

The David and Joyce Milne Public Library:

Williamstown Resource Guide



This resource guide was developed by the David and Joyce Milne Public Library's (Social) Justice - Inclusion, Diversity, Equity, and Access (J-IDEA) Committee.

The library and committee commits itself to creating a library with a culture of belonging and strive to become a catalyst of social justice within our community.

To find more resources, visit 413cares.org. 413Cares connects people to organizations offering the needed services. Scan the QR code below to learn more!



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Library → Remedy Hall



Library Resources

Thingdom: Library of Things



The Thingdom is the library's lending library of things. These items help support the library's mission to provide a variety of information and materials to support curiosity, free inquiry, and life-long learning.

There are 12 categories in the Thingdom that you can explore:

1. Arts & Crafts	7. Miscellaneous
2. Board Games & Toys	8. Music
3. Experience Passes	9. Outdoor Recreation
4. Gardening	10. STEAM Kits
5. Health & Wellness	11. Technology
6. Kitchenware	12. Tools

If you are looking for an item, but it is too expensive to purchase, or you would only need to use it once, the Thingdom is a great place to check and see if you can borrow it for free.

Thingdom: Lending Guidelines

1. Thingdom loan periods vary by item however the majority of items circulate for one week.
2. There will be no renewals allowed for Thingdom items due to high demand.
3. Thingdom items can not be placed on hold.
4. Thingdom items will not be shared via delivery with other libraries. All items are borrowed from and returned directly to the Milne Public Library.
5. Thingdom items need to be returned to the Circulation Desk during the library's open hours. Some items may take 24-48 hours to check in from your account.
6. All items must be returned in the same condition as issued, barring normal wear and tear.
7. The patron agrees to pay for the loss or theft of or damage to any item and further agrees to accept the library's assessment of condition and assessment of fair restitution for damage, dirtiness, delinquency, and/or loss of items in part or in total. This restitution amount could equal up to the full replacement cost of the item.
8. The library reserves the right to refuse the loan of any item at its discretion.

! Please Note:

You must have a library card to check out items from the Thingdom. Cards can belong to any libraries within the CWMars system. To know if your card is eligible, visit cwmars.org/libraries. You can sign up for a David and Joyce Milne Public Library card at milnelibrary.org/library-card

Community Cupboard

Our Community Cupboard is a barrier free, food resource for our library patrons who are experiencing food insecurity.

As a barrier free resource, we do not ask for financial status to determine one's need. Instead, patrons have the freedom dictate their needs.

Located at the front of the library where one of Remedy Hall's satellite locations are lives our Community Cupboard. Items include:

- 1. Protein**
- 2. Grains**
- 3. Fruits**
- 4. Vegetables**
- 5. Snacks**

★ Be sure to take a look at our Kitchenware Thingdom items and library cookbooks to make a home cooked meal for free!

It is important to note that this pantry is not a substitute for existing local resources. If you have a larger need, please refer to the "Food Pantry" section of this guide.



Hours of Operation

-  Tuesdays
5:00 p.m. – 8:00 p.m.
-  Saturdays
10:00 a.m. – 4:00 p.m.

Technology

Here at the David and Joyce Milne Public Library, we offer a variety of options to suite all your tech needs.

Printing and Copying



The library has a printer available for public use, situated next to the public computers near the Reference Desk. The printer is capable of printing in both black & white and color.

Black and white printouts cost \$0.10 per sheet.

Color printouts cost \$0.20 per sheet.

You can also send documents to our printer from your phone, tablet or PC.

If you need to make any black and white or colored copies of a document, we have a copier available for public use at the back of the library, opposite the public computers.

Copies are free with a cap of 50 copies for black/white and 25 copies for colored.

Computers and Headphones



Public computer access is available. There are three desktops found near the printer and copying machine. These may be used for two hours at a time. If you do not have a library card, you can sign up for one or use a guest pass that allows you to access the computer for an hour.

Chromebooks for in-house use can be found at the front of the library near the Circulation Desk and headphones can be requested if you need to listen to audio.

Wi Fi and Hotspots

Wi-Fi is available and free to use at the library.

You can borrow the internet from the library by checking out one of our Wi-Fi hotspots!



With a hotspot, you can connect to Wi-Fi using your personal devices wherever T-Mobile has coverage.

Hotspots are available at the front desk of the library.

