A Newcomer’s Guide to Lynn

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

Children’s Law Center of Massachusetts

August 2017
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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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
Basics

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
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.

<table>
<thead>
<tr>
<th>Student Passes</th>
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</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Charities North</td>
<td>117 North Common St Lynn, MA, 01902</td>
<td>(781) 593-2312</td>
<td><a href="http://www.ccab.org">www.ccab.org</a></td>
<td>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.</td>
</tr>
<tr>
<td>Family Forward Resource Center</td>
<td>16 City Hall Sq Lynn, MA, 01901</td>
<td>(339) 883-2424</td>
<td><a href="http://www.frcma.org">www.frcma.org</a></td>
<td>Offers life skills and job search support.</td>
</tr>
<tr>
<td>Food Project</td>
<td>120 Munroe St Lynn, MA, 01901</td>
<td>(781) 346-6726</td>
<td><a href="http://www.thefoodproject.org">www.thefoodproject.org</a></td>
<td>Offers summer employment opportunities in sustainable agriculture on local farmland.</td>
</tr>
<tr>
<td>Girls Inc. of Lynn</td>
<td>50 High St Lynn, MA, 01902</td>
<td>(781) 592-9744 ext 214</td>
<td><a href="http://www.girlsinclynn.org">www.girlsinclynn.org</a></td>
<td>Offers peer leadership programs, a job readiness program, career exploration and college prep mentoring.</td>
</tr>
<tr>
<td>The Haven Project</td>
<td>57 Munroe St, 2nd Fl Lynn, MA, 01901</td>
<td>(781) 913-5738</td>
<td><a href="http://www.havenproject.net">www.havenproject.net</a></td>
<td>Provides life skills and job search assistance to young adults who are at risk of becoming homeless.</td>
</tr>
<tr>
<td>New American Center</td>
<td>Clock Tower Building 330 Lynnway, Suite 302 Lynn, MA 01901</td>
<td>(781) 593-0100</td>
<td><a href="http://www.rcamlynn.org">www.rcamlynn.org</a></td>
<td>Offers employment services, career counselling, job search assistance, skills trainings, basic computer trainings, English for Employment to refugees and immigrants, case management.</td>
</tr>
<tr>
<td>North Shore Career Center</td>
<td>117 Franklin St., Lynn, MA 01902</td>
<td>(781) 691-7431</td>
<td>nsCareers.org</td>
<td>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.</td>
</tr>
<tr>
<td>RAW Art Works</td>
<td>37 Central Square Lynn, MA, 01901</td>
<td>(781) 593-5515</td>
<td><a href="http://www.rawartworks.org">www.rawartworks.org</a></td>
<td>As part of its art program, offers youth employment and connections to financial aid and healthcare.</td>
</tr>
</tbody>
</table>
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 landlord’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](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 ITIN*S* Lynn Marketplace, 1 State St, Lynn, MA 01901 p: (781) 592-0120

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*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.

1) Write your name and address

Jane Doe
123 Main Street, Apt. 3
Boston, MA 55555

2) Write the name and address of the person you are sending it to

Children’s Law Center
298 Union Street #2
Lynn, MA 01901

3) Don’t forget to include a stamp!

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.

<table>
<thead>
<tr>
<th>Lynn Community Health Center Main Site</th>
<th>280 Union Street</th>
</tr>
</thead>
<tbody>
<tr>
<td>269 Union Street, Lynn</td>
<td>280 Union Street, Lynn</td>
</tr>
<tr>
<td>Phone: 781-581-3900 (Fax 781-598-1050)</td>
<td>Phone: 781-780-4984 (Fax 781-598-1050)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Market Square Family Health Services</th>
<th>Market Square Family Health Services at Western Avenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Market Square, Lynn</td>
<td>694 Western Avenue, Lynn</td>
</tr>
<tr>
<td>Phone: 781-596-3500</td>
<td>Phone: 781-595-7348 (Fax781-598-3583)</td>
</tr>
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<table>
<thead>
<tr>
<th>20 Central Avenue</th>
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<tr>
<td>20 Central Avenue, Lynn</td>
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<tr>
<td>Phone: 781-595-1350</td>
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</table>

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.

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 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

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 no 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.

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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

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

<table>
<thead>
<tr>
<th>Institution</th>
<th>Address</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>North Shore Community College</strong></td>
<td></td>
<td></td>
<td>The North Shore Community College offers a variety of classes for older youth, including many student resources and support programs for English Language Learners.</td>
</tr>
<tr>
<td>Lynn McGee Building</td>
<td>300 Broad Street, Lynn, MA 01901</td>
<td>(781) 593-6722</td>
<td>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.</td>
</tr>
<tr>
<td>Danvers 1 Ferncroft Rd.</td>
<td>5th Floor Room LE330, Lynn, MA 01901</td>
<td>(781) 477-2161</td>
<td>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.</td>
</tr>
<tr>
<td>Danvers North Shore Business Center</td>
<td>30 Log Bridge Road, Middleton, MA 01949</td>
<td>(978) 762-4000</td>
<td>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.</td>
</tr>
<tr>
<td>Lynn, MA 01901</td>
<td></td>
<td></td>
<td>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.</td>
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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.

