

Thriving in the Valley

A guide for Smith College students, staff, and faculty to
experience diverse resources in the Five College
Community in the Pioneer Valley



The Equity and Inclusion Team

consisting of the Office of Multicultural Affairs,
the Center for Religious and Spiritual Life and
the Office for Equity and Inclusion

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LETTER FROM THE EQUITY AND INCLUSION TEAM

Dear Smith Community Members,

Welcome to Smith College, the Five College Consortium, the Pioneer Valley, and Western Massachusetts! In addition to our lovely rural landscape, there is a treasure trove of resources in the area for those used to having access to diverse foods, stores, hair stylists, and religious and spiritual communities.

This resource is a compilation of student, faculty, and staff recommendations. If you see anything that is incorrect, not current, or you have other recommendations, please send an email to the Office for Equity and Inclusion at oei@smith.edu.

Thank you to our contributors and we wish you an excellent academic year!

In Unity,

Office of Multicultural Affairs
Center for Religious and Spiritual Life
Office for Equity and Inclusion

Note: a listing in this publication does not imply the endorsement of a product nor does an omission imply the opposite.

FIVE COLLEGE CONSORTIUM |

CULTURAL AND IDENTITY SPACES

Amherst College

<https://www.amherst.edu/campuslife/our-community/multicultural-resource-center>

<https://www.facebook.com/pages/Amherst-College-Queer-ResourceCenter/507037519319731>

- Queer Resource Center (basement of Morrow Residence Hall)
- Multicultural Resource Center (Keefe Campus Center, Room 112)

Hampshire College

<http://www.hampshire.edu/studentlife/centerforfeminisms.htm>

http://www.hampshire.edu/studentlife/index_culturalcenter.htm

<http://www.hampshire.edu/studentlife/queercommunityalliancecenter.htm>

- Center for Feminisms in Enfield (Wellness Building)
- Lebrón-Wiggins-Pran Cultural Center (893 West Street)
- Queer Community Alliance Center (893 West Street)

Mount Holyoke College

https://www.mtholyoke.edu/studentlife/cultural_centers

- Asian Center for Empowerment
- Betty Shabazz Cultural Center
- Eliana Ortega Cultural Center
- Zowie Banteah Cultural Center
- Jeannette Marks House

University of Massachusetts, Amherst

<http://www.umass.edu/multiculturalaffairs/>

<http://www.umass.edu/ewc/>

<http://www.umass.edu/stonewall/>

- Center for Multicultural Advancement and Student Success (CMASS)
- Center for Women and Community (CWC)
- The Stonewall Center

Smith College

- Resource Center for Sexuality and Gender (Basement of Wesley House)
- Unity House
- Mwangi Cultural Center (1st Level of Davis Center)
- Helen Hills Hills Chapel (Reflection/Prayer Space and Hindu Altar Space)

<https://www.smith.edu/about-smith/equity-inclusion/gender-identity-expression/resource-center-for-sexuality-and-gender>

<https://www.smith.edu/student-life/student-engagement>

<https://www.smith.edu/student-life/religious-life>

<https://www.smith.edu/about-smith/equity-inclusion>

<https://www.smith.edu/about-smith/multicultural-affairs>

RESTAURANTS | ETHNIC GROCERY STORES

Coffee Shops

Amherst Coffee

28 Amity Street, Amherst, MA 01002 | (413) 256-8987

<https://amherstcoffee.com/>

Chill haunt in a historic building with a bar offering coffee & cocktails along with tea & pastries.

Cafe Balagan

241 Main St, Northampton, MA 01060 | (413) 727-3990

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

Catalpa Coffee - 269 Pleasant St, Northampton, MA 01060 | (413) 727-3291,

<https://catalpacoffee.com/>

Coffee, Pastries shop in downtown Northampton, MA.

Cushman Market and Cafe

491 Pine Street, Amherst, MA 01002 | (413) 549-0100

<http://www.cushmanmarket.com/>

Funky, upbeat general store & eatery offering coffee & tea, breakfast & sandwiches, plus a patio.

Familiars Coffee & Tea

6 Strong Avenue, Northampton, MA 01060 | (413) 727-3578

<https://familiarscoffee.com/>

Coffee, Tea, and Sandwich shop in downtown Northampton, MA. Housed in a historic 1932 Worcester Lunch Car Company Diner, Familiars offers breakfast and lunch sandwiches in a quick service environment.

Haymarket Café

185 Main Street, Northampton, MA 01060 | (413) 586-9969

<http://www.haymarketcafe.com/>

Vegetarian/vegan cafe & restaurant serving breakfast, lunch & dinner in a quirky & casual space.

Hungry Ghost Bread

62 State St, Northampton, MA 01060 | (413) 582-9009

<http://hungryghostbread.com/>

Bread, Pastries shop in downtown Northampton, MA

Iconica Social Club

1 Amber Lane, Northampton, MA 01060 | (413) 341-0258

<http://www.iconicasocialclub.com/>

Iconica Social Club promotes itself as everyone's platform. Live music. Poetry. Film Nights. Lectures. Coffee Tastings. Weekend Brunch. Game Nights.

Little Heaven

229 Russell St, Hadley, MA 01035 | (646) 361-0107

(hadley) seasonal (may-oct)

boba tea & other fruity drinks

Limered Teahouse & Espresso Bar

11 Pleasant St, Northampton, MA 01060 | (413) 230-3422

50 Main St, Amherst, MA 01002 | (413) 230-3422

<http://limeredteahouse.com/>

A space to enjoy bubble teas, espresso, and a dessert bar.

Mogee Bubble Tea

71 N Pleasant St, Amherst, MA 01002, (413) 835-0628

Bubble Tea shop in downtown Northampton, MA

Northampton Coffee

269 Pleasant Street, Northampton, MA 01060 | (413) 587-8987

Tranquil, airy coffee shop featuring single-origin beans, plus pastries & free Wi-Fi.

Shelburne Falls Coffee Roasters

273 Main Street, Northampton, MA 01060

<https://shelburnefallscoffee.com/>

Local coffeehouse chain with a variety of brews & espresso drinks, plus breakfast bites & pastries.

Tart Baking Co

192 Main St, Northampton, MA 01060 | (413) 584-0717

<http://www.tartbaking.com/>

Ingredient driven pastries and breads from scratch every day.

The Roost

1 Market Street, Northampton, MA 01060 | (413) 587-2625

<https://www.roostnorthampton.com/>

Quaint, rustic hangout with cafe fare, baked goods & beverages ranging from coffee to craft beer.

Wild Chestnut Cafe

22 Chestnut St, Florence, MA 01062 | (413) 341-3948

wildchestnutcafe.com

Woodstar Café

60 Masonic Street, Northampton, MA 01060 | (413) 585-9777

<http://woodstarcafe.com/>

A family-owned bakery, sandwich shop and full-service espresso bar.

ViVi Bubble Tea

48 North Pleasant Street, Amherst, MA 01002 | (413) 230-3809

<http://vivibubbletea.com/>

Bubble tea shop offering hot & cold versions, plus a variety of flavors & a simple snack menu.

Vegan and Vegetarian

Bela Vegetarian Restaurant

68 Masonic Street, Northampton, MA 01060 | (413) 586-8011

<https://sites.google.com/site/belarestaurant/>

Miso soup, beans & rice, vegan baked desserts & more in a tiny space using local & organic goods.

Haymarket Café

185 Main Street, Northampton, MA 01060 | (413) 586-9969

<http://www.haymarketcafe.com/>

Vegetarian/vegan cafe & restaurant serving breakfast, lunch & dinner in a quirky & casual space.