- You need a library card to be able to borrow a hotspot.
- You must be at least 17 years old to borrow a hotspot.
- Hotspots can be checked out for two weeks.
- Hotspots cannot be placed on hold. Please come in and ask at the front desk if you would like to borrow one.
- There are no late fees, but Wi-Fi connections will be terminated once a hotspot is overdue.
- The fine for loss or damage is \$80.
- Filtering is turned on by default. You can request that filtering is turned off when you check out a hotspot. The library will not ask for a reason.
- Please return hotspots to the front desk of the library, not the drop box by the door.

Thingdom Technology

Why buy new technology when you can borrow?

As mentioned in our Thingdom section of this guide, our library of things contain technology that



you can check out for free. Items include a tripod, Bluetooth speaker, DVD player, CD player, and more.

Be sure to review our Thingdom lending guidelines for checking out these items.

Meeting Rooms

The Library offers several rooms that are available to the public for personal, educational, civic, and cultural activities.

There are two ways that you can reserve a room:



By Room



By Day

Some information to keep in mind when booking a meeting room:

- Meeting facilities of the library are available on a first-come, first-served basis, provided that such meetings do not conflict with library-sponsored programs.
- Because library rooms are in demand, advanced reservations are encouraged.
- A responsible adult member of the group needs to fill out the application.
- Finally not all requests can be granted. You will receive a notification when your request is approved.

If you need help reserving a room, library staff would be happy to help!

Be sure to also review our Meeting Room policy at
milnelibrary.org/library-policies

You can reserve a room by visiting:
milne.librarycalendar.com/reserve-room

Scan to Reserve
a Room



Seed Library

Our library offers a free seed library during the growing months (March - October).

Seed libraries are dedicated to supporting communities to steward their seeds and our connection to each other and the food that nurtures us.

The intentions of seed libraries are:

- increase access to locally grown food
- social justice
- local resilience
- food security
- seed sovereignty
- preserve stories and culture
- promote seed saving
- community building
- preserve and increase genetic diversity
- pro-active response to climate change
- desire to strengthen genetically honest seed

In addition to a seed library, our library has garden beds that grow fruits, vegetables, and herbs for patrons to take.

Garden beds are located in the library's courtyard where the gazebo is located.



Remedy Hall

Remedy Hall is a community supported mutual aid center in Williamstown, MA providing those experiencing hardship with non-food, basic life necessities free of charge.

The David and Joyce Milne Public Library is happy to be a satellite location for Remedy Hall.

There are two locations within our library that you can find items free of charge; upfront by our water fountain and in our Teen Room.

Remedy Hall is located at 620 Main Street in Williamstown, MA, two doors west of Ace/Aubuchon Hardware. Parking and accessible entrance is in the back.

They ask that patrons make appointments. Their hours are Monday through Friday 1 to 4pm.



620 Main Street
Williamstown, MA 01267



(413) 884 - 3051



www.remedyhall.org
remedyhallinc@gmail.com



Community Resources

Youth Resources

Williamstown Youth Center

The Williamstown Youth Center is a non-profit corporation located in Williamstown, Massachusetts, dedicated to providing quality recreational programs and activities for youths in grades 1-12.

Their mission is to nurture the recreational, social, and emotional well-being of youth in Williamstown and its surrounding communities through quality programs for all.

They accomplish this in a safe and enjoyable environment led by positive role models who provide and adapt programs and activities based on the needs of the community.

Programs include:



FEMPOWER: Connects Williams College female-identifying student-athletes with 4th-6th grade female students in Williamstown to explore topics related to health, nutrition, and wellness while creating bonds and allowing for a great mentorship opportunity. The program is designed to give young girls the skills, knowledge, and confidence to lead healthy lifestyles and to have fun learning to run a 5k while doing so.



Youth Camps: 4 Days (weekly rate or daily rate available) at the Youth Center 8-5:30 PM April 22nd - 25th. Enrollment is open to first through eighth graders.



Sports: The Youth Center offers a variety of sports like soccer, swimming and diving lessons, basketball, skiing and snowboarding, lacrosse, & track and field.



Arts and Theatre: The Youth Center's arts programming fosters creative growth through innovative instruction in dedicated spaces. In addition to daily, on-site visual art instruction in their After School Program, they offer dance classes and space for young musicians, writers, dramatists, and others to share their work and develop skills in a supportive and constructive environment.

