

A Newcomer's Guide to Lynn



A Guide for Immigrant Youth who have recently moved to Lynn, Massachusetts

Children's Law Center of Massachusetts

A Newcomer's Guide to Lynn

Moving to a new country is hard. You may find many things different from how they were in your home country. But Lynn welcomes residents from all over the world. The city has many services to help you succeed here. And we hope this guide will help you use these services.

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Essential Services

Here is a list of the most important services for you to know about in Lynn.



Lynn City Hall: Provides services for families, vaccinations, and is also where the Mayor's office is located.

3 City Hall Square, Lynn p: 781-598-4000



Lynn Housing Authority: Provides a number of housing resources including applications for housing, rental assistance, and grant and loan programs.

37 Green St, Lynn p: (781)477-2843; 50 Andrew St, Lynn p: (781) 592-4092; 95 Tremont St, Lynn p: (781) 581-8600



Lynn District Court: This is the court for criminal and civil cases involving mental health, drug and alcohol problems, misdemeanors, and restraining orders.

580 Essex St, Lynn p: (781) 598-5200



Lynn Juvenile Court: This is the court for matters relating to minors including those who have been arrested, those who are having problems at home or at school, and those whose

parents have mistreated or abandoned them.
139 Central Ave, Lynn



Lynn Police Department: The police are available in case of an emergency and to protect everyone regardless of immigration status
300 Washington St, Lynn p: (781) 595-2000



Lynn Public Library: The library has free books, movies, reading groups and other activities.
5 North Common St, Lynn p: (781) 595-0567



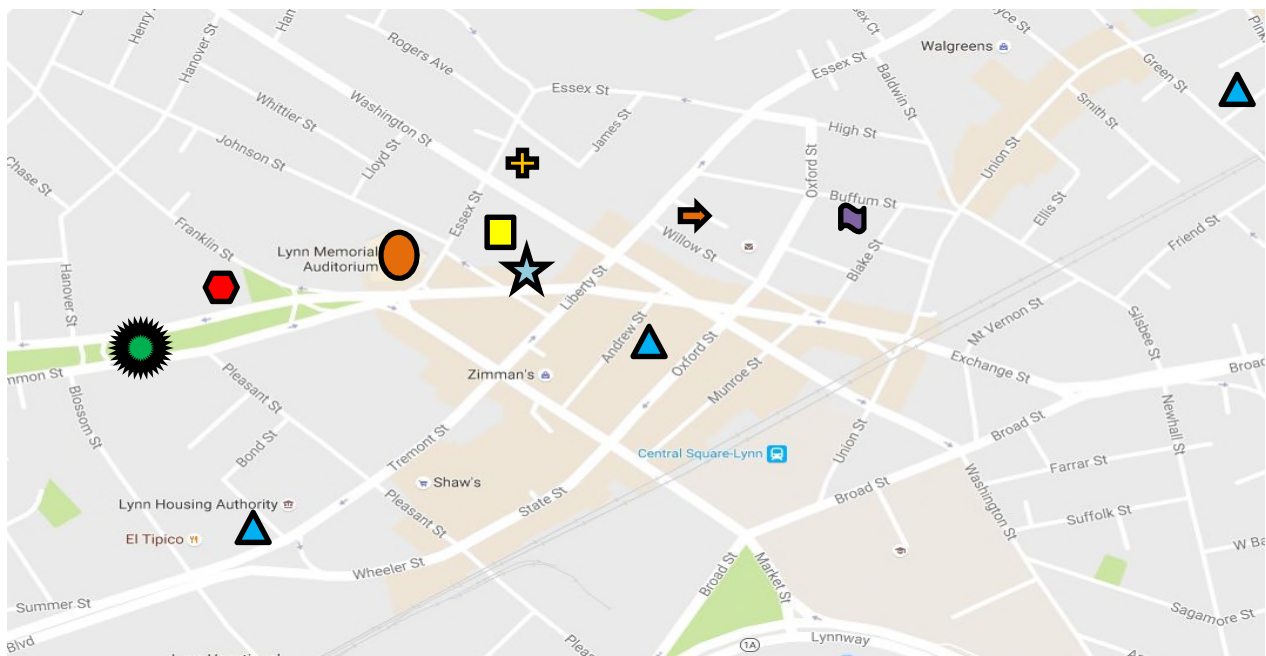
Lynn Commons: Public park



Lynn Community Health Center: This community health center is open for those who are sick or not feeling well.
269 Union St, Lynn p: (781) 581-3900



Post Office: A place where you can send mail
51 Willow St, Lynn p: 1-800-275-8777



Food and Housing

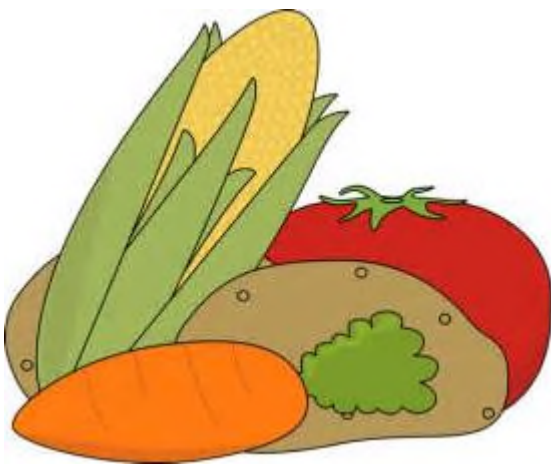
Sometimes you may experience difficulties paying for basic necessities like rent, food, and fuel to heat your home. There are a variety of resources to help you in the Lynn area. Some resources are free and others are not. Some do require you to be a US citizen, and others do not. You should call in advance to ask about the requirement.

Housing

- **Catholic Charities North:** Provides financial assistance and budget counseling.
117 North Common St, Lynn
p: (781) 593-2312
- **Family Success Center:** Assists with housing, financial stability, rent assistance and other services.
20 Wheeler St, 2nd Floor, Lynn
p: (339) 883-2342
- **The Haven Project:** Provides help to young adults who are at risk of becoming homeless.
57 Munroe St, 2nd Floor, Lynn
p: (781) 913-5738
- **Salvation Army of Lynn:** Provides emergency help with rent assistance.
1 Franklin St, Lynn
p: (781) 598-0673

Food

- **East Coast International Church:** You can receive food every week. It serves all of Lynn. No ID required.
65 Munroe St, Lynn
p: (781) 532-3242
- **My Brother's Table:** Serves food every day. No ID required.
98 Willow St, Lynn
p: (781) 595-3224
- **Project Bread Food Source Hotline :** Call for information about food stamps, food pantries and other food programs
p: 1-800-645-8333
- **St. Joseph's Parish:** If you live in the area of the parish, you may be eligible to receive food every other week. You must bring photo ID, proof of address, family size and income.
40 Green St, Lynn
p: (781) 593-8049
- **St. Stephen's:** Serves food every week except first Friday of the month. You must bring photo ID and proof of family size.
74 South Common, Lynn
p: (781) 599-4220
- **Washington St. Baptist Church:** Serves food once a month. You must bring photo ID.
265 Washington St, Lynn
p: (781) 595-2550



Public Transportation

Using public transportation on a bus or a train is a great way to get around but it can be complicated at first. This section will help you understand how to find your way around Lynn and surrounding cities, such as Boston.

