



Northborough Community Resource Guide

Connecting residents with
resources to promote health
and wellness





Northborough Community Resource Guide

Use the camera app on your smartphone to scan the QR code to visit the online version of this Community Resource Guide, or visit www.northboroughlibrary.org.

This guide was developed to connect the Northborough residents to health and wellness resources. Entries within this guide include town departments, non-profits, and businesses providing services to Northborough residents, as well as regional, state, and national resources.

The original version of this guide was developed by the Be Well Northborough working group, a collaborative health and wellness initiative aimed at helping our community recover from the COVID-19 pandemic. The Library is responsible for maintaining an updated online version, and for reprintings. This version was updated in 2023. For suggestions or corrections, email noboadults@cwmar.org.



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Northborough Town Department Phone Directory

Accounting
508-393-5003

Administration
508-393-5040

Animal Control
508-393-1515

Assessors
508-393-5005

Board of Health
508-393-5009

Building Dept.
508-393-5010

Cable Access Studio
508-393-6195

Dept. of Public Works
508-393-5040 Ext.6

Engineering
508-393-5015

Family & Youth Services
508-393-5020

Fire Dept.
508-393-1537

Library
508-393-5025

MIS/GIS
508-393-1525

Northborough Ext. Day
Program (NEDP, Inc)
508-393-7020

Planning & Conservation
508-393-5019

Police Dept.
508-393-1515


Recreation Dept.
508-393-5034

Senior Center
508-393-5035

Town Clerk
508-393-5001

Treasurer/Tax Collector
508-393-5045

Veteran's Agent
774-293-2208



To sign up for the town's CodeRED Emergency Notification System, receive updates on town news and events, or for a complete listing of town departments, boards, and committees, please visit town.northborough.ma.us.



Northborough Public Schools

The public schools of Northborough and Southborough consist of ten schools, three districts, and one community of learners. If you're new to town and need to register your child, or to find information about bus routes, schools hours, school calendars, and other important information, please visit our website.



508-486-5115



[Nsboro.k12.ma.us](https://nsboro.k12.ma.us)



53 Parkerville Rd. Southborough

Northborough School Directory

Algonquin Regional High School



508-351-7010



79 Bartlett St.

Lincoln St. Elementary School



508-351-7030



76 Lincoln St.

Robert E. Melican Middle School



508-351-7020



145 Lincoln St.

Marguerite E. Peaslee Elementary School



508-351-7035



31 Maple St.

Fannie E. Proctor Elementary School



508-351-7040



26 Jefferson Rd.

Marion E. Zeh Elementary School



508-351-7048



33 Howard St.



“Mental health affects
all ages. 1 in 5 middle
school students
experience depressive
symptoms.”






Source: Metrowest Adolescence Health Survey. 2021.
<https://mwhealth.org/knowledge-center/foundation-publications>

Crisis & Mental Health Resources


Crisis Hotlines



988 Suicide & Crisis Hotline

-  The National Suicide Prevention Lifeline is a network of local crisis centers that are available 24/7 to provide free and confidential support to people in crisis across the United States.


 988 (call or text)
 988lifeline.org/chat

Advocates Crisis Intervention

-  If you are experiencing a mental health or emotional crisis, please call to speak to an advocate crisis clinician available 24/7.


 1-800-640-5432
 advocates.org

National Domestic Violence Hotline

-  Provides tools and support to help survivors of domestic violence live their lives free of abuse. Highly-trained, expert advocates offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.


 1-800-799-SAFE (7233) or text “START” to 88788
 thehotline.org



National Runaway Safeline

-  The National Runaway Safeline is a 24/7 service that helps youth who have run away, are thinking about running away, or who already ran away but are ready to come home and parents and guardians who are worried about their child running away or if their child has already left home. Online chat available.


 1-800-RUNAWAY (1-800-786-2929)
 1800runaway.org


SafeLink Crisis Hotline

-  SafeLink is a statewide toll-free domestic violence hotline. Volunteers at SafeLink speak English and Spanish, and SafeLink also has a service that can provide translation in more than 130 languages.

 1-877-785-2020
 casamyrna.org/chat

Samaritans Statewide Helpline


-  The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

 1-877-870-4673 (call or text)

Crisis & Mental Health Resources


Crisis Hotlines

SMOC Voice Against Violence

-  Speak with an advocate from the South Middlesex Opportunity Council (SMOC) 24-hours a day. Whether you're fleeing a violent situation, or just have a question, someone is always available to talk.


 1-877-832-0890

The Trevor Project

-  The Trevor Project is a 24/7 crisis intervention and suicide prevention hotline for LGBTQ youth. An online chat feature is also available on the Trevor Project's website.

 1-866-488-7386 or Text "START" to 678-678
 thetrevorproject.org/get-help

Veterans Crisis Line


-  Free 24/7 confidential crisis support for veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect. An online chat feature is available.

 call 988 then press 1 or text 838255
 veteranscrisisline.net




Report Abuse



Child Abuse and Neglect

-  If you know or suspect that a child is being abused or neglected, please report it immediately. Anyone can file a report of abuse or neglect.


 617-232-4882
 mass.gov/child-abuse-and-neglect



Disabled Persons Protection Commission (DPPC)

-  The Disabled Persons Protection Commission (DPPC) operates a 24-hour Hotline to which citizens of the Commonwealth can report incidents of suspected abuse involving adults with disabilities.

 1-800-426-9009
 mass.gov/orgs/disabled-persons-protection-commission


Elder Abuse/Elder-At-Risk



-  Report any physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect of elders by phone or online reporting.

 800-922-2275
 mass.gov/reporting-elder-abuse-neglect


Mental Health Resources



988 Suicide & Crisis Hotline

-  The National Suicide Prevention Lifeline is a network of local crisis centers that are available 24/7 to provide free and confidential support to people in crisis across the United States.


 988 (call or text)
 988lifeline.org/chat



Crisis Text Line

-  Provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.


 Text HOME to 741741
 crisistextline.org

Interface Referral Services

-  A mental health and wellness referral service contracted by the Town of Northborough for residents to match callers with licensed mental health providers that meet your location, insurance, and specialty needs.


 888-244-6843
 interface.williamjames.edu



MA Behavioral Health Partnership

-  Available 24/7 if you or a family member are experiencing a mental health or substance use disorder crisis.


 1-833-773-2445 (call or text)
 masshelpline.com



Mental Health America

-  Information on signs and symptoms of mental health conditions, including mental health in youth and minorities.


