

March 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, March 20th at 1pm @ Hudson Senior Center

Monday, March 13th 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, March 9th 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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