The Family Pantry at Damien's Place allows two visits per household each month. The Pantry will provide a carriage of food, about nine bags, every Thursday and Saturday from 9 to 11:30 AM. People must fil out a simple application and provide proof of residence (either a gas or electric bill will do, so the Pantry avoids providing food to the same household twice.

The Gleason Family YMCA has a twice a month food distribution program in conjunction with the Greater Boston Food Bank. This month food will be available on January 15th, as well as January 29.

The Church of the Good Shepherd has a food pantry as well as hot meals. On the first Tuesday of each month from 3 to 5 PM the Church offers families pre-assembled packages of food. Also, every Thursday the Church offers take out meals between 3:30 and 4:30. The distribution is first come, first served and will last only until all food has been distributed.

The St Vincent DePaul Food pantry is open at St Patrick's Church every Wednesday from 3-7 PM.

The Council on Aging provides Meals on Wheels for seniors over the age of 60 or individuals with disabilities. Meals are delivered 5 days a week to anyone who is qualified and who has signed up. Also available is a free boxed lunch on Tuesdays and Thursday. You must register ahead of time, and pick your lunch between t9 and 9:30 Am. To sign up please call 508-291-3130

The Wareham public schools distribute free grab and go meals for children under the age of 18. The meals consist of one bagged breakfast and one bagged lunch, Monday through Friday except Federal Holidays. Distribution sites are Wareham Middle School front entrance 10:30 am to noon

Decas Elementary school cafeteria 10:30 to noon

Shangri-la playground 10:30 am to noon

The Woods at Wareham apartments 10:30 to noon

The Onset Bandshell 10:30 to noon

The child does not have to be present for parent or guardian to pick up the meals. The Friday meals consist of three days of meals, to help ensure children have enough to eat over the weekend.

Both the Congregational Church and the Methodist Church have Thrift stores selling clothes and some household good. Their hours are posted on the bulletin boards outside their parish.

Need a break? I think we all do

The Wareham Land Trust is offering free mindfulness walks on the following dates and locations.

Sunday January 31 1-2 pm Agawam River Trail East Wareham

Sunday February 21 1-2 pm The Tweedy and Barnes location West Wareham

Sunday March 14 1-2 pm Mark's Cove Wareham.

The number of participants is limited so please register at warehamlandtrust.org/category/events/

These trails are open to the public from dawn to dusk all the time, and offer some fabulous family friendly walks