 1-800-969-6642
 mhanational.org/mentalhealthinfo



Multi-Service Eating Disorders Association (MEDA)

-  We provide education about eating disorders and their underlying causes to develop a compassionate community that promotes hopefulness and supports healing.


 888-350-4049
 medainc.org

National Alliance on Mental Illness (NAMI) Compass

-  Provides resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances. Helpline is available Monday - Friday, 9am-5pm.

 617-704-6264 or 1-800-310-9085
 namimass.org


Northborough Family and Youth Services

-  Assist with mental health resources and referrals. Will assess your situation and guide you to appropriate resources.

 508-393-5020
 town.northborough.ma.us/family-youth-services


Mental Health Resources



Open Sky Community Services

-  Provides urgent and timely access to services all in one place with no referral necessary and no cost to the uninsured. Serves adults, youth and children in the area who need behavioral health support.


 508-755-0333
 openskycs.org/services



Say Something Tipline

-  An anonymous reporting system allowing individuals to submit secure, anonymous safety concerns to help someone who may hurt themselves or others.


 1-844-5-SayNow
 sandyhookpromis.org/say-something-tips



Therapy Matcher

-  Provides free, personalized, and confidential referrals to licensed independent clinical social workers across Massachusetts.

 800-242-9794
 therapymatcher.org

Walden Behavioral Care

-  Working to provide people living with eating disorders and other mental health conditions with the care and support they need, at every level, on their way to recovery.


 888-305-2997
 waldenbehavioralcare.com



Mental Health Resources

Mental Health Resources for Parents, Guardians, and Families


Bridge Over Troubled Water

-  Bridge offers a comprehensive range of services designed to help young people who are homeless, high-risk, and runaway, to achieve a healthy and productive adulthood through prevention, interventions, health care, and education services.

 617-423-9575


 bridgeotw.org

Mental Health America

-  Advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.

 mhanational.org


Parental Stress Line 24/7

-  Confidential helpline with trained volunteer councilors ready to speak with parents who need to discuss issues related to their children.

 800-632-8188

 parentshelpingparents.org


Parents without Partners

-  Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity towards others by offering an environment for support, friendship, and the exchange of parenting techniques.

 800-637-7974

 parentswithoutpartners.org


Substance Abuse and Mental Health Services Administration (SAMHSA)

-  The Substance Abuse and Mental Health Services Administration provides resources for families coping with mental and substance use disorders.

 800-662-HELP

 samhsa.gov/families

The Tears Foundation

-  Seeks compassionately lift financial burdens from families who have lost a child by providing funds to assist with the cost of burial and cremation services. Also offers parents comprehensive bereavement care in the form of grief support groups and peer companions.

 617-785-8779

 thetearsfoundation.org/massachusetts



HELP




Recovery Resources

Substance Abuse & Mental Health Administration (SAMHSA)

-  Federal hotline offering referrals to local treatment and support services.

 1-800-622-HELP (4357)
 [samhsa.gov](https://www.samhsa.gov) or [findtreatment.gov](https://www.findtreatment.gov)


SMART Recovery

-  Abstinence-based international organization that uses a cognitive behavioral therapy tool kit. Website has a directory of online meetings.


 440-951-5357
 [smartrecovery.org](https://www.smartrecovery.org)

Women for Sobriety

-  Dedicated to helping women recover from substance use disorders with online gatherings.


 215-536-8026
 [womenforsobriety.org](https://www.womenforsobriety.org)



Institute for Health and Recovery (IHR)

-  IHR specializes in innovative services, training and evaluation to address the unique needs of under served families, women and youth. Provides treatment programs and holistic interventions for hard to reach and high-risk individuals and families.


 617-661-3991
 [healthrecovery.org](https://www.healthrecovery.org)



LifeRing Secular Recovery

-  An abstinence-based, secular, and self-empowered addiction recovery pathway through meetings and support networks.


 800-811-4142
 [lifering.org](https://www.lifering.org)

Learn to Cope

-  A support group for parents and family members coping with a loved one addicted to opiates or other drugs. Meetings in the area are available along with virtual meetings.


 508-738-5148
 [learn2cope.org](https://www.learn2cope.org)

Recovery Dharma

-  Uses Buddhist practices and principles to support individuals in recovery. The website includes a directory of daily online meditations and meetings.

 [recoverydharma.org](https://www.recoverydharma.org)

Spectrum Health Systems, Inc

-  A not-for-profit organization providing a comprehensive continuum of addiction treatment in Massachusetts and specialized programming for justice-involved individuals.

 508-792-5400

Recovery Resources

National Association of Addiction Treatment Providers (NAATP)

- i** Working to improve the world's access to effective and ethical addiction treatment, by providing leadership, advocacy, training, and member support services to ensure the availability and highest quality of addiction treatment.

 1-888-574-1008

 naatp.org

National Council on Alcoholism and Drug Dependence (NCADD)

- i** A voluntary health organization dedicated to fighting alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families, and communities.

 ncadd.us

Partnership for a Drug Free America (PDFA)

- i** Working to transform how our nation addresses addiction by empowering families, advancing effective care, shaping public policy and changing culture.

 212-841-5200

 drugfree.org

Gamblers' Anonymous

- i** A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

 855-222-5542

 gamblersanonymous.org

Narcan Training Program

- i** The Health Department is providing free Narcan and overdose training to residents who live or work in Northborough. Call to schedule a one-on-one appointment.

 508-504-1770






#loveislove



LGBTQ+


PFLAG of Greater Boston

-  Parents, Family, and Friends of Lesbian and Gays (PFLAG), promotes the health and well-being of gay, lesbian, bisexual and transgender people and their families and friends through support, education and advocacy.

 781-891-5966

 gbpflag.org


The Trevor Project

-  The worlds largest suicide prevention and crisis intervention organization for LGBTQ young people. Provides information and support to LGBTQ young people 24/7.

 866-488-7386

 thetrevorproject.org


OUT MetroWest

-  OUT MetroWest builds communities where LGBTQ+ youth thrive through free programs to connect LGBTQ+ youth with supportive peers and LGBTQ+ adult role models.

 508-875-2122

 outmetrowest.org


Safe Homes

-  A program for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 14 and 23, and is led by youth, professional staff, and volunteer adult supervisors to offer support and resources in a safe and nurturing environment.

 508-755-0333


 safehomesma.org

Gay, Lesbian, & Straight Education Network (GLSEN)

-  GLSEN is a national organization making schools safer for ALL students, regardless of sexual orientation or gender identity/expression. They work to educate teachers, students, and the public at large about the damaging effects these forces have on youth and adults alike.

 glsen.org/chapter/massachusetts


SAGE Advocacy & Services for LGBTQ+ Elders

-  A national advocacy and services organization for LGBTQ+ elders.

