

January 2023



## Hudson Community Social Worker Bulletin

My name is Alex O'Hare and I am the Hudson Community Social Worker. This bulletin includes the services I provide and current community programs. I look forward to hearing from you.



## Community Services

### Housing Services:



- Housing applications:  
CHAMP  
and section 8 applications
- Rental assistance:  
RAFT application
- Shelters:  
Bed search for shelters

### Mental Health Services:

- Mental Health referrals:  
therapy and psychiatry
- One-on-one consultation:  
added emotional support by  
social worker
- Crisis-intervention:  
consultation for level of care  
Needed



Alex O'Hare, LCSW ~ Mon to Fri 8am-4:30pm  
978-562-3150

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### Food Services:



- Food assistance:  
SNAP and food pantry applications



### Financial Services:



- Transportation:  
Uber rides for low income residents for medical appointments only. Screening required.

- Deep cleaning:  
Deep cleaning for those at risk of losing housing or those living in inhabitable conditions. Screening required.

### Health Services:



- Health insurance:  
MassHealth and Health Connector applications
- Doctor search:  
Assistance with finding providers depending on health insurance



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## Monthly Support Groups

### Bereavement Support Group

Monday, January 9<sup>th</sup> at 1pm @ Hudson Senior Center

Monday, January 23<sup>rd</sup> at 1pm @ Peter's Grove

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process.

### Caregivers Support Group

Thursday, January 12<sup>th</sup> at 1pm @ Hudson Senior Center

A monthly Caregivers Support Group the second Thursday of every month. Having a role as a caregiver to someone you love can be rewarding and a stressful experience. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones.

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