Nourish Wellness Cafe and Juice Bar

10 Bridge Street, Northampton, MA 01060 | (413) 727-3260

<https://nourishnoho.com/>

Organic ingredients go into the health-focused, vegan fare & fresh-pressed juices at this hip cafe.

Paul and Elizabeth's

150 Main Street [Thornes Marketplace], Northampton, MA 01060 | (413) 584-4832

<http://www.paulandelizabeths.com/index.html>

Longtime family-run eatery plates vegetarian & fish-focused fare with a Japanese bent in warm digs.

Florence Pie Bar

17 A Main St, Florence, MA 01062 | (413) 341-3283

<https://www.florencepiebar.com/>

Pulse Cafe

270 Russell St, Hadley, MA 01035 | (413) 387-0555

<https://www.pulsecafe.com/>

Pulse Cafe brings to the table handcrafted, 100% plant-based goodness inspired by local farm-fresh abundance, global flavors and good-for-you comfort food.

Asian Cuisine

Bombay Royale

1 Roundhouse Plaza Suite 4, Northampton, MA 01060 | (413) 341-3537

<https://www.bombayroyale.com/>

Relaxed Indian restaurant serving classic meals and a lunch buffet in an elegant, contemporary space.

Crazy Noodles

36 Main Street, Amherst, MA 01002 | (413) 253-3287

<http://www.crazynoodlescafe.com/>

Pasta dishes & Asian-style noodles are staples at this casual spot serving Thai & Italian fare.

Formosa Chinese Restaurant

62 Main Street, Amherst, MA 01002 | (413) 253-7835

<http://www.formosaamherst.com/>

Offers a wide array of authentic Chinese Food, such as General Tso's Chicken, Seaweed Salad, Sizzling Beef, Sichuan Dan Dan Noodles, & etc.

Great Wall

178 Pine St, Northampton, MA 01060 | (413) 582-0399

<http://www.greatwall-florence.com/standardmenu.pdf>

Low-key choice serving traditional Chinese dishes incorporating locally grown ingredients.

Ginger Garden

351 Northampton Rd, Amherst, MA 01002 | (413) 256-6666

<http://gingergardenamherst.com/>

Relaxed eatery offering Pan-Asian cuisine including sushi rolls, noodles & soups.

Honeycrisp Chicken

1 Boltwood Walk, Amherst, MA 01002 | (413) 200-4490

<http://honeycrispchicken.com/>

A chicken pop-up at LimeRed Teahouse Amherst.

India House

45 State Street, Northampton, MA 01060 | (413) 586-6344

<http://www.indiahousenorthampton.com/>

North Indian dishes at this refined family-run mainstay outfitted with ornate furniture from India.

India Palace

28 Main St, Northampton, MA 01060 | (413) 584-4892

<http://indiapalacerestaurant.net/>

The area's only north Indian tandoori cuisine and specialty dishes.

Kaiju

30 Boltwood Walk, Amherst, MA 01002 | (413) 461-0405

<http://kaiju-amherst.com/>

Provides variety choices of ramen, snacks, BBQ, and cocktails.

IYA Sushi and Noodle Kitchen

1 E Pleasant St, Amherst, MA 01002 and 15 College St, South Hadley, MA 01075

<http://iyasushi.com>

Lili's Restaurant

197 N Pleasant St, Amherst, MA 01002 | (413) 253-5888

Offers authentic and traditional Xian food.

Miss Saigon

96 North Pleasant Street, Amherst, MA 01002 | (413) 253-9988

<https://www.amherstpho.com/>

Cozy BYOB eatery serving traditional Vietnamese soups, sandwiches & other specialties.

Moshi Moshi

4 Main St, Northampton, MA 01060 | (413) 586-5865

<http://moshimoshisam.com/>

Vibrant nook plating classic sushi, plus cooked Japanese dishes, such as udon soup & teriyaki.

Noodles

257 Main Street, Northampton, MA 01060 | (413) 587-4070

<http://www.noodlesnorthampton.com/>

Bring something creative, fresh, and healthy to the noodles lover. Noodles offers a variety of both traditional Thai noodles soups and unique specialty selections at affordable prices.

Omi Omy

181 University Dr., Suite D, Amherst, MA 01002 | (413) 230-3766

<https://omiomyrestaurant.com/>

Oriental Flavor

25 South Pleasant Street, Amherst, MA 01002 | (413) 253-7673

<https://www.orientalflavoramherst.com/>

Offers delicious and authentic Chinese dining, takeout and delivery.

Oriental Taste

41 Main Street, Northampton, MA 01060 | (413) 582-6888

<http://www.northamptonorientaltaste.com/>

Offers delicious and authentic Chinese dining, takeout and delivery.

Osaka

7 Old South Street, Northampton, MA 01060 | (413) 587-9548

<http://www.osakarestaurantgroup.com/>

Traditionally decorated eatery with a sushi bar & chefs grilling to-order at hibachi tables.

Panda East

103 North Pleasant Street, Amherst, MA 01002 | (413) 256-8923

panda-east.com

Diverse Chinese & Japanese menu, including sushi & veggie options, served in an informal atmosphere.

Panda Garden

49 Main St, Williamsburg, MA, 01096 | 413-268-8811

<http://www.pandawilliamsburg.com/>

Authentic Chinese food for curbside pickup or delivery. No dining in.

Shanghai Gourmet

104-106 N Pleasant Street, Amherst, MA 01002 | (413) 835-0913

<https://www.shanghaigourmetma.com/>

Freshly prepared Chinese dining, takeout and delivery.

T. Roots

249 Main St, Northampton, MA 01060 | (413) 582-1880

<https://order.mealkeyway.com/merchant/71645337524932477a45676173525646784e594644673d3d/main>

Taiwanese street food.

Taipei & Tokyo

16 Crafts Avenue, Northampton, MA 01060 | (413) 582-1888

http://taipeitokyono.com/taipeitokyono_5/index.htm

Modest but welcoming sit-down venue featuring a sushi bar plus both Japanese & Chinese classics.

Teapot

116 Main St, Northampton, MA 01060 | (413) 585-9308

<http://www.teapotusa.com/>

Giant street-facing windows are removed in warm weather at this go-to for Chinese & Japanese plates.

Thai Garden

2 Bridge Street, Northampton, MA 01060 | (413) 587-3336

http://www.thethaigardengroup.com/northampton_menu

Casual spot serving a mix of familiar & unusual Thai cuisine, from pad Thai to melon curry.

The Taste Thai Restaurant

25 North Pleasant Street, Amherst, MA 01002 | (413) 256-5421

<https://amherst.deliveryexpress.com/r/513/restaurants/delivery/Thai/The-Taste-Thai-Cuisine-Amherst>

Classic Thai fare including curries, seafood & vegetarian dishes, served in a simple storefront.

Tran's World Food Market

50 Russell St, Hadley, MA 01035 | (413) 586-6766

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

A family owned and run international grocery market. They carry exotic fruits, international produce, sauces for Asian dishes.

Yokohama Ramen

88 Main St, Northampton, MA 01060 | (413) 570-4703

<http://www.yokohamanoho.com/>

African Cuisine/Middle Eastern Cuisine

Amanouz Café

44 Main Street, Northampton, MA 01060 | (413) 586-9128

<https://www.amanouz.com/>

Moroccan & Mediterranean meals (with many vegetarian options) in an informal counter-serve setup.

Duro West African Cuisine

9 College Street, South Hadley, MA 01075 Village Commons | 413-322-0687

<https://www.durowestafricancuisine.com/>

Duro brings into town the rich West African culture through food that is delicately prepared with mostly Nigerian spices.

