

Ipswich/Essex County Resources

Guide to Counseling and Community Supports in
Ipswich, MA and the Essex County area

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COUNSELING RESOURCES

EMERGENCY SERVICES

In the event of a psychiatric emergency, dial 911 or go to your nearest emergency room

Lahey Emergency Psychiatric Assessments and Services (Salem/Ipswich area)

35 Congress Street, Building 2

1st Floor, Suite 2150C

Salem, MA 01970

978-744-1585 or 866-523-1216

<http://nebhealth.org/services-locations/emergency-psychiatric-care-mobile-crisis-teams/>

Lahey Emergency Psychiatric Assessments and Services is open 24 hours a day, 7 days a week. They have the ability to come to you or you can go to their office in Salem.

HELPFUL INSIGHT WHEN CHOOSING A COUNSELOR

- When selecting a counselor, it is useful to ask questions regarding:
 - the counselor's specialty and experience (including years in practice)
 - educational background
 - counseling style/method and what to expect at a typical appointment
 - type of counseling he/she recommends (individual, family, couple, or combination)
 - length of services
 - available office hours (days, nights, weekends)
 - whether emergency services are available
 - cost (including if insurance is accepted, if applicable)
- When determining if counseling services are appropriate for your child, consult your primary care doctor and consider meeting with the counselor first, without your child, to discuss the issue and seek possible resolutions.
- Keep in mind, we don't always connect with everyone right away or in general. If a child does not immediately connect or feel comfortable, encourage them to give it a session or two. If they still do not feel comfortable, it's more than acceptable to try another practitioner on the list!
- There are often waitlists for counseling services. Agencies may provide broader availability due to having multiple counselors/specialties within one office.

Please note this list is for informational purposes only. Ipswich Public Schools does not specifically endorse any of the counselors or practices on this list. Additional counselors may be found on the [Psychology Today website](#), the [WJC INTERFACE Referral Service](#), the [Private Practice Colloquium](#), through your primary care provider, or through your insurance.

24/7 HOTLINES

National Suicide Prevention Hotline

1-800-273-8255

Project Safety Net

978-771-4619 - call or text

COUNSELORS

Contact directly for accepted insurance companies

Lynne Bishop, LMHC

7 Prince Place
Newburyport, MA 01950
978-462-5900

Dr. Jonathan Hall, M.D.

136 Gardner Street
Hamilton, MA 01936
978-969-3744

Dr. Lance Linke

10 Federal Street, Suite 307
Salem, MA 01970
617-758-8485

Christine S. Driscoll, MSW

7 Essex Green Dr #65
Peabody, MA 01960
(978) 356-0212

Denise Hamel-Cassidy, LCSW

60 Railroad Avenue
South Hamilton, MA 01982
978-468-7010

Miriam Novogrodsky, LICSW

21 Market Street
Ipswich, MA 01938
978-378-3288

Lisa Dube, LICSW

51 Pleasant Street
Newburyport, MA 01950
978-306-2850
<https://www.merrimackriverwellness.com/>

Cynthia Hazelton, LMHC

174 High Street #6
Ipswich, MA 01938
978-948-3600

Lauren Schonberger, LICSW

19 Pleasant Street
Gloucester, MA, 01930
(857) 540-7075
<https://www.schonbergertherapy.com/>

Michelle Gracey, LICSW

2 North Main Street
Ipswich, MA 01938
978-992-1395

Dawn Huebner, Ph.D.

