

Boston Resource Guide

Stress and Anxiety Supports and Services

Resource Name	Description	Contact Information/Website
Children's Services of Roxbury Behavioral Health Department (BHD)	We offer a comprehensive array of high quality, culturally-sensitive mental health services that provide children and families with the services they need for success at home, in school, and in the community.	Call: (617) 989-9486, (617) 989-9499 or (617) 989-9406 Online: https://csrox.org/programs-services/behavioral-health-referral-intake
Children's Services of Roxbury Behavioral Health Department (BHD) Virtual Group Activities	<p>Online group activities for both parents and children including TIMBo (Trauma Informed Mind and Body) Therapeutic Yoga.</p> <p>For Parents</p> <ul style="list-style-type: none"> ○ Yoga, Tuesdays at 4:00pm ○ Parent Support, Thursdays at 5:00pm ○ Foster Care Parent Support Group, Mondays at 1:00pm <p>For Kids & Teens</p> <ul style="list-style-type: none"> ○ Yoga, Thursdays at 1:00pm ○ Art Therapy for Kids, Fridays at 2:00pm 	Call: (617) 989-9486
The Women's Center (Domestic Violence)	The Center offers confidential, short-term shelter for women and children affected by domestic violence as well as substance abuse or mental health issues.	Call the 24-hour Hotline: (508) 999-6636 Learn More Online: http://www.thewomenscentersc.com SafeLink Domestic Violence Hotline (877) 785-2020
Boston Medical Center Domestic Violence Program	BMC's Domestic Violence Program is a resource for patients, employees, community members, and anyone who is seeking information or help with domestic violence.	Phone: (617) 414-5457 Website: https://www.bmc.org/programs/domestic-violence-program