

F.R.E.E.

ZERO-INCOME SURVIVAL GUIDE

Fall River, Massachusetts

"You are not broken. The system just never gave you the
blueprint."

Emergency: 211 | FAST 24-hr Hotline: (508) 676-3528

Last verified: Spring 2026

Before We Begin: A Word from the Pavement

This guide is not charity. It is not a government pamphlet. It is the blueprint for survival that should have been handed to you from the start — specific, honest, and built for someone with no margin for error.

Every resource in here has been verified as of Spring 2026. Every warning is real. Every strategy has been pressure-tested against the actual Fall River system — its strengths, its gaps, and its quiet cruelties.

F.R.E.E. is building what this city is missing: real jobs, real stabilization housing, and a ladder out of the bottom that doesn't require you to pretend the bottom doesn't exist. We are not open for business yet on all fronts. So until we are — this is your map.

Use it. Stay legal. Build the stack. Cross the bridge.

Chapter 1: The Mindset That Keeps You Alive and Moving

The System Is Broken. Work It Anyway.

Fall River's safety net has gaps big enough to lose a family through. That gap is not an accident. It's a policy failure decades in the making. I'm not asking you to be grateful for a system that underserves you. I'm

asking you to extract everything it has to offer while you build your way out of it. Those are two different things.

Be strategic. Be precise. Be relentless.

Visibility Is Your First Asset

The safety net does not find you. You have to insert yourself into it — with paperwork, with addresses, with enrollment numbers. People who stay off the grid, who avoid agencies, who refuse to engage with documentation because it feels like surrendering dignity — they stay stuck. Visibility is not weakness. It is the opening move.

An ID, an address, an enrollment in public programs: these are your first three chess pieces. Place them.

This Is a Bridge, Not a Destination

Zero income is a state. It is not a sentence. The people who get out fastest are the ones who treat this moment as a tactical problem to solve — not a verdict to accept. Your job right now is not to be comfortable. Your job is to survive intelligently, document aggressively, and keep one eye on the exit. F.R.E.E. is building that exit. But you have to be positioned to walk through it when the door opens.

✓ **BUILD THE STACK — In This Exact Order**

1. **State ID** — the master key. Every door requires this.
2. **Proof of address** — shelter letter, General Delivery, or agency letter.
3. **SNAP enrollment** — food security creates cognitive bandwidth to act.
4. **MassHealth** — one medical crisis without coverage ends the climb.

5. **Lifeline phone** — without communication, you are cut off from everything.

6. **Social Security card** — required for work, plasma donation, and wage income.

Build in order. Each piece unlocks the next. Skip a step, and you'll backtrack.

Chapter 2: Shelter — The Foundation of Everything Else

You cannot execute a plan from the street. I don't care how sharp you are — cold, hungry, and without sleep destroys cognitive function. Shelter is not a comfort. It is operational infrastructure. Get it first.

First Step Inn — Your Starting Point

Steppingstone's First Step Inn is Fall River's primary emergency shelter for individuals. Twenty permanent beds year-round. Thirty more in cold months. That math should outrage you.

First Step Inn

Address: 134 Durfee St, Fall River, MA 02720

Phone: (508) 679-8001

Beds: 20 permanent year-round + 30 cold-weather beds

Services: Case management, housing navigation, behavioral health referrals

Arrive: Early afternoon — beds fill fast. Come sober and cooperative.

⚠️ ADDRESS CORRECTION — Read This Before You Walk Out the Door

The address is 134 Durfee St — NOT 175 Durfee St. The wrong address has circulated. Confirmed via city press releases. Showing up at the wrong door when beds fill by early afternoon is not a mistake you can afford.

Call first: (508) 679-8001. Confirm a bed is available before you make the trip.

If First Step Inn Is Full Tonight

- Call **2-1-1** or go to **mass211.org** — real-time regional bed availability.
- Call **(508) 676-3528** — the FAST Response Team, city-run, 24 hours. They can help with emergency placement and sometimes transportation. This number is not in most guides. Use it.
- **Family with a child under 21 or pregnant?** Call (866) 584-0653 immediately. Family shelter has different capacity and different rules. Do not wait.