Family Open Art Studio takes place in the WYC's large and fully stocked art room. Make use of serve-yourself art supplies, weekly themes and projects, and guidance from their art educator. A \$5 donation appreciated and all are welcome. Stay tuned for more information about when this program will resume.

Scholarships: The Youth Center is committed to making their programs and services available to all area families. For this reason, they provide need-based scholarships so that any child can afford to participate. Please contact Michael Williams at mike@williamstownyouthcenter.org to apply.

The Youth Center is open from 8:00 am to 5:30 pm, Tuesday through Friday during February and April vacations. Join us for four days of on-site activities, indoor and outdoor play, and art activities. Please pack a lunch and two snacks for your child.



66 School Street
Williamstown, MA 01267



(413) 458 - 5925



williamstownyouthcenter.org

Roots Teen Center

The ROOTS Teen Center is a welcoming and empowering space for young people ages 13-19 in Northern Berkshire County. They strive to be a place where teens are heard, encouraged, and given opportunities to grow.

Through youth-driven programs and a supportive environment, ROOTS aims to help young people develop their voices, build confidence, and prepare for the future

Programs include:



Health & Wellness: Their health and wellness programs promote physical and mental well-being by engaging youth in community gardening and recreational activities like cooking classes, gardening, outdoor sports, hiking, and CPR / first aid training.



Job Skills & Mentoring: During drop-in hours, dedicated mentoring staff and volunteers provide guidance and support to youth, fostering personal growth and confidence. Their internship program provides hands-on experience to help youth develop essential job skills and build a strong work ethic.



Artistic Expression: Their Art Programs encourage youth to explore their creativity through visual arts, music, and performance. Participants work alongside experienced artists, developing their skills while finding unique ways to express their ideas and emotions.



Leadership Development: The Youth Board empowers young leaders to take an active role in shaping their community by providing a platform for their voices and ideas.

ROOTS Teen Center provides an inclusive, diverse, equitable, and accessible space where all board members, employees, volunteers, and young people, whatever their gender, race, ethnicity, national origin, age, sexual orientation, economic status, identity, education, or disability, feels valued and respected. They are committed to a nondiscriminatory approach and provide equal opportunity for employment and advancement of their programs and activities. They respect and value diverse life experiences and heritages, and ensure that all voices are heard and valued.



51 Ashland Street
North Adams, MA 01247



(413) 203 - 9744



info@rootsteencenter.org

Elderly Resources

Williamstown Council on Aging

Established in 1966, the Williamstown Council on Aging has been providing quality service to the community for over 50 years.

Their mission is to provide advocacy, outreach, and responsive programming to maintain and improve the well-being of Williamstown's senior population.

They offer diverse, inclusive programs that promote dignity, encourage activity, and community involvement.

Programs include:

- Oil painting classes
- Blood pressure clinics
- Tai Chi & exercise classes
- Yoga & balance classes
- Intergenerational activities
- Health benefit counselling
- Transportation by COA van
- Seasonal tax assistance
- Health screenings
- Foot care clinics

 The Harper Center

118 Church Street
Williamstown, MA 01267



(413) 458 - 8250



facebook.com/WilliamstownCOA

Elder Services of Berkshire County

Elder Services of Berkshire County, Inc. provides Berkshire elders, caregivers, and individuals with disabilities the opportunity to live with dignity, independence, and self-determination, and to achieve the highest possible quality of life.

Elder Services practices nondiscrimination in employment practices and service delivery. Embracing diversity, their in-home and community-based services are available to all without regard to race, ethnicity, language, religion, gender, sexual orientation, or lifestyle.

Programs include:

- Community Transition Liaison Program
- Behavioral Health Outreach for Aging Populations
- Enhanced Housing Programs
- In-Home Support

- Information & Referral
- Long Term Care Ombudsman Program
- MA Family Caregiver Support Program
- Money Management
- Nutrition Programs
- Options Counseling
- Volunteer Programs

 73 South Street
Pittsfield, MA 01201

 (413) 499 - 0524

 www.esbci.org

Pop Cares

Pop Cares is the only non-profit organization helping local cancer patients in the Northern Berkshire and bordering Southern Vermont towns.

It is the mission of Pop Cares Inc. to ensure that every person fighting cancer and their caregiver in our local community has the opportunity to benefit from that same level of support.

Support includes:

- Gift certificates or checks
- Small acts of kindness and support through cards and flowers.