Halal Street Cart

115 N Pleasant St, Amherst, MA 01002 | (646) 331-5115

Mosaic Café

79 Masonic Street, Northampton, MA 01060 | (413) 585-1155

<http://mosaiccafemed.com/>

Down-to-earth, counter-serve restaurant preparing Moroccan, Mediterranean & European dishes.

Middle Eastern Cuisine

Malek Shawarma

11 East Pleasant Street, Amherst, MA 01002

Mediterranean Restaurant and cafe, located in downtown Amherst MA just off of UMASS Campus.

Pita Pockets

103 North Pleasant Street, Amherst, MA 01002 | (413) 256-3600

193 Main Street, Northampton, MA 01060 | (413) 341-3629

<https://www.pitapocketsnorthampton.com/>

Unassuming, family-run kitchen offering casual Mediterranean grub such as falafel & shawarma.

Latin American Cuisine

Bluebonnet Diner

324 King St, Northampton, MA 01060 | (413) 584-3333

bluebonnetdiner.net

Bueno Y Sano

134 Main Street, Northampton, MA 01060 | (413) 586-7311

<https://buenoysano.com/envira/northampton/>

Part of a small counter-serve Mexican chain serving burritos, quesadillas, tacos & salads.

Ecuador Andino Store

41 Russell St, Hadley, MA 01035 | (413) 586-0922

<http://places.singleplatform.com/ecuador-andino-store/menu?ref=google>

Specializes in traditional Central Mexican and South American foods, products, and customs.

El Caminito

7 Old S St, Northampton, MA 01060 | (413) 387-6387

caminitosteakhouse.com

El Comalito

460 West St, Amherst, MA 01002 | (413) 259-9999

<https://elcomalitorestaurantbar.com/>

Unassuming, family-run restaurant making tacos, pupusas & other classics from Mexico & El Salvador.

La Veracruzana

31 Main Street, Northampton, MA 01060 | (413) 586-7181

<http://www.laveracruzana.com/>

Authentic Mexican restaurant in the Valley.

Mama Iguana's

274 Main Street, Northampton, MA 01060 | (413) 586-0400

http://www.spoletoresaurants.com/mama_iguanas/mama_iguanas.html

Familiar Mexican fare & a big tequila menu are highlighted at this casual joint with colorful decor.

Mission Cantina

485 West Street, Amherst, MA 01002 | (413) 230-3580

<https://www.themissioncantinaamherst.com/>

Mission Cantina

58 Cottage St, Easthampton, MA 01002 | (413) 230-3580

<https://www.seamless.com/menu/mission-taco-58-cottage-st-easthampton/1943928>

Mi Tierra

48 Russell St. (Rt. 9), Hadley, MA 01035 | (413) 587-9820

<https://mitierahadley.com/>

Family owned restaurant serving delicious, authentic Mexican food.

American and European Cuisine

Antonio's Pizza

31 N Pleasant St, Amherst, MA 01002 | (413) 253-0808

antonios-amherst.foodtecsolutions.com

Eastside Grill

19 Strong Ave, Northampton, MA 01060

eastsidegrill.com

Fitzwilly's

23 Main Street, Northampton, MA 01060 | (413) 584-8666

<http://www.fitzwillys.com/>

A circa-1898 building houses this vintage-style pub known for its craft beers & large pub grub menu.

Homestead

7 Strong Ave, Northampton, MA 01060

eathomestead.com

Highbrow woodfire pizza

12 Crafts Ave #1, Northampton, MA 01060 | (413) 586-1468

Significant vegan options available

<http://highbrowrestaurant.com>

Jake's

17 King Street, Northampton, MA 01060 | (413) 584-9613

68 Cows Road, Amherst, MA 01002 | (413) 230-3717

<http://www.jakesnorthampton.com/>

Lunch & brunch spot with an open kitchen known for seasonal, American eats & daily hash specials.

Joe's Pizza

33 Market Street, Northampton, MA 01060 | (413) 584-3168

<http://www.joescafenorthampton.com/>

Casual neighborhood stalwart since 1938, serving up thin-crust pies & Italian-American standards.

Johnny's Tavern

30 Boltwood Walk, Amherst, MA 01002 | (413) 230-3818

<https://www.johnnystavernamherst.com/>

Casual mainstay with a dark, warm atmosphere preparing a select, thoughtfully sourced American menu.

Local Burger

16 Main St, Northampton, MA 01060 | (413) 586-5857

localnorthampton.com

Packards

14 Masonic St, Northampton, MA 01060 | (413) 584-5957

packardsnorthampton.com

Pinocchio Pizzeria

122 Main St #3, Northampton, MA 01060 | (413) 586-8275

places.singleplatform.com

Pizza Amore

18 Green St, Northampton, MA 01060 | (413) 586-5443

eatpizzaamore.com

Osteria Vespa

28 Amity Street, Amherst, MA 01002 | (413) 230-3194

<https://www.osteriavespa.com/>

Laid-back eatery featuring Italian/Mediterranean eats such as homemade pasta, plus an outdoor patio.

Riffs Joint

116 Pleasant St #158, Easthampton, MA 01027 | (413) 527-8811

<http://www.riffsjoint.com/menu.html>

A wide variety of globally accented American comfort fare is served at this counter-serve eatery.

Roberto's Restaurant

223 Pleasant St, Northampton, MA 01060 | (413) 584-0204

<https://www.robertosnorthampton.com/>

Spoletto

1 Bridge Street, Northampton, MA 01060 | (413) 586-6313

http://www.spoletorestaurants.com/spoletto_northampton/spoletto_northampton.html

Trattoria with dramatic decor offering Italian dinners, plus happy-hour deals at the bar.

Toasted Owl

21 Main St, Northampton, MA 01060 | (413) 585-5088

places.singleplatform.com

The Dirty Truth

29 Main St, Northampton, MA 01060 | (413) 585-5999

dirtytruthbeerhall.com

Wurst Haus

27 Pleasant St, Northampton, MA 01060 | (413) 341-3680

wurst-haus.com



BEAUTY CARE

Barber shops

Bucci

145 Main Street, Northampton, MA 01060 | (413) 586-0155

<https://www.yelp.com/biz/bucci-northampton>

Bucci is located downtown in Northampton and is a great place to get a haircut or a shape-up.

Global Cuts

460 West Street, Amherst, MA 01002 | (413) 253-9419

<https://www.yelp.com/biz/global-cuts-international-world-of-barber-styling-amherst>

This is a black hair barber that offers excellent service from the very personable owner. It's a comfortable place for folks with curlier textures who need a barber- not a stylist.

Natural Taste Hair Boutique

726 Chicopee St, Chicopee, MA 01013 | (413) 533-3359

<https://www.facebook.com/pages/Natural-Taste/148677695175547>

Pam's Kickin Kuts

92 King St, Northampton, MA 01060 | (413) 586-2119

<https://www.yelp.com/biz/pams-kickin-kuts-northampton>

Pam's Kickin Kuts is located downtown in Northampton and is closeby and an amazing place to get a haircut or a shape-up.

Salons

Braids by Yonda

<https://www.instagram.com/braidsbyyonda/> services northampton

Offers various types of braiding for african american hair braids by yonda.

