



# MERRIMACK CENTER

Located at Tewksbury State Hospital  
365 East Street, Special Building  
Tewksbury, MA 01876 978-851-0790





## **Welcome to the Merrimack Center!**

We have lots of adults and kids here who  
are looking forward to meeting you!

We hope you enjoy this quick tour  
of the Merrimack Center.

# Therapy Dog

Ollie is our therapy dog! He likes to go for walks, play ball and relax with you!



# Living Room

We use the living room for spending time with your family, groups, video games, Ping-Pong and art activities.



# Bedrooms

You will have your own bedroom when you come to Merrimack. There are opportunities to be a roommate once you have been here for a little while.

You can decorate your room however you like! You can also bring your own video game systems, DVD player and toys.



# Activity Rooms

We have activity rooms where you can play games, do art projects, talk with staff, exercise or relax and watch TV/movies.





# Outdoors

We do a lot of outdoor activities. These include hiking, biking, playing basketball, visiting the horse barn and working in our vegetable garden.

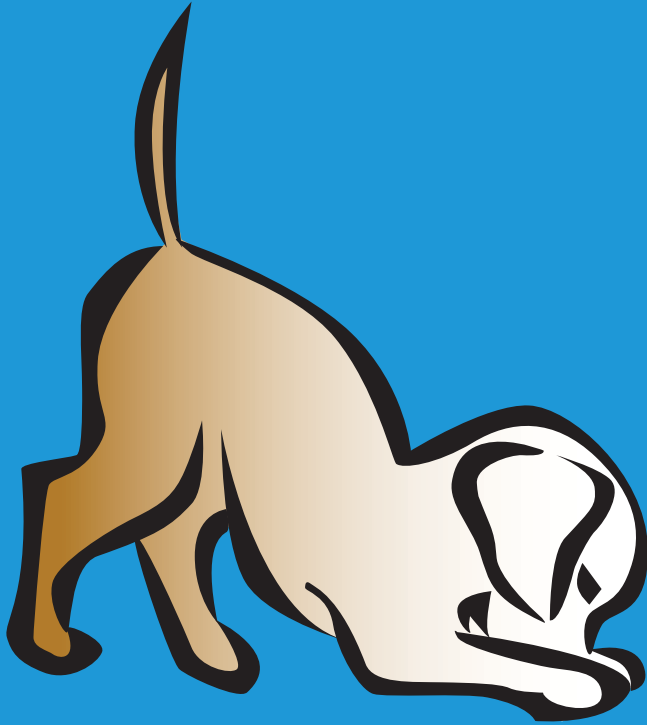




# Playground

We play basketball, Wiffle ball, soccer and volleyball in our yard. Sometimes we eat meals and have groups out here too.





# Bathrooms

This is what a typical bathroom looks like at Merrimack.



# Community Activities

We go on outings during the week and on weekends. Trips to the YMCA, movies, trampoline park, arcade and bowling are lots of fun!

In the summer, we go to the beach and walk along the boulevard. Every fall we go apple picking and in the winter we go sledding and take a sleigh ride! We hope your family will join us for some community activities!



# The Dining Room

We eat lunch and dinner in the downstairs dining room, and we have a full-time cook who prepares our meals (top photo). Our menu is designed by a nutritionist. We also have cooking group 2-3 times a week. You will be able to plan and help cook homemade meals for your friends at the program. We hope your family will join us for a meal!





# Merrimack School

The school program is located downstairs from our main living area. School is in session from 8:45 am to 2:45 pm on weekdays, including a 30-minute walk after lunch. Classes have between 3 and 6 students and are divided by grade level. Subjects include math, English language arts, social studies, science, and vocational programming.



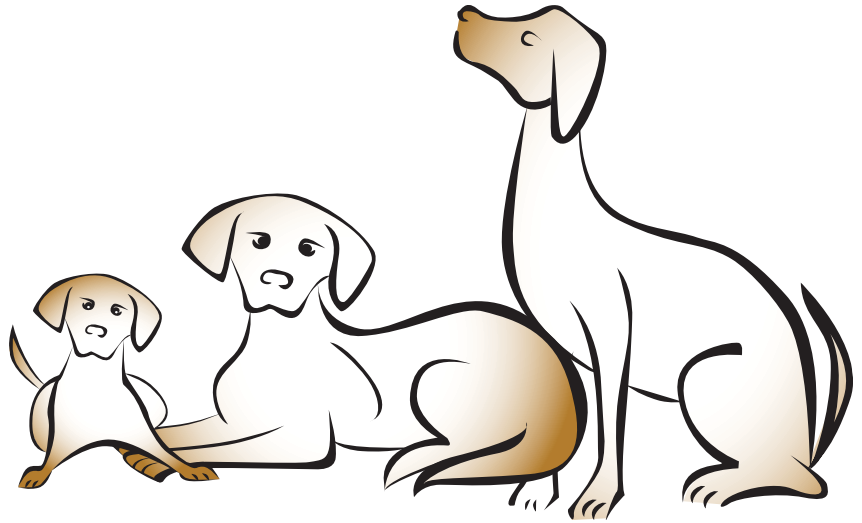


# Chores

You get paid to do chores while you are at Merrimack. There are even opportunities to do extra chores to earn more money!



# Family Support



We have a Family Support Specialist who runs activities for you and your family and helps your family learn about the community so you can do fun activities together. They can help your family get to the program if needed, and they may go with you to your home.





## Prizes

You can earn coupons every day to cash in during the evening shifts for cool prizes. You can buy music for your MP3 player with coupons too.



# Art Supplies

We have plenty of art supplies to help you show your creative side!



