





May 2023



Hudson Community Social Worker Bulletin

	May Events
<p>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.</p>	<p>Mental Health First Aid Training May 22nd 9am-2pm Call Alex for more info and to sign up</p>

Community Services			
Housing	Mental Health	Food	Financial
<ul style="list-style-type: none">▪ Housing applications: State and federal affordable housing▪ Rental assistance: RAFT application 	 <ul style="list-style-type: none">▪ Mental health referrals: Therapy and psychiatry▪ One-one consultation: Added emotional support by social worker▪ Crisis-intervention: Consultation for level of care	<ul style="list-style-type: none">▪ Food assistance: SNAP and food pantry applications 	<ul style="list-style-type: none">▪ 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 

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

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Support Groups

Bereavement Support Group

Monday, May 1st & May 15th at 1pm
@ Hudson Senior Center

Monday, May 8th at 2pm @ 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, May 11th & May 25th at 1pm @ Hudson
Senior Center

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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