



**Framingham**  
State University

## **CAMPUS AND COMMUNITY RESOURCE GUIDE**

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

Help is available!

**FRAMINGHAM STATE UNIVERSITY**

## **an INTRODUCTION**

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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 Yestrepky at 508-626-4596, [myestrepky@framingham.edu](mailto:myestrepky@framingham.edu), or stop by the Dean of Students Office. The Dean of Students Office is located on the 5<sup>th</sup> floor of the McCarthy Center in suite 504.

## **Community Food Resources**

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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](http://www.aplacetoturn-natick.org)

### **Hope Worldwide Framingham Food Pantry**

214 Concord Street, Framingham, MA 01721

**Phone:** 617-899-5222

Saturday 9 a.m. - 12 p.m.

Wednesday twice per month 9 a.m. - 12 p.m.

[www.hopefoodpantry.org](http://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/food/marlborough](http://www.uwotc.org/food/marlborough)

### **Pearl Street Cupboard & Café at Park**

46 Park Street, Framingham, MA 01702

[www.uwotc.org/food/framingham](http://www.uwotc.org/food/framingham)

### **Salvation Army Miracle Kitchen**

35 Concord Street, Framingham, MA 01704

**Phone:** 508-875-3341

Dinner is served Monday - Friday at 6 p.m.

[massachusetts.salvationarmy.org/ma/franeedhelp](http://massachusetts.salvationarmy.org/ma/franeedhelp)

### **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](http://www.mass.gov/eohhs/consumer/basic-needs/food)

## Community Housing Resources

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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:** 508-626-8686 (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](http://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](http://www.mass.gov/eohhs/gov/departments/dta)

[www.mass.gov/hed/](http://www.mass.gov/hed/)

#### **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](http://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](http://www.smoc.org/common-ground-resource-center.php)

## Community Housing Resources

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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](http://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](http://www.mass.gov/hed/housing/rental-assistance)

## Additional Assistance in Massachusetts

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### **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.mass211help.org](http://www.mass211help.org)

## Campus Resources

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### Framingham State University Support and Engagement Resources

#### 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](http://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](mailto:financialaid@framingham.edu)

**Phone:** 508-626-4534

[www.framingham.edu/admissions-and-aid/financial-aid](http://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](mailto:studentaccounts@framingham.edu)

**Phone:** 508-626-4514

[www.framingham.edu/admissions-and-aid/student-accounts](http://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](http://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](http://www.framingham.edu/student-life/health-center)

## Campus Resources

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#### 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](mailto:careerservices@framingham.edu)

**Phone:** 508-626-4625

[www.framingham.edu/career-services](http://www.framingham.edu/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](http://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](mailto: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](mailto:residencelife@framingham.edu)

**Phone:** 508-626-4636

[www.framingham.edu/student-life/residence-life](http://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](mailto:veterans@framingham.edu)

**Phone:** 508-626-4632

[www.framingham.edu/student-life/veteran-services/](http://www.framingham.edu/student-life/veteran-services/)

## Campus Resources

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### 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](mailto:advising@framingham.edu)

**Phone:** 508-626-4540

**[www.framingham.edu/academics/advising/index](http://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](mailto: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](http://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](mailto:cwashington@framingham.edu)

Chon'tel Washington, Director of the Center for Inclusive Excellence

**[www.framingham.edu/inclusive-excellence](http://www.framingham.edu/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](mailto:MetrowestCPC@gmail.com)

**Phone:** 508-215-5600

**[www.framingham.edu/the-fsu-difference/inclusive-excellence/Metro-West-College-Planning-Center](http://www.framingham.edu/the-fsu-difference/inclusive-excellence/Metro-West-College-Planning-Center)**

## Campus Resources

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### 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:** [myestrepky@framingham.edu](mailto:myestrepky@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](mailto:sild@framingham.edu)

**Phone:** 508-626-4615

**[www.framingham.edu/SILD](http://www.framingham.edu/SILD)**



**Framingham**  

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100 State Street PO Box 9101  
Framingham, MA 01701-9101  
**framingham.edu**