Cheryl Nina Salon & Day Spa

35 University Dr, Amherst, MA 01002 | (413) 256-4557

cherylninasalon.com

Hair By Harlow

220 N Pleasant St, Amherst, MA 01002 | (413) 253-8897

places.singleplatform.com

JCPenney Hair Salon

Hampshire Mall, 367 Russell St. Suite A, Hadley, MA 01035 | (413) 584-7416

<https://stores.jcpenny.com/ma/hadley/salon-hadley-ma-2022.html>

JC Penny's has multiple stylists for Black hair. This includes services for extensions (call for names)

Salon O Hair Salon

50 Green St, Northampton, MA 01060 | (413) 586-5005

<https://salononorthampton.com/>

Quaint, cozy shop offering cuts, color & treatments for men, women & children, plus retail. It's co-owned by a Black woman and they have stylists trained to style textured hair.

Ulta beauty hair salon @lalanolimitstylez on Instagram

Eyebrow Care

GBS Threading

3 Pleasant St, Northampton, MA 01060 | (413) 584-1064

<https://www.gbsbrows.com/gbs-northampton/>

Beauty Salon.

Skinsations

56 Main St #219, Northampton, MA 01060 | (413) 586-0800

Beauty Salon.

Joia Beauty

3479, 6 Crafts Ave, Northampton, MA 01060 | (413) 585-5888

<http://joiabehauty.com/>

Beauty Salon

Eyebrow Threading Spa

Holyoke Mall, 1st Floor Near JCPenney, 50 Holyoke St, Holyoke, MA 01040 | (413) 534-3131

<https://www.hampshiremall.com/tenants/eyebrow-threading-spa-1/>

Beauty Salon

Hair Supply

Head Games Beauty Supply

67 North Pleasant Street, 2nd Floor Rear of Building, Amherst, MA 01002 | (413) 253-7478

<http://www.headgamesbeautysupply.com>

Head games is a beauty supply store that sells quality products for people who wear their hair naturally. They specifically cater towards African American/Black hair care.

Sally Beauty Supply

458 Russell St. Suite 5, Hadley, MA 01035 | (413) 253-4605

<https://stores.sallybeauty.com/ma/hadley/beauty-supply-hadley-ma-2629.html>

Sally's beauty supply is excellent for Black hair needs such as extensions, relaxers, natural hair and coloring.

Tattoo

Lucky's Tattoo & Piercing

37 Main Street, Northampton, MA 01060 | (413) 587-0004

<http://www.luckystattoo.org/>

Lucky's is a custom tattoo and piercing studio located in downtown Northampton. They provide high quality tattoos and piercings in a clean and welcoming environment.

Spa & Waxing

VIP Nail SPA

104 B Damon Rd, Northampton, MA 01060 | (413) 727-8347

This location, in particular, has been recommended consistently due to their great spa pedicures and leg massages.

Purele Waxing Salon and Spa

Below Five college realtors, 190 University Dr, Amherst, MA 01002 | (413) 835-0555

<https://www.purelewaxing.com/>

WELLNESS | HEALING

Arden Sundari Pierce: Yoga for Well Being

Northampton, MA 01061 | (413) 585-8990

<http://www.yogaforwellbeing.com/>

Blue Feather Sanctuary

Operating out of the Button Building in Easthampton. It's owned by Jessica Raie, a Black aesthetician who is from the area -- she worked at Joia Beauty for many years and is branching out on her own. She offers skincare, waxing, and energy work using Dr. Hauschka products.

Body Zen

150 Main Street [Thornes Marketplace Floor 3], Northampton, MA 01060 | (413) 341-1127

<https://www.bodyzenbliss.com/>

Body Zen is a holistic skin care and Ayurvedic bodywork sanctuary.

Cooley Dickinson Hospital

30 Locust St. (Route 9), Northampton, MA 01060 | (413) 582-2000

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

East Heaven

33 West Street, Northampton, MA 01060 | (413) 587-0000

<http://eastheaven.com/>

East **Heaven** aims to bring you a luxurious hot tub experience. You can soak outdoors under the sky or relax and listen to the music of your choice indoors.

Elements Hot Tub Spa

373 Main Street, Amherst, MA 01002 | (413) 256-8827

<https://www.elementshottubspa.com/>

Elements Hot Tub Spa is a locally-owned spa located in Amherst, MA. With the aim to bring wholistic health and spirituality into personal health and wellness, they use the highest-quality ingredients in order to bring you the most refreshing and calming experience.

Northampton Community Acupuncture

160 Main St., Suites 23 and 24, Northampton, MA 01060 | (413) 586-8251

<https://www.nohocommunityacupuncture.com/>

You can get individualized treatments in a soothing and calm atmosphere. Schedule online.



FUN | OUTING

***Search "Meetup Northampton MA" to find weekly events

<https://www.meetup.com/cities/us/ma/northampton/>

Amherst Cinema

28 Amity St, Amherst, MA 01002 | (413) 253-2547

<https://amherstcinema.org/>

Cinema screening independent, classic & current films, plus theater, dance & music performances.

Atkins Farms

1150 West Street, Amherst, MA, MA 01002 | (413) 253-9528

<https://www.atkinsfarms.com/>

Atkins Farms Country Market is a locally owned and operated business. You can find not only fresh local produce but also custom-made gift baskets, New England special baked goods... You can find ice cream here in the summer and join apple-picking in the fall. Make sure to try their apple cider donuts if you visit in the fall!

Bridge of Flowers

22 Water St, Shelburne Falls, MA 01370

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

The Bridge of Flowers is in Shelburne Falls, Massachusetts, connecting the towns of Shelburne and Buckland. The seasonal footbridge – once a trolley bridge – has a garden of flowers covering it. It is only open between April and October.

Childs Park

71 N Elm St; Northampton, MA 01060

Bequeathed by Annie Childs in 1950, it is a place for quiet reflection and for savoring the smells, sounds, and sights of nature. Its 40 acres boast three large lawns and two natural ponds. An Italian-style garden house presides over the rose garden and the nearby formal garden, while the pine woods and giant ferns hide some wonderful surprises. The park is managed and maintained by the Childs Park Foundation.

Cinemark Hampshire Mall (Movie Theatre)

Hampshire Mall, 367 Russell St, Hadley, MA 01035 | (800)-246-3627

<https://www.cinemark.com/massachusetts/cinemark-at-hampshire-mall-and-xd?showDate=08/16/2018>

Located in Hampshire Mall, this is a great place to catch the latest movies, and then grab a bite to eat at the mall afterwards.

Interskate 91

367 Russell St, Hadley, MA 01035 | (413) 586-2737

<http://interskate91.com/north/>

Roller skating rink in Hadley, Massachusetts.

LaserBlast Ancient Adventure (Laser Tag and Roller Skating)

Interskate 91, North 367 Russell Street, Hampshire Mall, Hadley, MA 01035 | (413) 586-2737

<http://interskate91.com/north/>

Want to play some games with some friends at the mall? Grab some skates or put on a laser tag vest, and enjoy!

Look Memorial Park

300 N Main St, Florence, MA 01062

The Frank Newhall Look Memorial Park, commonly referred to as Look Park, is a municipal park in the village of Florence in Northampton, Massachusetts in Hampshire County. The park is open year-round.

Mill 180 Park

180 Pleasant St #217, Easthampton, MA 01027 | (413) 203-1687

<https://www.mill180park.com/>

Mill 180 Park is an Indoor Urban Hydroponic Park for the 21st Century. We designed it with this question in mind: "What makes great urban parks like New York City's Central Park, London's Hyde Park, and Tokyo's Ueno Park great?"

Mullins Center Community Ice Rink

200 Commonwealth Ave, Amherst, MA 01003 | (413) 545-2791

<http://www.mullinscenter.com/rink>

Ice skating rink in Hadley, Massachusetts

Northampton Dog Park

53 Burts Pit Road, Northampton, MA 01060

A peaceful, lovely park with water, farmland, woods and beautiful trails.

