

Assistance with resource information and applications, including SNAP, Fuel Assistance, disability benefits, emergency finances, Medicaid, Social Security and more

508-487-2449, x6024

Helping Our Women

Assists women who have chronic health conditions with transportation, financial assistance, benefit applications, and social connection. Referrals and information are available for all community members, as well as tablets for households without internet

508-487-4357
helpingourwomen.org

Provincetown Council On Aging (COA)

Assists older adult residents and their families and caregivers

508-487-7080
chottle
@provincetown-ma.gov

Homeless Prevention Council

Provides personalized case management solutions to promote financial stability. HPC will assist with budgeting, housing, transportation, and other needs

508-255-9667
info@hpccapecod.org

AIDS Support Group of Cape Cod

Medical Case Managers assist clients with a range of services, including: applying for disability, unemployment, SNAP benefits, fuel assistance, emergency financial assistance, health insurance

508-487-9445



FINANCIAL ASSISTANCE *(continued)*

FINANCIAL ASSISTANCE

Cape Cod Times Needy Fund (CCTNF) is coordinating the Major Disaster Relief Fund from the United Way, so make one call to CCTNF to request financial assistance for help paying rent or other bills

508-778-5661
or 1-800-422-1446

The Department of Unemployment Assistance (DUA): Information and access to on-line application for unemployment benefits

mass.gov/dua

John A. Henry Trust Fund
For those with children ages 0–18

(508) 487-7080
- charlottedefyfe@comcast.net
- chottle
@provincetown-ma.gov

Homeless Prevention Council
HPC administers rental assistance programs and flexible support funds

508-255-9667
info@hpccapecod.org

Housing Assistance Corporation
Provides government funds for rent assistance

508-771-5400, x210
haconcapecod.org

Lower Cape Outreach Council
Can provide funds, but due to tremendous demand, they request that you first call the Cape Cod Times Needy Fund or Housing Assistance Corporation

508-240-0694

Restaurant Strong Fund
Full-time, tipped restaurant workers can apply for funds

restaurantstrong.org

St. Mary's Church
For emergency relief funds

508-487-2622
stmaryoftheharbor.org

St. Vincent De Paul
Assistance with rent and other bills

508-487-0095, x4

Unitarian Universalist Meeting House of Provincetown for emergency relief funds

508-487-9344
uumh.org



HOUSING AND HOMELESSNESS

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

AIDS Support Group of Cape Cod

Offers housing support services to people living with HIV

508-487-9445

asgcc.org

Community Development Partnership

Offers subsidized rental units on the Lower/Outer Cape, and market rate rentals at Harbor Hill. Provides housing rehabilitation loans; first-time homebuyer training

508-240-7873, x18

capecdp.org

Community Housing Resource, Inc.

Offers subsidized and affordable rental units in Provincetown/Truro

508-487-2426

www.chrgroup.net

Homeless Prevention Council

Provides personalized case management solutions to promote financial stability. HPC will assist with budgeting, housing, transportation, and other needs

508-255-9667

hpccapecod.org

Housing Assistance Corporation

Provides help with applications, access to rentals, government funds for rent assistance, and more

508-771-5400

haconcapecod.org

Provincetown Housing Authority

Develops and manages decent, safe, affordable rental housing for low income households and special needs groups

508-487-0434

St. Joseph House

The only homeless shelter on the Cape, at 77 Winter Street, Hyannis. Open 24 hours

774-470-5976

Town of Provincetown Housing Office

Michelle Jarusiewicz is the Community Housing Specialist

[mjarusiewicz](mailto:mjarusiewicz@provincetown-ma.gov)

@provincetown-ma.gov

MANAGING STRESS, WORRY, & ANXIETY

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

Bay Cove

Offers crisis intervention, support, and telehealth evaluations 24/7

833-229-2683

(24-hour hotline)

baycovehumanservices.org

Calmer Choice Resource Page

Online options for mindfulness and stress reduction

<https://calmerchoice.org/news-resources/mindfulness-resources>

Gosnold, Inc.