2 Franklin Street
Exeter, NH
603-778-0408

Samantha Spagnuolo, LMHC, LLC

21 Central Street, Unit 24
Andover, MA 01810
978-222-9855
sspagnuolollc@gmail.com

Julia Griffin-Terner, LMHC

100 Cummings Center
Suite 365-D
Beverly, Massachusetts 01915
978-335-0756

Giles Keating, LMHC

100 Cummings Center
Suite 365-D
Beverly, MA 01915
978-766-9600

Jennifer Zaniboni, LICSW

23 Green Street, Suite 208
Newburyport, MA 01950
978-716-2819

AGENCIES

Contact directly for accepted insurance companies

Asperger/Autism Network

Main Office
51 Water Street, Suite 206
Watertown, MA 02472
617-393-3824

<https://www.aane.org/>

AANE's Friend in Me Group:

Free online buddy group (ages 8-18)

<https://www.friendinmegroup.org>

info@friendinmegroup.org

The Artful Life Counseling Center & Studio

234 Cabot Street
Beverly, MA 01915
978-548-6288

info@artfullifecenter.org

www.artfullifecenter.org

Catholic Charities - Family Counseling and Guidance Center

152 Sylvan Street
Danvers, MA 01923
978-774-6820

<http://www.ccab.org>

Children's Friend and Family Services

A Division of Justice Resource Institute

Contact: Crystal Contrino, LMHC, ATR - Director
of Community Based Services, Gloucester

ccontrino@childrensfriend.net

33 Commercial Street
Gloucester, MA 01930
978-283-7198 x4312
(f) 978-281-7793

Community Service Agency of Cape Ann

*Families with MassHealth can self-refer by
calling: Donna (Intake) @ 978-998-3647
800 Cummings Center, Suite 364-U
Beverly, MA 01915

Counseling Services of Greater Boston

64 Central Street, 2nd Floor
Georgetown, MA 01833
781-328-1904 x100 for Intake

<http://www.csqboston.com>

Harborside Counseling Services

143 State Street
Newburyport, MA 01950
978-462-7057

OR

8 Thorndike Street
Beverly, MA 01915
978-922-4888

<http://www.harborsidecounseling.com/>

Heritage Family Counseling Center

60 Railroad Avenue
South Hamilton, MA 01982
978-468-7010

Lahey Behavioral Health

800 Cummings Center
Beverly, MA 01915
978-921-1190

<http://www.nebhealth.org/>

Lemon Tree Counseling Center

100 Cummings Center #363C
Beverly, MA 01915
978-317-8411

<http://www.lemontreecounseling.com>

Optimal Psychology Associates

89 Newbury Street
Danvers, MA 01923
978-774-0500

Riverside Trauma Center

Joanna Bridger, LICSW - Clinical Services

Director

jbridger@riversidecc.org

781-433-0672 x5615

888-851-2451 - 24-hour critical incident
response

www.riversidetraumacenter.org

Triumph Center

36 Woburn Street

Reading, MA 01867

781-942-9277

triumphcenter@verizon.net

[http://triumphcenter.net/programs/social-skills-
-groups/](http://triumphcenter.net/programs/social-skills-groups/)

Thrive: A Social Learning Community

Becky Chapman, M.S.Ed., BCBA, LABA & Maggie

Flaherty, MC, BCBA, LABA

14 Cedar Street #107

Amesbury, MA 01913

978-378-0550

thrivesociallearning@gmail.com

BILINGUAL COUNSELORS**Embrace Pathways to Wellness**

1R Newbury Street, Suite 401

Peabody, MA 01960

339-219-5309

Telehealth available

Languages: English, Portuguese

Evan Margetson, LICSW

1 Market Street, Suite 204B

Lynn, MA 01901

978-286-8966

Telehealth available

Languages: English, Spanish

Liliana Kruschewsky, LMHC

Woburn, MA 01801

351-206-1292

Languages: English, Portuguese

Jose Morell, LMHC

6 Lynde Street, Suite 1A

Salem, MA 01970

781-277-3300

Telehealth available

Barbara Maia, LMHC

Amesbury, MA 01913

978-378-3108

Telehealth only

Languages: English, Portuguese

Melissa Rodrigues, LICSW

Lynnfield, MA 01940

351-200-8663

Telehealth available

Languages: English, Portuguese

PARENTING SUPPORT GROUPS

NFI Massachusetts

76 Winter Street
Haverhill, MA 01830

<https://www.nfima.org/>

**NFI Parenting Together Support Groups are available parents, grandparents, fathers, adoption, autism, and other special populations and circumstances.*

