



Happy Holidays!

FROM NORTHEAST ARC'S
COMMUNITY RESOURCE CENTER

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Questions? Need a specific resource? Contact us!

Central Middlesex (Acton) - Amie Richards
arichards@ne-arc.org

Lowell - Holly Keane
hkeane@ne-arc.org

Merrimack Valley (Lawrence) - Chris Marchese
cmarchese@ne-arc.org

Metro North (Wakefield) - Merrie Rothstein
mrothstein@ne-arc.org

North Shore (Beverly) - Kerry Neenan
kneenan@ne-arc.org

About NTCN

The Northeast Transition Collaborative Network (NTCN) was created in response to gaps in communication and collaboration between school districts, agencies/providers, young adults, parents/caregivers, and community groups. NTCN hosts monthly virtual sessions about adult services and opportunities in the community as well as quarterly professional development opportunities for educators on topics related to person-centered transition, and workshops for families/caretakers around the person-centered planning process.



Upcoming Holiday Events

Sensory Friendly Events

Saturday 12/13 10am-12pm

Autism Eats: Brunch

Maggiano's Little Italy (Boston)

<https://autismeats.org/events.html>

Open to all ages!

Sunday 12/14 2pm-4pm

Sensory Friendly Photos with Santa at

Stevens-Coolidge House & Gardens (North Andover)

<https://thetrustees.org/event/442237/>

Thursday 12/18 5pm-10pm

Hanukkah at the Museum of Fine Arts (Boston)

<https://www.mfa.org/event/special-event/hanukkah>

Friday 12/19 5pm-6pm

Lynn Disability Network Sensory Christmas Party

Phoenix Food Hub (Lynn)

<https://www.facebook.com/share/p/1AG8U32ysu/>

Ages 3-22, all cities/towns

Friday 12/19 6pm-8pm

SociAbility Society: Holiday Fun

First Parish Church United (Westford)

<https://tinyurl.com/WCODHoliday25>

Westford and local area young adults grade 9+

Monday 12/22 5:30pm - 7:30pm

INclusive Santa is Coming to Town!

INspire Cafe (Wakefield)

Open to all ages!

Sunday 1/4 4pm-9:30pm

Stone Zoo Sensory Inclusive Night (Stoneham)

<https://www.zoonewengland.org/engage/zoolights/>

Light Displays

Friday 11/14-Sunday 1/4 4pm-9:30pm

Zoo Lights (Stoneham)

<https://zoonewengland.org/engage/zoolights/>

Sensory Friendly evening 1/4

Sunday 12/21-Sunday 1/4 9am-3:30pm

Deck the Halls: Hammond Castle (Gloucester)

<https://hammondcastle.org/>

Sunday 11/30-Saturday 1/3

Merrimack Valley Celebration of Lights (Drive Through display)

<https://tinyurl.com/MerrimackLights2025>

Thurs. 12/4-Fri. 12/26

Light Up Lynnfield

<https://lynnfieldma.myrec.com/>





Upcoming Holiday Events

Community Holiday Events

12/10 - 12/16 Multiple Dates/Locations

Holiday Stories you Haven't Heard

Performances in Sudbury, Lincoln, Maynard, Bedford

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

Saturday 12/13

Holiday Stroll at MarketStreet (Lynnfield)

<https://marketstreetlynnfield.com/event/holiday-stroll-2/>

Saturday 12/13 4pm

Swampscott Holiday Festival

<https://www.swampscottma.gov/home/news/swampscott-holiday-festival>

Saturday 12/13 5pm

Paul Center Winter Wonderland

<https://www.facebook.com/thepaulcenter/>

Saturday 12/13 5:30pm

Swampscott Police Association Parade

<https://tinyurl.com/Swampscott25Parade>

Saturday/Sunday 12/13 - 12/14

Wassail Weekend in Salem

<https://www.salemholidayhappenings.org/event/wassail-weekend/>

Sunday 12/14 12pm

Billerica Holiday Parade

<https://www.facebook.com/billericachristmasparade/events>

Sunday 12/14 3pm

Salem Holiday Concert at Salem Playhouse

<https://www.facebook.com/events/694989653670440/>

Monday 12/15 7pm

Salem Community Band Holiday Concert @ Salem State

<https://salemstatetickets.universitytickets.com/w/event.aspx?id=2144&p=1>

Tuesday 12/16 7pm

Merrimack Valley Concert Band Holiday Concert
(Live stream also available)