PINZ Entertainment

367 Russell St, Hadley, MA 01035 | (413) 387-0550

<https://pinzbowl.com/>

Event venue hosting themed social nights for bowling, arcade game playing, axe throwing, and a variety of food and drink deals.

Prodigy Minigolf & Gameroom

116 Pleasant St, Easthampton, MA 01027 | (413) 203-5164

<http://www.prodigyminigolf.com/>

This ages 13+ large indoor facility gives you a one-of-a-kind indoor minigolf course, a wall of retro video games and consoles to play as well as many game tables featuring a grand selection of classic and modern board games.

Pulaski Park

240 Main St, Northampton, MA 01060

A small and intimate park located in Northampton, on Main Street between the City Hall and the Academy of Music Theatre.

Sparetime Northampton (Bowling)

525 Pleasant Street, Northampton, MA 01060 | (413) 584-4830

<http://www.sparetimeentertainment.com/northampton/>

Just five minutes from downtown Northampton, Sparetime is a great place to hang out and play an exciting game of bowling! Sparetime serves great food, and has an incredible ambiance.

The Basement

21 Center St, Northampton, MA 01060 | (413) 387-6345

https://www.iheg.com/basement_main.asp

A good bar to have some drinks and relax.

The Majestic Saloon

24 Main St, Northampton, MA 01060 | (413) 727-3996

Local bar and grill. They host a pop-up Queer bar on Wednesdays.

The Unicorn Inn

126 High St, Holyoke, MA 01040 | (413) 322-8774

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

They host Soca, Reggaeton, and Hip Hop Dance Nights.

ValleyBike Program

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

You may have seen the racks of electronic bikes outside of John M. Greene hall. The ValleyBike Share allows you to explore the Pioneer Valley (Amherst, UMass campus, Holyoke, Northampton, South Hadley and Springfield) on two wheels. Its electric pedal-assist bike will assist you with a little extra push when you need it most.

SOCIAL MOVEMENT | ORGANIZING

ARISE for Social Justice

38 School St, Springfield, MA 01105 | (413) 734-4948

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

Arise for Social Justice was founded 30 years ago by women on welfare. Over the next ten years, we expanded our definition of ourselves: first, to become a poor people's rights organization, and second, to organize low-income people to fight oppression in all its manifestations.

ArteSana

362 Dwight St, Holyoke, MA 01040 | (413) 588-2013

<https://artesana.co/>

ArteSana is a non-profit social enterprise focused on building a more equitable and sustainable world through community, creativity and entrepreneurship.

Center for New Americans

James House, 42 Gothic Street, Northampton, MA 01060 | (413) 587-0084

<http://www.cnam.org/>

They offer education and resources to welcome and serve immigrants. The Vision: Immigrants will acquire the tools to integrate economically and culturally into the community, and become self-sufficient.

Cooley Dickinson Hospital

30 Locust St. (Route 9), Northampton, MA 01060 | (413) 582-2000

<https://www.cooleydickinson.org/volunteer/>

A dynamic community of over 400 volunteers who make a difference every day at Cooley Dickinson Health Care. Share your gifts and abilities serving patients, delivering mail or staffing the Coffee Shop, or one of the many other volunteer capacities.

Fresh Paint Springfield

<https://www.freshpaintspringfield.com/>

Fresh Paint Springfield is being produced by the Common Wealth Mural Collaborative. The Common Wealth Mural Collaborative is a non-profit organization dedicated to bringing more mural art into public places through the management of mural installations and mural festivals.

Gardening the Community

200 Walnut St, Springfield, MA 01105 | (413) 693-5340

<http://www.gardeningthecommunity.org/>

Gardening The Community is a food justice organization engaged in youth development, urban agriculture and sustainable living to build healthy and equitable communities.

International Language Institute of Massachusetts

25 New South Street, Northampton, MA 01060 | (413) 586-7569

<http://ili.edu/volunteer>

The International Language Institute of Massachusetts (ILI) is a private, not-for-profit language school founded in 1984 and located in Northampton, Massachusetts. ILI's mission is to promote intercultural understanding by providing high-quality language instruction and teacher training.

Northampton Survival Center

265 Prospect Street, Northampton, MA 01060 | (413) 586-6564

<http://www.northampton-survival.org/>

The Northampton Survival Center is dedicated to improving the quality of life for low-income individuals and families throughout Hampshire County by providing nutritious food and other resources in an atmosphere of dignity and respect.

Nuestras Raíces

329 Main Street Holyoke, MA 01040 | (413) 535-1789

<http://nuestras-raices.org/en/volunteer/>

Nuestras Raíces is a grassroots urban agriculture organization based in Holyoke MA. The mission is to create healthy environments, celebrate "agri-culture," harness collective energy, and to advance the vision of a just and sustainable future.

Pioneer Valley Workers Center

20 Hampton Ave, Ste. 200, Northampton, MA 01060 | (413) 570-3060

<http://pvworkerscenter.org/category/news/>

The Pioneer Valley Workers' Center builds power with low-wage and immigrant workers throughout Western Massachusetts. Together, they organize to build community and win real change in the lives of working people.

Safe Passage

76 Carlon Drive, Northampton, MA 01060 | (413) 586-1125

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

Safe Passage is dedicated to creating a world free of domestic violence and relationship abuse. They are here for all survivors--women, men, transgender and gender non-conforming survivors, folks of no gender, and people of all sexual identities.

Sojourner Truth School for Social Change Leadership

208 Race St, Suite 305, Holyoke, MA 01040 | (413) 238-1280

<https://truthschool.org>

The Truth School is a unique experiment offering free community classes on a wide variety of skills for making social change happen now. Amidst the serious challenges we are facing, the School supports finding the path that can translate one's unique talents, concerns and commitments into action.

Springfield School Volunteers

1550 Main Street, 3rd floor, Springfield MA 01103 | (413) 787-7100, ext. 55697

<http://www.springfieldschoolvolunteers.org/volunteer-opportunities/>

They are always looking for academic tutors to help support the students, as well as mentors. Be someone to someone who matters!

Treehouse Foundation

1 Treehouse Circle, Easthampton, MA 01027 | (413) 527-7966

<https://refca.net/>

Treehouse is inspiring a Re-Envisioning of Foster Care in America. They invite Americans of all ages and backgrounds to stand together under the Banner of Shared Responsibility so that all children and youth living in foster care find forever families and live connected, fulfilling, and productive lives.



TECHNOLOGY AID

Yes Computers

196 Pleasant St. Suite 101, Northampton, MA 01060 | (413) 585-0007

<http://www.yescomputers.com/>

Northampton Computer Repair

12 Main St, Northampton, MA 01060 | (413) 341-3571

<http://www.northamptoncomputerrepair.com/>

Apple Store (Genius Bar)

50 Holyoke St, Holyoke, MA 01040 | (413) 493-3878

<https://www.apple.com/retail/holyoke/>

Green Earth Computers

20A Crafts Ave, Northampton, MA 01060 | (413) 282-8324

<http://www.greeneearthcomputers.us/>



WORSHIP | SPIRITUALITY

Abbey Memorial Chapel (Mount Holyoke College)

50 College St, South Hadley, MA 01075

<https://www.mtholyoke.edu/facilities/abbeychapel>

Mount Holyoke College connected to Mary Lyon Hall. The Abbey Memorial Chapel and neighboring Abbey Interfaith Sanctuary both host weekly gatherings from multiple faith and spiritual-based groups that are open to all members of the College community while the College is in session.