Ipswich Birth to Three

Contact: Beth at 978-471-2180 (call/text) or birthto3@ipsk12.net

Services include: Free programs for children and parents from birth to age 9; Sunday running club (3-8 years old); story time; music classes; 0-12 month parent support group; Kindergarten preparation; referrals for childcare/daycare programs

GRIEF GROUPS

Care Dimensions

75 Sylvan Street, Suite B-102
Danvers, MA 01923
888-283-1722

www.caredimensions.org

**For more information on virtual grief groups for children & teens, contact: Kelia Bergin, Children's Program Coordinator at 781-373-6570 or at kbergin@caredimensions.org.*

ADDICTION RESOURCES

AA Central Service Committee of Eastern Mass

12 Channel Street, Suite 604
Raymond L. Flynn Marine Park
Boston, MA 02210
617-426-9444

www.aaboston.org

Ipswich Al-Anon

Meeting Location:
Baptist Church
45 Central Street
Ipswich, MA 01938

LGBTQ+ RESOURCES

North Shore Alliance of GLBTQ Youth (NAGLY North)

Witch City Mall

2 East India Square, Suite #121

Salem, MA 01970

978-224-2102

<https://www.nagly.org/>

Asperger/Autism Network

Main Office

51 Water Street, Suite 206

Watertown, MA 02472

617-393-3824

<https://www.aane.org/>

Sayftee

3464 Washington Street

Jamaica Plain, MA 02130

<https://www.sayftee.com/>

WEBSITES:

Gender Spectrum

<https://genderspectrum.org/>

AMAZE

<https://amaze.org/>

The Trevor Project

<https://www.thetrevorproject.org/get-help/>

Massachusetts Transgender Political Coalition (MTPC)

<https://www.masstpc.org/>

Name/Gender Marker Change Guidance: <https://www.masstpc.org/identity-documents/>

ARTICLES:

Why Pronouns Matter

<https://www.mypronouns.org/>

BOOKS:

A Quick & Easy Guide to They/Them Pronouns, by Archie Bongiovanni

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity, by Rylan Jay Testa

FINANCIAL ASSISTANCE

Action Inc.'s Project Uplift

Holiday Toy & Clothing Drive

180 Main Street

Gloucester, MA 01930

www.actioninc.org

Catholic Charities

60 Prospect Street

Gloucester, MA 01930

978-283-3055

<http://www.ccab.org>

Invest in People

Contact: Lynne

investinpeople1@gmail.com

978-704-5774

Ipswich Caring

Contact: Christine Fionda at 617-257-9082 or

Cheryl Forster-Cahill at cherylf@aol.com

Programs include: back-to-school supplies, Christmas gifts, winter coats/boots, birthday gift cards, summer camp, scholarships, and (for parents) the Empowerment Fund

Application available online:

www.ipswichcaring.org

Rebecca R. Gibbs Memorial Charitable Fund

Ascension Memorial Church

P.O. Box 547

Ipswich, MA 01938

gr-gibbs@comcast.net

978-914-4489

FOOD PANTRIES

Open Door Food Pantry

Southern Heights

Ipswich, MA 01938

978-283-6776

<https://www.foodpantry.org/>

Apply online or by phone!

Services include: **Free Grocery Delivery** and pick-up on Wednesdays and Thursdays from 11 AM - 4 PM (in collaboration with the Ipswich YMCA) Sign up at: <https://www.foodpantry.org/order-now/>

Ipswich Dinnerbell

Contact: Dorothy Calandra

978-356-4801

dorothy@ipswichdinnerbell.org

<https://ipswichdinnerbell.org/index.html>

Services include:

- Providing free community meals to the greater Ipswich area every Monday from 5 - 6:30 PM
- Delivery of **free hot meals** every Monday night in collaboration with the Ipswich YMCA; contact Chris Bevilacqua at bevilacqua@northshoreymca.org to sign up.

