

Thriving in the Valley

A BIPOC Smithies guide to
experience diverse resources in the Five College
Community in the Pioneer Valley

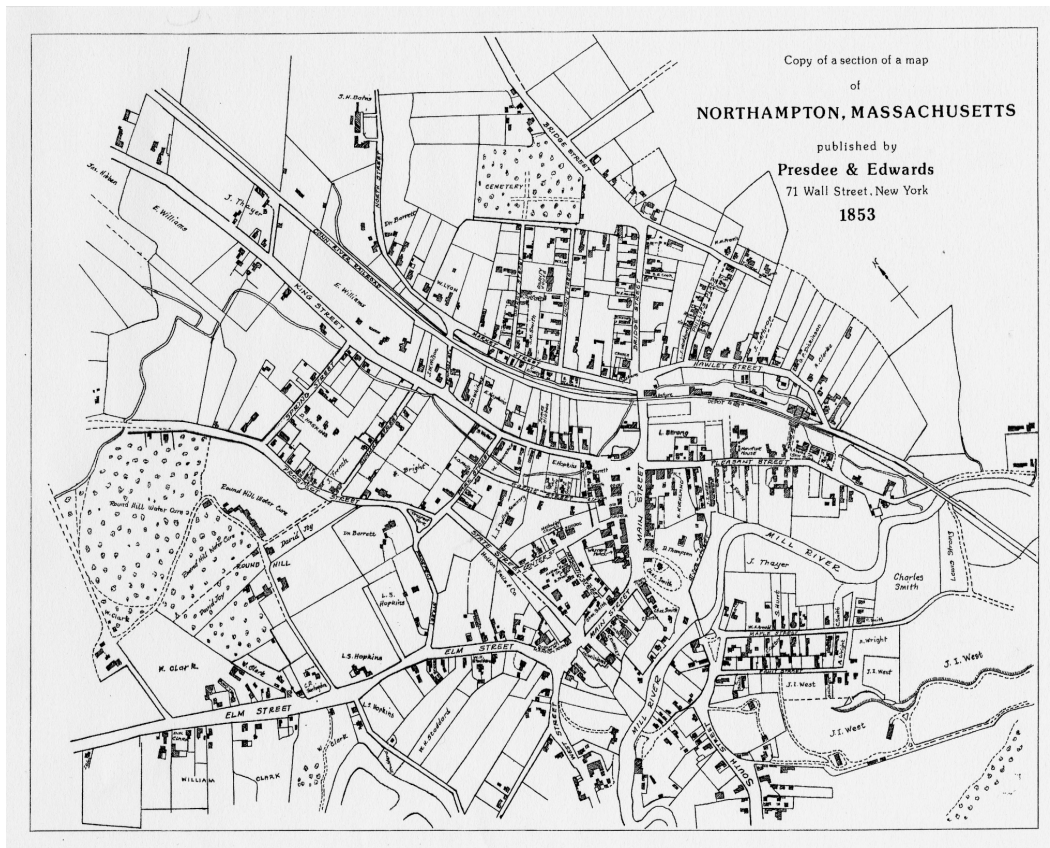


**Created by Smith College
Office of Multicultural Affairs**

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Letter from Dean Richmond

Dear Smithie,

Welcome and Welcome Back to Smith College!

In 2012, the Office of Multicultural Affairs (OMA) created the *Thriving in the Valley Resource Guide* with a clear mission: to empower BIPOC students to fully engage with the Five College community and the Pioneer Valley. This guide, which has since evolved into a comprehensive resource, is valuable for navigating the area's various resources, cultural events, and opportunities.

The Five College community, consisting of Smith College, Amherst College, Mount Holyoke College, Hampshire College, and the University of Massachusetts Amherst, offers a unique and vibrant array of educational and social opportunities that contribute to the spirit of the Pioneer Valley. While you may already be familiar with the PVTAs buses for exploring beyond the Smith campus, the Valley offers a treasure trove of resources to help you adjust to the rural and beautiful landscape of Western Massachusetts while also finding access to specific foods, stores, religious and spiritual communities, and more.

