Tough economic times may mean that some students find themselves hungry and/or homeless.

Help is available!
This brochure was created to help students access the campus and community resources that are available to assist with food, housing, and related needs.

At Framingham State University, we recognize that student success and well-being are impacted by challenges and stressors that often occur outside of the classroom. To support students who are facing temporary or chronic homelessness and/or difficulty affording food, we have established a Single Point of Contact (SPOC) staff person to assist students with navigating campus and local resources.

If you or someone you know needs help, please contact Michelle Yestrepsky at 508-626-4596, myestrepsky@framingham.edu, or stop by the Dean of Students Office. The Dean of Students Office is located on the 5th floor of the McCarthy Center in suite 504.
Community Food Resources

Food Pantries may require proof of residency, a photo ID, proof of income, and a referral. The Dean of Students Office can provide referrals to select pantries. Please call or visit each organization's website to confirm hours of operation.

A Place to Turn Food Pantry
99 Hartford Street, Natick, MA 01760
Phone: 508-655-8868
Monday, Tuesday, and Thursday 9:30 a.m. - 12:30 p.m.
Wednesday 11 a.m. - 12:30 p.m. and 5 - 7 p.m. (Referral required)
www.aplacetoturn-natick.org

Hope Worldwide Framingham Food Pantry
214 Concord Street, Framingham, MA 01721
Email: administrators@hopefoodpantry.org
Phone: 508-848-2400
Saturdays, and the first and third Wed. each month 9 a.m. - 12 p.m.
www.hopefoodpantry.org

Marlborough Community Cupboard Food Pantry
255 Main Street, Marlborough, MA 01752
Phone: 888-811-3291 x4902
Monday and Friday 9 a.m. - 1 p.m.
Wednesday 9 a.m. - 1 p.m. and 5 - 7 p.m.
www.uwotc.org/MCC

Pearl Street Cupboard and Café at Park
46 Park Street, Framingham, MA 01702
Phone: 508-370-4921
Pantry Hours: Monday and Friday 9 a.m. - 1 p.m.
Wednesday 9 a.m. - 1 p.m. and 5 - 7 p.m.
Café Hours: NOW SERVING Monday-Friday 5:30 - 7 p.m.
www.uwotc.org/Pearl

St. Bridget’s Food Pantry
15 Wheeler Avenue, Framingham, MA 01702
Phone: 508-875-5959
Monday, Wednesday, and Friday 11:30 a.m. - 12:30 p.m.

The Executive Office of Health and Human Services Food and Nutrition Programs
These programs provide access to free and low cost food for those who meet eligibility requirements:
www.mass.gov/eohhs/consumer/basic-needs/food
Community Housing Resources

Requirements and restrictions vary with each shelter. Please call to confirm.

DOMESTIC VIOLENCE SHELTER
Voices Against Violence

Administrative Offices
7 Bishop Street, Framingham, MA 01702
Phone: 508-626-8866 (24 Hour Hotline, TTY-friendly)
800-593-1125 (24 Hour Hotline)
Services: Confidential short term emergency shelter, counseling and support groups, information and referrals, medical, legal and criminal justice advocacy.
www.smoc.org/voices-against-violence.php

FOR FAMILIES
Department of Transitional Assistance (DTA)
300 Howard Street, Framingham, MA 01702
Phone: 508-661-6600
24-Hour Hotline: 1-877-382-2363
Services: The DTA provides emergency shelter referrals for eligible families. Please visit the websites below for additional office locations and eligibility information.
www.mass.gov/eohhs/gov/departments/DTA
www.mass.gov/hed/housing/stabilization/emergency-aid.html

Family Promise Metrowest
P.O. Box 847, Natick, MA 01760
Phone: 508-318-4820
Eligibility: All families with at least one child under the age of 18 who are without a home are eligible to join the program. Sobriety is required and a background check will be conducted.
Services: Case management and non-emergency shelter are offered.
www.familypromisemetrowest.org

FOR INDIVIDUALS
Common Ground Resource Center
SMOC: South Middlesex Opportunity Council
7 Bishop Street, Framingham, MA 01702
Phone: 508-620-2690
Eligibility: Single adults over the age of 18 with a Framingham State University ID
Services: A multidisciplinary team matches eligible individuals with housing, case management, and other services.
www.smoc.org/common-ground-resource-center.php

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FOR INDIVIDUALS (CONTINUED)

Emergency Shelter in Massachusetts for Individuals

Please visit the website below for the Department of Housing and Community Development’s list of emergency shelters for individuals in Massachusetts.

www.mass.gov/hed/economic/eohed/dhcd

RENTAL ASSISTANCE PROGRAMS

Services: There are a variety of rental assistance programs available for both individuals and families. Please visit the website below for more information.

www.mass.gov/hed/housing/rental-assistance

Additional Assistance in Massachusetts

Massachusetts 211

Are you unsure of where to go for help? Dial 2-1-1 or visit the website below to get connected with a variety of vital resources in your community 24 hours per day, 7 days per week. All calls are confidential.