Ipswich Micropantries

"Mini" food pantries (free groceries/toiletries) in wooden boxes at two locations--no application necessary!

Located at: (1) Cable Gardens - 126 County Road & (2) First Church Ipswich - 1 Meetinghouse Green

COMMUNITY RESOURCES

Ipswich Family YMCA & Rowley Campus

110 County Road
Ipswich, MA 01938
978-356-9622

<https://www.northshoremca.org/>

Services include: Family & teen memberships available; summer programs; Counselor-in-Training leadership camp (grades 7 & 8); collaborations with Ipswich Open Door Food Pantry and Ipswich Dinnerbell

Ipswich Birth to Three

Contact: Beth at 978-471-2180 (call/text) or birthto3@ipsk12.net

Services include: Free programs for children and parents from birth to age 9; Sunday running club (3-8 years old); story time; music classes; 0-12 month parent support group; Kindergarten preparation; referrals for childcare/daycare programs

Ipswich Public Library

25N Main Street
Ipswich, MA 01938
978-356-6658

Services include: book & movie rentals; ESL tutoring; free printing and computer access; rentals of games, technology/hotspots, tools, etc.

Ipswich Council on Aging - Senior Center

Town Hall
25 Green Street
Ipswich, MA 01938
978-356-6650

Contact: Sheila Taylor, Director of Senior Services

Big Brothers Big Sisters of Eastern Massachusetts

184 High Street, 3rd Floor
Boston, MA 02110
617-542-9090

<https://emassbig.org/>

SUMMER CAMPS

SummerQuest at Crane Estate

Scholarships available

290 Argilla Road

Ipswich, MA 01938

summerquest@thetrustees.org

<https://thetrustees.org/program/summerquest-at-the-crane-estate-ipswich/>

Ipswich Junior Sailing

P.O. Box 364

Ipswich, MA 01938

info@ipswichjuniorsailing.org

978-412-4412

<https://www.ipswichjuniorsailing.org/>

Kestrel Educational Adventures

P.O. Box 3189

Beverly, MA 01915

jessica@kestreleducation.org

978-515-7177

<https://kestreleducation.org/>

Whittier Tech Summer Vacation Programs

115 Amesbury Line Road

Haverhill, MA 01830

978-373-4101

<https://whittiertech.org/wt-news/2019/3/26/summer-vacation-program-signups-now-online>

YMCA

<https://www.northshoremca.org/programs/ipswich-rowley-ymca-camps>

Camp Cedar Mill

390 Wethersfield Street

Rowley, MA

978-432-2931

Michelle Martens, Camp Director

martinsm@northshoremca.org

or

Camp Dory

Centennial Grove Park

Essex, MA

978-479-4969

Blair Smith, Camp Director

smithb@northshoremca.org

Ipswich YMCA

****NEW PROGRAM (summer 2022):** Counselor-in-Training Leadership Camp (grades 7 & 8); contact Chris Bevilacqua (Ipswich YMCA) at bevilacquac@northshoremca.org for more information.

VOLUNTEER OPPORTUNITIES

Open Door Food Pantry

Southern Heights

Ipswich, MA 01938

<https://www.foodpantry.org/>

Ipswich Dinnerbell

Contact: Dorothy Calandra

978-356-4801

dorothy@ipswichdinnerbell.org

<https://ipswichdinnerbell.org/index.html>

Ipswich Council on Aging - Senior Center

Town Hall

25 Green Street

Ipswich, MA 01938

978-356-6650

Contact: Sheila Taylor, Director of Senior Services

Sweet Paws Rescue

Mailing Address:

P.O. Box 752

Essex, MA 01929

Email: info@sweetpawsrescue.org

<https://www.sweetpawsrescue.org/>