The Gap — And What F.R.E.E. Is Building

Between emergency shelter and stable housing, there is supposed to be a tier called stabilization housing — a place you stay for weeks or months, with services, while you rebuild. Fall River has almost none of this for single adults.

F.R.E.E.'s Mill House Stabilization Initiative is being built to fill exactly this gap — structured transitional housing with case management and a direct employment pipeline. It is not open yet. Sign up for updates at **freefr.org**. When it opens, the people who are already engaged with F.R.E.E. are first.

Work-Trade — The Fastest Path Off the Street

A work-trade arrangement is exactly what it sounds like: you exchange labor for room and board. No cash changes hands. No credit check. No background check in most cases. This is often faster than waiting for a shelter bed, and it starts building real work history at the same time.

WWOOF-USA (Farm Work)

Room, board, and meals in exchange for 20–30 hours of farm work per week. Hosts across Massachusetts and New England.

Website: www.woofusa.org

Workaway / HelpX (Flexible Work-Trade)

Families, hostels, small farms. About five hours of work per day for full room and board.

Websites: workaway.info / helpx.net

Local Caretaker Arrangements

Some older Fall River homeowners need property help in exchange for a room. Word-of-mouth — check bulletin boards at churches, the public library (104 North Main St), and Catholic Social Services (1600 Bay St).

Dispersed Camping — The Hard Option

If you have a tent and gear and need to be outside temporarily, primitive camping is legal on certain Massachusetts state forest lands. Confirm current regulations at **mass.gov** before you go anywhere. This is a 48-hour bridge, not a plan. Massachusetts winters will kill you.

⚠ TRESPASS = ARREST = EVERY GOAL GETS HARDER

Arrest for trespass makes every other goal exponentially harder. Do not camp on private land. Do not assume a space is legal. Check first.

Chapter 3: Food — How to Eat Every Day Without a Dollar

Food is not optional. Neither is understanding the system that provides it.

SNAP — The Most Important Program You'll Touch

Zero income qualifies you for the maximum monthly SNAP benefit. It loads onto an EBT card accepted at every major grocery store and most farmers markets. Apply in Week 1. Do not wait until you feel ready.

Household Size	Max Monthly Benefit (FY2026)
1 person	\$298
2 persons	\$546
3 persons	\$785
4 persons	\$994

How to Apply

- **Online:** DTACConnect.com — fastest method, works from any library computer.
- **In person:** Fall River DTA Office — (508) 679-0065
- **You need:** a state ID and a statement of zero income. If you have neither yet, a food pantry case manager can often help you start the application.

✓ **EXPEDITED SNAP — 7 Days, Not 30**

If your household has less than \$150 in monthly income AND less than \$100 in cash, you qualify for Expedited SNAP. That means food on your EBT card in 7 days — not the standard 30-day wait.

When you apply, say this out loud: 'I have zero income and no cash. I am requesting expedited processing.' Write it on the form. Say it to the caseworker. Follow up by phone after 3 days. This is not a favor. It is a federal entitlement.

⚠ **2026 SNAP WORK REQUIREMENT — The Trap Nobody Warns You About**

The One Big Beautiful Bill Act (signed July 4, 2025) changed the rules. If you do not know this, you will get cut off and not understand why.

Who it hits: Able-Bodied Adults Without Dependents (ABAWDs) ages 18-64.

The rule: 80 hours per month of work, volunteering, or approved training. Miss it, and your SNAP is limited to 3 months in any 36-month period.

Who is still exempt: People with documented physical or mental disabilities, pregnant individuals, and some caregivers.

Your move: When you apply at DTA, ask directly — 'Do I qualify for a work requirement exemption?' If you have any physical, mental health, or addiction-related barrier to employment, document it and tell your caseworker that day.

Fall River Food Pantries — Your Daily Table

Call ahead to confirm hours. They change seasonally and without notice.