 877-360-5428

 sageusa.org

MassEquality


-  Leading statewide grassroots advocacy organization working to ensure that everyone across Massachusetts can thrive, from cradle to grave, without discrimination and oppression based on sexual orientation, gender identity, or gender expression.

 617-878-2300

 massequality.org

LGBTQ+


The Massachusetts Commission on LGBTQ Youth

-  Advise others in the state government on effective policies, programs and resources for LGBTQ youth and produces the Safe Schools Program.

 508-944-1287


 mass.gov/orgs/massachusetts-commission-on-lgbtq-youth

Worcester Pride

-  A 10-day event with various activities supporting LGBTQ+ in Central Massachusetts. Please visit the website to learn about this year's Pride event.

 prideworcester.org


Lesbian, Gay Bisexual, and Transgender National Hotline

-  Provides an anonymous and confidential safe space where callers can speak on many different issues and concerns including: coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and more.

 888-THE-GLNH (888-843-4564)

 lgbthotline.org


Bisexual Resource Center

-  The oldest national bi organization in the U.S. that advocates for bisexual visibility and raises awareness about bisexuality throughout the LGBT and straight communities.

 617-424-9595

 biresource.org


GSA Link, Inc.

-  To connect, empower, and inspire LGBTQ+ youth through a variety of programs designed to listen to and promote their voices with peer and adult support.

 508-735-1267

 gsalink.org

Supporters of Worcester Area GLBTQ+ Youth (SWAGLY)

-  Social support club for LGBTQIA+ youth and allies who are 18 years old and under with weekly programming that provides information on HIV/ STI's, sexual health counseling, gender affirmation support, community building, entertainment, field trips, prevention and screening, activism, LGBTQIA+ representation in the media, and more.

 508-755-3773

 aidsprojectworcester.org

Love Your Labels

-  The mission is to support LGBTQ+ youth through art, fashion and design and work with families and communities to create inclusive and loving space everywhere.

 loveyourlabels.org

LGBTQ+

LGBT Peer Listening Line (25 & Under)

- ① Offer help, information, referrals, and support for a range of issues without being judged or rushed into any decision you are not prepared to make. Trained volunteers discuss safer sex, coming out, where to find gay-friendly establishments, HIV and AIDS, depression, suicide, and anti-gay/lesbian harassment and violence.

☎ 617-267-2535

Springwell, Inc.

- ① LGBTQIA+ initiative for older adults.

☎ Confidential info line: 508-573-7288
Main desk: 508-573-7200

🌐 springwell.com



#gooutside





Things To Do

You are never too old or too young to check out these great activities in town. Consider taking advantage of our programming through the Library, Senior Center, Recreation or other nearby business and nonprofits.

Northborough Recreation

The Northborough Recreation Department provides residents with comprehensive programs, activities, and facilities that encourage health, fitness, cultural, recreational, educational, and social opportunities in the community. For a list of all programming and parks, please visit their website.



508-393-5034



northboroughma.myrec.org

Northborough Senior Center

The Senior Center can assist you with personalized outreach services, food assistance, heating assistance, medical equipment loan, emergency funds, caregiver support, housing resources, insurance assistance, emotional support, and social connection. Also offers a variety of workshops, activities, and volunteer opportunities.



508-393-5035



town.northborough.ma.us/senior-center

Northborough Free Library

The Northborough Free Library provides materials, space, access, and opportunities for members of the community to learn and discover; to enrich their lives and further their personal goals; and to engage with others in a comfortable environment. You can check out books, media, different events and programs, or reserve a meeting room/study room.



508-393-5025



northboroughlibrary.org







Look for the ticket icon - it means residents can reserve discount passes from the Northborough Free Library.

Things to Do


Local Farms




Tougas Family Farm

-  Fruit farm offering Pick-Your-Own strawberries, cherries, blueberries, blackberries, peaches, nectarines, apples, and pumpkins. Family friendly activities in the Barnyard, playground and farm kitchen.


 508-393-6406
 tougasfamilyfarm.com
 234 Ball St.



Davidian's Farm

-  Open all year long with local goods including fruits, vegetables, and local meat. Also sells prepared foods, bakery items and décor. Includes a deli and offers catering.

 508-393-3444
 Davidiansfarm.com
 500 Church St.




Berberian's Farm

-  Farm that grows most of the produce they sell: corn, lettuce, tomatoes, scallions, squash, kale, peppers, eggplants, beans, and much more.


 508-393-8079
 68 Otis St.




Trombetta's Farm

-  Enjoy indoor mini golf, ice cream, and a garden center.

 508-485-6429
 trombettasfarm.com
 655 Farm Rd., Marlborough


Davis Farmland and Mega Maze




-  Many different attractions, including their mega maze. BBQ, drinks, and live entertainment.

 978-422-8888
 davismegamaze.com
 412 Redstone Hill, Sterling


Hiking and Nature




New England Botanic Garden at Tower Hill

-  171 acres for garden viewing, trail walking, activities, private events, classes, weddings, exhibitions, and more.

 508-869-6111
 neb.org
 11 French Dr., Boylston


Garden In The Woods



-  A unique botanic garden where you'll find a naturalistic plant collection that showcases New England native plants with complementary specimens from across the country.

 508-877-7630
 nativeplanttrust.org/visit/garden-woods
 180 Hemenway Rd., Framingham


Things to Do


Broad Meadow Brook Conservation Center & Wildlife Sanctuary

-  Walking trails, sensory trail, nature play area, many different species of wildlife and a diversity of wildlife habitats, seasonal events, summer camp, a year-round educational program, different exhibits inside and a gift shop.


 508-753-6087
 massaudubon.org
 414 Massasoit Rd., Worcester




Trustees Go Pass

-  Explore over 100 Trustees Properties throughout the state, including farms, parks, historic sites, and museums. Find places to go horseback riding, sailing, canoeing, and more.

 617-542-7696
 thetrustees.org
 200 High St., Boston




Hopkinton State Park

-  This state park has trails, beaches, fishing, and picnic areas. Parking is \$8 for MA residents and \$30 for nonresidents, or free with a Trustees Go Pass.


 508-435-4303
 mass.gov/locations/hopkinton-state-park
 164 Cedar St., Hopkinton




Boston Harbor Islands National Park Area

-  Take a ferry to the Boston Harbor Islands and enjoy boating, hiking, or swimming, or tour historic Fort Warren.