Understanding addresses in the United States

If you are going somewhere new, you need to know the address in order to look up directions. In the US every address has four main parts that you must know; 1) Street name and number, 2) City or town, 3) State, 4) Zip code. See the example below.

Example: *I want to go grocery shopping. What is the address for Market Basket?*

- 1) 275 Squire Road
- 2) Revere
- 3) Massachusetts
- 4) 02151

Full Address: **275 Squire Road Revere, Massachusetts 02151**

Using your phone for directions

If you have a cell phone, there are many apps that can help you find your way around. Here are a few:



Google Maps

Gives you directions to get to a place by walking, driving, or using public transportation.



Next Bus

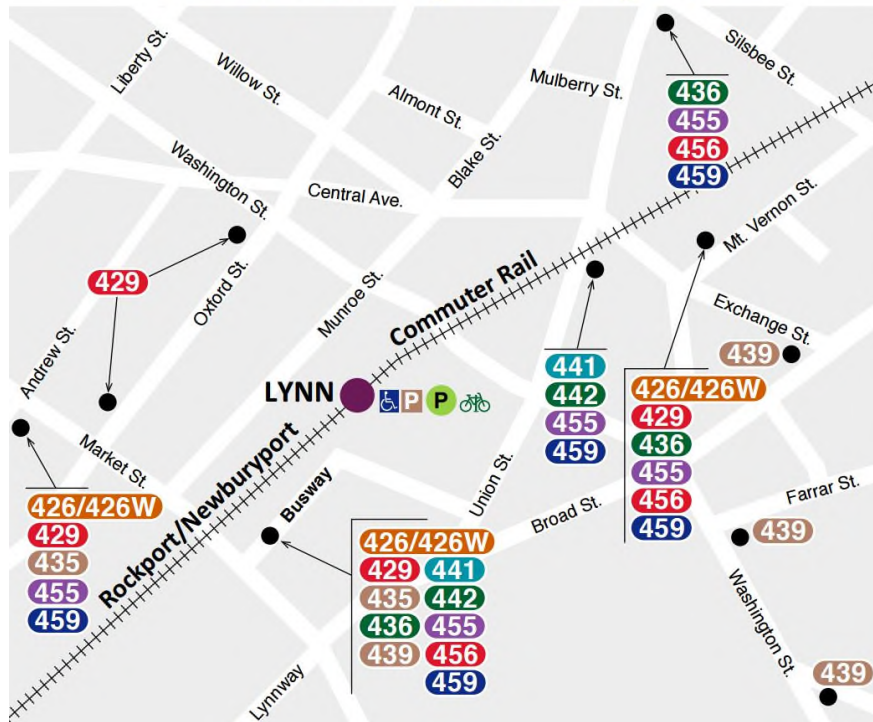
Shows you the best bus route to get to your destination and gives the bus schedule.



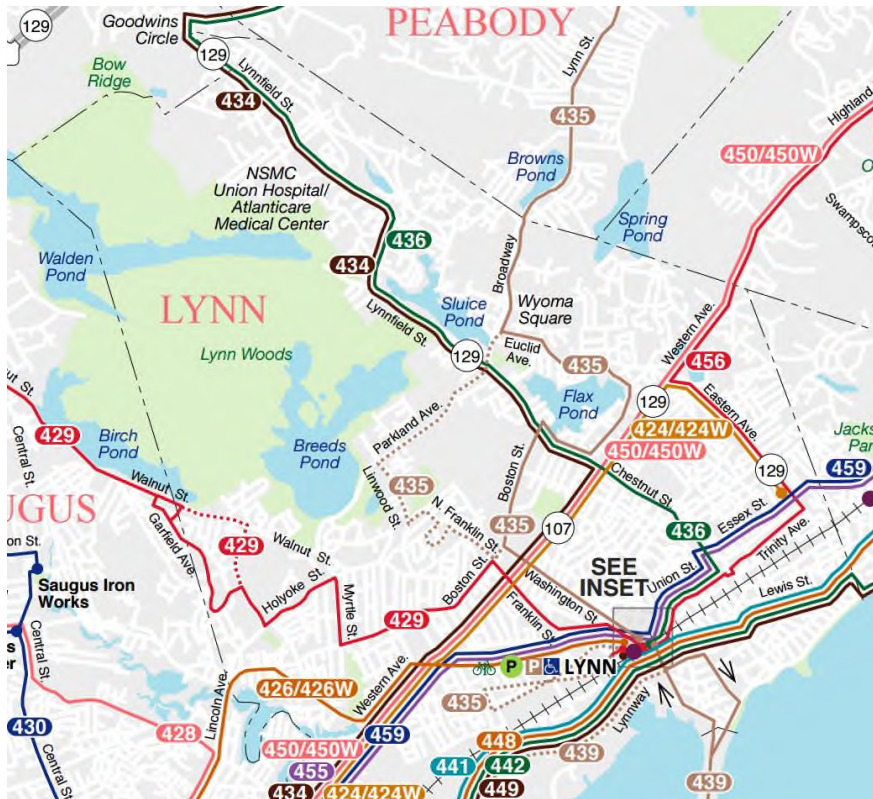
Transit

Shows you the best route using public transportation.

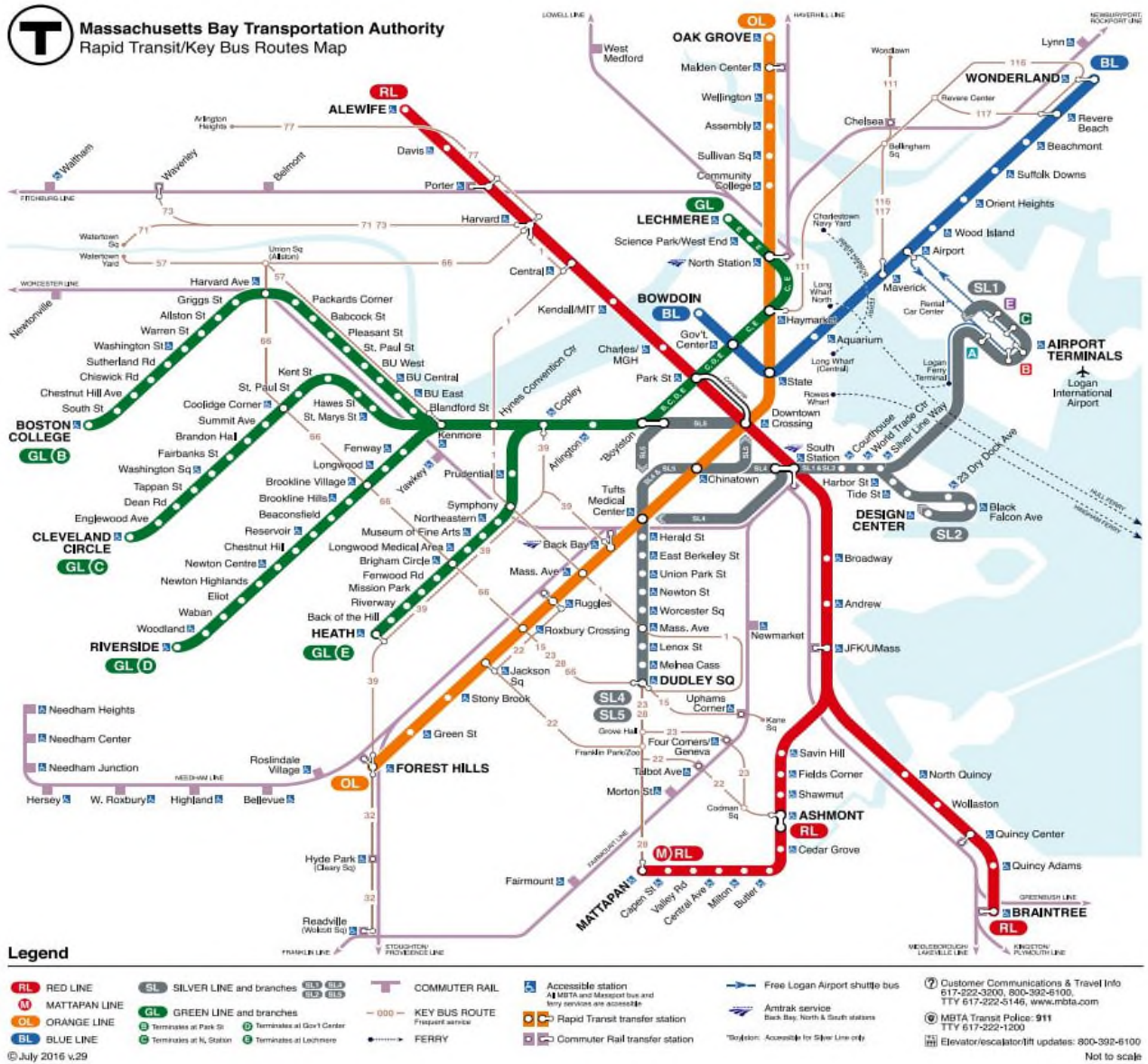
Bus Stops around Downtown Lynn Central Square, Lynn