 (413) 281 - 1094

 www.popcares.org

Showers and Laundry

Service Net

Service Net provides year-round shelters for homeless adults. Guests are able to work on their job and housing searches, begin a new job, and connect with needed rehabilitative, medical, and other services.

Guests at the shelters also receive:

- Meals
- Showers
- Toiletries
- Clothing
- Connection to case management & support services

All guests must commit to remaining drug and alcohol-free throughout their stay. During your time at the shelter, you must share in cooking, cleaning, and other household tasks.



141 North Street
Pittsfield, MA 01201



(413) 320 - 6550

Laundry Love

Laundry Love is a neighboring movement that partners with groups, schools and local laundromats to wash the clothes and bedding of low-income and/or no-income neighbors.

Laundry Love hosts 3.5 hour events at local laundromats and services are on a first come, first serve basis. Neighbors will be responsible for their clothing at all times and may not leave the premises during these events. Quarters, dryer sheets and soap are provided.

Each individual can wash 2 loads and each family can wash 5 loads (a family is defined as a parent/parents with children). A heaping laundry basket is about 2 loads of laundry.

Load size will be determined by the Laundry Love coordinators. You are encouraged to bring your bedding which will not be included in the load limits.

Please call Laurie at the North Street Coin-Op Laundry to make an appointment.

 320 North Street
Pittsfield, MA 01201

 (413) 443 - 4646

Housing Resources

Upside413

The mission of Upside413 is to develop opportunities that will assist Berkshire County households in securing the skills, knowledge, and resources necessary to achieve self-sufficiency and household stability.

Programs include:

Berkshire Consumer Services Program (BCSP): BCSP offers free and voluntary phone-based mediation and counseling services to consumers who have filed complaints regarding issues they have experienced with businesses.

The Dispute Resolution Center: Provides community-based and court-connected dispute resolution services to Berkshire County residents.

Foreclosure Prevention Counseling: Offers comprehensive Foreclosure Prevention Counseling to distressed homeowners in Berkshire County.

Homeless and Unaccompanied Youth Program: Supports individuals aged 18-24 in Berkshire County who are at risk of or experiencing homelessness.

Housing and Legal Counseling: Offers comprehensive Housing and Legal Counseling services to tenants, homeowners, and rental property owners throughout Berkshire County.

Affordable Housing Programs: Funded through HUD, the SRO (single room occupancy) is subsidized housing and follows section 8 guidelines for rent (roughly 30% of income).

Housing Search Resources & Homelessness Diversion Services: Dedicated to assisting individuals and families in Berkshire County who are homeless or at risk of becoming homeless.

Real Estate Dispute Resolution: UpSide413 oversees the Dispute Resolution System (DRS), endorsed by the Berkshire County Board of REALTORS®, to settle real estate disagreements among buyers, sellers, and/or brokers. Please note that there is a fee associated with this service.

Supportive Services for Veteran Families (SSVF): The outreach program aims to assist veterans and their families before they become homeless in New York State, New Jersey, Pennsylvania and Western Massachusetts.

Tenancy Preservation Program (TPP): A homelessness prevention program. TPP works with individuals and families with disabilities that are facing eviction as a result of behaviors related to a disability.

 1 Fenn Street, 4th Floor
Pittsfield, MA 01201

 (413) 443 - 7138



www.upside413.org

Williamstown Housing Authority

The mission of the Williamstown Housing Authority is to provide decent, safe, and affordable housing opportunities for low income families, elderly, and handicapped or disabled persons.

Programs include:

Section 8 Housing Choice Vouchers (HCV): Federally funded vouchers for very low income people. The family finds the unit that must meet eligibility standards. Rent is based on the tenant's income, which must be within the HUD income limits. Tenants pay a minimum of 30% of their income for rent.

Elderly/Handicapped Housing: 30 units of state-funded housing. All units are one bedroom. Applicants must be 60 years of age or handicapped, and meet income eligibility guidelines. Tenants pay 30% of their income for rent, which includes heat, electricity, and water & sewer. Eligible and qualified applicants are selected in chronological order by date of application.

Family Housing: 8 units of state-funded family housing. There are 2,3,& 4 bedroom units. Applicants must meet income eligibility guidelines and pay 27% of their income for rent, which includes water & sewer. Tenants pay their own heat and electricity. Applicants are selected in chronological order by date of application.