 617-223-8666
 bostonharborislands.org
 15 State St. Suite 1100, Boston

Broadmoor Wildlife Sanctuary


-  Trails, beaver dams, nesting wood ducks, turtles, mill dams, waterfalls, classrooms, boardwalk with habitats of aquatic plants and wildlife, public programs, night walks, summer camps, birding and more.

 508-655-2296
 massaudubon.org
 280 Eliot St., Natick

Things to Do


Town Parks and Trails

Northborough Trails

-  There are currently eight recreational areas around Northborough that contain approximately 20 miles of wonderful trails as part of the Northborough trail system. Trails may be used for hiking, snowshoeing, mountain biking, equestrian, and skiing unless posted otherwise.


 town.northborough.ma.us/trails-committee

Assabet Park

-  Contains a playground for ages 7 years or less and a splash pad.

 South St.

Ellsworth McAfee Park


-  Offers soccer fields, playground for ages 6 and up, skate park, pickleball courts, basketball courts, sand volleyball court, Assabet River shore access and walking track, gazebo and a pavilion, which is available to rent.

 508-393-5034

 northborough.myrec.com

 363 South St.

Watson Park

-  Offers shore fishing, hiking trails, boat ramp, and Watson Park Pollination Preservation Garden. Garden features native plants, specific for our at-risk native bees. The native plant meadow is adjacent to the pollination garden.

 40 Lyman St.

Garden In The Woods

-  Offers 40 garden plots Northborough residents can rent each year.

 508-393-5034

 northboroughma.myrec.com

 Valentine Rd.

Youth Sports

Northborough Youth Basketball

 northboroyouthbasketball.org

Northborough & Southborough Youth Lacrosse

 nsyla.org

Northborough Youth Soccer

 nysa.net/wp

Algonquin Baseball & Softball Association

 algonquinbsa.org

Northborough & Southborough Youth Football & Cheer

 jrthawks.com

#hikenoboo



Mt. Pisgah



Stirrup Brook Trail



Old Farm Trail

DID YOU KNOW?
There are eight recreational areas around Northborough that contain approximately 20 miles of trails as part of the Northborough trail system.



Watson Park Trail







Edmund Hill Woods

Things to Do


Sporting Organizations




Teamworks

-  Offers adult leagues and tournaments for; soccer, basketball, field hockey, volleyball, flag football, futsal and wiffleball. Visit their website to learn more about each league and for membership information.


 508-351-9800
 teamworksnorthboro.com
 185 Otis St.




Sawyer's Bowladrome

-  Join a bowling league for seniors, women, men, or a mixed group or rent out the space for a private party. Call for more information on the different leagues.


 508-393-8032
 sawyers-bowladrome.business.site
 13 Blake St.




Juniper Hill Golf Course

-  36 holes of golf in two different challenging courses as well as a recently remodeled clubhouse which includes a pro shop, golf teaching center, Juniper Grille, and conference and event facilities.

 508-393-2444
 juniperhillgc.com
 202 Brigham St.

Northborough Recreation




-  Offering several leagues and classes for adults including Archery, Golf, Tennis Lessons for Adults, and Women's Spring Slow Pitch Softball.

 508-393-5034
 northboroughma.myrec.com
 63 Main St.

Gyms




Anytime Fitness

-  Offers an open gym and personal training.

 508-654-0057
 anytimefitness.com
 10010-P Shops Way


Aspire Fitness (Personal Wellness Solutions)




-  Custom fitness plans designed to meet and exceed health and fitness goals.

 508-466-8114
 aspirefitnessma.com
 276 West Main St. Rear Building


Things to Do




Core Connection

-  Offers yoga, cycling, Pilates, reformer, barre, bootcamps and more. Sessions are offered virtually, outdoors and in studio.


 508-303-8086
 thecoreconnection.com
 290 West Main St.




ForeceField Athletics

-  A 3,000 sq/ft. fitness coaching facility with group and individual coaching aimed to improve cardio-respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.


 508-393-1600
 forcefield-athletics.com
 94 Main St.




F45 Training Northborough

-  Functional training that is a mix of circuit and HIIT style workout geared towards everyday movement lasting for 45 minutes.


 508-810-9045
 f45training.com/northborough
 8114 Shops Way




Hotworx

-  24-hour infrared sauna workouts, including 30 minute Isometric and 15 minute HIIT sessions, all led by virtual instructors. Please visit website for a complete list of workouts offered. Also includes a functional exercise room that you can use before, after or in-between workout sessions.


 978-290-5772
 hotworx.net/studio/northborough
 318 Main St. Suite 185




Northborough Fitness

-  24 hour fitness facility offering cycling, strength training, personal training, and more.

 508-466-8323
 northboroughfitness.com
 79 West Main St.


Pure Barre



-  Offers musically driven group classes that focus on low-impact, high- intensity movements to strengthen and tone your body in under an hour.

 508-466-8152
 purebarre.com/location/northborough-ma
 10010-D Shops Way


Things to Do




Undisputed Boxing Club

-  Boxing club catering to all different levels of experience and ages to teach authentic boxing and custom tailor your program to satisfy your specific needs.

 978-580-4534
 facebook.com/undisputedboxingclub/
 185 Otis St.


YMCA Boroughs Family Branch




-  Offers a wide variety of amenities available to its members. Please visit the website to get a full and accurate list of amenities and their availability.

 508-870-1320
 ymcaofcm.org/locations/boroughs-family-branch
 4 Valente Dr., Westborough


Arts & Cultural Activities




Northborough Historical Society

-  Offers a museum and archives open to the public, as well as monthly programs.


 508-393-6298
 northboroughhistoricalsociety.org
 52 Main St.




Paint Your Own Pottery Studio

-  You can paint pottery at home with their pottery to go option or make an appointment to paint in the studio.

 508-393-3100
 pyopstudio.com
 290 West Main St.


Polly Art Studio




-  Offers a variety of art classes for all ages.

 617-833-3291
 pollyartclass.com
 7 Nelson Dr.

Continuing Education

Assabet After Dark


-  Largest Metrowest Adult Continuing Education program. Offering a wide variety of classes and workshops for adults from cooking courses and woodworking to EMT training or financial classes. Courses change seasonally. Visit the website for an accurate list of current programming.