Bus Routes around Lynn



Boston Subway System (normally called "the T")



To get to Boston, you can take the train from the Wonderland stop at the end of the blue line, and get off around State Street, which is close to downtown Boston. There are also a number of buses that go to Haymarket Station in Boston such as the 426. Use one of the apps to find more routes!

How do I pay for public transportation?

You can pay for the bus or subway either with cash or with a **CharlieCard**. A CharlieCard is a plastic, reusable card used to ride public transportation in and around the Boston area. The CharlieCard can store money so that you don't have to pay with cash every time you ride public transportation. Also, it costs less to ride public transportation when you use your CharlieCard. For example, a local bus ride costs \$2.00 without a CharlieCard and \$1.70 when you use your CharlieCard. If you are going to use public transportation often (almost every day), it is a good idea to buy a monthly pass, which allows you to use unlimited rides for \$30 a month.

Buying a Charlie Card

You can purchase a CharlieCard and/or add money to a CharlieCard at the following locations in Lynn:

1) Shaw's Supermarket

- **Address:** 43 State Street, Lynn, MA 01901
- **Hours:** Mon.-Sat. 7:00 a.m. to 7:00 p.m.
- **Types of passes sold:** Stored Value (up to \$100.00), all MBTA Monthly passes (excluding student), All Commuter Rail Tickets including Ten Ride (full and half fare), 1-Day LinkPass, 7-Day LinkPass.



2) Central Square Bus Station

- **Address:** 325 Broad Street, Lynn, MA 01901
- **Hours:** The ticket booth is outside and is self-service, so you can purchase tickets at any time of the day.
- **Types of passes sold:** Stored Value (up to \$100.00), all MBTA Monthly passes (excluding student), All Commuter Rail Tickets including Ten Ride (full and half fare), 1-Day LinkPass, 7-Day LinkPass. You CANNOT purchase a CharlieCard at this location.

Student Passes

If you are a student studying at a middle or high school, you are eligible for a Student CharlieCard. With a Student CharlieCard, you will have access to public transportation at a lower cost. Ask the main office at your school for a Student CharlieCard.

To add money to your CharlieCard online or to learn more about the types of passes available for purchase through the MBTA you may visit the following link:

http://www.mbta.com/fares_and_passes/passes/

Getting a Driver's License

Everyone who wants to drive in Massachusetts must have a driver's license. Driving without a license is a crime. In order to apply for a driver's license or permit, you need a social security number. You can apply for a social security number and then a license if you have a green card, work permit or other permission from immigration officials. You must complete both a written test and a driving test at an RMV office. The RMV locations closest to Lynn are:

Saugus RMV

214 Broadway
Saugus, MA 01906
(781) 231-3000

Revere RMV

9 Everett St
Revere, MA 02151
(857) 368-8000



For more information, read the "Driving in Massachusetts" Guide.

Finding a Job

If you are eligible to work, there are many ways to find jobs—for example by asking friends, by going to job fairs and by searching in the newspaper’s Classified section or by looking online at sites such as:

www.Monster.com
 www.Careerbuilder.com
 www.Indeed.com



There are also a number of organizations in Lynn that can help you find jobs:

Catholic Charities North	117 North Common St Lynn, MA, 01902 (781) 593-2312 www.ccab.org	Offers job training, computer skills, and career services. Provides English classes for employment. Employment and career preparation for kids who are no longer in school.
Family Forward Resource Center	16 City Hall Sq Lynn, MA, 01901 (339) 883-2424 www.frcma.org	Offers life skills and job search support.
Food Project	120 Munroe St Lynn, MA, 01901 (781) 346-6726 www.thefoodproject.org	Offers summer employment opportunities in sustainable agriculture on local farmland.
Girls Inc. of Lynn	50 High St Lynn, MA, 01902 (781) 592-9744 ext 214 www.girlsinlynn.org	Offers peer leadership programs, a job readiness program, career exploration and college prep mentoring.
The Haven Project	57 Munroe St, 2 nd Fl Lynn, MA, 01901 (781) 913-5738 www.havenproject.net	Provides life skills and job search assistance to young adults who are at risk of becoming homeless.
New American Center	Clock Tower Building 330 Lynnway, Suite 302 Lynn, MA 01901 (781) 593-0100 www.rcamlynn.org	Offers employment services, career counselling, job search assistance, skills trainings, basic computer trainings, English for Employment to refugees and immigrants, case management.
North Shore Career Center	117 Franklin St., Lynn, MA 01902 (781) 691-7431 nscareers.org	Helps youth develop resumes, job readiness skills, and connects them to job opportunities in the Lynn area. Provides assistance to individuals who are limited English proficient.
RAW Art Works	37 Central Square Lynn, MA, 01901 (781) 593-5515 www.rawartworks.org	As part of its art program, offers youth employment and connections to financial aid and healthcare.

Money

Keeping your money in a bank account is important because it keeps your money safe. A bank account also allows you to establish credit and a financial history in the United States, which you need later to rent or buy a home.

Even if you are not a United States Citizen or do not have a Social Security Number, you may still open a bank account in the United States. In order to open an account most banks need proof of the following:



Your Name - typically using one of the following documents:

- Unexpired passport or consular ID card
- Birth certificate
- Government issued driver's license (including foreign licenses)
- EBT Card (food stamps)

Your Date of Birth - typically using one of the following documents:

- Unexpired passport or consular ID card
- Birth certificate
- Government issued driver's license (including foreign licenses)
- EBT Card (food stamps)

Your Street address - typically using one of the following documents:

- Utility bill
- Lease with you and your land lord's signature

Your Identification number - typically using one of the following:

- Social Security number
- ITIN (individual taxpayer identification number)
- Employer ID with photo and signature
- I-94 number

What is an ITIN and how do I get one?