This guide, a testament to the supportive community you're now a part of, results from a collaborative effort. It incorporates valuable input and recommendations from the Office of Multicultural Affairs (OMA), the Unity Presidents' Council (UPC), Unity organizations, the Mwangi student coordinators, and faculty and staff of color. The guide will be offered electronically on the Smith College Office of Multicultural Affairs website, the MwangiTalks weekly online newsletter.

If you have additional suggestions or spot anything that needs correction or updating, please email the Office of Multicultural Affairs at oma@smith.edu. A dedicated team will regularly update the guide to ensure it remains a helpful and up-to-date resource for all its users.

We wish you, resource seeker, an excellent academic year and hope this guide serves you well as you navigate the Pioneer Valley.

Warmly,

Dean Richmond

Note: inclusion in this publication does not imply the endorsement of a product or service, nor does an omission imply the opposite.

Five College Consortium

Cultural and Identity Spaces

Amherst College

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

Hampshire College

- [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

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

- [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)
- Hills Hills Chapel (Reflection/Prayer Space and Hindu Altar Space) Hills Chapel (Reflection/Prayer Space and Hindu Altar Space)
 - [Gender Identity & Expression](#)
 - [Student Engagement](#)
 - [Center for Religious & Spiritual Life](#)
 - [Equity & Inclusion](#)
 - [Multicultural Affairs](#)

RESTAURANTS | ETHNIC GROCERY STORES

Coffee Shops

[Amherst Coffee](#)

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

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

[Beveridges](#)

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

Enjoy Local Burger's menu with specialty cocktails, beer, and wine.

[Bluebonnet Diner](#)

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

At Bluebonnet Diner, you can always expect fresh, homemade delicious dishes.

[Catalpa Coffee](#)

269 Pleasant Street Northampton, MA 01060 | (413) 727-3291

Coffee, Pastries shop in downtown Northampton.

[Cushman Market and Cafe](#)

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

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

[Familiars Coffee & Tea](#)

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

Housed in a historic 1932 Worcester Lunch Car Company Diner, Familiars offers breakfast and lunch sandwiches in a quick service environment.

[Florence Pie Bar](#)

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

Warm, rustic cafe offering a rotating menu of sweet & savory handmade pies whole or by the slice.

[Hungry Ghost Bread](#)

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

Bread and pastry shop in downtown Northampton.

[Amber Lane Café and Pub Social Club](#)

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

Live music. Poetry. Film Nights. Lectures. Coffee Tastings. Weekend Brunch. Game Nights.

Little Heaven

229 Russell Street, Hadley, MA 01035 | (646) 361-0107
Seasonal (May-Oct) boba tea and other fruity drinks.

Limered Teahouse & Espresso Bar

11 Pleasant Street, Northampton, MA 01060 | (413) 230-3422
50 Main St, Amherst, MA 01002 | (413) 230-3422
A space to enjoy bubble teas, espresso, and a dessert bar.

Mogee Bubble Tea

71 N Pleasant Street, Amherst, MA 01002 | (413) 835-0628
Bubble Tea shop in downtown Northampton.

Shelburne Falls Coffee Roasters

124 King Street, Northampton, MA 01060 | (413) 582-6799
Local coffeehouse chain with a variety of brews and espresso drinks, plus breakfast bites and pastries.

Tart Baking Co

192 Main Street, Northampton, MA 01060 | (413) 584-0717
Ingredient driven pastries and breads from scratch every day.

Woodstar Café

60 Masonic Street, Northampton, MA 01060 | (413) 585-9777
A family-owned bakery, sandwich shop and full-service espresso bar.

Vegan and Vegetarian

Bela Vegetarian Restaurant

68 Masonic Street, Northampton, MA 01060 | (413) 586-8011
Miso soup, beans and rice, vegan baked desserts and more in a tiny space using local and organic goods.