<table>
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<tr>
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<tbody>
<tr>
<td>Catholic Charities Boston Refugee &amp; Immigration Legal Services</td>
<td>275 West Broadway Boston, MA, 02127 (617) 464-8100 <a href="http://www.ccab.org">www.ccab.org</a></td>
<td>Helps immigrants applying for immigration protections like asylum, naturalization, and family reunification.</td>
</tr>
<tr>
<td>Community Legal Services and Counseling Center</td>
<td>1 West St Cambridge, MA, 02139 (617) 661-1010 <a href="http://www.clsacc.org">www.clsacc.org</a></td>
<td>Helps immigrants applying for immigration protections like asylum and defenses for survivors of domestic violence.</td>
</tr>
<tr>
<td>Irish International Immigrant Center</td>
<td>100 Franklin St., LL-1 Boston, MA, 02110 (617) 542-7654 <a href="http://www.iiicenter.org">www.iiicenter.org</a></td>
<td>Provides free meetings with immigration attorneys once a week.</td>
</tr>
<tr>
<td>Political Asylum and Immigration Representation (PAIR)</td>
<td>98 N Washington St, Ste 106 Boston, MA, 02114 (617) 742-9296 <a href="http://www.pairproject.org">www.pairproject.org</a></td>
<td>Helps immigrants, especially those in detention or applying for asylum.</td>
</tr>
<tr>
<td>New American Center</td>
<td>Clock Tower Building 330 Lynnway, Suite 302 Lynn, MA 01901 (781) 593-0100 <a href="http://www.rcamlynn.org">www.rcamlynn.org</a></td>
<td>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.</td>
</tr>
<tr>
<td>Northeast Legal Aid</td>
<td>181 Union St, Ste 201A Lynn, MA, 01901 (978) 458-1465 <a href="http://www.northeastlegalaid.org">www.northeastlegalaid.org</a></td>
<td>Helps people apply for immigration protections, people with housing problems, people applying for public benefits, and survivors of domestic abuse.</td>
</tr>
<tr>
<td>Victim Rights Law Center</td>
<td>115 Broad St, 3rd Fl Boston, MA, 02110 (617) 399-6720 <a href="http://www.victimrights.org">www.victimrights.org</a></td>
<td>Helps victims of sexual assault in the areas of privacy, education, immigration, employment, public benefits, housing, and safety.</td>
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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 Bernando 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**
Bloomberg 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.

| Boys and Girls Club of Lynn | 25 North Common St, Lynn, MA, 01902  
(781) 593-1772  
www.bgcl.org | 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. |
|---------------------------|----------------------------------|----------------------------------------------------------------------------------|
| Catholic Charities | 117 N Common St, Lynn, MA 01902  
(781) 593-2312  
www.ccab.org | 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. |
| Family & Children’s Service of Greater Lynn | 111 North Common St, Lynn, MA, 01902  
(781) 598-5517  
www.fcslynn.org | 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. |
| The Food Project | 120 Munroe St, Lynn, MA, 01901  
(781) 346-6726  
www.thefoodproject.org | 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. |
| Girls Inc. | 50 High Street, Lynn, MA, 01902  
(781) 592-9744  
www.girlsinclynn.org | 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>| <strong>The Haven Project</strong> | 57 Munroe St, 2nd Fl&lt;br&gt;Lynn, MA, 01901&lt;br&gt;(781) 913-5738&lt;br&gt;www.havenproject.net | 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. |
| <strong>La Vida Scholars</strong> | 120 Munroe Street&lt;br&gt;Lynn, MA, 01901&lt;br&gt;(781) 586-0196&lt;br&gt;www.la-vida.org | 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. |
| <strong>Lynn Economy Opportunity (LEO)</strong> | 156 Broad Street&lt;br&gt;Lynn, MA, 01901&lt;br&gt;(781) 581-7220&lt;br&gt;www.leoinc.org | 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. |
| <strong>Lynn Family Forward Resource Center</strong> | 16 City Hall Sq&lt;br&gt;Lynn, MA, 01901&lt;br&gt;(339) 883-2424&lt;br&gt;(781) 598-9417&lt;br&gt;www.frcma.org | 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. |
| <strong>Lynn Housing Authority and Neighborhood Development (LHAND)</strong> | 174 South Common St&lt;br&gt;Lynn, MA, 01902&lt;br&gt;(781) 581-5783 | 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. |
| <strong>New American Center</strong> | Clock Tower Building&lt;br&gt;330 Lynnway, Suite 302&lt;br&gt;Lynn, MA 01901&lt;br&gt;(781) 593-0100&lt;br&gt;www.rcamlynn.org | 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. |
| <strong>RAW Art Works</strong> | 37 Central Square&lt;br&gt;Lynn, MA, 01901&lt;br&gt;(781) 593-5515&lt;br&gt;www.rawartworks.org | 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>
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<tr>
<th>Organization</th>
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<th>Website</th>
<th>Description</th>
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<tr>
<td>The Reading Educational Assistance</td>
<td>151 Ocean St</td>
<td>(781) 581-3105</td>
<td><a href="http://www.therealprogram.org">www.therealprogram.org</a></td>
<td>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.</td>
</tr>
<tr>
<td>Learning Program (REAL)</td>
<td>Lynn, MA, 01902</td>
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<tr>
<td>Salvation Army of Lynn</td>
<td>1 Franklin Street</td>
<td>(781) 598-0673</td>
<td><a href="http://www.salvationarmyma.org/lynn">www.salvationarmyma.org/lynn</a></td>
<td>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.</td>
</tr>
<tr>
<td>YMCA</td>
<td>20 Neptune Blvd</td>
<td>(781) 581-3105</td>
<td><a href="http://www.ymcametronorth.org/locations/lynn-family-ymca">www.ymcametronorth.org/locations/lynn-family-ymca</a></td>
<td>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.</td>
</tr>
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</table>
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 cannot 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.

Lynn Shore Drive
Lynn is known for it’s beautiful shoreline and beaches. You can walk, jog, and bicycle along the boardwalk and hang out on the beach.

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.

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.

Welcome to Lynn!