ITINs are "individual taxpayer identification numbers." The IRS gives ITINs to people who need a taxpayer number but do not have a Social Security Number. ITINs are issued regardless of immigration status.

The ITIN request form can be found on the IRS website: <https://www.irs.gov/uac/about-form-w7>.

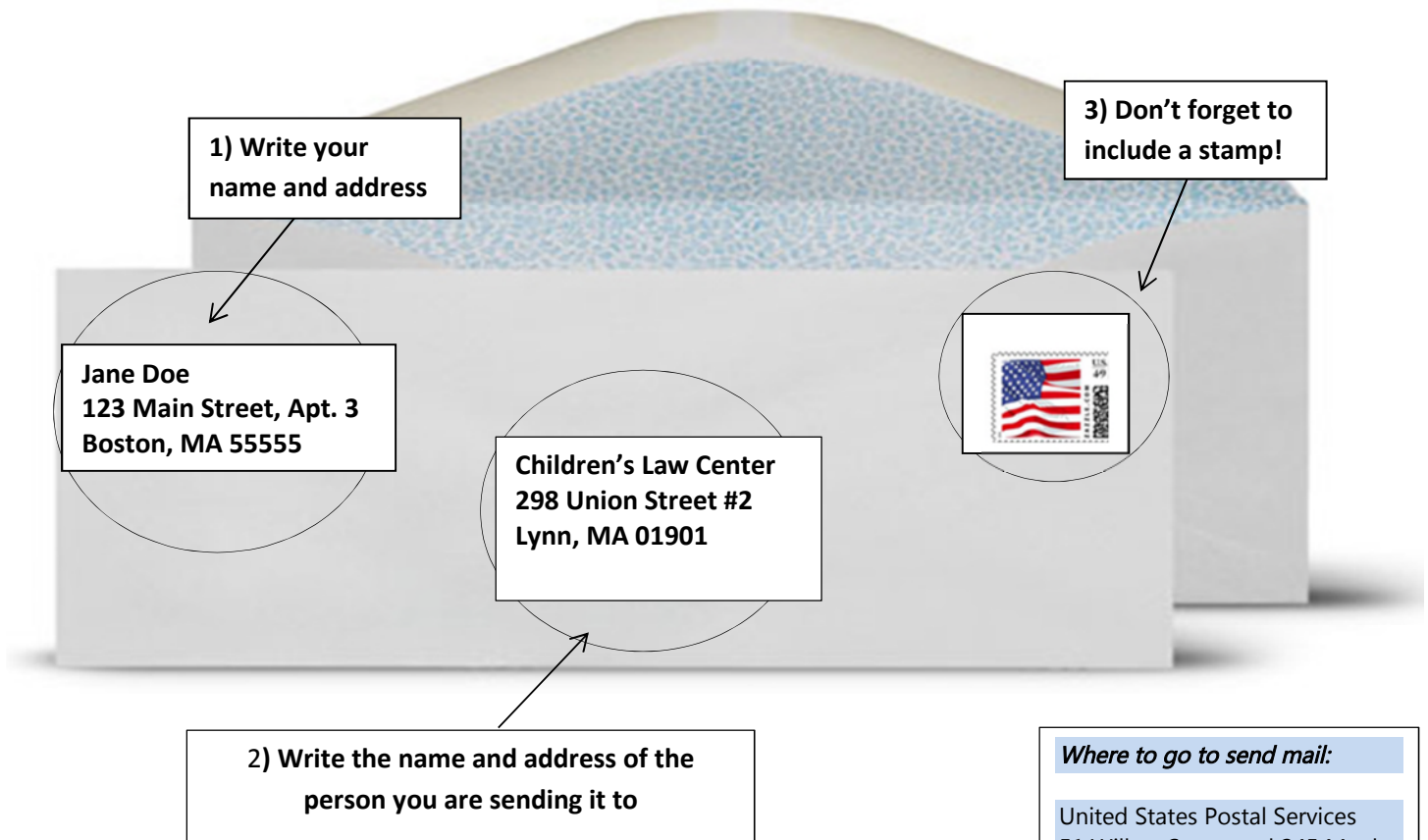
The form is available in both English and Spanish. Also on the IRS webpage, you can find more information about the requirements for an ITIN and how to apply. If you meet the requirements for an ITIN, you should get it from the IRS within six weeks after submitting your paperwork.

For questions about requesting an ITIN you should talk to a tax professional. If you don't have one already, you can get tax help through Catholic Charities. You can call the following number to make an appointment: 781-593-2312.

***Bank of America in Lynn accepts ITINs** Lynn Marketplace, 1 State St, Lynn, MA 01901 p: (781) 592-0120

Sending and Receiving Mail

Everyone who has an address can send and receive mail. In order to send a letter you have to properly label the envelope that you are sending it in. There are three things you must include on your envelope that are labeled in the picture below.



Where can I buy stamps?

You can purchase a roll of stamps at the postal office and stores such as Walgreens, Shaw's, and some local corner stores. If you are sending a standard letter within the US you will need one First Class stamp which costs 0.49 cents. The bigger and heavier your envelope, and the farther away you are sending your mail, the more stamps you will need and the more it will cost to send. If you do not know how many stamps to use you can go to the post office and they will help you in sending your mail.

Where to go to send mail:

United States Postal Services
51 Willow Street and 245 Maple Street
P: 1-800-275-8777

US Post Office
776 Western Avenue
P: 781-592-014

Or you can send mail at a blue mailbox, which is found on many streets around Lynn.



Health



Where to go

Good health is important. In the United States, children visit the doctor every year even if they are healthy to make sure they stay healthy. Before starting school, you may also need to see a doctor to get vaccines and a report about your health.

Lynn Community Health Center Locations

Lynn Community Health Center provides a number of excellent services at little or no cost, including services for pregnant women and children, dental care, annual check-ups, therapy, and emergency services. They also provide services in a number of languages.

Lynn Community Health Center Main Site

269 Union Street, Lynn
Phone: 781-581-3900 (Fax 781-598-1050)

Market Square Family Health Services

29 Market Square, Lynn
Phone: 781-596-3500

20 Central Avenue

20 Central Avenue, Lynn
Phone: 781-595-1350

280 Union Street

280 Union Street, Lynn
Phone: 781-780-4984 (Fax 781-598-1050)

Market Square Family Health Services at Western Avenue

694 Western Avenue, Lynn
Phone: 781-595-7348 (Fax 781-598-3583)

School Based Clinics

In Lynn, all high schools and middle schools and many elementary schools have school-based health clinics. School-based health clinics are part of Lynn Community Health Center, but are located in schools. They provide a lot of different health services, including if you are feeling sad or unhappy. They will help anyone who comes in, even if you don't have insurance.

You can learn more about school-based health clinics by visiting the one at your school.

When do I go to the emergency room and when do I go to a clinic?

It is important to know when to go to the emergency room and when to make an appointment at your local clinic, because going to the emergency room and calling 911 is more expensive. The list below explains when to go to the clinic and when to go to the emergency room.