<https://www.mvcband.com/concert-schedule>

Sunday 12/21 11am - 4pm

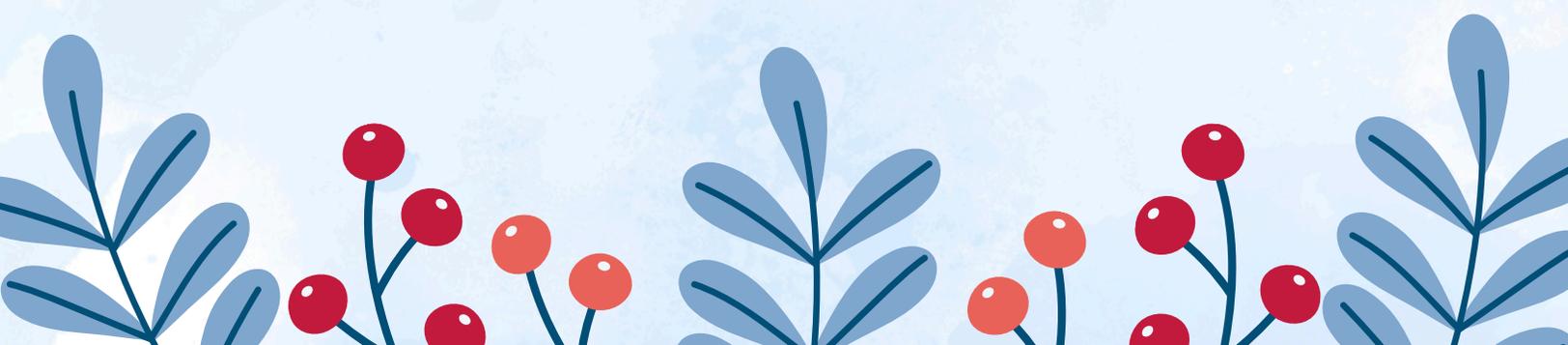
Salem Holiday Market at Old Town Hall

<https://www.facebook.com/events/1129556915990866>

Wednesday 12/24 5pm

Lynn Christmas Parade

<https://tinyurl.com/LynnXmasParade25>



Upcoming Holiday Events

Menorah Lightings and Chanukah Celebrations

Sunday 12/14 3:30pm

Menorah at the Mall, North Shore Mall

<https://tinyurl.com/NorthShoreMallChanukah2025>

Sunday 12/14 4:30pm

Wilmington Public Menorah Lighting

<https://www.facebook.com/share/p/1FDmCsr6Uh/>

Sunday 12/14 4pm

Wakefield Town Menorah Lighting

<https://tinyurl.com/JewishWakefieldChanukah25>

Sunday 12/14 5pm

Reading Community Menorah Lighting

<https://tinyurl.com/ReadingMenorah25>

Sunday 12/14 5pm

Chabad Melrose Menorah Lighting

<https://chabadmelrose.com/chanukah>

Monday 12/15 11:30am

Merrimack Health Methuen Hospital

<https://www.facebook.com/ChabadMV>

Monday 12/15 5pm

Haverhill at Washington Square Menorah Lighting

<https://www.facebook.com/ChabadMV>

Monday 12/15 5:15pm

Maynard Menorah Lighting

<https://tinyurl.com/MaynardMenorah25>

Monday 12/15 5:30pm

Lowell City Hall Menorah Lighting

<https://www.facebook.com/ChabadMV>

Monday 12/15 6pm

Andover Menorah Lighting

<https://www.facebook.com/ChabadMV>

