

Young Families Hub: South Coast Resource Directory

Verified, local help for young parents and young families across New Bedford, Fall River, Wareham, Taunton, and the South Coast. Affirming for every family.



- VERIFIED
- CONFIRM BEFORE RELYING ON
- LGBTQ+ AFFIRMING
- FREE

Health & your body

MassHealth Pregnancy Coverage

VERIFIED FREE

Free prenatal and postpartum care for income-eligible pregnant people, regardless of immigration status, through 12 months after birth.

📞 800-841-2900

Greater New Bedford Community Health Center

VERIFIED

Prenatal care, family planning, behavioral health. Sliding fee scale; no one turned away for inability to pay.

📍 874 Purchase St, New Bedford 📞 508-992-6553

Health Imperatives

VERIFIED

Family planning, contraception, STI testing, WIC, young-parent support, and gender-affirming care for teens (with parental consent).

AFFIRMING

📍 651 Orchard St, New Bedford · 106 Main St, Wareham 📞 508-984-5333 (NB) · 508-295-0383 (Wareham)

CONFIRM HOURS

Southcoast / St. Luke's: New Beginnings

VERIFIED

Hospital maternity care and delivery, Baby-Friendly designation, prenatal support.

📍 St. Luke's Hospital, New Bedford 📞 508-973-9080

National Maternal Mental Health Hotline

VERIFIED 24/7

Free, confidential support for new and expecting parents feeling anxious, low, or overwhelmed. Call or text, 24/7.

📞 1-833-943-5746

Affirming Care Navigation (the Network)

AFFIRMING

For trans and nonbinary parents: connection to affirming prenatal and health providers.

📞 774-775-2656

Money, food & the basics

WIC (free food & nutrition)

VERIFIED FREE

Automatic eligibility if you get TAFDC, MassHealth, or SNAP. Find your local office:

New Bedford 508-997-1500 · Fall River 508-679-9349 · Wareham 508-747-4933 · Taunton 508-823-6346

SNAP, TAFDC & Cash Assistance (DTA)

VERIFIED

Monthly money for groceries and cash help for families. Apply online at DTACoconnect.com or by phone.

📞 DTA Assistance Line 877-382-2363

PACE Diapers 'N Things

VERIFIED FREE

Free diapers and baby basics in New Bedford. Low barrier, serves hundreds of families monthly.

📞 508-999-9930

Baby Point (Turning Point of Wareham)

VERIFIED FREE

Free baby supplies, third Thursdays. Serves Wareham and nearby towns.

📞 508-291-3562

Family Resource Center (Fall River)

VERIFIED FREE

Diapers and family support, with Cradles to Crayons.

📍 45 Rock St, Fall River 📞 508-567-1735

MassHire Greater New Bedford (jobs & training)

VERIFIED FREE

Career center with a dedicated youth and young-adult track.

📍 25 Elm St, New Bedford 📞 774-762-5081

A safe place to live

MA Emergency Family Shelter Intake

VERIFIED

State intake line for emergency family shelter, including pregnant youth.

📞 866-584-0653

The Women's Center (New Bedford)

VERIFIED

Strongest local help if a partner is hurting or controlling you. Confidential and openly affirming to LGBTQ+ survivors.

AFFIRMING

📍 174 Union St, 4th Fl, New Bedford 📞 24-hour hotline 508-999-6636

SafeLink (statewide DV hotline)

VERIFIED

Free, confidential, 24/7 domestic-violence hotline for all of Massachusetts, with language access.

📞 877-785-2020

Young-Adult Housing (Catholic Charities)

VERIFIED

Scattered-site housing for young adults 18 to 24 in the New Bedford and Fall River area. If you are 16 or 17, call Mass 211 (dial 211) or Elevate.

📞 508-997-3202

School, your baby & your rights

NBPS Parenting Teens Program

VERIFIED

Support for pregnant and parenting students in New Bedford Public Schools.

CONFIRM DETAILS

📍 455 County St, New Bedford 📞 508-997-4511 ext. 2403 · Wendy Andrade

Finish School / HiSET / GED

VERIFIED FREE

Free adult education and HiSET prep. NBPS Adult Learning Center, and free programs at Bristol Community College (ages 16+).

📍 181 Hillman St, New Bedford 📞 508-997-4511 ext. 33550

PACE Child Care Works

VERIFIED

The local agency for childcare vouchers and referrals, serving about 40 South Coast towns. Also runs ParentChild+ and free diapers.

📍 134 S. Second St, New Bedford 📞 508-999-9930

Early Intervention (Meeting Street)

VERIFIED

FREE

Free developmental support for babies and toddlers from birth to age 3. No referral needed. Serves New Bedford and Fall River.

📍 543 North St, New Bedford 📞 508-996-3391

Your rights as a pregnant or parenting student: In Massachusetts, your school cannot push you out for being pregnant or parenting. Pregnancy and childbirth count as excused medical leave, you can make up missed work, and you keep access to your classes and activities. Ask for your school's Title IX Coordinator, or call us if you need help.

For young dads & every kind of family

Nurturing Fathers Programs

VERIFIED

FREE

Free, in-person fatherhood and parenting programs. United Neighbors of Fall River, and the Family Resource Center at United Way of Greater New Bedford (with dinner and childcare).

📞 Fall River 508-324-7900 · New Bedford 508-994-4521

Legal Parentage for LGBTQ+ Families (GLAD Answers)

VERIFIED

AFFIRMING

Under the Massachusetts Parentage Act (2025), two-mom, two-dad, and trans parents can secure legal parentage. GLAD Answers guides you, free.

📞 800-455-4523

Free Legal Help (South Coastal Counties Legal Services)

VERIFIED

FREE

Free civil legal aid, including custody and family law.

📞 New Bedford 508-979-7150 · intake 800-244-9023

Family Acceptance & Community

AFFIRMING

For family rejection, acceptance, and finding your people: PFLAG (pflag.org) and Family Equality (familyequality.org).

If you need someone right now

988 Suicide & Crisis Lifeline

Call or text 988 · free, 24/7

The Trevor Project (LGBTQ+ youth)

1-866-488-7386 · 24/7 · or text START to 678-678

Trans Lifeline

877-565-8860 · Mon to Fri, 1 to 9 PM Eastern

National Domestic Violence Hotline

1-800-799-7233 · 24/7 · or text START to 88788

Mass 211

Dial 211 · find any local help, 24/7, multilingual

