

# Loneliness Resources

**Domains:** Volunteering, Exercise/Wellness, Social Connection, ESOL

## Volunteering

| Organization        | Description  | Contact Information  |
|---------------------|--|--|
| GLFHC Mobile Market | The Mobile Market provides free fruits and vegetables to the Lawrence community once a month. Volunteers are needed to help package the produce.   | <a href="https://glfhc.org/community-based-services/#mobile-food-market">https://glfhc.org/community-based-services/#mobile-food-market</a><br><br>Those interested should email Luz Rodriguez at <a href="mailto:lrdriguez@glfhc.org">lrdriguez@glfhc.org</a> |
| Bread and Roses     | Bread and roses provides many services for the community: including daily free evening meals, emergency food pantry, life essentials, community food outreach, case management, and health services. Volunteers must be <b>14 years or older</b> .                                 | <a href="https://www.breadandroseslawrence.org/volunteer.html">https://www.breadandroseslawrence.org/volunteer.html</a>  |
| Uncommon Threads    | Uncommon Threads offers a variety of services and programs to help women look and feel their best. Opportunities include volunteer stylist, donation sorting, among others.  | <a href="https://www.uncommonthreads.org/volunteer">https://www.uncommonthreads.org/volunteer</a>  |
| Neighbors in Need   | Volunteers sustain our organization and perform nearly 40% of our work. They operate our pantries, assist with food drives, provide office support, help with mailings and staff our Diaper Pantry.  | <a href="http://www.needfood.org/help/volunteer">http://www.needfood.org/help/volunteer</a>  |
| Lazarus House       | Volunteer to serve breakfast/lunch at the soup kitchen, bring or serve breakfast/dinner at the shelter, volunteer at our thrift store, amongst other opportunities.  | <a href="https://lazarushouse.org/ways-to-give/#volunteer">https://lazarushouse.org/ways-to-give/#volunteer</a>  |
| Cor Unum            | The Cor Unum Meal Center relies on volunteer staffing at all of our meal services. As a volunteer, you are a vital element in our ability to serve those in need of a helping hand, through fellowship and a warm meal. Volunteers must be a <b>high school student or older</b> . | <a href="https://www.corunummealcenter.org/volunteer">https://www.corunummealcenter.org/volunteer</a>  |

## Exercise/Wellness

| Organization | Description | Contact Information |
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## Loneliness Resources

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| The Lawrence Senior Center | Morning Exercise: Monday-Friday 8:30 am-9:30 am at Campagnone Park. <b>Senior adults.</b>   | Registration required - call (978) 620-3550  |
|                            | A Matter of Balance – A program designed to reduce fear of falls and increase levels of activity in older adults worried about falls. <b>Senior adults.</b> | For more information and to register, call: Angie Garcia at 978-620-3546   |
| ICGMV                      | Free Community Yoga Classes. <b>All ages.</b>   | <a href="https://icgmv.org/programs">https://icgmv.org/programs</a><br><br><a href="https://www.facebook.com/lawrence-seniorcenter/photos/a.699586580197461/1914067945415979/">https://www.facebook.com/lawrence-seniorcenter/photos/a.699586580197461/1914067945415979/</a> |