Mass. Rental Voucher Program (MRVP): 16 project based state-funded units. Tenants are selected by the landlord and screened by the WHA. Applicants must meet income eligibility guidelines. Tenants pay 35% of their income for rent.

Special Need Housing: 8 units of state-funded housing for special need residents. Residents are referred to the house by the Department of Mental Health. The WHA does not select residents for this program. The home is staffed 24 hours a day, 7 days a week.

 35 Adams Rd # 1
Williamstown, MA 01267

 (413) 458 - 8282

 www.williamstownha.com

Central Berkshire Habitat for Humanity

Central Berkshire Habitat for Humanity builds strength, stability and self-reliance through shelter.

Programs include:

Emergency Relief Fund: This fund is provided by the Berkshire Taconic Foundation to offer emergency assistance to households struggling to make ends meet.

Neighborhood Revitalization: Driven to improve the quality of life in local neighborhoods Habitat empowers residents to lead projects they want to see.

Volunteer Income Tax Assistance: IRS-certified volunteers provide free, one-on-one tax return preparation with fast, electronic filing.

Financial Tools: Take control of your money and understand the hidden rules of finance. Habitat offers a free course with guest speakers from local banking institutions.

Home Preservation: They offer home repair services to qualifying homeowners so they can continue to live in safe, decent homes for years to come.

 (413) 442 - 3181

 www.berkshirehabitat.org

Hearthway

Through collaboration and innovation, Hearthway's mission is to find housing solutions for all people across the communities of Berkshire County.

Programs include:

Rent or Mortgage Assistance: Whether you need assistance to catch up with your rent, mortgage or have been served with an eviction or foreclosure notice, their team of professionals is here to help. They provide assistance with applying for programs that can help you pay your rent or mortgage.

Housing Search: With properties located throughout the Berkshires, they can help you apply for our properties today. They also have links for apartment searches online.

Housing Services: Their housing counselors can help you navigate through issues that could threaten your tenancy such as landlord and neighbor disputes, code violations, tenant and landlord rights.

 One Fenn Street, 3rd Floor
Pittsfield, MA 01201

 (413) 499 - 1630

 www.hearthway.org

Food Pantries

Williamstown Food Pantry

The Williamstown Food Pantry serves residents in need. They are open on the first and third Wednesdays of the month from 9 a.m. - 12 p.m.

 53 Southworth St, Williamstown, MA 01267

 (413) 458 - 4946

 www.facebook.com/williamstownfoodpantry

Community Bible Church Pantry

You must be a resident of Massachusetts. They are open on the third Wednesday of the month from 12 p.m. - 2 p.m.

 160 Bridges Rd. Williamstown, MA 01267

 (413) 458 - 5556

 www.cbcwilliamstown.org

Al Nelson Friendship Center

An all-volunteer group with the goal of providing a safety net to those in need. They are open Wednesdays 10 a.m. - 12 p.m. for in-person needs. Offers delivery: call (413) 664-0123 during Wednesday hours for Thursday delivery (specify cans or no cans).

 45 Eagle St, North Adams, MA 01247

 (413) 664 - 0123

 www.friendshipfoodpantry.org

Berkshire Food Project

The Berkshire Food Project is a no cost, no questions asked meal site at the First Congregational Church in North Adams, MA. Serves lunch weekdays, 11:30 a.m. - 1 p.m.

 134 Main Street, North Adams, MA 01247

 (413) 664 - 7378

 www.berkshirefoodproject.org

Transportation

Bicycles

Mohawk Trail Multi-Use Path: The path runs parallel to the Hoosic River, and several miles from Syndicate Road to the end of the Spruces on Route 2. You can park on either end of the path. The trail is mostly paved, but consists of a rougher gravel path as you get closer to the Spruces.

Berkshire Bike Path: The Berkshire Bike Path is envisioned as a centralized shared use path "spine" that travels north to south through Berkshire County through the communities of:

- Williamstown
- North Adams
- Adams
- Cheshire
- Lanesborough
- Pittsfield
- Lenox
- Lee
- Stockbridge
- Great Barrington
- Sheffield

By staying close to the center of the county, the path will be able to avoid relatively steep terrain and ensure that people of all ages and abilities can use it.

Rights and rules for cyclists in Massachusetts: The statewide organization, MassBike, outlines the rules that cyclists and motorists in the state must follow, in addition to cyclists' rights. The rules were updated in 2023, so it's worth taking a look at.