Toll-free 1-877-211-MASS (6277)
508-370-4890 TTY

www.mass211.org
SAFETY
University Police
About: The Framingham State University Police Department has primary responsibility for safety, security and the upholding of all laws of the Commonwealth on campus.
Phone: 508-626-4911
www.framingham.edu/student-life/university-police

FINANCIAL
The Financial Aid Office
About: The Financial Aid Office at Framingham State University assists matriculated students and their families in meeting the costs of an FSU education.
Email: financialaid@framingham.edu
Phone: 508-626-4534
www.framingham.edu/admissions-and-aid/financial-aid

Student Accounts Office
About: The Student Accounts Office manages the billing of tuition, fees, housing, meal plans, mandatory fees, general deposits, and other miscellaneous charges on a student’s account. The Student Accounts Office also handles the collection of payments from students and processes student refunds.
Email: studentaccounts@framingham.edu
Phone: 508-626-4514
www.framingham.edu/admissions-and-aid/student-accounts

HEALTH AND WELLNESS
Counseling Center
About: The staff at the Counseling Center are a group of highly qualified and dedicated mental health practitioners and support staff who strive to provide effective and compassionate mental health care to any matriculated undergraduate or graduate student.
Phone: 508-626-4640
www.framingham.edu/student-life/counseling-center

Health Center
About: The Health Center at Framingham State University provides acute and primary care services by a staff of board certified nurse practitioners. All students regardless of insurance can receive care at the Health Center.
Phone: 508-626-4900
www.framingham.edu/student-life/health-center
Campus Resources

STUDENT AFFAIRS
Career Services and Employer Relations
About: Our office provides a welcoming and supportive environment to assist students and alumni with important career needs. We offer assistance in finding a good career fit for your unique values, skills, interests, and personality through career exploration assessments, career counseling, resume and cover letter development, interview preparation, and job/internship search techniques. RamTrack is a great resource to search for internships as well as part time, full time, work-study and childcare jobs. Please visit our website for more information.
Email: careerservices@framingham.edu
Phone: 508-626-4625
www.framingham.edu/the-fsu-difference/career-services/

Dean of Students Office
About: The Dean of Students Office works to support student success, through multiple efforts including: connecting students with campus and community resources, providing opportunities for students to obtain free financial and legal counseling, and assisting with absence notification when students miss three or more consecutive days of classes and provide documentation.
Phone: 508-626-4596
www.framingham.edu/student-life/student-affairs

Dining Services
About: Our mission is to create exceptional customer experiences through outstanding food and service.
Email: dining@framingham.edu
Phone: 508-626-4602
https://framingham.sodexomyway.com

Residence Life
About: The mission of the Office of Residence Life is to create and maintain a caring and disciplined residence hall community that supports learning and student success.
Email: residencelife@framingham.edu
Phone: 508-626-4636
www.framingham.edu/student-life/residence-life

Veteran Services
About: Framingham State University recognizes the unique need of service members and returning veterans. The Office of Veterans Services provides assistance and support to promote a smooth transition from the military to the academic environment, including processing all veteran benefits. Be sure to contact The Office of Veterans Services if you want to use your veteran benefits.
Email: veterans@framingham.edu
Phone: 508-626-4632
www.framingham.edu/student-life/veteran-services/
Campus Resources

ACADEMICS

Advising Center
About: The Advising Center helps students plan their academic careers, from course selection to graduation requirements. The Center can also assist with decisions involving choosing or changing majors, and with strategies for remaining in good academic standing.
Email: advising@framingham.edu
Phone: 508-626-4540
www.framingham.edu/academics/advising/index

Center for Academic Success and Achievement (CASA)
About: CASA coordinates various free tutoring and support services for all current undergraduate and graduate students. CASA also serves students with learning and psychiatric disabilities as well as students with visual, mobility and hearing impairments.
Email: lbridges@framingham.edu
LaDonna Bridges, Associate Dean of Academic Success
Phone: 508-626-4509
www.framingham.edu/academics/center-for-academic-success-and-achievement/index

ACCESS AND ENGAGEMENT

Center for Inclusive Excellence (CIE)
About: The CIE at Framingham State University is a learning community committed to equity, social justice, and making excellence inclusive. As a guiding principle, Inclusive Excellence is a collective commitment, meant to include and engage the rich diversity of students, staff, faculty, administrators, alumni and community constituents.
Email: cwashington@framingham.edu
Chontel Washington, Director of the Center for Inclusive Excellence
www.framingham.edu/the-fsu-difference/centers-and-institutes/center-for-inclusive-excellence

MetroWest College Planning Center (CPC)
About: The mission of the CPC is to provide the necessary outreach, training, mentoring and advising to connect with youth and nontraditional adult learners in the region and guide them on their desired educational pathway to higher education.
Email: MetrowestCPC@gmail.com
Phone: 508-215-5600
www.framingham.edu/the-fsu-difference/inclusive-excellence/Metro-West-College-Planning-Center
ACCESS AND ENGAGEMENT (CONTINUED)

Task Force for Supporting Students with Food and Housing Needs

About: The Task Force is a collaborative, cross-campus effort focused on assisting students who are facing temporary or chronic homelessness and/or difficulty affording food. We strive to better understand the housing and food needs of our students, provide students with access to resources both on and off campus, and engage the FSU community in campus-wide initiatives to support students with housing and food needs.

Email: myestrepsky@framingham.edu
Phone: 508-626-4596

The Office of Student Involvement and Leadership Development (SILD)

About: SILD provides a variety of opportunities for students to get involved and connected to Framingham State University.

Email: sild@framingham.edu
Phone: 508-626-4615
www.framingham.edu/student-life/student-involvement-and-leadership-development