Salvation Army Fall River

Address: 290 Bedford St

Phone: (508) 679-7900

Services: Food pantry + hot meals

Catholic Social Services

Address: 1600 Bay St

Phone: (508) 674-4681

Services: Emergency food, clothing, case management

United Neighbors of Fall River

Phone: (508) 672-0200

Website: unfr.org

Services: 400+ program directory — call them

HealthFirst Family Care

Address: 387 Quarry St, Ste 100

Phone: (508) 679-8111

Services: Food assistance + health services

For a full pantry map near you: Go to feedingamerica.org and enter zip 02720. Most require only a residency statement — no income verification, no judgment.

Free Community Meals

Several Fall River churches serve free dinners on rotating weekly schedules. Ask the reference desk at the Fall River Public Library (104 North Main St) — library staff maintain an active community resources board. This is one of the most underused pieces of intelligence in the city.

Gleaning — Real Produce, No Cost

Gleaning is the legal collection of leftover produce after harvest. Contact **SEMAP (semaponline.org)** to connect with farms where gleaning is permitted. Real food, no cost, no paperwork.

⚠️ **ON FORAGING — A STRAIGHT WARNING**

Wild edibles exist in the Freetown-Fall River State Forest and along the Taunton River. Misidentification of wild plants has killed experienced foragers. F.R.E.E. does not recommend foraging as a food source without documented expertise. Use the pantries. That is what they are there for.

Chapter 4: The Infrastructure of Daily Survival

You cannot access a system you cannot reach. A phone, hygiene, a way to receive mail — these are not extras. They are the pipes that carry everything else. Build this infrastructure in Week 1.

Hygiene and Laundry

- **Showers:** Fall River YMCA (199 N Main St) may offer free day passes for individuals in need — walk in, explain your situation plainly, ask. Some homeless day centers accessed through 211 also offer showers.
- **Laundry:** laundrylove.org lists local projects that cover laundry costs. If nothing shows up near Fall River, ask at Catholic Social Services or the Salvation Army — they sometimes have vouchers or on-site facilities.
- **Clothing:** Church clothes closets and the Salvation Army provide free clothing. State your situation when you arrive. No performance required.

The Lifeline Phone — Not Optional

A phone is not a luxury in 2026. It is the instrument through which you access every other resource in this guide. Without it, you cannot call shelters, DTA, MassHealth, employers, or F.R.E.E. Getting one is a Week 1 non-negotiable.

Requirement	Details
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Who qualifies

	Anyone on SNAP, MassHealth, SSI — or income at/below 135% of Federal Poverty Level
What you get	Free smartphone + unlimited talk & text + minimum 4.5 GB data/month
Providers in MA	Assurance Wireless, SafeLink Wireless, Life Wireless, Gen Mobile
How to apply	lifelinesupport.org — or directly through any provider above
Key rule	One Lifeline benefit per household. Must use the phone at least once every 30 days or service is suspended.
Timeline	7-10 days for National Verifier approval. Provider ships phone after.

✓ **SEQUENCE THIS RIGHT**

Apply for SNAP first. Your SNAP enrollment letter becomes your proof of Lifeline eligibility. This is faster than income verification and almost never denied. SNAP first. Lifeline second. Your phone arrives in Week 2.

Free Wi-Fi — Your Field Office

- **Fall River Public Library (104 North Main St):** Free Wi-Fi, public computers, outlets. This is your office until further notice.
- **Most food pantries and day centers:** Have free Wi-Fi. Ask when you arrive.

Your State ID — The Master Key to Everything

Without a state ID, you cannot get SNAP, MassHealth, a job, a bank account, a Lifeline phone, or housing. Everything in this guide flows through this document. It is the first piece on the board. Get it before anything else.

→ HOW TO GET AN ID WITH NO FIXED ADDRESS

Massachusetts allows homeless individuals to use documentation from a shelter or service provider instead of a utility bill or lease.

Step 1: Ask your shelter, food pantry, or case manager for a 'Certification of Homelessness' letter. Most can produce this same day.