 508-263-9651
 assabetafterdark.com
 215 Fitchburg St., Marlborough

Things to Do

Volunteer Opportunities


Town Boards and Committees

-  If you're interested in becoming an active member of the community, join one of the town boards or committees with an open position or run in an upcoming election.



town.northborough.ma.us/boards


Northborough Junior Woman's Club

-  Woman's club bettering the area through community projects like: Women In Science, Technology, Engineering & Math (STEM), Styrofoam Recycling, Pinwheels for Prevention, and supporting non-profits.



northborojuniors.org


Northborough Rotary Club

-  Working to unite people and take action to create lasting change — across the globe and at home.



rotary7910.org/clubinfo/northborough


Medical Reserve Corps of Massachusetts

-  Serving the community with a commitment to others, and fundraising for local organizations and programs including the food pantry and local youth groups.



mamedicalreservecorps.org


Northborough Lions Club

-  Serving the community with a commitment to others, and fundraising for local organizations and programs including the food pantry and local youth groups.



e-clubhouse.org/sites/northborolionsma/index.php

Northborough Food Pantry

-  A source for supplemental food to those who are on a limited income or have an acute need.



508-393-6897



nfpantry.org



37 Pierce St.

Dementia Resources


Alzheimer's Association

-  Offers support and virtual opportunities for engagement.

 800-272-3900 (24 hour help line)

 alz.org


Northborough Dementia/Cognitive Issues Alert

-  A cooperative effort of the Northborough Police Department and the Northborough Council on Aging to assist caregivers of individuals with dementia or cognitive issues on assisting in the investigation of a person who is reported missing.

 508-393-5035

 town.northborough.ma.us/police-department

Springwell, Inc.

-  Offering Massachusetts Home Care Programs, Meals on Wheels, Money Management Program, and Caregiver Support Program, as well as provide information and referrals for senior services.


 508-573-7200

 springwell.com

 33 Boston Post Rd. W, Marlborough

Supportive Adult Programs

DayBreak Social Daycare Program


-  Program for people with dementia or cognitive impairment that provides a safe and stimulating experience with fun activities and social interaction while providing care partners with time for themselves. Meets at the Senior Center.

 508-393-5035

 town.northborough.ma.us/senior-center

 119 Bearfoot Rd.

A Better Day

-  A social day program uniquely designed to support, connect and provide meaningful engagement for adults living with cognitive impairment in the MetroWest area.


 508-481-0809

 betterdayprogram.org

 195 Reservoir St., Marlborough

Supportive Medical Model Day Program

Aging Well ADH

-  At Aging Well Center, elders and other adults with medical or rehabilitative needs can make friends, increase independence and receive the daily living supports they need to thrive in an enriching daytime environment. Staff provide a personalized mix of services and support tailored to the needs of each person we serve, including individuals from a wide range of cultures.

 508-485-7700



 mentoradh.com

 420 Maple St., Marlborough



EEC Licensed Childcare & After School Programs

For the complete list of EEC child care programs (including home day cares) in our area, visit eeclead.force.com/EEC_ChildcareSearch.



Church of the Nativity Community Nursery School

 508-393-1210
 79 Bartlett St.



Skribbles Learning Center, Inc

 508-393-0798
 325 West Main St.



Nashoba Montessori School, Inc.

 978-870-3818
 40 Church St.



The Goddard School

 508-393-0805
 10 Davis St.


Skribbles Learning Center II, Inc.

 508-393-2100
 348 Main St.

Three Apples School

 508-466-8258
 318 Main St.

Northborough Extended Day Programs, Inc. (NEDP)

-  Private, nonprofit organization that provides before and after school care for children in Kindergarten through Grade 5 in each of the four public elementary schools. Before school care is currently provided at Lincoln Street and Peaslee schools.


 508-393-7020



 town.northborough.ma.us/nedp-northborough-extended-day-programs-inc

childcare


Financial Assistance



MA 211

-  Confidential call to find help in your community during times of crisis. Available 24 hours a day, 7 days a week.


 211
 mass211.org



MA Department of Unemployment Assistance (DUA)

-  Provides temporary income assistance to eligible workers in Massachusetts.


 877-626-6800
 mass.gov/orgs/departments/unemployment-assistance

MA Department of Transitional Assistance (DTA)

-  DTA provides benefits to children, adults, families, elders, and people with disabilities and is also the lead agency for SNAP (formerly known as food stamps).


 877-382-2363
 mass.gov/orgs/departments/transitional-assistance



MA Good Neighbor Energy Fund

-  Provides energy assistance to hundreds of thousands of residents in temporary crisis who are struggling to pay their energy bills and do not qualify for state or federal energy funds.


 magoodneighbor.org

Money Management International (MMI) Programs

-  MMI is a nonprofit organization that provides solutions to everyday financial challenges including financial education and counseling services.


 866-889-9347
 moneymanagement.org



MA Money Management Program

-  Springwell's Money Management Program provides support for elders who have difficulty managing their day-to-day finances by providing free assistance with bill-paying, budgeting, reading mail, advocating with service providers, and more.

 508-573-7200
 springwell.com/services/money-management-program


Northborough Helping Hands Association (NHHA)

-  The mission of NHHA is to coordinate programs to assist those in need in the form of Thanksgiving food baskets, Christmas gifts, clothing, medical equipment, and emergency aid for special services. Referrals processed through NFYS and the Senior Center.

 508-393-5020
 northboroughhelpinghands.org

Food Resources


Supplemental Nutrition Assistance Program (SNAP)

-  SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen, or legal non-citizen.

 877-382-2363

 mass.gov/snap-benefits-formerly-food-stamps


Northborough Food Pantry

-  A source for supplemental food to those who are on a limited income or have an acute need. Residents of Northborough or persons with active membership in a church located in Northborough may shop at the pantry once a week. Northborough Friendship Fridge is located outside- take what you need and leave what you can.

 508-393-6897

 nfpantry.org

Community Meals


-  For those in need of food, please join us Wednesday evenings at 5:30pm in the parking lot of Trinity Church.

 508-393-8156

 trinitynorthborough.org/outreach

 23 Main St.


Project Bread Food Source Hotline

-  Assistance locating food resources with translation services available.

 800-645-8333

 projectbread.org/foodsource-hotline

MA Women, Infants, & Children Nutrition Program (WIC)

-  WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to qualifying MA families.

 800-942-1007

 mass.gov/orgs/women-infants-children-nutrition-program

School Lunches

-  The Public Schools of Northborough & Southborough. For families of school-aged children.

 508-486-5115

 nsboro.k12.ma.us/domain/92

Senior Center Dining: Bistro @ 119

-  Bistro @ 119 is open for lunch Monday - Thursday at noon.

 508-393-5035

 town.northborough.ma.us/senior-center

General Assistance

Social Services

Northborough Family & Youth Services

☎ 508-393-5020

Northborough Senior Center Outreach

☎ 508-393-5035

Central Massachusetts Regional Veterans' District

☎ 774-293-2208

South Middlesex Opportunity Council (SMOC)

- i** Dedicated to improving the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights. Provides education, resources, support and services related to: family & nutrition, mental health and substance abuse, housing and homelessness, energy & financial assistance, economic development, and workforce development.