### Social Connection

| Organization                            | Description   | Contact Information  |
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| Lawrence Public Library                 | The Lawrence Free Public Library hosts many events and groups free to the public. Some of these include Stories in the Streets, Muffins with Mom, Donuts with Dad, Animal Adventures, Food Explorers: Virtual Cooking Program, Tech Club, Tween Club, Coffee Break on Zoom, a Virtual English Conversation Circle, and more. Events for <b>all ages</b> . | Calendar of events:<br><a href="https://www.lawrencefreelibrary.org/calendar.aspx?CID=30,23,31&amp;Keywords=&amp;startDate=&amp;endDate=">https://www.lawrencefreelibrary.org/calendar.aspx?CID=30,23,31&amp;Keywords=&amp;startDate=&amp;endDate=</a> |
| Nevins Library                          | The Nevins Library hosts many events and groups free to the public. Some of these include Rainbow Club: Safe Space for LGBT+ Youth, Book Babb, Anime Club, Movie Night, and more! Events for <b>all ages</b> .  | <a href="http://www.eventkeeper.com/mars/x/pages/N/NEVINS/ekmonth.cfm">http://www.eventkeeper.com/mars/x/pages/N/NEVINS/ekmonth.cfm</a>  |
| Family Services of the Merrimack Valley | Siempre Papá is an 8-12 week group for <b>Spanish-speaking dads</b> that helps them learn the real meaning of masculinity, effective ways to truly be a provider, recognize and manage cultural and societal expectations, understand and express emotions, and how to nurture themselves and their children.   | To inquire about the next cohort, complete the referral form on our website or call Luis at (978) 327-6635<br><a href="https://fsmv.org/parenting/fatherhood/">https://fsmv.org/parenting/fatherhood/</a>  |
|   | Big Little Friends is a community-based mentoring program that matches a “big” with a “little.” Matches are made with considerations to such things as geographic location, interests, and personalities. Positions open for mentors and mentees. <b>All ages.</b>  | <a href="https://fsmv.org/youth-dev/mentoring/bflf/">https://fsmv.org/youth-dev/mentoring/bflf/</a>  |

## Loneliness Resources

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| Greater Lawrence Community Action Council | Parents are their child’s first teacher. Our Every Parent is a Teacher program showers parents of young children the importance of fostering the cognitive, social, and emotional development of their girls and boys. We also teach parenting skills for raising children. We engage <b>parents and children</b> in fun activities that promote interaction and learning. These include storytelling and playgroups. | Contact Ms. Lori at <a href="mailto:ljorge@glcac.org">ljorge@glcac.org</a> , (978) 681-4996 or (978) 852-1467.   |
| Stevens Memorial Library                  | The Stevens Memorial Library hosts many events and groups free to the public. Some of these include craft circles, history lessons, outdoor story time, teen online games parties, and more! Events for <b>all ages</b> .   | <a href="http://www.eventkeeper.com/mars/xpages/S/STEVENSML/ekp.cfm?curOrg=stevensml">http://www.eventkeeper.com/mars/xpages/S/STEVENSML/ekp.cfm?curOrg=stevensml</a>  |
| Elder Services of the Merrimack Valley    | THE LGBT Senior Social Connection is a group that meets to support and address the unique needs and experiences of lesbian, gay, bisexual and transgender seniors as they age. <b>Senior adults</b> .   | <a href="https://www.esmv.org/programs-services/lgbt-senior-social-connection/">https://www.esmv.org/programs-services/lgbt-senior-social-connection/</a><br><br>For more information contact Ron Bourque at (978) 946-1476 or RBourque@esmv.org or Laura Dillingham-Mailman at (978) 346-9549 or <a href="mailto:LDMailman@townofmerrimac.com">LDMailman@townofmerrimac.com</a> |

### ESOL

| Organization                                | Description  | Contact Information   |
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| International Institute of Greater Lawrence | Free ESOL Classes for <b>Adults</b> . Learn or improve your English skills! Beginner, intermediate, and advanced welcome. Visit our Facebook page: iigl Lawrence and click Sign Up/Registrarse to fill out an application.   | <a href="https://www.facebook.com/internationalinstituteoflawrence/photos/a.674235292616525/4115610565145630/?type=3">https://www.facebook.com/internationalinstituteoflawrence/photos/a.674235292616525/4115610565145630/?type=3</a>                         |
| Lawrence Public Library                     | Come practice your English at the Virtual English Conversation Circle! The group consists of casual and informal conversation to practice speaking and listening to English. For the Zoom link, or for additional information, send an email to <a href="mailto:chrissy.s@gmail.com">chrissy.s@gmail.com</a> . <b>All ages</b> . | <a href="https://www.cityoflawrence.com/DocumentCenter/View/41678/C%3%adrculo-de-conversaci%3%b3n-en-Ing!%3%a9s-virtual-Virtual-">https://www.cityoflawrence.com/DocumentCenter/View/41678/C%3%adrculo-de-conversaci%3%b3n-en-Ing!%3%a9s-virtual-Virtual-</a> |



# Loneliness Resources

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|  |  | <a href="#">English-Conversation-Circle?bidId=</a> |
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