Clinic

- Cold
- Headaches
- Fever
- Cough and sore throat
- Minor bruises and burns
- Any non-emergency

Emergency Room

- Broken bone
- Poisoning
- Severe head injuries
- Severe burns
- Sexual or physical assault
- Suicidal behavior
- Any emergency

It is important to see a doctor **every year** to get a check-up. At this check-up a doctor will let you know what is healthy and what is not healthy. Importantly, a doctor can find an illness or injury before it becomes an emergency!

Emotional Health

When you get to a new place, it is normal and okay not to feel good sometimes. If you are feeling sad or missing home, it is a good idea to learn about how to get better from a therapist. Speaking to a therapist does not mean you are "crazy" or weak. Many people speak to therapists in the United States. To seek assistance from a therapist you can contact the school-based clinics and at various Lynn Community Health Center locations.

If you are having an emotional crisis, you can also get help through Mobile Crisis Intervention. They provide crisis assessment, intervention, and stabilization services. If you live in Essex County, call 1-800-988-1111. If you live in a different county or are unsure of what county you live in, call 1-877-382-1609. You will have to enter your zip code and will then be given the number of the closest site that can assist you. The hotline is open 24/7 and on every day of the year so you can call at any time for assistance. Mobile Crisis Intervention is available to people of all ages and you do not need insurance.



Health Insurance

Healthcare in the United States can be confusing and expensive. Health insurance is a way to pay for healthcare costs regularly in smaller amounts instead of having to pay a lot when you get sick. Having healthcare insurance is required by law in Massachusetts.

What is MassHealth?

MassHealth Insurance is paid for by the government for people who cannot afford to pay their health insurance costs. Many people, depending on age, immigration status, income level, and disability, are eligible for some form of coverage through MassHealth.

How do I enroll in MassHealth?

At Lynn Community Health Center, you can enroll in MassHealth on the first floor.

When going to enroll in MassHealth you will need:

- Income verification (e.g., pay stubs, a tax return, or employer letter) This can be from your parent, guardian or sponsor if you are under 18;
- Government-issued ID if the child is 16 or older (if available);
- Birth certificate, passport, or official immigration documents; and
- Social security numbers of all persons in the household (if available).

How do I renew my MassHealth insurance?

Once you have health insurance it is important to make sure that you update any changes in your information. For example, if you move to a new address you must tell MassHealth.

- You will receive a renewal application in the mail with a renewal date. Even if you do not have any changes to report you must complete the application
- Mail the application before the renewal date to continue to receive health care for the next year.
- You will receive a letter in the mail confirming that your application has been accepted. This letter will state whether or not you still qualify for your coverage or if you are eligible for better coverage.

I am having difficulty applying for MassHealth or renewing my MassHealth, who can help?

Lynn Community Health Center has walk-in clinics every Tuesday and Wednesday from 8:30 am-5:00, or Saturdays from 8:30 am-3:00 pm. You can also call to schedule an appointment to get assistance with MassHealth at 781-586-6541 or 781-586-6540.

You can also go to go online to mass.gov/masshealth or call the MassHealth Enrollment Center at 1-888-665-9993 with any questions about applying or renewing.

If your health insurance has been denied due to your immigration status you can call Health Law Advocates for legal assistance at 617-338-5241.

School

Enrollment

Going to school is very important to your success in the United States! A diploma from a high school is required at many jobs. An education can help you get a better job, earn more money, attend university, and feel more confident. In Massachusetts, the law requires students to regularly attend school from ages 6 to 16 years old.

How do I enroll in school?

To register for school, call and set up an appointment at the Parent Information Center of Lynn Public Schools located at **100 Bennett St, Lynn, MA, 01905**. Call (781) 592-8796 to set up an appointment.

At the appointment, students and parents must provide the following information:

All of these:

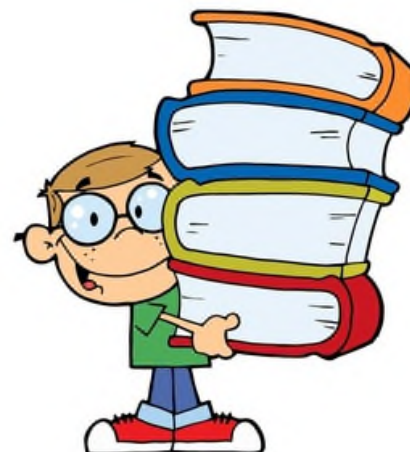
- Child's birth certificate or proof of birthday
- Child's up-to-date immunization record and TB Status
- Parent/Guardian's valid photo identification
 - US Passport, US Passport Care, US Military ID, Permanent Resident Card, Border Crossing Card, Drivers License or other state photo identity care issued by the Dept. of Motor Vehicles, Foreign Government Issued Passport, Employment Authorization Card, or Identification Consular Card

One of these with the name and current address of the student's parent/guardian:

- A utility bill (not cell phone) dated within the past 60 days
- A deed or mortgage payment dated within the past 60 days, or
- A property tax bill dated within the last year
- A current lease (1 year minimum term), Section 8 agreement, or residency affidavit
- A W2 form dated within the year, or a payroll stub dated within the past 60 days
- A bank or major credit card statement dated within the past 60 days
- A letter from an approved government agency dated within the past 60 days

Immunization Requirements for School Entry

To enroll in school, every student must get a number of vaccinations depending on their age and grade level. Students cannot enter school until all vaccinations are completed and the information is provided to the nurse at the Parent Information Center. To learn what vaccinations a student needs, visit www.lynnschools.org or call the Nurse's Telephone at (781) 477-7220 ext. 3342. Students can receive vaccinations at the Lynn Community Health Center or City Hall. You should bring your records of vaccines you received in the past, so that you do not have to get vaccinations more than once.



What if I do not have all of the required documentation? Or I do not live with my parents?

If you are an immigrant and you came to the U.S. when you were a minor and without your parents, you still have a right to attend school.

If you are having difficulty enrolling in school contact the Homeless Liaison at 781-477-7220 x 3207.

General School Practices

Attendance

Attendance is mandatory for all students ages 6 to 16 years old. All school absences require a written letter explaining the absence. You can ask for a note from a doctor, an attorney, or any other adult with whom you are meeting during school hours. Give this note to the attendance office or to your homeroom teacher.

If you do not have a note, the absence will be marked "unexcused." Parent(s) or Guardians will be notified when a student has five or more unexcused absences. If you get 7 unexcused absences in a quarter you could fail a course and potentially not pass on to the next grade. The Juvenile Court may be notified if you have too many unexcused absences.

Report Cards

The school year is divided into four sections called quarters. Every student gets 4 report cards a year, one at the end of each quarter. Typically, grades are given as letters that correspond to this 100 point scale:

- A = 90-100 (Excellent!)
- B = 80-89 (Above average)
- C = 70-79 (Average)
- D = 60-69 (Below average)
- F = 0-59 (Failing, class must be taken again)

In order to pass a class, your final grade must be a D or better, or at least 60 points. In order to pass a grade you have to complete and pass a minimum of 25 credits. If each class is 4 credits, then you must get higher than an F on at least 7 classes.