☎ 508-872-4853

🌐 smoc.org

Emergency Preparedness

Emergency Preparedness Handbook

- i** The Town of Northborough has a detailed and user-friendly guide to help families plan for emergencies. View or download the handbook at our website.

🌐 town.northborough.ma.us/fire-rescue-emergency-management

CodeRED

- i** Free emergency notification system used by the Town of Northborough. CodeRED allows for important messages to be communicated to residents through phone, text, and/or email in real-time. Register at the website or by using your camera app on your smartphone to scan the QR Code.


🌐 public.coderedweb.com/CNE/en-US/0DF233CD2AC5



General Assistance

Blind/Visually Impaired


MA Commission for the Blind

-  Services individuals in MA who are legally blind by providing access to employment opportunities and social rehabilitation with the goal of increasing independence and self-determination.

 800-392-6450

 mass.gov/mcb


Visions of Independence

-  Helping people who have vision loss live their lives and give them new hope.

 781-784-3320

 visionsofindependence.info


MA Association for the Blind and Visually Impaired (MBVI)

-  Provides vision rehabilitation and support services through access to low vision clinics, peer empowerment support groups, 1:1 volunteer assistance, in-home vision rehabilitation, adjustment counseling/mental health supports, and access/assistive technology training.


 888-613-2777

 mabvi.org

MA Equipment Distribution Program

-  Offers specialized telephones, both wireline and wireless, to residents who have permanent disabilities.

 800-300-5658

 mass.org/massachusetts-equipment-distribution-program-massedp

Deaf/Hard of Hearing


MA Relay Service

-  A communication relay service for those who may be deaf, hard-of-hearing, late deafened, or speech disabled.

 711

 mass.gov/massrelay

MA Commission for the Deaf and Hard of Hearing

-  Mission is to ensure that programs, services, and opportunities throughout MA are fully accessible to persons who are deaf and hard of hearing.

 800-882-1155

 mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing

General Assistance

Transportation

WRTA Paratransit Services

- ① Provides origin to destination transportation services to ADA eligible customers. Residents must complete an application process prior to accessing services.

📞 508-752-9283

🌐 therta.com/paratransit/ada-paratransit-eligibility/

MassHealth Transportation

- ① Human Service Transportation Office (HST) manages non-emergency transportation to and from medical appointments for MassHealth Standard, MassHealth CommonHealth or MassHealth CarePlus members. Eligible residents can book rides with an app, on the web site, or by calling.

📞 617-847-3427

🌐 mass.gov/orgs/human-service-transportation-office

Blackstone Valley Livery

- ① Provides non-emergency transportation services to and from medical appointments. Wheelchair services are available.

📞 508-278-4415

🌐 bvls.net

Fuel Assistance

South Middlesex Opportunity Council (SMOC)

- ① Provides weatherization and heating system services. Dedicated to improving the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights.

📞 508-620-1230

🌐 smoc.org

Worcester Community Action Council, Inc. (WCAC)

- ① Working to break the cycle of poverty through safety-net services and asset building solutions, utilizing programs such as energy assistance, early education and care, financial empowerment, positive youth development, and career pathways.

📞 508-754-1176

🌐 wcac.net

Low Income Home Energy Assistance Program (LIHEAP)

- ① Provides eligible households with help in paying winter heating bills.

📞 800-632-8175

🌐 benefits.gov/benefit/1576



Legal Assistance

Community Legal Aid

- Working to improve the lives of low-income and elderly people through legal assistance that protects fundamental rights, secures access to basic needs, and challenges policies and practices that harm them.

855-252-5342
communitylegal.org

Mass Legal Help

- Online portal connecting individuals to public resources and information that will improve access to justice for low-income and disadvantaged populations.

masslegalhelp.org

Catholic Charities of Worcester County

- Providing refugee and immigration services.

508-798-0191
ccworc.org

Political Asylum/Immigration Representation Project (PAIR)

- A nonprofit organization working with asylum-seekers, torture survivors and immigrants unjustly detained, by representing low-income asylum-seekers through pro bono attorneys and by providing Know Your Rights presentations and representation to non-citizens in immigration detention in MA.

617-742-9296
pairproject.org

Department of Criminal Justice Information Services

- Can help provide victims with access to an offender's criminal record as well as help victims and those impacted by crime to register to receive updated post-conviction notifications about an offender.

617-660-4600
mass.gov/orgs/departments-of-criminal-justice-information-services


Court Appointed Special Advocates/Guardian Ad Litem (CASA/GALs) Project of Worcester County



- CASA is a not-for-profit organization committed to speaking for the best interests of abused and neglected children in the Worcester County Courts by recruiting, screening, and training community volunteers to become CASA/GAL, to help abused and neglected children navigate the Worcester County Juvenile Courts.

508-757-9877
thecasaproject.org


Legal Assistance



Anti-Defamation League of New England

-  An anti-hate organization that fights acts of antisemitism and all forms of hate through exposing extremism, delivering anti-bias education, and fighting hate online hoping to have a world in which no group or individual suffers from bias, discrimination, or hate.


 617-406-6300
 newengland.adl.org



MA Commission Against Discrimination

-  An independent state agency that enforces the MA anti-discrimination laws by investigating discrimination complaints, as well as offering remedial and preventative training, and publishing resources online.


 617-994-6000
 mass.gov/mcad

American Civil Liberties Union (ACLU) of MA

-  A nonpartisan organization that defends the principles enshrined in the MA Declaration of Rights, as well as the US Constitution and the Bill of Rights.

 617-482-3170
 aclum.org



Metrowest Legal Services

-  Provides free civil legal aid to low-income people and victims of crime who would be denied justice without our help.

 508-620-1830
 mwlegal.org


National Association for the Advancement of Colored People (NAACP)



-  Leading grassroots activism for civil rights and social justice. The mission is to achieve equity, political rights, and social inclusion by advancing policies and practices that expand human and civil rights, eliminate discrimination, and accelerate the well-being, education, and economic security of Black people and all persons of color through racial equity, civic engagement, and supportive policies and institutions for all marginalized people.

 508-587-0502
 naacp.org


Housing Assistance

Northborough Housing Authority

-  The mission of the Northborough Housing Authority is to provide affordable, safe, and comfortable housing to seniors, disabled persons, and families that require assistance.