Buses

(For travel within Berkshire County)

Berkshire Regional Transit Authority (BRTA): Route 3 serves Williamstown. From North Adams, multiple other lines/routes are available as well.

Paper schedules are at the library, but please note the most up-to-date schedules are on the BRTA website. From Williamstown, tickets must be purchased with cash on the bus, or you can purchase a "Charlie Card" and other various passes in advance.

(For traveling to and around Bennington County, Vermont)

Green Mountain Express: The purple line stops in Williamstown four times a day, Monday-Friday. Paper schedules are available at the library as well as on the Green Mountain Express website. Tickets can be purchased with cash, or by using the Transit app on a smartphone.

(For travel to major cities and airports)

Peter Pan: The Peter Pan bus can take you to destinations all over Massachusetts, in addition to several major cities out-of-state. Peter Pan only stops in Williamstown on the weekends. From Williamstown, tickets must be purchased online in advance, or with cash on the bus (no change is provided). Schedules are only available online. Please note that fares out of Pittsfield tend to be substantially lower.

Car Parking

There are a number of public parking options in Williamstown. The most central parking lot to many Williamstown amenities is located at the bottom of Spring Street.

Car Rentals

There are no longer car rental options in North Adams or Williamstown. Multiple national rental companies have offices in Pittsfield, Bennington, and/or Albany, and may deliver a car to Williamstown for a fee.

Taxis

(Serving Northern Berkshire County)

RJ's Taxi: RJ's only has a Facebook page online. Call (413) 346 - 4907 to schedule a ride. Might be the most dependable and economical taxi service in this area!

Norm's Limo: Norm's only has a Facebook page online. Call (413) 663 - 8300 to schedule a ride. Highly dependable!

Transport the People: Luxury shuttle service in the Berkshires, you can visit their website at www.ttplimos.com or call them at (800) 639 - 9605 or (413) 443 - 7111.

(Ride-sharing services in Western Massachusetts)

Lyft or Uber: Both services require the use of their apps on a smartphone. At this time, Uber is available some of the time for rides to and from Williamstown. However, rides with Lyft and Uber out of Williamstown are not always available since no drivers are based here.

Trains

Amtrak: Amtrak provides service out of Albany to New York City, Buffalo, NY, Montreal and Boston, MA. Out of Pittsfield, Amtrak goes east to Boston. If the Berkshires is your destination between here and New York City, you can take the Berkshire Flyer from (and back to) the Moynihan Train Hall at Penn Station in NYC on weekends during the summer.

Metropolitan Transportation Authority (MTA): If you can get to Wassaic, NY, the MTA takes less than three hours to get to New York City from there, and is usually more economical than Amtrak.

Health Resources

Williamstown Medical

A rural Health Clinic of Fairview Hospital. Discussions surrounding it offering an urgent care at the time of publication.

 197 Adams Road
Williamstown, MA 01267

 (413) 458 - 8182
 www.berkshirehealthsystems.org

The Brien Center

The Brien Center's mission is to provide high quality, comprehensive behavioral health services to Berkshire residents through community-based services that promote the highest possible degree of recovery, independence, and quality of life of those served.

Programs include:

Williamstown

- Community-based Housing and Outreach Services

North Adams

- Acute Care Services
- Adult Day Health Program
- Adult and Family Services
- Child and Adolescent Services
- Community Services
- Psychiatric Services
- Outreach Services
 - Addiction and 12-Step Programs

 124 American Legion Dr, North Adams, MA 01247

 (413) 499 - 0412

 www.briencenter.org

24-Hour Crisis Hotline

(800) 252 - 0227

Massachusetts Behavioral Health Help Line

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages.
- Deaf or hard of hearing? Contact MassRelay at 711, or use your video relay or caption provider of choice.

The BHHL is for everyone, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English.

How the Help Line Works:

1. Call, text, or chat for real-time clinical assessment, 24 hours a day, 365 days a year.
2. You'll talk with a trained staff member who will assist you in accessing the treatment or support that meets your individual needs.
3. Connect with qualified professionals for mental health assessments, crisis services, substance use treatment, referrals and more, with options in your own community. Staff will remain on the line with you until you are connected to your next step.
4. Every call, text, or chat conversation includes clinical follow up to ensure your needs are met.