Monday 12/15 6:30pm

Stoneham Menorah Lighting on the Common

<https://stonehamchamber.org/events/>

Tuesday 12/16 4:30pm

Merrimac Menorah Lighting

<https://www.facebook.com/ChabadMV>

Tuesday 12/16 5pm

Tewksbury Town Common Menorah Lighting

<https://www.facebook.com/ChabadMV>

Wednesday 12/17 5pm

Amesbury Menorah Lighting

<https://www.facebook.com/ChabadMV>

Wednesday 12/17 5pm

Boxford Menorah Lighting

<https://www.facebook.com/ChabadMV>

Thursday 12/18 5pm

North Reading Menorah Lighting

<https://www.facebook.com/ChabadMV>

Thursday 12/18 5pm

Marblehead Community Menorah Lighting

<https://jccns.org/event/community-menorah-lighting-4/>

Saturday 12/20 6:30pm

Salem Grand Menorah Lighting

<https://www.salem.org/event/grand-menorah-lighting-at-lappin-park/>

Sunday 12/21 3pm

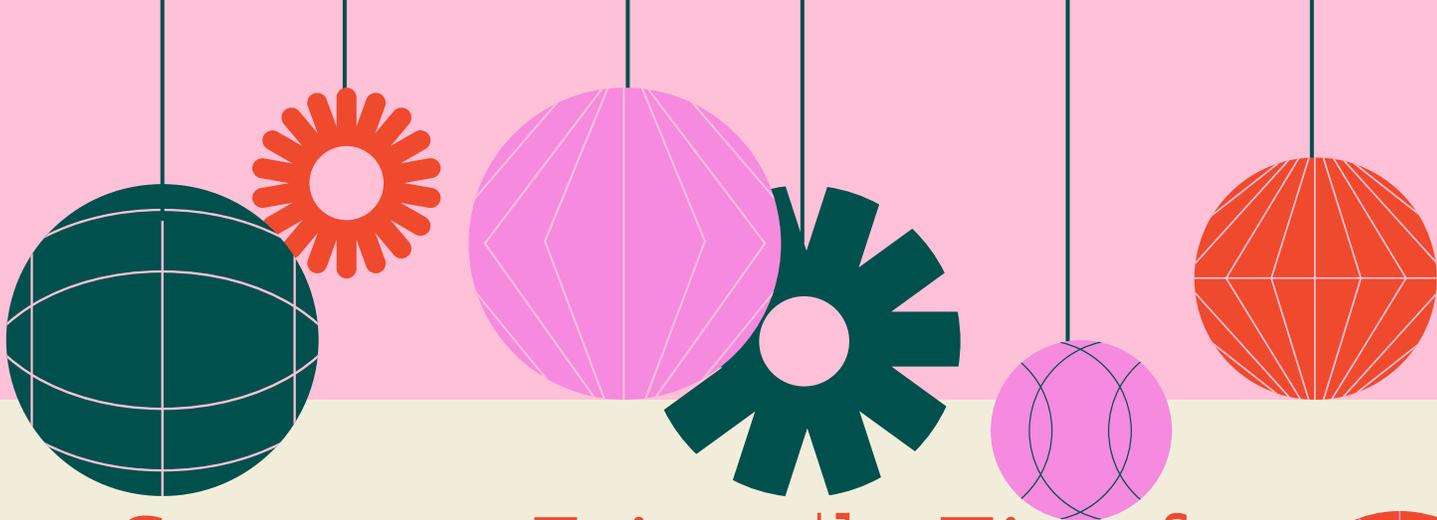
Chanukah at Jordan's

<https://www.jewishwakefield.com/jordans>

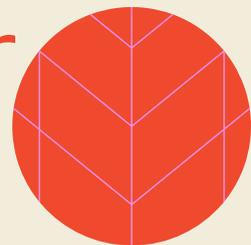
Sunday 12/21 4:30pm

North Andover Menorah Lighting

<https://www.facebook.com/ChabadMV>



Sensory-Friendly Tips for the Holiday Season



1 Create a Calm-Down Space

Holidays are stimulating. A designated quiet area gives individuals a place to regroup. Include: soft lighting, cozy seating, sensory tools, and noise-reduction options.