Lynn Public Middle and High Schools:

Breed Middle School

90 O'Callaghan Way, Lynn, MA 01905
(781) 477-7330

Marshall Middle School

19 Porter St, Lynn, MA 01902
(781) 477-7360

Pickering Middle School

70 Conomo Ave, Lynn, MA 01904
(781) 477-7440

Fecteau Leary Jr/Sr High School

33 North Common Street, Lynn, MA 01902
(781) 268-3007

Lynn Classical High School

235 O'Callaghan Way, Lynn, MA 01905
(781) 477-7404

Lynn English High School

50 Goodridge Street, Lynn, MA 01902
(781) 477-7366

Lynn Vocational and Technical Institute

80 Neptune Boulevard, Lynn, MA 01902
(781) 477-7431



Other Education Options

There are also adult education programs and special organizations dedicated to students who are trying to attain a degree.

<p>North Shore Community College</p> <table border="0"> <tr> <td>Lynn</td> <td>Danvers</td> <td>Middleton</td> </tr> <tr> <td>McGee Building</td> <td>1 Ferncroft Rd.</td> <td>North Shore</td> </tr> <tr> <td>300 Broad Street</td> <td>Danvers, MA 01923</td> <td>Business Center</td> </tr> <tr> <td>Lynn, MA 01901</td> <td>(978) 762-4000</td> <td>30 Log Bridge Road</td> </tr> <tr> <td>(781) 593-6722</td> <td></td> <td>Middleton, MA 01949</td> </tr> </table> <p>www.northshore.edu</p>	Lynn	Danvers	Middleton	McGee Building	1 Ferncroft Rd.	North Shore	300 Broad Street	Danvers, MA 01923	Business Center	Lynn, MA 01901	(978) 762-4000	30 Log Bridge Road	(781) 593-6722		Middleton, MA 01949	<p>The North Shore Community College offers a variety of classes for older youth, including many student resources and support programs for English Language Learners.</p>
Lynn	Danvers	Middleton														
McGee Building	1 Ferncroft Rd.	North Shore														
300 Broad Street	Danvers, MA 01923	Business Center														
Lynn, MA 01901	(978) 762-4000	30 Log Bridge Road														
(781) 593-6722		Middleton, MA 01949														
<p>The Adult Learning Center</p> <p>300 North Broad Street Lynn, MA 01901 (978) 236-1227 www.northshore.edu/adult_learning</p>	<p>The Adult Learning Center at North Shore Community College provides free classes ranging from basic literacy to HiSET (GED) prep courses. HiSET or GED is a program that is an alternative to a high school degree.</p>															
<p>Catholic Charities</p> <p>117 North Common Street Lynn, MA 01902 (781) 593-2312 www.ccab.org</p>	<p>Catholic Charities offers a number of classes, including English classes for English Language Learners.</p>															
<p>Pathways Inc.</p> <p>Clock Tower Business Center 330 Lynnway, Suite 302 Lynn, MA 01901 (781) 599-8543 www.pathwayslynn.org</p>	<p>Pathways is a center that provides HiSET (GED) or high school diploma classes. It also offers ESOL programs to improve English fluency and proficiency and instruct on cultures and systems of Massachusetts and the U.S. The highest level class focuses specifically on language skills necessary to work in the health care system. They offer classes in the morning, afternoon, and evening.</p>															
<p>Upward Bound</p> <p>300 Broad Street, 3rd Floor Room LE330 Lynn, MA 01901 (781) 477-2161 www.northshore.edu/upward</p>	<p>Through a summer academy and school-year classes and tutoring, the program Upward Bound assists low-income and first-generation college applicants to succeed in pre-college studies and prepare for college.</p>															
<p>Training Resources of America</p> <p>10 Federal Street Suite 15 Salem, MA 01970 (978) 744-2417 www.tra-inc.org/salem-location</p>	<p>This organization has an adult education program for adult students with limited English proficiency, an ESOL program, and a Young Parents program for pregnant or parenting moms ages 14-24 who have not achieved a high school diploma. This program prepares students to take the HiSet, and also offers life skills courses, employment assistance, and transportation and child care.</p>															



Emergency Situations

To keep you and your family safe, it is important to know what to do in an emergency or in the event that you or someone you know is the victim of a crime.

In case of an emergency, you should immediately call 911. This line is available 24 hours a day, seven days a week. A person will answer your call and send emergency services to help you. It is important to note that this is an **emergency number only** and should not be used otherwise.



Reporting a Crime

If you see a crime taking place, see something suspicious, or if you have been a victim of a crime, you should report the crime to the **Lynn Police Department** by calling **781-595-2000**. You can also report a crime in person by visiting the Lynn Police Department at 300 Washington Street, Lynn.

Poison Control

If you believe you or another person has consumed something that is toxic or poisonous, call the Regional Center for Poison Control and Prevention at **1-800-222-1222**. If the victim has collapsed or is not breathing, **call 911**.

Fire Safety

If a fire does break out, **immediately call 911** and leave the house.

There are things you can do around your home to prevent a fire:

- Do not let children play with fire.
- Place at least one smoke alarm on each level of your home. Check alarm batteries every 6 months to make sure the alarms work.
- Make sure that all electrical cords, outlets, and plugs are in good condition, and do not plug too many appliances in the same outlet.
- Keep combustible items, curtains, bedding, towels, etc. at least 3 feet away from space heaters.
- Make an escape plan with all of those living at your home in case of a fire.

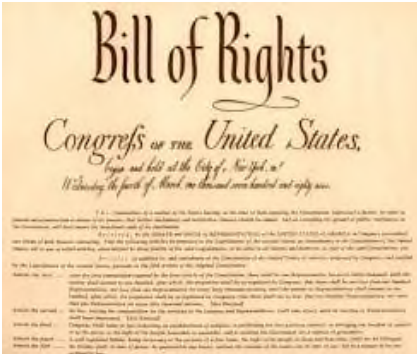
Emotional Crisis

*If you or someone around you is having an emotional crisis, call the **Mobile Crisis Intervention** at 1-800-988-1111.*

Legal Information

Legal Rights

Everyone in the U.S. is entitled to certain basic rights and freedoms. They include, for example, **freedom of religion**, meaning everyone has the right to practice their religious tradition.



The United States also has laws forbidding discrimination or harassment because of race, color, religion, country of origin, sex, age and disabilities.

Employees have certain rights including:

- Being paid at least the federal minimum wage
- Compensation if injured on the job
- Have work environment free of any kind of harassment

You have certain housing rights including:

- It is against the law for any landlord to reject you because of your race or color, the country you came from, your religion, your sex, a physical disability, or your family status.

You have rights with the police:

Immigrants no matter their immigration status in the U.S., also have the same constitutional rights as U.S. citizens when law enforcement officers stop, question, arrest or search them or their homes. If an officer stops you on the street, you may ask if you are free to go. If you are free to go, you may walk away.

If you are stopped by a police officer and the officer says you are not free to leave:

- You have the right to remain silent. You must tell the officer your name, but you cannot be punished for refusing to answer other questions.
- You have the right to talk to a lawyer before answering questions. Once you say that you want to talk to a lawyer, the officer has to stop asking you questions until a lawyer is present.
- You do not have to answer questions about whether you are a U.S. citizen, where you were born, where you are from or other questions about your immigration status.

*** Every person has a right to be protected by the police regardless of immigration status. You should report a crime to the police if you are a victim or a witness of a crime.**

Family Rights and Responsibilities

Everyone has a right to live in a home free of fear of abuse. It is a crime for a family member or boyfriend, husband, or partner to hurt or attempt to hurt you physically or place you in fear of physical harm or force you to have sex.