Al Baqi Islamic Center

148 Fort Pleasant Ave, Springfield, MA 01108 | (413) 732-9288

<https://www.manta.com/c/mm2gb9l/al-baqi-islamic-center>

Amherst Korean Church

434 N Pleasant Street, Amherst 01002 | (413) 549-6495

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

They hold numerous social events and provide Korean homemade meals after service every Sunday. Many students and new members of the Korean community seek out the moral support and sense of belonging the church provides.

Beit Ahavah: Reform Synagogue of Greater Northampton

130 Pine St, Florence, MA 01062 | (413) 587-3770

<http://www.beitahavah.org/>

The congregation of Beit Ahavah is dedicated to a search for connection to our spiritual selves through worship and study, a strong emphasis on social justice and social action, and a fostering of community spirit and valuing of our diversity. All of their services and celebrations are open to the public and we welcome anyone interested in participating in the life of our growing Reform Jewish community.

Chabad-Lubavitch of Northampton

81 Milton Street, Northampton, MA 01062 | (413) 582-0033

<http://www.chabadnorthampton.com/>

We are a local resource for everything Jewish! Join us for Shabbat meals, learn how to pray or come celebrate your favorite Jewish holiday. We are here to serve, to share and to do our part in bringing more light to the Happy Valley through inspiration and education in Torah, mitzvot (Divine commandments) and avodah (Divinely appointed tasks).

Chapin Chapel (Amherst College)

17 Barrett Hill Dr, Amherst, MA 01002

<http://omeka.wellesley.edu/spiritualspaces/items/show/16>

The Chapin Chapel is one of the various key spaces in which students, staff, and faculty gather for religious and spiritual program planning, consultation, events, meetings, services, lectures, meals, and celebrations.

College Church

58 Pomeroy Terrace, Northampton, MA 01060 | (413) 586-0057

<http://www.thecollegechurch.org/>

College Church is a diverse, interdenominational church in the heart of the Pioneer Valley, serving towns all over Hampshire County, from South Hadley to Amherst, and Southampton to Goshen. Since 1972, College Church has sought to “Know Christ and Make Him Known” through biblical preaching, local outreach, church planting and global missions.

Congregation B’nai Israel (Sanctuary for undocumented individuals*)**

253 Prospect St, Northampton, MA 01060 | (413) 584-3593 (Office extension is #202)

<http://cbinorthampton.org/discover-cbi/mission-vision-and-values/>

Located in downtown Northampton, this is an egalitarian congregation affiliated with the United Synagogue of Conservative Judaism. Their 370 household represents a diverse range of backgrounds, but when they are together, it always feels like a family. CBI welcomes you to visit their website, their community garden, and joining them for Shabbat Kiddush or any of their other community events.

Edwards Church of Northampton

297 Main St, Northampton, MA 01060 | (413) 584-5500

<http://edwardschurchnorthampton.org/>

Edwards Church serves as a home for all who seek the Holy Spirit in the midst of a too busy, often glorious, and sometimes challenging world. The wall of windows between our sanctuary and the street – a thin, transparent veil – reminds us of our connection to the world, even as we take a moment’s refuge in the light of the cross. In addition to serving as a place of worship that features prayer, music, and the Word, Edwards Church hosts many other functions that combine spiritual striving and worldly service such as a soup kitchen, a fellowship hall, a mindfulness center, a Buddhist sangha, and a parents’ center.

First Baptist Church of Amherst

434 North Pleasant, Amherst, MA 01002 | (413) 549-3596

<http://www.fbcamherst.org/>

They are located at the entrance to the University of Massachusetts. They are a church of diverse races, nations, cultures, generations, and backgrounds. People from over 40 nations call First Baptist their spiritual home. What can you expect on a Sunday? A warm welcome, beautiful music, vibrant worship, practical messages, a cup of coffee and a safe place to ask questions.

First Churches of Northampton (**Serves undocumented individuals*)

129 Main St, Northampton, MA 01060 | (413) 584-9392

<http://www.firstchurches.org/>

First Churches of Northampton is a united church of the American Baptist Churches USA and United Church of Christ, the largest Protestant denomination in Massachusetts. They welcome and invite into our membership all persons who love God and our Lord Jesus without regard to differences as race, ethnicity, age, gender identity, ability, sexual orientation, economic status, marital status, level of education, or any other difference that may be misunderstood as a barrier to Christian fellowship.

Goodwin Memorial A.M.E. Zion Church

41 Woodside Avenue, Amherst, MA 01002 | (413) 256-1885

<http://www.netministries.org/churches/ch07490/index1.html>

In 1825 Rev. Erasmus Darwin Eldredge, Class of 1829 at Amherst College, was walking on the road to Pelham. East of East St. he saw a number of African-American families. He asked if they would like to hold a service at one of their homes. They agreed, and a meeting was held at one of their houses on Sabbath afternoon. Out of this first meeting emerged two African-American churches still practicing today.

Grace Episcopal Church

14 Boltwood Ave, Amherst, MA 01002 | (413) 256-6754

<http://www.gracechurchamherst.org/>

The mission of the Church is to restore all people to unity with God and each other in Christ. The Church pursues its mission as it prays and worships, proclaims the Gospel, and promotes justice, peace, and love.

Hampshire Mosque

451 Russell St, Hadley, MA 01035 | (413) 548-8865

<https://hampshiremosque.org/>

The mission of Hampshire Mosque is to establish the practice of Islam in the lives of its members, to please Allah (Subhanahu wa ta'ala), through adherence to the teachings of the Qur'an and the methodology of the Sunnah of the prophet Mohammad (peace be upon him). It will provide a place of worship, and Islamic environment for individuals and families, authentic Islamic education, da'wah programs for promoting understanding and propagation of Islam, a source of reference and support system for the community, and develop and implement all such programs within its resources that promote these objectives.

Helen Hills Hills Chapel and Bodman Lounge (Smith College)

123 Elm Street, Northampton, MA 01063 | (413) 585-2750

<https://smith.edu/religiouslife/spaces.php>

Even though it looks like a church, the Helen Hills Hills Chapel is in fact a multi-faith space where people of all faiths (or no faith!) are free to gather. The Chapel hosts multiple spaces for student activities such as prayer, religious services, group meetings, performances, and for simply gathering with friends and community.

Islamic Society of Western Massachusetts

377 Amostown Road, West Springfield, MA 01089 | (413) 788-7546

<http://www.iswmonline.com/>

ISWM is a Muslim organization in Western Massachusetts. It primarily serves the religious and social needs of local Muslims. It is a non-profit community organization. Its center in West Springfield has the largest mosque in the area. The local Muslim population represents multiple ethnicities, nationalities and religious schools of thought. The mosque and the center have a full-time Imam and offers daily five congregational and the Jumma prayers. The mosque also offers many other conventional religious and educational services.

Maple Ridge Church

659 Amherst Rd, Sunderland, MA 01275 | (413) 549-4949

<http://www.mapleridge.net/>

Maple Ridge envisions a welcoming and growing community of people from diverse backgrounds on a spiritual journey together. They see lives being transformed as people encounter Christ's love, grace and hope, finding a new identity, purpose, freedom and a fulfilling life in Christ. They see a culture of learning, where people who know Christ are actively involved in helping others on their journey becoming followers of Christ.

Our Lady of the Valley Parish

33 Adams St, Easthampton, MA 01027 | (413) 527-9778

<http://olveasthampton.org/>

Our Lady of the Valley Parish is the Roman Catholic church serving the needs of Easthampton, Southampton, Westhampton and surrounding towns.

Pioneer Valley Shambhala Center

Center 191 Main Street, Northampton, MA 01060 | (413) 585-9848

<https://pioneervalley.shambhala.org/>

The community welcomes those new to meditation practice who are just discovering the teachings on basic goodness and enlightened society. They are a diverse gathering of practitioners, both newcomers and those who have walked the Shambhala Buddhist path for many years.