Step 2: Book a Massachusetts RMV appointment at rmv.maregistration.com

Step 3: The standard fee is \$25. Ask your case manager whether a local program can cover it — they often can. Catholic Social Services knows who pays these fees.

Returning citizens from state prison: Massachusetts DOC should have transmitted your ID application to the RMV electronically before release. If it did not happen, call MassHealth Customer Service at 1-800-841-2900 and ask to be directed to the RMV program for returning citizens.

Mail Without an Address

- **General Delivery:** The Fall River Main Post Office (101 President Ave) holds mail for 30 days under your name. Your address for all purposes: 'Your Name, General Delivery, Fall River, MA 02720.' Free. Legal. Works.

- **Shelter Address:** First Step Inn and most day centers will let you receive mail at their address while you are a client. Ask the front desk the first day you arrive. Many say yes.

Chapter 5: Healthcare — Because One Crisis Without Coverage Ends the Climb

Massachusetts has the most comprehensive Medicaid program in the country. That is not marketing. That is fact. Zero income means you qualify for full coverage — no premiums, no copays, no asset test. Apply in Week 2. Do not wait until you are sick.

MassHealth — Your Full Coverage Engine

At zero income, you qualify for MassHealth Standard — the most comprehensive tier of the program.

Service	Coverage
Doctor visits	Primary care, specialist visits — \$0 copay at zero income
Hospital care	Inpatient and outpatient — fully covered
Prescriptions	Full pharmacy coverage — \$0 at point of sale
Mental health	Therapy, psychiatry, crisis services — fully covered
Dental	Cleanings, fillings, exams, dentures — covered (some crowns require prior auth)
Addiction services	Detox, MAT (Methadone, Suboxone), counseling — covered

Vision	Eyeglasses and exams — covered
Transportation	Non-emergency medical transport to appointments — covered for most members

How to Apply — Do It This Week

- **Online:** MAhealthconnector.org — select 'Apply for MassHealth'
- **By phone:** 1-800-841-2900
- **Zero income means no restricted enrollment period.** Apply any day of the year.
- **Coverage can be retroactive up to 3 months before your application.** If you had a medical bill in the last 90 days, applying now may erase it.

→ THE MARCH 1 TRAP — Know This

MassHealth updates its income limits on March 1, not January 1. Applications submitted in January or February use the previous year's lower limits. If you were denied in early 2026, re-apply after March 1. The new limits may qualify you. Most people do not know this. Now you do.

HealthFirst Family Care — Your Home Base

HealthFirst is a federally qualified health center. That legal designation means they receive federal funding specifically to serve patients regardless of ability to pay. This is not charity. It is a statutory guarantee.

HealthFirst Family Care

Address: 387 Quarry St, Suite 100, Fall River, MA 02723

Phone: (508) 679-8111

Hours: Mon–Thu 8am–8pm, Fri 8am–5pm, Sat 9am–1pm

Services: Family medicine, pediatrics, dental, OB/GYN, behavioral health, social work

Payment: Sliding-fee scale — zero income = zero or near-zero fee

Key detail: They will see you before your MassHealth is approved. Do not wait for insurance to start care.

The ER — Your Federal Backstop

Under the federal EMTALA law, any hospital emergency room must screen and stabilize you regardless of insurance, ability to pay, or immigration status. This is federal law. They cannot turn you away.

Charlton Memorial Hospital

363 Highland Ave, Fall River | Phone: (508) 235-8000

St. Anne's Hospital

795 Middle St, Fall River | Phone: (508) 674-5741

After any ER visit: immediately contact the hospital's financial assistance office and request charity care. Do this before the bill goes to collections. Most Massachusetts hospitals have programs that can reduce or eliminate the balance. This is a system built into the process — use it.

Prescriptions at Zero Cost

- **GoodRx (goodrx.com):** Enter any medication and your zip code. No signup required. Often dramatically cheaper than list price even without insurance.
- **Free samples:** Ask your prescribing doctor directly. Pharmaceutical reps provide samples for exactly this reason. It is not unusual to ask — it is unusual not to.