Domestic Violence Concerns

If you are a victim of domestic violence call 911 or call **Safelink** which is a free and confidential multilingual hotline at 877-785-2020.

Childcare Concerns

Children have a right to be cared for and to live free of abuse. If a child is not provided proper food, clothing, medical care, or supervision, the Department of Children and Families (DCF) may take the child temporarily or permanently from the home. If a child is being abused, DCF may also take the child from the home. If DCF takes a child from a home, a Judge of the Juvenile Court will decide if and when the child can safely return home. You can contact DCF at (781) 477-1600. They are located at 330 Lynnway, Lynn, MA 01901.

If you have questions or concerns regarding a child you can contact the following offices:

The Child-At-Risk-Hotline p: 1-800-792-5200

Children's Law Center p: 781-581-1977



Immigration Help

It is important to seek immigration help if you think you need it. Here are a list of some places in and around Lynn and Boston that might be able to assist you.

Children’s Law Center of Massachusetts	298 Union St. Lynn, MA, 01901 (781) 581-1977 www.clcm.org	Helps low income children with problems related to immigration, school, and family.
Catholic Charities Boston Refugee & Immigration Legal Services	275 West Broadway Boston, MA, 02127 (617) 464-8100 www.ccab.org	Helps immigrants applying for immigration protections like asylum, naturalization, and family reunification.
Community Legal Services and Counseling Center	1 West St Cambridge, MA, 02139 (617) 661-1010 www.clsacc.org	Helps immigrants applying for immigration protections like asylum and defenses for survivors of domestic violence.
Irish International Immigrant Center	100 Franklin St., LL-1 Boston, MA, 02110 (617) 542-7654 www.iiicenter.org	Provides free meetings with immigration attorneys once a week.
Political Asylum and Immigration Representation (PAIR)	98 N Washington St, Ste 106 Boston, MA, 02114 (617) 742-9296 www.pairproject.org	Helps immigrants, especially those in detention or applying for asylum.
New American Center	Clock Tower Building 330 Lynnway, Suite 302 Lynn, MA 01901 (781) 593-0100 www.rcamlynn.org	Helps immigrants with green card and citizenship applications. Provides classes to prepare for Naturalization interview and exam. Also helps refugees and asylees find jobs and get public benefits. Also offers after-school and summer programs.
Northeast Legal Aid	181 Union St, Ste 201A Lynn, MA, 01901 (978) 458-1465 www.northeastlegalaids.org	Helps people apply for immigration protections, people with housing problems, people applying for public benefits, and survivors of domestic abuse.
Victim Rights Law Center	115 Broad St, 3 rd Fl Boston, MA, 02110 (617) 399-6720 www.victimrights.org	Helps victims of sexual assault in the areas of privacy, education, immigration, employment, public benefits, housing, and safety.

Passport and Consulate Information

The consulate for your country is a place that exists to help citizens of your country who live abroad, like you. The following list of international consular offices in Boston is provided as an additional resource to handle matters relating to the issuance, replacement and/or extension of international passports and visas, legalization of documents, or power of Attorney.

Bolivia

85 Devonshire Street
Boston, MA 02109
617-227-4481

Brazil

175 Purchase Street
Boston, MA 02110
617-695-3752

Cape Verde

300 Congress Street Suite 204
Quincy, MA 02169
617-353-0014

Chile

1 Bernardo O'Higgins Circle
Brighton, MA 02135
617-232-0416

Colombia

31 St James Avenue, Suite 960
Boston, MA 02116
617-536-6222 ext. 202

Dominican Republic

20 Park Plaza, Suite 601
Boston, MA 02116
617-482-8121

Ecuador

52 Cranberry Lane
Needham, MA 02492
781-400-1212

El Salvador

46 Bennington Street
East Boston, MA 02128
617-567-8484

Guatemala

754 Branch Avenue, Suite 201
Providence, RI 02904
401-270-6345

Haiti

545 Boylston Street, Room 201
Boston, MA 02116
617-266-3660

Jamaica

183 State Street Suite 6
Boston, MA 02109
617-778-0021; 617-778-0022

Lebanon

366 N. Main Street
Andover, MA 01810
978-289-4142

Mexico

55 Franklin Street, 2nd Floor
Boston, MA 02110
617-426-4181

Morocco

Bloomerberg Center
355 Soldiers Field Road
Boston, MA 02163
617-495-6325

Nepal

151 Tremont Street, #21K
Boston, MA 02111
617-948-9449

Nicaragua

52 Mulberry Street
Springfield, MA 01105
413-781-5400

Pakistan

1032 Main Street, Suite 5
Millis, MA 02054
617-267-9000

Peru

20 Park Plaza, Suite 511
Boston, MA 02116
617-338-2227






Venezuela

545 Boylston Street, Suite 301
Boston, MA 02116
617-266-9475






Community Organizations

There are many organizations around Lynn that work with immigrant and refugee populations on specific issues. These include a wide variety of education programs both after school and during the summer, recreational activities, homelessness prevention, food services, family support, and even parenting classes. Whatever help you are looking for, there is sure to be an organization for you. Most of these programs are also free.

<p>Boys and Girls Club of Lynn</p>  <p>BOYS & GIRLS CLUB OF LYNN</p>	<p>25 North Common St Lynn, MA, 01902 (781) 593-1772 www.bgcl.org</p>	<p>The Boys and Girls Club offers an after-school program and summer camp that provides recreational activities and homework help. Transportation from some local schools is available.</p>
<p>Catholic Charities</p>  <p>Catholic Charities <small>Archdiocese of Boston</small></p>	<p>117 N Common St Lynn, MA 01902 (781) 593-2312 www.ccab.org</p>	<p>This organization provides a number of social services including and not limited to childcare, counseling services, child and youth programs, job training, ESL classes, and GED/HiSet preparation.</p>
<p>Family & Children's Service of Greater Lynn</p>  <p>FAMILY & CHILDREN'S SERVICE of Greater Lynn, Inc.</p>	<p>111 North Common St Lynn, MA, 01902 (781) 598-5517 www.fcslynn.org</p>	<p>This center offers after-school TEEN SCENE youth programs with academic support, social skill development, and enrichment activities. Also offers parenting programs for parents of children aged 0-12 years old.</p>
<p>The Food Project</p>  <p>The Food Project</p>	<p>120 Munroe St Lynn, MA, 01901 (781) 346-6726 www.thefoodproject.org</p>	<p>The Food project has farms located in Beverly, Lynn, and Wenham where teens can learn about agriculture and help produce crops. They offer an after-school program as well as a seven week summer program that includes farming, workshops, and a stipend with the opportunity to continue during school year. They also offer outreach/job training.</p>
<p>Girls Inc.</p>  <p>girls inc.®</p>	<p>50 High Street Lynn, MA, 01902 (781) 592-9744 www.girlsinclynn.org</p>	<p>Girls Inc. provides programming during a girl's developmental years. The school-age child's care program offers homework help, literacy support, and enrichment activities. Middle school and high school programming focus on academic and social support. Girls Inc. also offers education services, ESOL support, pregnancy prevention programming /sexuality education, and youth outreach/job training.</p>