Nourish Wellness Cafe and Juice Bar

10 Bridge Street, Northampton, MA 01060 | (413) 727-3260
Organic ingredients go into the health-focused, vegan fare and fresh-pressed juices at this hip cafe.

Paul and Elizabeth's

150 Main Street [Thornes Marketplace], Northampton, MA 01060 | (413) 584-4832
Longtime family-run eatery plates vegetarian and fish-focused fare with a Japanese bent in warm digs.

Pulse Cafe

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

Hand-crafted, 100% plant-based goodness inspired by local farm-fresh abundance, global flavors and good-for-you comfort food.

Wild Chestnut Cafe

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

Casual spot offering a variety of fully vegan dishes, from cinnamon rolls to sandwiches, and muffins.

Asian Cuisine

Bombay Royale

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

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

Italian pasta dishes and Asian-style noodles are staples at this casual spot.

Formosa Chinese Restaurant

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

Authentic dishes, such as General Tso's Chicken, Sizzling Beef, and Sichuan Dan Dan noodles.

Great Wall

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

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

Ginger Garden

351 Northampton Road, Amherst, MA 01002 | (413) 256-6668

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

India House

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

Enjoy North Indian fare at this refined family-run mainstay with ornate furniture from India.

India Palace

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

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

Kaiju

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

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

IYA Sushi and Noodle Kitchen

1 E Pleasant Street, Amherst, MA 01002 | (413) 327-8000
15 College Street, South Hadley, MA 01075 | (413) 532-8000
Voted best sushi in western MA.

Lili's Restaurant

197 N Pleasant Street, Amherst, MA 01002 | (413) 253-5888
Offers authentic and traditional Xian food.

Miss Saigon

96 North Pleasant Street, Amherst, MA 01002 | (413) 253-9988
Cozy BYOB eatery serving traditional Vietnamese soups, sandwiches and other specialties.

Moshi Moshi

4 Main Street, Northampton, MA 01060 | (413) 586-5865
Vibrant nook plating classic sushi, plus cooked Japanese dishes, such as udon soup and teriyaki.

Noodles

257 Main Street, Northampton, MA 01060 | (413) 587-4070
Traditional Thai noodle soups and unique specialty selections at affordable prices.

Omi Omy

181 University Drive, Suite D, Amherst, MA 01002 | (413) 230-3766
Serving Vietnamese standards like pho, banh mi, and bubble tea, plus vegetarian items.

Oriental Taste

41 Main Street, Northampton, MA 01060 | (413) 582-6888
Delicious and authentic Chinese dining, takeout and delivery.

Osaka

7 Old South Street, Northampton, MA 01060 | (413) 587-9548
Traditionally decorated eatery with a sushi bar and chefs grilling to-order at hibachi tables.

Panda East

103 North Pleasant Street, Amherst, MA 01002 | (413) 256-8923
Diverse Chinese and Japanese menu, including sushi and veggie options, served in an informal atmosphere.

Panda Garden

49 Main Street, Williamsburg, MA, 01096 | 413-268-8811
Authentic Chinese food for curbside pickup or delivery. No dining in.

T. Roots

249 Main Street, Northampton, MA 01060 | (413) 582-1880
Taiwanese street food.

Teapot

116 Main Street, Northampton, MA 01060 | (413) 585-9308
Street-facing windows are removed in warm weather at this go-to for Chinese and Japanese plates.

Thai Garden

2 Bridge Street, Northampton, MA 01060 | (413) 587-3336
Casual spot serving a mix of familiar and unusual Thai cuisine, from pad Thai to melon curry.

The Taste Thai Restaurant

25 North Pleasant Street, Amherst, MA 01002 | (413) 256-5421
Classic Thai fare including curries, seafood and vegetarian dishes, served in a simple storefront.

Tran's World Food Market

50 Russell Street, Hadley, MA 01035 | (413) 586-6766
Family owned international market that carries exotic fruits, international produce, and sauces for Asian dishes.