2 Be Mindful of Sound Levels

Holiday music, gatherings, and crowded spaces can trigger sensory overload. Strategies: lower background music, offer ear defenders or earplugs, use visual cues instead of loud announcements, or schedule “quiet times.”

3 Reduce Visual Overload

Holiday décor can be beautiful, but also overwhelming. Use warm or natural lighting, keep decorations organized, and avoid flashing or rapidly blinking lights.

4 Support Tactile Preferences

Winter clothing and holiday crafts can include uncomfortable textures. Provide clothing flexibility, offer sensory baskets, and allow alternatives for activities involving messy or uncomfortable materials

5 Limit Strong Scents

Candles, seasonal sprays, and cooking aromas can be triggering. Choose mild or unscented products, ensure good ventilation, and encourage scent-free environments at shared gatherings.

6 Create Predictability

Holiday schedules often change. Visual calendars, countdowns, timers, and clear explanations before transitions can help reduce anxiety.

7 Offer Choices and Promote Autonomy

Choice increases comfort and participation. Offer options for seating, activity levels, quiet vs. group spaces, and allow breaks as needed.

8 Communicate with Sensitivity

Ask what supports someone prefers, validate sensory overwhelm, respect breaks, and use calm, clear communication.



Discounted Shopping Apps

BeFrugal

<https://www.befrugal.com/> - Get paid to shop at your favorite stores such as Walmart, Kohl's, CVS, Temu, Macy's, Amazon, and more. Shop as you normally would and get paid cash back through BeFrugal.

Coupon Cabin

<https://www.couponcabin.com/mobile/> - Find all the latest coupons & promo codes at CouponCabin.com. PLUS earn cash back on online purchases from over 6000 stores.

Fetch Rewards App

<https://fetch.com/> - Turn receipts into free gift cards! Fetch is a free rewards app that turns any receipt into points you can redeem for gift cards and cash back rewards.

Flipp

<https://flipp.com/> - digital platform that will supercharge your savings on groceries, electronics and more. Browse the best deals and the latest weekly ads from stores like Metro, Safeway, Loblaws, and Best Buy, and by city.

Groupon

<https://www.groupon.com/mobile> - Save up to 70% on 1000s of local restaurants, shopping, events & more. Find great deals on the best activities & things to do. Download the Groupon App or go to [groupon.com](https://www.groupon.com).

Honey

<https://www.joinhoney.com/> - Extension that searches for coupons at 30,000+ sites to help you save money. It is free to join.

Ibotta

<https://home.ibotta.com/> - Get real cash back on your everyday purchases with Ibotta. Download the free U.S.-based app for cash back on in-store and online shopping.

Rakuten

<https://www.rakuten.com/> - Get over 10% Cash Back for the first seven days. Join and get rewarded with Cash Back at the stores you love every time you shop with Rakuten.

RetailMeNot

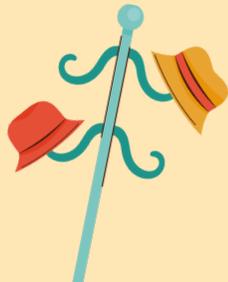
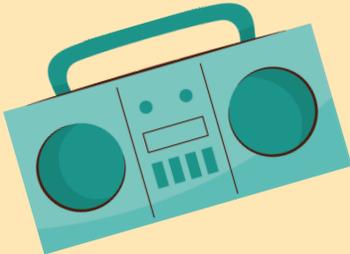
<https://www.retailmenot.com/> - Use RetailMeNot to find the best online & in-store coupons & promo codes to save on retail, travel, food & more!

Upside

<https://www.upside.com/> - Upside is a free cash-back app that gives users real money back on everyday purchases at gas stations, grocery stores, and restaurants by linking credit/debit cards to claimed offers, allowing them to earn savings on top of existing rewards and cash out via PayPal, bank transfer, or gift cards.

Zulily

<https://www.zulily.com> - Shop Zulily for daily deals on clothing, home décor, toys, beauty, and more. Discover unique finds and top brands at up to 70% off.