St. Brigid's Parish Community

122 North Pleasant Street P.O. Box 424 Amherst, MA 01002 | (413) 256-6181

<http://diospringfield.org/SUBDOMAIN/stbrigid/>

What identifies a steward? Safeguarding material and human resources and using them responsibly are one answer; so is generous giving of time, talent, and treasure. But being a Christian steward means more. As Christian stewards, we receive God's gifts gratefully, cultivate them responsibly, share them lovingly in justice with others, and return them with increase to the Lord.

St. Elizabeth Ann Seton Parish

99 King St, Northampton, MA 01060 | (413) 584 7310

<http://www.saintelizabethannseton.net/>

Saint Elizabeth Ann Seton Parish is called together by God as a faith sharing community to radiate, celebrate, and proclaim Jesus Christ through prayer, word, worship, and service as we seek to build up His one body, adapting to the diverse needs of the people in whose midst we live and witness.

St. John's Congregational Church (*African Ministry and Hispanic Ministry)

45 Hancock Street, Springfield, MA 01109 | (413) 734-2283

<http://www.sjkb.org>

Through evangelism, St. John's seeks to build the Kingdom of God as they spread the Gospel of Jesus Christ and invite others to share in their worship as they magnify God that they might be led to join their fellowship and grow in their discipleship to be equipped for their ministry in their congregation and community.



HEALTH | EMERGENCY

Tapestry Health (**Undocumented students are accommodated*)

16 Center St. #415, Northampton, MA 01060 | (413) 586-2539

<http://www.tapestryhealth.org/northampton/>

Pelvic exams & pap smears, STI screening, breast exams, rapid HIV testing, birth control, emergency contraception, pregnancy testing, referrals

-Requires no social security/ state ID/ Smith insurance available/ No insurance applies to sliding scale fee – provide minimum fees if salary is \$500 or below income per week for Massachusetts or college resident.

MinuteClinic Inside CVS Pharmacy

366 King Street, Northampton, MA 01060 | (866)389-2727

<https://www.cvs.com/minuteclinic/clinic-locator/clinicdetails?storeId=447>

In addition to diagnosing and treating illnesses, injuries and skin conditions, the Northampton Minute Clinic provides wellness services including vaccinations, physicals, screenings and monitoring for chronic conditions. They provide services for both adults and children 18 months and over. For a complete list of what we offer, including service availability and any restrictions, please visit their services page.

ServiceNet

129 King Street, Northampton, MA 01060 | (413) 582-4252

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

ServiceNet provides a wide range of human services for people in the Pioneer Valley. Their programs include outpatient behavioral health services; adolescent support programs; early intervention for young children; home health care; rehabilitation and residential programs for those with mental health issues, developmental disabilities, traumatic brain injuries, or addictions; and shelter and housing services for the homeless.

Planned Parenthood Western Massachusetts Health Center

3550 Main St. Suite 201, Springfield, MA 01107 | (800) 258-4448

<https://www.plannedparenthood.org/health-center/massachusetts/springfield/01107/western-massachusetts-health-center-2662-90610>

Visit the Planned Parenthood health clinic for men and women in Springfield, MA for the day after pill, abortion procedures, pregnancy resources, STD treatment, birth control, and family planning.

Baystate Urgent Care

325 King St, Northampton, MA 01060 | (413) 387-4100

<https://www.baystatehealth.org/locations/outpatient-center-northampton/urgent-care>

Baystate Urgent Care is located in Northampton, Springfield, Longmeadow, and Belchertown. They provide walk-in medical services for unexpected illnesses and injuries that cannot wait for a primary care appointment, but does not require an emergency room visit.

Holyoke Medical Center (Center for Behavioral Health)

575 Beech St, Holyoke, MA 01040 | (413) 534-2698

<https://www.holyokehealth.com/Services-Specialties/The-Center-for-Behavioral-Health>

The Center offers both inpatient and outpatient services, as well as a short-term Partial Hospitalization & Intensive Outpatient Program, a hybrid program for adults who are coping with a combination of acute mental health problems, substance abuse and psychiatric disorders. They also now offer Transcranial Magnetic Stimulation Therapy. Financial Counselors are available to discuss payment options/arrangements.

Life Course Counseling Center

95 Smith St, Northampton, MA 01060 | (413) 775-3567

<http://www.lifecourse.net/>

Life Course’s intention has always been to provide access to knowledgeable LGBTQ therapists and a safe environment where diverse sexual orientations and gender identities are seen as healthy and normal. Someone coming to LifeCourse Counseling Center has always been assured that they will see a LGBTQ therapist who intimately knows the personal issues our community faces.

Clinical & Support Options (CSO)

8 Atwood Drive, Suite 301, MA 01060 | (413) 773-1314

https://www.csoinc.org/?page_id=189

CSO is committed to providing comprehensive support to individuals and families in their progress towards self-sufficiency. Their trauma-informed model of care is built on the values of safety, choice, trustworthiness, collaboration, and empowerment.



ART | DANCE | MUSIC

Arts Night Out Northampton

<http://www.artsnightout.org/monthly-listing>

Arts Night Out, the second Friday of every month, is an event hosted by Northampton art spaces to promote creative works and community. This monthly gallery walk offers the opportunity to enjoy a Friday night in town while experiencing diverse visual and performing arts.

Community Music School Of Springfield

127 State St, Springfield, MA 01103 | (413) 732-8428

<https://communitymusicschool.com/>

Community Music School of Springfield, founded in 1983, is a non-profit community arts school in Western Massachusetts. Their mission is to provide an equitable and inclusive center of excellence in music and arts education that empowers individuals, inspires creative passion, and promotes well-being in our greater community.

Hampshire College Salsa Rueda and Tango Club

893 West St, Amherst | hampsalsatango@gmail.com

<https://www.facebook.com/groups/123454531061723/about/>

Come learn to dance Salsa Rueda and Tango with Professor Daniel Trenner! Sundays 12-2pm in the Prescott Tavern at Hampshire College. No experience or partner necessary. Free.

Iron Horse Music Hall/ Salsa Dance Tuesday Nights FREE

20 Center St, Northampton, MA

http://www.iheg.com/iron_horse_main.asp

Latin Night Tuesdays by DJ Alexavier & DJ Chico (21+) Bring friends!

Northampton African Dance

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

A multi-generational group of dancers, drummers, and West African artists dedicated to community building and the preservation of diasporic art.

R. Michelson Galleries

132 Main St, Northampton, MA 01060 | (413) 586-3964

<http://www.rmichelson.com/>

R. Michelson Galleries is the largest commercial art gallery in western Massachusetts. Their collections include oil paintings, egg tempera, watercolors, prints, fine art books, bronze sculpture and more. Open to the public throughout the week.

School of Contemporary Dance & Thought (SCDT)

Studio4, 25 Main St, Northampton, MA 01060 | (413) 570-4491

<http://www.scdtnoho.com/about-scdt.html>

SCDT is comprised of independent and internationally experienced performance artists/movement practitioners who are also innovative teachers. They have weekly performances and classes open to all body types and ages!



BOOKSHOPS | LIBRARIES

Amherst Books

8 Main St, Amherst, MA 01002 | (413) 256-1547

<https://www.amherstbooks.com>

A great place to sit back, relax and crack open a good book!

Broadside Bookshop

247 Main St, Northampton, MA 01060 | (413) 586-4235

<https://www.broadsidebooks.com/>

Excellent local bookstore for new books that also hosts readings.