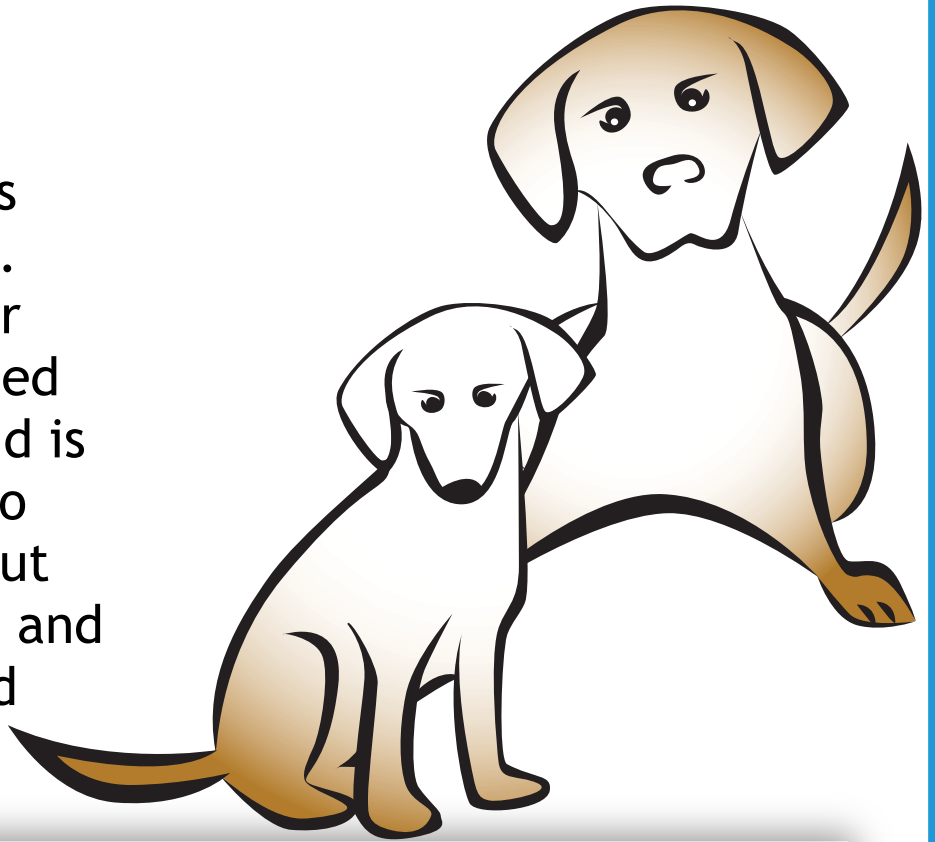


## Sensory Tools

There are many different sensory tools available for you to use throughout the day. There are weighted blankets, fidget toys, scented neck wraps, aerobic balls to bounce on and many other items to choose from. You will receive your very own MP3 player at Merrimack! Music is a great coping skill for lots of kids.

# Peer Mentor

We have a Peer Mentor who works with our program. Like you, our Peer Mentor experienced life challenges and is here each week to talk with you about their experiences and to play games and hang out.





## What youth and families are saying about Merrimack

*“The support for my family and me has been helpful.”*  
Merrimack youth

*“Staff understand me.”*  
Merrimack youth

*“Staff help me with my thoughts and feelings.”*  
Merrimack youth

*“The staff are dedicated to each child.”*  
Merrimack parent.

*“My child has received excellent care. Staff, teachers and clinicians have gone above and beyond to support her and teach her important skills.”*  
Merrimack parent

*“The family events, parent partner and family therapist are very helpful in strengthening my relationship with my child.”*  
Merrimack parent

# Directions to The Merrimack Center

Merrimack can provide some transportation for families and help with costs with gas cards.

**365 East St. Tewksbury Hospital, Special Building,  
Tewksbury, MA 01876  
Main phone number: (978) 851-0790  
GPS: Tewksbury Public Library, 300 Chandler Street**

## FROM I-93 GOING SOUTH

Take 93 South to **Exit 42, Dascomb Road Exit**. Turn left off the exit. At the end, take a right onto Dascomb Rd. Go straight through the lights. Dascomb Road becomes East Street once you enter Tewksbury. Travel 2.6 miles on Dascomb Road/East Street. Once you pass Livingston St, take your first left onto Chapel Rd. (across from the baseball fields). You will be on the hospital grounds.

## FROM I-93 GOING NORTH

Take 93 North (from Boston) to **Exit 42, Dascomb Road Exit**. Turn left off the exit. At the end, take a right onto Dascomb Rd. Go straight through the lights. Dascomb Road becomes East Street once you enter Tewksbury. Travel 2.6 miles on Dascomb Road/East Street. Once you pass Livingston St, take your first left onto Chapel Rd. (across from the baseball fields). You will be on the hospital grounds.

## FROM I-495 NORTH OR SOUTH

From 495 North or South take **Route 38, Exit 38**. Take a left off the exit. Continue straight on 38 South. (Main St). Go through one set of lights. Take a hard left at the second set of lights (Shell station and Dunkin' Donuts are on the left) onto Chandler St. Take the first right onto the hospital grounds.

## ONCE ON GROUNDS

Once on grounds of Tewksbury Hospital, follow Chapel Road to the second stop sign and take a right onto Hospital Road, which passes by the main hospital building (there are 3 speed bumps). Take the third right onto Service Road. Merrimack Center is the first building on your right across from the basketball court. You can park right in front of the building. Ring the buzzer located in front of the building and someone will assist you.



# Team Work

We are one big Team and you are on it!  
We will all work together to help meet your goals.