Yokohama Ramen

88 Main Street, Northampton, MA 01060 | (413) 570-4703
Casual Japanese restaurant specializing in ramen, plus small plates, and vegetarian options.

African Cuisine/Middle Eastern Cuisine

Amanouz Café

44 Main Street, Northampton, MA 01060 | (413) 586-9128
Moroccan and 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
West African culture with food that is delicately prepared with mostly Nigerian spices.

Halal Street Cart

115 N Pleasant Street, Amherst, MA 01002 | (646) 331-5115
New York style Halal cart serving Amherst since 2012.

Mosaic Café

79 Masonic Street, Northampton, MA 01060 | (413) 585-1155
Down-to-earth, counter-serve restaurant preparing Moroccan, Mediterranean and European dishes.

American and European Cuisine

Antonio's Pizza

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

Known for its quick service, it caters to various preferences with its unique pizza slices.

Eastside Grill

19 Strong Avenue, Northampton, MA 01060 | (413) 586-3347

Steaks, seafood, and American cuisine served in the dining room, clubby bar or on the outdoor patio.

Fitzwilly's

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

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

Homestead

7 Strong Avenue, Northampton, MA 01060 | (413) 586-0502

Cozy, upscale American comfort food, plus wine and cocktails, with vegetarian and vegan options.

Highbrow Woodfire Pizza

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

Significant vegan options available

Jake's

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

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

Lunch and brunch spot with an open kitchen known for seasonal dishes and daily hash specials.

Joe's Pizza

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

Casual neighborhood eatery since 1938, serving thin-crust pies and Italian-American standards.

Johnny's Tavern

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

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

Local Burger

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

Bustling counter-serve burger spot that showcases area-sourced food.

Miss Florence Diner

99 Main Street Florence, MA 01062 | (413) 584-3137

Housed in an old train car, this long-standing diner offers hearty American comfort fare.

Packards

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

Serving up a delicious menu that is always house-made and fresh.

Pinocchio Pizzeria

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

A charming eatery offering a wide variety of delicious options.

Pizza Amore

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

Pies, pasta, grinders & other hearty eats dispensed in straightforward surroundings.

Osteria Vespa

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

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

Roberto's Restaurant

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

Roberto's is most famous for their hand-rolled thin crust pizza.

Spoletto

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

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

Toasted Owl

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

Bricked-walled watering hole with an oval bar, offering pub grub, flat-screen TVs & cozy ambiance.

The Dirty Truth

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

Craft beer bar focusing on the best local, domestic and imported beer with a food menu dedicated to seasonal and organic ingredients.

Latin American Cuisine

Bueno Y Sano

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

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

El Caminito Steakhouse

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

Homey indoor/outdoor setting for hardwood-fired steaks paired with Argentinean wines.

El Comalito

126 Northampton Street, Easthampton, MA 01027 | (413) 203-5186

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

Unassuming, family-run restaurant making classic dishes from Mexico and El Salvador.

La Veracruzana

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

Authentic Mexican restaurant in the Valley.

Mission Cantina

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

Vibrant cantina pairs house margaritas with enchiladas, burritos & tacos stuffed with Mexican meats.

Mission Taco

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

Exquisite house margaritas paired with an authentic menu featuring Mexican favorites.

Mi Tierra

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

Family-owned restaurant serving delicious, authentic Mexican food.

Middle Eastern Cuisine

Pita Pockets

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

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

42 Cottage Street, Easthampton, MA 01027 | (413) 203-2500

Unassuming, family-run kitchen offering casual Mediterranean dishes such as falafel and shawarma.

BEAUTY

Eyebrow Care

GBS Threading

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

Skinsations

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

Joia Beauty

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

Eyebrow Threading Spa

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

Barber shops

Bucci

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

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

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 Street, Chicopee, MA 01013 | (413) 533-3359

Hair Supply

Head Games Beauty Supply

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

Quality products for people who wear their hair naturally, specifically African American/Black hair.