 508-393-2408
 northboroughhousing.com


Residential Assistance for Families in Transition (RAFT)



-  The state-funded RAFT, and ERAP programs are tools used by the HCEC team to provide eligible households or individuals funding that can be used to help keep their housing, obtain new housing, or otherwise avoid becoming homeless.

 781-422-4200
 nhsmass.org/apply-for-raft


Assisted Living



Whitney Place Assisted Living and Memory Care

-  A warm and welcoming community providing older adults support they need to thrive. They offer care tailored to each person, private or shared apartments, meals and snacks, recreational opportunities, scheduled local transportation, and 24-hour emergency response.

 508-393-5655
 salmonhealth.com/locations/whitney-place-at-northborough


Coleman House

-  Offers both skilled nursing and assisted living facilities designed for individuals with memory loss.

 508-351-9355
 colemanhouse.com


Household Items



Fresh Start Furniture Bank

-  Fresh Start Furniture Bank is a volunteer run charity which helps restore hope, dignity, and stability in our community by recycling donated furniture and housewares, for free, to people in need.

 508-485-2080
 freshstartfurniturebank.org

Household Goods Recycling of MA

-  Household Goods provides a full range of donated furniture and household items, free of charge, to help people in need make a home.

 978-635-1710
 householdgoods.org

Housing Assistance

Shelters & Emergency Housing Services

Massachusetts Coalition for the Homeless

- ① Provides a number of programs to assist those who are experiencing homelessness or are at risk of homelessness.

☎ 781-595-7570
 🌐 mahomeless.org

Housing Consumer Education Centers

- ① Offers answers to a wide range of questions about all types of housing problems. Tenants, landlords, prospective buyers, and homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes.

☎ 978-630-6754
 🌐 masshousinginfo.org

Executive Office of Housing and Livable Communities (EOHLC)

- ① EOHLC, through its community and business partners, provides affordable housing options, financial assistance, and other support to MA communities. We oversee different types of assistance and funding for consumers, businesses, and non-profit partners.

☎ 617-573-1140
 🌐 mass.gov/orgs/housing-and-community-development

Veterans, INC

- ① A national leader in ending homelessness among veterans, the largest provider of services to veterans and their families in New England.

☎ 800-482-2565
 🌐 veteransinc.org

In case of emergency or natural disaster, the Town of Northborough may open shelters. Sign up for the Town of Northborough's CodeRED Emergency Notification System at town.northborough.ma.us/fire-rescue-emergency-management.






#bewell

Health Resources


Health Insurance Assistance



Serving Health Insurance Needs of Everyone (SHINE)

-  SHINE provides free unbiased health insurance counseling information and assistance to MA residents with Medicare, their caregivers, and those approaching Medicare eligibility. Administered through the Northborough Senior Center.


 508-393-5035
 shinema.org



MassHealth Enrollment Center

-  In MA, Medicaid and the Children's Health Insurance Program (CHIP) are combined into one program called MassHealth where members may be able to get doctor visits, dental services, hospital stays, prescription drugs, and many other important services.


 800-841-2900
 mass.gov/topics/masshealth



Medicare

-  Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare three months before you turn 65, or earlier if you have a disability, End-Stage Renal Disease, or ALS.


 800-633-4227
 medicare.gov


Health Care for All

-  Helps individuals enroll in public health insurance programs, get assistance paying for health insurance, and answers questions about private insurance.

 800-272-4232
 hcfama.org


MA Health Connector



-  State-based health insurance marketplace that makes shopping for affordable health and dental insurance easier.

 877-MA-ENROLL (623-6765)
 mahealthconnector.org

State Program for In-Home Assistance

Springwell, Inc.


-  State Homecare Programs for in-home personal care, homemaking, companionship, medication reminders, and case management. Must meet certain eligibility requirements to qualify for services.

 508-573-7200
 springwell.com

Health Resources


Disabled Person Services


MA Office on Disability

-  Works to ensure people with disabilities can equally participate in all aspects of life in MA.

 617-727-7440
 mass.gov/mod


MA Disabled Person Protection Commission



-  Protects adults with disabilities from the abusive acts or omissions of their caregivers through investigation oversight, public awareness, and prevention.

 671-727-6465
 mass.gov/dppc


Prescription Drug Assistance



MA Medline (MCPHS Pharmacy Outreach Program)

-  Run by the MA College of Pharmacy and Health Sciences, and provides information that may reduce the cost of your medication, provides Medication Therapy Management services to both patients and healthcare professionals, and helps you to understand your Medicare prescription drug plan benefits.

 866-633-1617
 mcphs.edu/patient-centers/pharmacy-outreach-program


Prescription Advantage



-  State-sponsored prescription drug program for seniors and people with disabilities that helps provide financial help to lower prescription drug costs.

 800-243-4636
 prescriptionadvantagemma.org

Medical Equipment Loan

Helping Hands

-  Northborough residents may borrow any item of equipment (dependent on availability). Program was established to ensure the availability of free medical equipment for short- or long-term usage.

 508-393-5020
 northboroughhelpinghands.org

Health Resources

Urgent Care Centers

Carewell Urgent Care

-  978-494-5235
-  carewellurgentcare.com/centers/Northborough
-  333 SW Cutoff

Minute Clinic Walk-in Clinic in CVS Pharmacy




-  866-389-2727
-  cvs.com
-  24 W. Main St.

Hospitals




UMass Memorial- Marlborough Hospital

-  508-481-5000
-  ummhealth.org
-  157 Union St., Marlborough




Framingham Union Hospital

-  508-383-1000
-  mwmc.com
-  115 Lincoln St., Framingham




UMass Memorial HealthAlliance-Clinton Hospital

-  978-368-3000
-  ummhealth.org
-  201 Highland St., Clinton




UMass Memorial- University Campus

-  508-334-1000
-  ummhealth.org
-  55 Lake Ave. North, Worcester

St. Vincent Hospital Worcester

-  508-363-5000
-  stvincenthospital.com
-  123 Summer St., Worcester

UMass Memorial Medical Center-Memorial Campus

-  508-334-1000
-  ummhealth.org
-  119 Belmont St., Worcester

Sexual Assault/Domestic Violence


Safelink MA Domestic Violence Hotline

-  MA statewide 24/7 toll free domestic violence hotline.

 877-785-2020

 casamyrna.org/get-support/safelink


Voices Against Violence

-  Working to end sexual and domestic violence by empowering victims and survivors to help themselves and their children.

 508-626-8686


 smoc.org/voices-against-violence.php

Building Will Reclaiming Independence (BWRI)

-  BWRI is dedicated to creating a community free from domestic violence through education, intervention, and prevention.

