

Resource Guide for Residents in Need of Support

Fall 2024 | Rockland

Food resources

Rockland Emergency Food Pantry, 12 church street, Rockland, ma, united states, Massachusetts; 781-878-1078; rocklandemergencyfoodpantry.org; hours are Wednesdays 10:00am - 2:00pm & 3rd Wednesday of month 5:00pm - 7:00pm.

WIC is onsite every Wednesday from 9 am – 4pm at the Rockland memorial library (closed 1-2pm for lunch); phone: **508-747-4933**

Massachusetts Department of Transitional Assistance

The state agency responsible for administering public assistance programs for needy citizens.

<https://www.mass.gov/orgs/departments-of-transitional-assistance>

- Snap benefits: <https://www.mass.gov/snap-benefits-formerly-food-stamps>
- Healthy incentives program: <https://www.mass.gov/massachusetts-hip-gives-you-money-back-when-you-use-your-snap-benefits-to-buy-healthy-local-fruits-and-vegetables-from-hip-farm-vendors>
- Economic assistance (cash benefits, TAFDC/EAEDC): <https://www.mass.gov/economic-assistance-cash-benefits>

Transportation resources

BAT bus – <https://www.ridebat.com/flex/>

BAT Flex Rockland offers on-demand service in Rockland that is a door-to-door ride hail service at a significantly reduced cost.

- **FARES** – \$1.50 each time you ride. Pay through the app or set up a pre-funded account.
- **SERVICE HOURS** – BAT Flex Rockland will operate Monday through Saturday from 7:30 AM – 6:30 PM

Housing resources

State of Massachusetts - <https://www.mass.gov/info-details/how-to-apply-for-raft> or call mass 211 at (877) 211-6277

RAFT - <https://www.mass.gov/how-to/apply-for-raft-emergency-help-for-housing-costs>

Massachusetts coalition for the homeless - www.mahomeless.org

The state agency that works to address the broad economic and social issues that lead to homelessness.

Marisa@mahomeless.org, 781-595-7570 x15

Metro housing Boston - www.metrohousingboston.org or 1-800-272-0990

Plymouth Area Coalition for the Homeless -

Housing Navigator - <https://housingnavigatorma.org/>

Neighborworks Housing Solutions – Downpayment Assistance - <https://nhsmass.org/downpayment-assistance/>

Local non-profit organizations

Health imperatives - <https://healthimperatives.org/>

- Nutrition assistance, health services, young families & youth support, support for survivors of violence (including emergency shelter for survivors of domestic violence)
- 24/7 emergency hotline: <tel:1-508-588-8255>

South Shore Continuum of Care – <https://southshorecoc.org/>

South Shore Community Action Council - <https://www.sscac.org/emergency-services>

Father Bill's & Mainspring - <https://helpfbms.org/help/>

Neighborworks Housing Solutions - <https://nhsmass.org>

Veterans assistance

Contact **Rockland Director of Veterans' Services**, Timothy J White, MCPO(ret) at (781) 616-6808

- Schedule free transportation to/from medical, dental or vision appointments using Veterans' services wheelchair accessible van

Mass Hire South Shore Veterans Services - <https://masshiress.com/veteran-services/>

- James Russell, Email: jrussell@masshiress.com, Phone: 617-745-4007
- Ryan LaFrance, Email: rlafrance@masshiress.com, Phone: 617-745-4096

South Shore Veterans Assistance Inc. – Ramp installation, Scooters & Electric Wheelchairs, Clothing, Food Pantries

- Phone: (781) 261-1818; Email: info@WeAreSSVA.org

Rockland Veterans Group, Inc. – John Melvin at jrmford42@hotmail.com

Southeastern Massachusetts Veterans Coalition (SVC) - <https://harlequin-marla-59.tiiny.site/>

Energy assistance

Rockland Community Electricity Aggregation: <https://rockland-cea.com/>

Rockland Community Electricity Aggregation (CEA) is a program offered by the town of Rockland to provide new electricity supply options and more renewable energy to Rockland residents and businesses.

MASSCAP – Massachusetts Association for Community Action - <https://www.masscap.org/heatinghelpma/>

Home energy assistance program (HEAP) - <https://www.mass.gov/home-energy-assistance-programs>

Heating system repair & replacement program (HEARTWAP) - <https://www.mass.gov/info-details/heating-system-repair-replacement-program-heartwap>

Weatherization assistance program - <https://www.mass.gov/info-details/weatherization-assistance-program-wap>

[Job search](#)

Mass Hire South Shore - <https://masshiress.com/>

DTA pathways to work (employment & training) - <https://www.mass.gov/dta-pathways-to-work>