- **Patient Assistance Programs:** Most major drug companies provide free medications to uninsured or low-income patients. HealthFirst's social workers can help you apply. RxAssist (rxassist.org) is a free searchable database organized by drug and manufacturer.

Crisis Lines — Use These Numbers

- **988 Suicide & Crisis Lifeline:** Call or text 988. Confidential, 24/7. Not only for suicide — mental health crisis, homelessness, addiction support.
- **SAMHSA National Helpline:** 1-800-662-4357. Free, confidential, 24/7. Substance abuse and mental health resources.

Chapter 6: Cash — Legal, Immediate, No Excuses

These are bridge moves. Not careers. Not identities. They are instruments to cover immediate needs while your SNAP and MassHealth applications are processing. Use them with intention and without shame.

Plasma Donation — The Highest Immediate Return

This is the most lucrative legal immediate-cash option available to someone with an ID and a Social Security number. New donors can earn up to \$750 in their first month. The math rewards consistency.

CSL Plasma — East Providence, RI (closest)

Address: 66 Newport Ave, East Providence, RI 02916

Phone: (401) 214-0587

New donor earnings: Up to \$750 in first month (verified — CSL Plasma's own promotional rate)

CSL Plasma — Woonsocket, RI

Address: 1500 Diamond Hill Rd, Unit K, Woonsocket, RI

Requirement	Details
What you need	Valid photo ID, Social Security card, proof of local address
Frequency	

	FDA allows twice per 7-day period. Build it into your weekly schedule like a shift.
First visit time	Allow 2–2.5 hours. First visit includes medical screening. Subsequent visits run 90 minutes.
Address requirement	You need an address on file. Use General Delivery or your shelter address.

⚠️ SET REALISTIC EXPECTATIONS

The \$750 figure is a promotional maximum for new donors. Actual rates vary by location and current promotions. Call ahead: 'What is your current new-donor rate?' Get the number before you make the trip.

Hydrate and eat before every donation. Do not donate when ill. This is a bridge. Frequent long-term donation affects your immune system. Use it for 60–90 days while you build income, then phase it down.

Can and Scrap Metal Recycling — Volume Is the Strategy

- Collect aluminum cans and bring to **Mid-City Scrap Iron & Salvage: 311 Riggerbach Rd, Fall River**
- A full bag of aluminum yields \$5–\$15. Scrap metal pays more depending on type and weight.
- The move is volume and route consistency. Develop a daily circuit. People run viable operations this way.
- Clean cans bring more than crushed ones. That is the detail most people skip.

Same-Day Labor — The Pavement Market

- **Fall River Home Depot (235 Washington St):** Arrive 5:30–6:30am, ready to work, dressed for labor.
- Negotiate your rate before you get in anyone's vehicle. Name the task, agree on the number, then move.
- This is unpredictable. It is not a plan. It is a gap-filler for immediate, specific needs.
- Do not make it your primary strategy. It is too exposed to weather, availability, and the character of whoever is hiring.

Utility and Rental Assistance (Critical Missing Resource)

If you are facing a utility shutoff or cannot pay rent, these programs exist and are designed for your situation:

LIHEAP (Low Income Home Energy Assistance Program)

What it does: Pays heating or cooling bills. One-time annual assistance.

Phone: (508) 673-6800 (Bristol County)

Who qualifies: Income at/below 60% of state median income

RAFT (Residential Assistance for Families in Transition)

What it does: One-time emergency payment for back rent, mortgage, or utilities. Up to \$2,500.

Website: mass.gov/raft

Apply through: Catholic Social Services or call (508) 674-4681

Critical: Apply BEFORE eviction is filed. Post-filing is much harder.

EAEDC (Emergency Assistance for Elders, Disabled, and Children)

What it does: Emergency shelter and cash assistance for families with children under 18, pregnant individuals, or adults 60+.