 978-537-8601


Jane Doe Inc.

-  Working to create social change by addressing the root causes of domestic violence and promoting justice, safety, and healing for survivors.

 617-248-0922

 janedoe.org


National Sexual Violence Resource Center (NSVRC)

-  Working to provide leadership in preventing and responding to sexual violence through collaborating, sharing and creating resources, and promoting research.

 877-739-3895

 nsvrc.org


Rape, Abuse, & Incest National Network (RAINN)

-  The nation's largest anti-sexual violence organization carrying out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

 800-656-HOPE (4673)

 rainn.org


Pathways for Change

-  Services individuals in MA who are legally blind by providing access to employment opportunities and social rehabilitation with the goal of increasing independence and self-determination.

 800-870-5905

 pathwaysforchange.help

The Network/La Red

-  A survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities.

 617-742-4911

 tnlr.org



Places of Worship

In Town

Church of Christ

☎ 508-393-0761
 🌐 northborococ.org
 📍 456 W. Main St

Church of the Nativity

☎ 508-393-3146
 🌐 churchofthenativity.org
 📍 45 Howard St.

First Parish Church Unitarian

☎ 508-393-6422
 🌐 firstparishnorthboro.org
 📍 40 Church St.

Kingdom Hall of Jehovah's Witnesses

☎ 508-393-1339
 📍 419 Main St.

Rice Memorial Baptist Church

☎ 508-393-3481
 🌐 ricebaptistchurch.org
 📍 85 Lincoln St.

St. Bernadette Parish

☎ 508-393-2838
 🌐 stb-parish.org
 📍 266 Main St.

St. Rose of Lima Parish

☎ 508-393-2413
 🌐 saintroseoflima.org
 📍 244 W. Main St.

Seventh-Day Adventist Church

☎ 508-363-6577
 🌐 northborosda.org
 📍 30 Brigham St.

Sri Shirdi Sai Baba Temple

☎ 774-276-9724
 🌐 shrigurusthan.com
 📍 107 Otis St.

Shri Radha Krishna Mandir

☎ 617-669-0709
 🌐 shreeradhakrishna.org
 📍 155 Otis St.

Trinity Church

☎ 508-393-8156
 🌐 trinitynorthborough.org
 📍 23 Main St.

Unity of Central MA

☎ 508-691-6966
 🌐 unityofcentralma.org
 📍 386 W. Main St. Unit #4



Places of Worship

Other Denominations Near Northborough

Chapel of the Cross

☎ 508-870-0001
 🌐 chapelcares.com
 📍 160 Flanders Rd., Westborough

Chinese Gospel Church

☎ 508-229-2299
 🌐 cgcm.org/lifelight
 📍 60 Turnpike Rd., Southborough

Temple Emanuel

☎ 508-485-7565
 🌐 templemanuelma.org
 📍 150 Berlin Rd., Marlborough

Boroughs Islamic Society

☎ 508-381-9504
 🌐 boroughsislamicssociety.com
 📍 182 Turnpike Rd #95, Westborough

Beth Tikvah Synagogue

☎ 508-616-9037
 🌐 bethtikvahsynagogue.org
 📍 30 Oak St., Westborough

First Congregational Church

☎ 508-845-7286
 🌐 fccsm.org
 📍 19 Church Rd., Shrewsbury


Congregation B'Nai Shalom

☎ 508-366-7191
 🌐 cbnaishalom.org
 📍 117 E. Main St., Westborough

ANNUAL EVENTS IN NORTHBOROUGH

JANUARY	FEBRUARY	MARCH
Senior Center New Year's Luncheon	Kindness Week AARP Tax Prep-Senior Ctr Real Estate Tax Due	Wellness Week Rec Spring Classes Begin Nutrition Month AARP Tax Prep- Senior Ctr
APRIL	MAY	JUNE
AARP Tax Prep- Senior Center Police Autism Awareness Month Patch FYS Fuel Assistance Program ends Annual Town Meeting	Walk to School Day Town Wide Clean-Up Mental Health Awareness Annual Backpack Drive Take It or Leave It Day Real Estate Tax Due Town Elections	Be Well Summer Kickoff Library Summer Reading Rec Summer Classes Begin Culture-Fest
JULY	AUGUST	SEPTEMBER
Senior Ctr Summer BBQ Library Summer Reading	Police National Night Out Sign up for Code RED Alerts Real Estate Tax Due	AppleFest Library Card Sign-up Month Rec Fall Classes Begin
OCTOBER	NOVEMBER	DECEMBER
Walk to School Day Library Haunted House Senior Ctr Trunk-or-Treat Police Breast Cancer Awareness Month Patch Making Seasons Bright Gift Card Drive Hazardous Waste Day	FYS Fuel Assistance Program begins Holiday Giving Program Senior Center Veteran's Day Luncheon Real Estate Tax Due	Rec Winter Classes Begin Town Holiday Events Police Gun Buy Back Program

Stay Informed

Sign up for Town of Northborough News & Announcements to receive regular updates on meetings, announcements, events, and more.  town.northborough.ma.us/subscribe

Town Department Newsletters


Recreation

Weekly e-newsletter with information on programs and classes for all ages.

 northboroughma.myrec.com

Fire Rescue & Emergency Management

Follow us on Facebook, X, or Instagram, or sign up for CodeRED emergency alerts.

 town.northborough.ma.us/fire-rescue-emergency-management

Library

Weekly e-newsletter with reminders about upcoming events for all ages, new services, and more.

 northboroughlibrary.org

Senior Center

Follow on Facebook for regular updates. A monthly print newsletter is automatically mailed to residents over the age of 65.

 town.northborough.ma.us/senior-center

School Updates (for Parents)

Join one or more community groups from the Public Schools of Northborough and Southborough.

 <http://bit.ly/nsboroschoolnews>

Community Events- Northborough Guide

Weekly e-newsletter with events and announcements from Northborough groups. Managed by the Northborough Library.

 northboroughguide.com





Additional Resources

FindHelp.org

For additional local resources providing things not listed in this guide such as baby supplies, clothing, home goods, information on workplace rights, etc., please visit **findhelp.org** and enter your zip code. Web site is available in multiple languages.

Learn More

To access trusted, authoritative information on medical, health, or wellness topics, visit the Health Resources page of the library's website at **www.northboroughlibrary.org**. Resources are accessible without a library card.

Northborough Free Library
34 Main St.
Northborough, MA 01532
508-393-5025





Northborough Free Library

Hours of Operation

Monday - Wednesday

9:30am - 8pm

Thursday - Saturday

9:30am - 5pm