Common Reasons to Seek Help Include:

1. Having trouble sleeping or sleeping all the time
2. Feeling anxious or worried more often than usual
3. Alcohol or drug use
4. Feeling trapped or hopeless
5. Acting recklessly or engaging in unsafe activities
6. Feeling very angry or looking for revenge
7. Talking or thinking about harming or killing yourself or others

 (833) 773 - 2445 **Speak to a trained clinician**

 988 **Emotional distress or thoughts of suicide**

 www.mass.gov/CBHCs
Want help now and need to be seen in person

The Elizabeth Freeman Center

Elizabeth Freeman Center offers hope, help, and healing to all experiencing or affected by domestic and sexual violence through free, accessible, and confidential services in Berkshire County. They work to end the cycle of violence through community mobilization, advocacy, and education.

Services include:

- Emergency services including safe phones, food, transportation and shelter
- Safety planning what to do in case of emergency for whether you stay in or leave your home
- Help getting a protection order
- Information for yourself or someone you know
- Counseling and support
- Advocacy including on money and housing issues
- Specialized support for immigrant, LGBTQ, and child survivors

Their offices in Pittsfield, North Adams, and Great Barrington are open to help with emergencies. Their staff can meet people in safe locations almost anywhere in Berkshire County.

North County Office



61 Main Street, Suite 202
North Adams, MA 01247



(413) 663 - 7459



Office Hours: Mondays - Friday, 9 a.m. - 5 p.m.

Pittsfield Office



66 Allen Street, Pittsfield, MA 01201



(413) 499 - 2425



Office Hours: Mondays - Friday, 9 a.m. - 5 p.m.

South County Office



168 Main Street, Suite 4, Great Barrington, MA 01230



(413) 429 - 8190



Office Hours: Mondays - Friday, 9 a.m. - 5 p.m.

**(Suite 4 is in the back of the H&R Block building)*



www.elizabethfreemancenter.org

*For non-urgent matters, contact by email:
info@elizabethfreemancenter.org*

Common Collab

The Commonwealth Collaborative is dedicated to providing comprehensive, compassionate and individualized treatment for substance use disorder in an outpatient setting.

Founded on a commitment to help those seeking freedom from drug and alcohol addiction, Commonwealth Collaborative helps participants build the skills and lifestyle necessary for long term recovery.

Rehab services include:

- Alcohol
- Cannabis
- Cocaine
- Meth
- Opiodes

 405 Stockbridge Road
Great Barrington, MA 01230

 (413) 216 - 9082

 www.commoncollab.com

Parks & Venues

Linear Park

 556 Main St, Williamstown, MA 01267

Amenities: Fenced-in playground, swings, handicap accessible swings, climbers, play truck, swinging bench, shady picnic area with grills, trash cans, access to the river

Broad Brook Park

 Harrison Avenue, Williamstown, MA

Amenities: slide, swings, picnic tables, a baseball diamond, basketball hoops, shade, and more in a quiet neighborhood.

To get there, turn north onto White Oaks Road, then left onto Harrison Street. The playground will be visible just beyond Broad Brook Studios building.

Williamstown Fitness Court

 27 Stetson Road, Williamstown, MA 01267

The Fitness Court® is designed for adults of all ages, abilities and fitness levels. The Fitness Court® is free to use, fully accessible

Additional Resources

Town of Williamstown

 31 North Street, Williamstown, MA 01267

 (413) 458 - 3500

 www.williamstownma.gov

Williamstown Police Department

 825 Simonds Road, Williamstown, MA 01267

 (413) 458 - 5733

 www.williamstownpolice.com

Williamstown Fire Department

 34 Water Street, Williamstown, Ma 01267

 (413) 458 - 8113

 www.williamstownfiredept.org

The Fire Department is building a new station at the time of this document being developed. The new station will be next to Aubuchon Hardware at 600 Main Street.

Child Care of the Berkshires

The mission of Child Care of the Berkshires, Inc. is to strengthen families through high quality child care, education, support services and advocacy.

 210 State Street, North Adams, MA 01247

 (413) 663 - 6593

 www.ccberkshire.org

Northern Berkshire Community Coalition

The mission of the Coalition is to empower the Northern Berkshire region to enhance the quality of life through their efforts at connecting, convening, and supporting all facets of the community.

 61 Main Street, Suite 218, North Adams, MA 01247

 (413) 663 - 7588

 www.nbccoaltion.org



1095 Main Street
Williamstown, MA 01267



(413) 458-5369



www.milnelibrary.org
milnelibrary@williamstownma.gov