Individual, couples and family counseling services for a variety of substance use and mental health conditions

800-444-1554

Independence House

Domestic or sexual violence counselors are available 24/7 to speak with you

1-800-439-6507

(24-hour hotline)

independencehouse.org

Lily House

Offers end-of-life planning consultations to help create peace of mind and a sense of empowerment

508-246-5087

thelilyhouse.org

NAMI Cape Cod & Islands

Resources for managing stress and anxiety, including online support groups

508-778-4277

- nami.org

- nami.org/covid-19-guide

Outer Cape Health Services (OCHS)

Offers behavioral therapy and psychiatry for patients

508-487-9395

outercape.org/contact-us/

OCHS' Community Navigator Program maintains an up-to-date list of local mental health providers. Email for more info

CRNavigator
@outercape.org

(continued on next page)

MANAGING STRESS, WORRY, & ANXIETY *(continued)*

Samaritans on Cape Cod & the Islands
Outreach programs and crisis line for all ages

508-548-8900
capesamaritans.org

SUBSTANCE USE SUPPORTS

from AIDS Support Group of Cape Cod

Crystal Free
Support group for gay, bi, trans, and queer men
(regardless of HIV status) seeking recovery
from crystal meth

508-487-9445

Free Syringe Services & NARCAN
For anyone in Provincetown regardless of
HIV status

508-487-8311

List of Local 12-Step Meetings

asgcc.org/provincetown-online-meetings/

Massachusetts Substance Use Helpline
Mon-Fri: 8AM-10PM
Sat & Sun: 8AM-6PM

800-327-5050



FAMILY AND CAREGIVERS

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

Alzheimer's Family Support Center

Individuals & family members living with dementia are welcome to call for support. Messages checked regularly. Telephone support hours: 7 days, 9AM–5PM

508-896-5170

info@capecodalz.org

Cape Cod Children's Place

Family Support specialists available to help families meet basic needs and discuss child development and behavior strategies. Limited supply of diapers, food, and children's books available
Hours: Mon–Fri, 9AM–5PM

508-240-3310

capecodchildrensplace.com

Children's Cove

(The Cape & Islands Child Advocacy Center)

Compassionate, comprehensive, and collaborative response services at no cost to survivors of child abuse

508-375-0410

www.childrenscove.org

Elder Services of Cape Cod & the Islands

Support services for family and caregivers of older adults

508-394-4630

escci.org

Independence House

Domestic or sexual violence counselors available 24/7

1-800-439-6507

independencehouse.org

Lily House

Offers education and support for family, friends, and caregivers taking care of a loved one at end of life

508-246-5087

thelilyhouse.org

Provincetown Council On Aging

Provides outreach, support services, and programs to family/caregivers of older adults

508-487-7080



SMALL BUSINESS, WORK, AND LEGAL

Don't know where to start? Contact the Provincetown Community Support Liaison at 508-237-7042 or provincetown@hpccapecod.org

SMALL BUSINESS SUPPORT

Community Development Partnership

Offers 1-1 technical assistance, emergency assistance and micro-loans up to \$50,000 for small business including fishing/shell fishing; professional workshops

508-240-7873
capecdp.org

WORK & LEGAL SUPPORT

South Coastal Counties Legal Services, Inc.

Offers free consultations, Mon-Thur, 9AM-1:30PM

800-244-9023
sccls.org

WE CAN

Provides work and legal support services to community women experiencing challenging transitions

508-430-8111
wecancenter.org

WE'RE ALL IN THIS
TOGETHER.



The Provincetown Community Resource Guide is a product of the Provincetown Meeting Needs Group. This June 2021 edition was possible due to contributions of time and energy by:

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Rev. Donnie Anderson	Steve Katsurinis	Steve Roderick
Janet Beattie	Jessica Kent	Lezli Rowell
Mary Berry	Andrea Lavenets	Brianne Smith
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Dan Gates	Barbara Murphy	Nicola Vichert
Gwynne Guzneau	John Morgan	Dawn Walsh
Philip Franchini	Charlie Nichols	Rev. Kate Wilkinson
Chris Hottle	Pastor David Brown	
	Pastor Frank White	

Funding for this publication was made possible by a grant from Cape Cod Healthcare to Helping Our Women, partnering with Provincetown Health Department, in order to support increased equity and access to healthcare.

Call to confirm business hours of the agencies and resources listed.

Website addresses listed may require a “www.” or “http://” prefix when you type them into your browser window.

Special thanks to Hamilton Magri Jr. for his *Hearts Of Hope* photograph (1, 11, 15). Additional thanks to Martin Adams (13), Avel Chuklanov (12), Grant King (14), Sarah Lee (9, 10), Alexander Mils (6, 7), Shelley Pauls (4, 5), and Devon Janse van Rensburg (8), Greg Rosenke (2) for their photos.

Design: Grant King | grantcking.com

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