Phone: (508) 679-0065 (Fall River DTA)

Legal Aid — Free When You Cannot Afford It

- **Greater Boston Legal Services:** (508) 222-8250. Free legal help for housing, eviction defense, utilities, and family matters. Income-based.
- **If facing eviction:** Call immediately. Lawyers exist to fight this. You are not without options.

Chapter 7: The Four-Week Execution Plan

This is not a to-do list. It is a sequence. Order matters. Each move unlocks the next one. Skipping steps does not save time — it creates gaps you'll have to come back and fill under worse circumstances.

Week 1: Survive and Anchor

Get off the street. Get food. Get a number.

1. **1 Tonight:** Call (508) 676-3528 (FAST 24-hr Hotline) or 2-1-1. If calling First Step Inn directly: (508) 679-8001. Confirm a bed before you travel to 134 Durfee St.
2. **2 Day 1-2:** Apply for SNAP at DTAConnect.com or (508) 679-0065. Request Expedited Processing out loud: 'I have zero income and less than \$100 cash.' Do not assume they'll offer it.
3. **3 Day 2-3:** Fall River Public Library (104 North Main St). Free internet, free computers, outlets. Start your Lifeline phone application at lifelinesupport.org.
4. **4 Day 3-5:** Visit Salvation Army (290 Bedford St) or Catholic Social Services (1600 Bay St). Food, clothing, and — critically — a human case manager who knows local openings not on any website.
5. **5 Day 5-7:** Set up General Delivery at 101 President Ave. If you are open to regional relocation, start a WWOOF or Workaway profile from the library.

Week 2: Build the Document Stack

Get your ID. Get healthcare. Get a phone in your hand.

1. **6 ID First:** Ask your shelter or case manager for a Certification of Homelessness letter. Book your RMV appointment at rmv.maregistration.com. Ask explicitly about the \$25 fee — your case manager likely knows who covers it.
2. **7 MassHealth:** Apply at MAhealthconnector.org or call 1-800-841-2900. Zero income = immediate eligibility. No enrollment window. Do it this week.
3. **8 Lifeline:** Use your SNAP enrollment letter as proof of eligibility. Apply through Assurance Wireless or SafeLink Wireless — both solid in Massachusetts.
4. **9 Healthcare:** Contact HealthFirst (387 Quarry St, Suite 100 — (508) 679-8111). They will see you before MassHealth is approved. Do not wait for insurance to start building a medical relationship.

Week 3: Stabilize the Base

Move from emergency to stable situation. Begin tracking forward momentum.

1. **10 Housing:** If you have a work-trade placement, move this week. If not, contact United Neighbors of Fall River: (508) 672-0200 / unfr.org. Their 400+ program directory is one of the most underused tools in this city — a human there often knows of housing options that are not posted anywhere publicly.
2. **11 Food Rhythm:** Your SNAP EBT card should arrive within 7–10 days of Expedited approval. Confirm delivery. Know your pantry schedule. This week you stabilize the food rhythm.
3. **12 Waitlists:** Ask your First Step Inn case manager about transitional housing waitlists in the region. Getting on a waitlist today is how you get a placement in 6 weeks instead of 6 months.

Week 4: Fix Your Eyes on the Exit

Connect to the ladder. Begin building what no one can take from you.

1. **13 F.R.E.E. Workforce:** Visit freefr.org and apply for the F.R.E.E. workforce program. No-judgment hiring. Real wages. A direct path to supervisor. When the retail outlet opens, engaged applicants go first.
2. **14 Mill House:** Sign up for Mill House Stabilization Initiative updates at freefr.org. When transitional housing opens, priority goes to people already in the ecosystem.
3. **15 Skills:** From the library: Coursera (coursera.org — apply for financial aid on any course), edX (edx.org — many free audit options), Khan Academy (khanacademy.org — always free). Credentials cost nothing when you know where to look.
4. **16 The Long Game:** You are no longer in survival mode. You are in build mode. The distinction matters. Survival is reactive. Building is deliberate. The resources are the same. The posture is different.

Chapter 8: The Complete Fall River Resource Directory

Everything consolidated. Call ahead. Confirm hours. Numbers and addresses change.