LOCAL THRIFT STORES

AB Exchange at the AB Resource Center

15 Charter Rd, Acton, MA
<https://sites.google.com/abuw.org/resources/ab-exchange>

Andover Thrift Shop

10 Park St. Andover, MA
<https://andoverthriftshop.com/>

Angie's Corner Thrift Shop

10 Concord St. Lowell, MA
978-394-0562

Beverly Bootstraps Thrift Shop

198 Rantoul Street in Beverly, MA
<https://beverlybootstraps.org/about-the-thrift-shop/>

Big Blue Bargains

155 Norfolk Ave, Swampscott MA
<https://www.bigbluebargains.org/>

The Box-Top Shop

7 School Avenue, Topsfield, MA
<https://boxtopshop.weebly.com/>

Cape Ann Thrift Shop

70 Middle Street, Gloucester, MA
<https://www.facebook.com/CapeAnnThriftShop/>

Career Closet

800 West Cummings Park, Suite 6400, Woburn, MA
<https://www.tailoredforsuccess.org/career-closet>

Catie's Closet

28 Loon Hill Rd, Dracut, MA
<https://www.catiescloset.org>

Children's Orchard

58 Macy St, Amesbury, MA
<https://amesburyma.childrensorchar.com/>

Children's Orchard

225 Newburyport Turnpike, Rowley, MA
<https://rowleyma.childrensorchar.com/>

Common Ground Thrift Store

194 Winter St, Haverhill, MA
<https://cgmcafe.org/services/cgm-thrift-store>

Concord Carlisle Community Closet

54 Walden St, Concord, MA
<https://www.concordcarlislefoundation.org/community-closet/>

Cornerstone Thrift Shop

12 Concord Rd, Acton, MA
<https://www.actonc.org/cornerstone-thrift-shop>

Debbie's Treasure Chest

15 Union St, Suite 406, Lawrence, MA
<https://www.debbiestreasurechest.org/>

Fellowship Thrift Shop

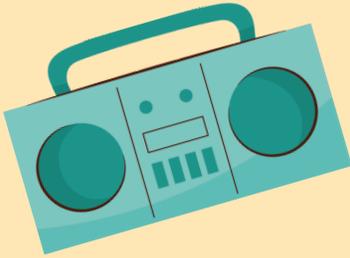
175 Main St, Rowley, MA
<https://www.facebook.com/p/Fellowship-Thrift-Shop-100058709461509/>

Good Shepard Bargain Box

95 Woburn St, Reading, MA
<https://www.goodshepherdreading.org/bargain-box.html>

Goodwill

301 Newbury Street, Danvers, MA
<https://www.goodwillmass.org/>



LOCAL THRIFT STORES

Goodwill Store & Buy the Pound Outlet

9 Wason Rd, Hudson, NH
<https://goodwillnne.org>

Great Rock Thrift Store

352 Andover Street, Danvers, MA
<https://www.greatrockthriftstore.org/>

Groveland Congregational Church Thrift Shop

4 King St, Groveland, MA
<https://www.grovelanducc.org/welcome-to-the-groveland-congregational-church-united-church-of-christ/our-mission/>

The Hope Chest

397 Market St, Lowell, MA
<https://houseofhopelowell.org/services/>

Horizon House Thrift Shop

78 Water Street, Wakefield, MA
<https://www.horizonhouseclubhouse.org/thrift-shop.php>

Lazarus House – St. Francis & St. Clare Thrift

229 S Union St, Lawrence, MA
<https://lazarushouse.org/services/clothing/>

Lifebridge Thrift Shop

47 Canal St, Salem, MA
<https://lifebridgenorthshore.org/locations/lifebridge-thrift-shop/>

Lighthouse Thrift Store

126 Bridge Rd, Salisbury, MA
<https://lighthouse thrift.org/>

The Loft at Stetson

31 Stetson Street, Lynn, MA,
<https://www.facebook.com/theloftatstetson/>

Magic Hat Thrift Shop

Marblehead Veterans Middle School
217 Pleasant Street, Marblehead, MA
<https://magichatthriftshop.com/>