<p>The Haven Project</p> 	<p>57 Munroe St, 2nd Fl Lynn, MA, 01901 (781) 913-5738 www.havenproject.net</p>	<p>The Haven Project helps young adults who are homeless or at risk of becoming homeless build a foundation from which they can reach their potential. They also have support and stabilization services including health and medical referrals, shelter, clothing, and toiletries. Also, they offer food and life skills and job search services.</p>
<p>La Vida Scholars</p> 	<p>120 Munroe Street Lynn, MA, 01901 (781) 586-0196 www.la-vida.org</p>	<p>La Vida is a three year after-school program in which students meet once or twice a week to create first-generation multicultural college students. Services include college visits, SAT preparation, scholarship assistance, and tutoring. They also offer education college prep and matching services.</p>
<p>Lynn Economy Opportunity (LEO)</p> 	<p>156 Broad Street Lynn, MA, 01901 (781) 581-7220 www.leoinc.org</p>	<p>LEO has school-age after-school programs. Services also include Early Head Start (ages 6 weeks to 2.9 years) and Head Start (ages 3-5 years) and parent resources.</p>
<p>Lynn Family Forward Resource Center</p> 	<p>16 City Hall Sq Lynn, MA, 01901 (339) 883-2424 (781) 598-9417 www.frma.org</p>	<p>This organizations offers parenting skills workshops and support groups, grandparents groups, play groups, and family events and activities. They also provide youth outreach and job placement services.</p>
<p>Lynn Housing Authority and Neighborhood Development (LHAND)</p> 	<p>174 South Common St Lynn, MA, 01902 (781) 581-5783</p>	<p>LHAND promotes and provides adequate and affordable housing, economic opportunity, and a suitable living environment. They also provide cheaper housing or assistance with rent payments to low-income families and elderly citizens.</p>
<p>New American Center</p> 	<p>Clock Tower Building 330 Lynnway, Suite 302 Lynn, MA 01901 (781) 593-0100 www.rcamlynn.org</p>	<p>The center runs an after-school and summer program that provides recreational activities and academic support, focusing on ELL students. Other services include referrals and advocacy for refugees and asylees and assistance with green cards and citizenship applications. Notary Public services available.</p>
<p>RAW Art Works</p> 	<p>37 Central Square Lynn, MA, 01901 (781) 593-5515 www.rawartworks.org</p>	<p>RAW Art Works offers after-school art programs for elementary, middle, and high school students. High school seniors are mentored through the college application process. RAW also offers youth employment and connections to financial aid and healthcare.</p>

<p>The Reading Educational Assistance Learning Program (REAL)</p> 	<p>151 Ocean St Lynn, MA, 01902 (781) 581-3105 www.therealprogram.org</p>	<p>The REAL Program is offered in both the Boys and Girls Club and Congregation Ahabat Shalom in Lynn. The program provides books, homework help, snacks and meals, and other education and welfare support related to youth enrichment.</p>
<p>Salvation Army of Lynn</p> 	<p>1 Franklin Street Lynn, MA, 01902 (781) 598-0673 www.salvationarmyma.org/lynn</p>	<p>The Salvation Army has an after-school Christian-based program with recreational activities and homework help. Transportation is available from Lynn public schools. Coed basketball and summer camp are available. They Also offer a food pantry and emergency food supplies, housing assistance, and youth outreach programming.</p>
<p>YMCA</p> 	<p>20 Neptune Blvd Lynn, MA, 01902 (781) 581-3105 www.ymcametronorth.org/locations/lynn-family-ymca</p>	<p>The Y offers a variety of programs including daytime preschool, after-school drop-in for grades K-8, after school study group for grades 3-12, and leadership development and fitness for middle school students. They also offer childcare/preschool and youth development programs.</p>

Common Practices in the United States

There are some practices in the United States that may be different than in your country. The following are some typical practices.

- **Age of Adulthood:** In the U.S., an individual becomes an adult at the age of 18 years old.
- **Drinking:** The legal drinking age in the United States is 21 years old. You have to show identification and proof of your age to buy alcohol. It is illegal to provide alcohol to a person under the age of 21 even if their parents are present.
- **Door Holding:** In the United States it is common practice to hold the door open for the person behind or in front of you. It is also considered polite to say "thank you" if someone holds the door open for you.
- **Seating:** On public transportation or in waiting areas, it is polite for people in good health to give up their seats for individuals who are elderly, ill, disabled, or for women who are pregnant or have an infant.
- **Eye Contact:** It is considered polite to maintain eye contact during a conversation.
- **Money:** Most U.S. stores operate on a fixed-price system; therefore it is not common practice to negotiate a price. However, it is common practice to ask about any sales, discounts, or coupons that may be available. Seasonal outdoor markets or privately-held yard sales do allow bargaining.



General Courtesies

- It is common practice to respect the personal space of those around you, being careful not to stand too close to other people around you. Also, it is not common practice to touch a person with whom you are not familiar.
- It is considered rude to hold loud conversations either on the telephone or with someone in person while you are in enclosed public spaces including buses, trains, waiting areas, restaurants, elevators, or cinemas.
- It is important to arrive on time to scheduled meetings or events. If you can not arrive on time, it is polite to call to tell the person you are meeting with that you are late or will not attend the meeting.
- Whenever there are many people waiting for something, it is best to form a line and wait for your turn.

Greetings

Typically, you greet a person by saying "hello" or "how are you?" If it is the morning, you can also say "good morning." Usually the phrase "how are you?" means "hello", so you should not expect someone to wait for your answer, or for someone to respond with a long description about their day.

When first meeting a person, it is common to shake their hand. Hugging and kissing is rare, and should only be used when greeting close friends, family members, or a partner.

Fun Things to Do Around Lynn !

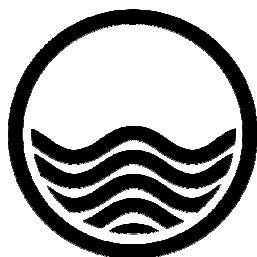
You might find yourself getting bored at home after school and on the weekends. Luckily, there are lots of fun things to do around the city of Lynn!



Lynn Public Library

At the Lynn Public Library members can take out books, magazines, and movies for free, normally for 3 weeks at a time. This is also a great place to study if you want to get out of the house.

5 North Common St
Lynn, MA, 01902
(781) 595-0567
<http://www.noblenet.org/lynn/>



Lynn Shore Drive

Lynn is known for its beautiful shoreline and beaches. You can walk, jog, and bicycle along the boardwalk and hang out on the beach.

Lynn Shore Drive
Lynn, MA 01901



Lynn Woods Reservation

This reservation is over 30 miles long and has a number of hiking trails. It is very close to Breed Middle School and Classical High School.

Great Woods Road
Lynn, MA, 01901



Lynn YMCA

The YMCA provides a number of fitness classes and programs for its members. Exercising is a great way to relieve stress and anxiety. It is also a great way to meet new people in your city. The Y also has basketball courts, a fitness center, and an indoor pool. To sign up, ask for an application at the front desk. If you are a student, you can get a free one-month trial (ask a teacher or guidance counselor at your school for more information) and after that, a discounted rate. If you are low-income, you can also get a discounted membership. All you have to do is fill out the low-income application.

20 Neptune Blvd.
Lynn, MA, 01902
(781) 581-3105
www.ymcametronorth.org/locations/lynn-ymca

Welcome to Lynn !