Emergency — First Calls

Resource	Contact
FAST 24-hr Homeless Hotline (city-run)	(508) 676-3528 — 24 hours, always
211 — Statewide Shelter + Services	Dial 2-1-1 or mass211.org
First Step Inn (emergency shelter)	(508) 679-8001 — 134 Durfee St, Fall River
Emergency Assistance Intake (families)	(866) 584-0653 — families with children/pregnant
Charlton Memorial Hospital ER	(508) 235-8000 — 363 Highland Ave
St. Anne's Hospital ER	(508) 674-5741 — 795 Middle St

Food and Nutrition

Resource	Contact
DTA — SNAP Application	DTAConnect.com or (508) 679-0065

Salvation Army Fall River	(508) 679-7900 — 290 Bedford St
Catholic Social Services	(508) 674-4681 — 1600 Bay St
United Neighbors of Fall River	(508) 672-0200 — unfr.org
Feeding America Pantry Finder	feedingamerica.org — enter zip 02720
SEMAP (Gleaning Program)	semaponline.org

Healthcare

Resource	Contact
MassHealth Application	MAhealthconnector.org or 1-800-841-2900
HealthFirst Family Care Center	(508) 679-8111 — 387 Quarry St, Ste 100
NAFC Free Clinic Finder	nafclinics.org
GoodRx Prescription Discounts	goodrx.com — no account needed
Patient Assistance Programs	rxassist.org
988 Suicide & Crisis Lifeline	Call or text 988 — 24/7

Communication and ID

Resource	Contact
Lifeline Phone Application	lifelinesupport.org
Assurance Wireless (Lifeline MA)	assurancewireless.com
SafeLink Wireless (Lifeline MA)	safelink.com
Fall River Public Library (Wi-Fi + Computers)	104 North Main St — fallriverlibrary.org
Fall River Main Post Office (General Delivery)	101 President Ave, Fall River
Massachusetts RMV (State ID Appointment)	rmv.maregistration.com

Immediate Cash

Resource	Contact
CSL Plasma — East Providence	(401) 214-0587 — 66 Newport Ave, East Providence, RI
CSL Plasma — Woonsocket	1500 Diamond Hill Rd, Unit K, Woonsocket, RI
Mid-City Scrap (Can + Metal Recycling)	311 Riggerbach Rd, Fall River
Home Depot Day Labor Market	235 Washington St — arrive 5:30am

Utilities, Housing, and Legal

Resource	Contact
LIHEAP (Heating/Cooling Assistance)	(508) 673-6800 (Bristol County)
RAFT (Emergency Rent/Utility Payment)	mass.gov/raft — Apply through Catholic Social Services (508) 674-4681
Greater Boston Legal Services (Eviction Defense)	(508) 222-8250

F.R.E.E. and Long-Term Pathways

Resource	Contact
F.R.E.E. Workforce Program	freefr.org/apply
Mill House Stabilization (updates)	freefr.org
WWOOF-USA (Farm Work-Trade)	wwoofusa.org
Workaway (Flexible Work-Trade)	workaway.info
HelpX (Work-Trade)	helpx.net
Coursera (Courses + Financial Aid)	coursera.org
Khan Academy (Always Free)	khanacademy.org

A Final Word

You picked up this guide for a reason. That reason matters.

The system you are navigating was not designed for your success. Parts of it were actively designed against it. I am not going to soften that. But I will tell you this: the people who come out the other side are not the ones who waited for the system to change. They are the ones who learned the rules of the board and played it better than anyone expected them to.

That is what this guide is. The rules of the board.

F.R.E.E. is building the pieces the board is missing — jobs that do not require you to erase your history, housing that treats you as a person in transition rather than a problem to manage, and a community of people who know exactly where you have been because some of them have been there too.

You are not behind. You are at the beginning of a different kind of forward.

Stay legal. Build the stack. Cross the bridge.

freefr.org

Emergency: 211 | FAST 24-hr Hotline: (508) 676-3528

Fact corrections or updates needed? Visit freefr.org/contact