MCH Guatemalan Treasures

120 Lakeview Ave, Lowell, MA
<https://www.facebook.com/MCHusaTreasures/>

Minuteman Thrift Shop

75 Grenier St, Bldg 1515, Hanscom AFB, Bedford, MA
<https://www.hanscomsc.org/thrift-shop.html>

Peace Love Thrift

22 E Main St, Georgetown, MA
<https://peacelovethriftstore.com/>

Pelham Community Thrift Store

8 Nashua Rd, Pelham, NH
<https://pelhamnhcoa.org/store/>

Renew Thrift Shop

461 King St, Littleton, MA
<https://www.facebook.com/groups/1630052734228516/>

Resale 4 Kids

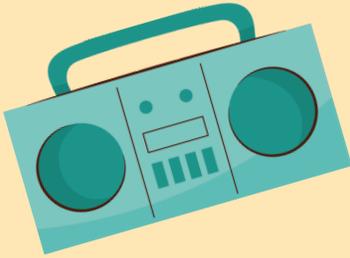
75 High St. Danvers, MA
<https://resale4kids.com/index.html>

ReStore – Essex County Habitat for Humanity

647 Andover St, Lawrence, MA
<https://www.essexcountyhabitat.org/shop/>

ReStore – Habitat for Humanity of Greater Lowell

100 Chelmsford, North Billerica, MA
<https://lowellhabitat.org/restore>



LOCAL THRIFT STORES

Ruth's House Thrift Shop

111 Lafayette Sq. Haverhill, MA
<https://ruthshouse.org/>

Salvation Army Thrift Stores

132 Merrimack Street, Haverhill, MA
10 Munroe Street, Lynn, MA, 01901
209 Broadway, Saugus, Ma, 01906
<https://satruck.org/ThriftStore/>

Savers (Danvers, Saugus, and Wilmington)

139 Endicott Street, Danvers, MA
1160 Broadway, Saugus, MA
235 Main St, Wilmington, MA
224 Daniel Webster Hwy, Nashua, NH
<https://www.savers.com/>

Second and New

198 Middlesex St, Lowell, MA
(978) 259-8267

Second Glance Thrift Store

2 Pond Road, Gloucester, MA
<https://foodpantry.org/the-glance/>

Society of St. Vincent de Paul Thrift Stores (Lawrence, Lowell, Lynn, Woburn)

42-44 Franklin Street, Lawrence, MA
1488 Middlesex Street, Lowell, MA
11-13 Market Square, Lynn, MA
8 Summer St, Woburn, MA
<https://www.svdpboston.org/thrift-stores/>

St. Anne's Thrift Shop

14 Treble Cove Road, N. Billerica, MA
<http://stannes-billerica.org/thrift-shop/>

Step Up Thrift Shop

145 Main St, Amesbury, MA
<https://www.facebook.com/stepupthriftshop/>

Stow Friends of the Council on Aging Thrift Shop

509 Great Road, Stow, MA
<https://stowfriendsofthecoa.org/thrift-shop/>

Thrift Plus

211 D Lowell St, Wilmington, MA
<https://thriftplus.ricoconsign.com/>

Trinity Thrift Shop

131 W. Emerson Street, Melrose, MA
<https://trinitymelrose.org/thrift-shop/>

Tyngsboro Church Thrift Shop

23 Kendall Rd, Tyngsborough, MA
<https://www.tyngsborocongregational.org/thrift-shop/>

Uncommon Threads/Uncommon Closet

60 Island St, Suite 150, Lawrence, MA
<https://www.uncommonthreads.org/shop-to-give>

Variedades de Lynn

125 Essex Street, Lynn, MA
<https://www.facebook.com/profile.php?id=61578187446224>

The Wish Project

166 Middlesex St, North Chelmsford, MA
<https://www.thewishproject.org>



Home Energy Assistance Northeastern Massachusetts

The Home Energy Assistance Program (HEAP) helps with heating costs from November 1 through April 30 each year. Applications are reviewed on a first come first serve basis. Assistance is based on income, limits by family size are listed below. Complete information about the application process, how to schedule an appointment, and required documents are listed on each agency's website.