Forbes Library

20 West Street, Northampton, MA 01060 | (413) 587-1011

<http://forbeslibrary.org/>

This public library is just a five-minute walk from Smith—enjoy rare books and quiet areas to study.

Montague Book Mill

440 Greenfield Rd. Montague, MA 01351 | (413) 367-9206

<http://www.montaguebookmill.com/>

Take a day trip to this beautiful bookstore that is on a water mill and near art/ music shops hosted by local artisans – great for looking for textbooks as well!

Newbury Comic Book Store

38 Pleasant Street, Northampton, MA 01060 | (413) 586-8526

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

Great place to window shop and check out neat comics, movies and television apparel and décor.

Odyssey Bookshop

9 College St, South Hadley, MA 01075 | (413) 534-7307

<https://www.odysseybks.com/>

Epic bookstore across the street from Mount Holyoke College that also hosts readings.

Raven Used Books

4 Old South St, Northampton, MA 01060 | (413) 584-9868

<http://ravenusedbooks.com/>

Aside from providing many genres of popular books, The Raven has been a valuable part of the Five College community, specializing in academic and scholarly titles.

HERITAGE EXPLORATION

David Ruggles Center for History & Education

225 Nonotuck St, Florence, MA 01062

<https://davidrugglescenter.org/> | info@davidrugglescenter.org

Honoring the contributions made to the abolition of slavery by courageous individuals in the Connecticut River Valley of Massachusetts, the Center seeks to educate and inspire their visitors to possibilities in the present by sharing the powerful voices from the past.

African American Heritage Trail
1840 - 1860, Florence, Massachusetts

1 The one began at the Supreme South Protestant Church at the corner of Park and Pine Streets. Just a few days down from her home at 37 Park Street the statue was dedicated in 2002 after the years of organizing and fundraising. Every Sunday of Nonotuck they work hard anti-racism and social justice education gather to celebrate faith, share inspiration and recognize the work of young activists of high school age.

2 The Florence Congregational Church across from the Supreme South Protestant Church was founded in 1848 by J.F. Williams and others from First Church in Northampton. NARA agent Thom Banks was the builder. Behind the Church is the site of the "Free Green" where members of the NAACP and others like Frederick Douglass, William Lloyd Garrison, and Wendell Phillips spoke through an old growth pine, 158 feet tall.

3 The building is part of the Nonotuck 5th Mill complex but originally may have been the digester for the history of Alfred C. Crocker-Wheeler or not or can contain the ice machine and harbor loggers stores at his factory in this house.

4 Florence Road was built around 1848 by William Holmes. Basil Dorsey purchased the property in 1852. Dorsey was manager for the Greenville Manufacturing Company. Money to buy his freedom was raised in the village to ensure his safety in his travels around the globe. He married with Corilla, was the daughter of the Abolition pastor of Providence who she also lived in the Park Street Cemetery. Dorsey died on February 15, 1872.

5 The house at 15 Hyde Road was owned by Corilla Dorsey. Basil Dorsey had helped her to own in 1852 and this property was part of that great Corilla moved to New Haven, Conn. around 1881.

6 98 Spring Street was the home of Henry Anthony, one of the first African American to live in Florence. He belonged to the middle-class "freedom men" that was being in the Swamp House when Iphigene Clark purchased 100 acres of land on Florence Road in 1848. When the Clark moved to a city Henry Anthony moved out and built the house. He was one of first Florence loggers to sign a call to meeting to resist the Fugitive Slave Act in 1850.

7 Among the many African American burials at the Park Street Cemetery are those of at least four former slaves: Basil and Corilla Dorsey, Henry Anthony and George Holbrook. Five of the more abolitionist burial have been identified in Underground Railroad cemetery.

8 7 Florence Road was the home of Lavinia Williams and George Holbrook, Washington moved from Nonotuck Street where she had lived in the U.S. since family. Holbrook was considered at the Park Street Cemetery and was a slave in Maryland.

9 Florence Road was the first building of the Nonotuck Water Cure. Here David Ruggles lived and worked from 1845 until his death in 1849. One of the great young boys of the 1800s, Ruggles, while in NYC, led up over 400 fugitive slaves to freedom including Frederick Douglass. Originally situated on Spring Street (2) in the square the house was moved to this location around 1853. William Wright, a fugitive slave lived here. Ruggles himself was an African American operative at the water cure, bought the house in 1846. The land was sold for \$1000 in 1872.

10 114 Pine Street was built by the entrepreneur Charles Robert Dorsey, a son of Basil Dorsey. Florence's well known entrepreneur, C. R. Dorsey is known to have provided the cover for the foundation of the new First Church in Northampton in 1872. In the 1970s the Neapoles' lived in the house.

11 119 and 123 Nonotuck Street were the homes of the families of Joseph Wilkins, and Ezekiel Cooper of Maryland. There were two of seven households of African American, 15 men, women and children in all Wilkins was one of two fugitive slaves who signed a call to meeting to resist the Fugitive Slave Act. The Florence area was nearly 100% African American in 1848. By 1855 most African American families had left Nonotuck Street where they had been working at the factories of the Wilkins and Alfred Crocker.

12 119 Nonotuck Street was built by fugitive slave Basil Dorsey in 1849. He sold the house in 1852, moving to 4 Florence Road (9) on the way. The fugitive slave Thomas H. Jones, who had written a pamphlet here in 1854, bought the house in 1854 and here until 1855, moved to Worcester, and then settled in New Bedford. The house was placed on the National Register of Historic Places in 1986.

13 The south wing of the house at 25-37 High Street was built by Samuel L. Hill in 1845. Hill was treasurer of the Northampton Association of Education and Industry and founder of the Nonotuck Silk Company. He was Arthur G. Hill born at the Nonotuck, married freed fugitive slaves George Lee from the night and ending with his father in Connecticut or Whitney, nearby city on the Underground Railroad.

14 The cottage at 24 High Street was built in 1845 by Elisha Hammond, an artist and craftsman who joined the NAACP in 1848. The abolitionist states that "fugitives were never turned from his door." His portrait of Frederick Douglass was painted in 1848 and long before publication of his famous *Memories of the Life of Frederick Douglass, An American Slave*.

15 35 Park Street was the home of Supreme South Protestant Church from 1850 until 1853 when the moved to North Creek, Michigan. Built was a member of the NAACP between 1847 and 1848. She banded her career to a nationally known speaker against slavery and her women's rights. She lived in Florence. She paid off the mortgage on the house in 1854 by selling the furniture of her days in slavery published with the help of William Lloyd Garrison in 1854.

16 While no connection to the site of the site on the African American Heritage Trail the site is honored at 113 with a special sign. At one time the Agricultural Department of the NAACP the farm was purchased by Anne Ann in 1847 and well documented system on the NAACP. In 2002 it became a site on the National Park Service's Underground Railroad Network to Freedom. Now a private home, it is not open to the public.

17 119 and 123 Nonotuck Street were the homes of the families of Joseph Wilkins, and Ezekiel Cooper of Maryland. There were two of seven households of African American, 15 men, women and children in all Wilkins was one of two fugitive slaves who signed a call to meeting to resist the Fugitive Slave Act. The Florence area was nearly 100% African American in 1848. By 1855 most African American families had left Nonotuck Street where they had been working at the factories of the Wilkins and Alfred Crocker.

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Sojourner Truth Memorial

121 Pine St, Florence, MA 01062

<https://sojournertruthmemorial.org/>

A small park featuring a large statue of the famed activist and abolitionist on a granite pedestal. Contact the Memorial Committee in scheduling a walking tour of the African American Heritage trail!