Action for Boston Community Development (ABCD)

<https://bostonabcd.org/service/fuel-assistance/>

Northeast towns served: Everett, Malden, Medford, Melrose, Stoneham, Winchester, and Woburn.

Action, Inc.

<https://actioninc.org/energy/>

Northeast towns served: Essex, Gloucester, Hamilton, Ipswich, Manchester, Rockport, and Wenham.

Community Action Inc. (CAI)

<https://caihaverhill.org/heap/>

Northeast towns served: Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Community Teamwork Inc.

<https://www.commteam.org/program/home-energy-assistance-heap/>

Northeast towns served: Arlington, Bedford, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Dunstable, Lexington, Lowell, Tewksbury, Tyngsboro, Westford, and Wilmington

Greater Lawrence Community Action Council, Inc. (GLCAC)

<https://www.glcac.org/home-energy-assistance/>

Northeast towns served: Andover, Lawrence, Methuen, North Andover, North Reading, and Reading.

Leading Through Empowering Opportunities Inc. (LEO)

<https://leoinc.org/services/fuel-assistance-home-heating/>

Northeast towns served: Lynn, Lynnfield, Nahant, Saugus, Swampscott, and Wakefield.

North Shore Community Action Programs (NSCAP)

<https://www.nscap.org/our-programs/home-energy-assistance/>

Northeast towns served: Salem, Peabody, Beverly, Danvers, Marblehead, Middleton, and Topsfield.

South Middlesex Opportunity Council (SMOC)

<https://smoc.org/service/home-energy-assistance/>

Northeast towns served: Acton, Boxborough, Concord, Lincoln, Littleton, Maynard, and Stow.

Homeowners and renters, including those in subsidized or public housing, may be eligible for assistance.

Visit <https://www.mass.gov/info-details/learn-about-home-energy-assistance-heap> to learn more about energy assistance, weatherization, and Heating System Repair.

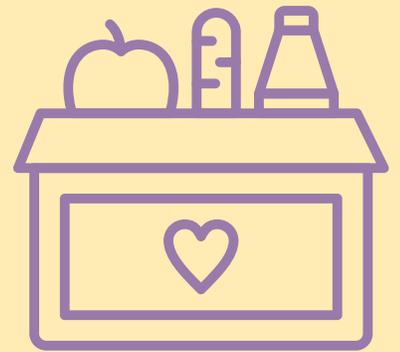
Look up additional resources by town at: <https://mass211.org/utility-assistance>

PEOPLE IN YOUR HOUSEHOLD	YEARLY HOUSEHOLD INCOME LIMIT
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573
5	\$115,504
6	\$131,436
7	\$134,423
8	\$137,410
9	\$140,397
10	\$143,385

Access the information on this flyer
<https://tinyurl.com/EnergyAssistance26>



FOOD RESOURCES



A GUIDE FOR NORTHEASTERN MASSACHUSETTS

The Northeast Arc Community Resource Center created this guide for Northeastern Massachusetts to support individuals and families in need of food assistance.



Resources are organized by city and town to allow easy access to information about food pantries, community meals, and other programs in the area.



tinyurl.com/NeArcFoodGuide

*check back often for updates on additional resources

NortheastArc
Changing lives. Discovering abilities.

CommunityResourceCenter@ne-arc.org



**NORTHEAST
TRANSITION
COLLABORATIVE
NETWORK**

Personal Care Management & Adult Family Care

**Tuesday January 13, 2026
10:30am - 11:30am**

The Northeast Transition Collaborative Network (NTCN) connects families, educators, and providers in the Massachusetts Northeast Region to support youth transitioning from school to adult services. Our goal is to unify resources, offer trainings, and create a collaborative space to promote person-centered planning and successful outcomes.



Are you looking for help in caring for yourself or a loved one? Learn the difference between agency supports and self-directed supports at our next virtual meeting!

Click here to register or scan the QR code below:



Our Speakers

**Miranda Anasiudu
PCM Program Director**

**Ashley Fitzpatrick
AFC Program Director**

For more information, contact CommunityResourceCenter@ne-arc.org