Sally Beauty Supply

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

Beauty supplies for Black hair needs such as extensions, relaxers, natural hair and coloring.

Salons

Cheryl Nina Salon & Day Spa

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

Hair By Harlow

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

JCPenney Hair Salon

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

JC Penny's has multiple stylists for Black hair and includes services for extensions.

Salon O Hair Salon

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

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

Tattoo

Lucky's Tattoo & Piercing

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

A custom tattoo and piercing studio providing high quality service in a clean and welcoming environment.

Spa & Waxing

VIP Nail SPA

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

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

Purele Waxing Salon and Spa

207 Russell Street, Hadley, MA 01035 | (413) 387-0150

TECHNOLOGY RESOURCES

Yes Computers

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

Northampton Computer Repair

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

Apple Store (Genius Bar)

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

Green Earth Computers

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

ART | DANCE | MUSIC

[Arts Night Out Northampton](#)

Experience a night in town while enjoying diverse visual and performing arts the second Friday of every month.

[Community Music School of Springfield](#)

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

A non-profit community arts school in Western Massachusetts founded in 1983 whose 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 the greater community.

[Hampshire College Salsa Rueda and Tango Club](#)

893 West Street, Amherst |

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](#)

18 Center Street, Northampton, MA

A music venue whose motto is Music Alone Shall Live.

[Northampton African Dance](#)

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 Street, Northampton, MA 01060 | (413) 586-3964

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 \(SCDT\)](#)

33 Hawley Street, Northampton, MA 01060 | (413) 695-1799

Comprised of independent and internationally experienced performance artists/movement practitioners who are also innovative teachers, they hold weekly performances and classes open to all body types and ages!

BOOKSHOPS | LIBRARIES

[Amherst Books](#)

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

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

[Broadside Bookshop](#)

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

Excellent local bookstore for new books that also hosts readings.

[Forbes Library](#)

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

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

[Montague Book Mill](#)

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

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

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

[Odyssey Bookshop](#)

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

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

[Raven Used Books](#)

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

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.

[Smith College Campus Bookstore](#)

8 Green Street, Northampton, MA 01060 | (413) 585-4140

Let's Go Bears! Shop official Smith College apparel, textbooks, merchandise and gear at the Smith College Bookstore.

SOCIAL MOVEMENT | ORGANIZING

[ARISE for Social Justice](#)

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

Founded 30 years ago by women on welfare, we expanded our mission to become a poor people's rights organization, and to organize low-income people to fight oppression in all its manifestations.

[ArteSana](#)

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

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

Educational 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.

[Gardening the Community](#)

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

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

A private, not-for-profit language school founded in 1984 whose 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

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

A grassroots urban agriculture organization based in Holyoke MA whose 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 Maple Street, Suite 1A, Springfield, MA 01103 | (413) 570-3060

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

Safe Passage

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

Dedicated to creating a world free of domestic violence and relationship abuse 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

649 State Street, Springfield, MA 01109 | (413) 238-1064 and (413) 238-1280

Offering free community classes on a wide variety of skills for making social change by 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

Always looking for academic tutors, as well as mentors. Be someone to someone who matters!

Treehouse Foundation

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

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.

WORSHIP | SPIRITUALITY

[Abbey Memorial Chapel \(Mount Holyoke College\)](#)

50 College Street, South Hadley, MA 01075

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 Avenue, Springfield, MA 01108 | (413) 732-9288

[Amherst Korean Church](#)

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

Offering numerous social events and 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 Street, Florence, MA 01062 | (413) 587-3770

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 welcome anyone interested in participating in the life of a growing Reform Jewish community.

[Chabad-Lubavitch of Northampton](#)

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

A local resource for everything Jewish! Join in Shabbat meals, learn how to pray, or come celebrate your favorite Jewish holiday. A place to serve, to share and to bring 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 Drive, Amherst, MA 01002

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

A diverse, interdenominational church in the heart of the Pioneer Valley, College Church has sought to “Know Christ and Make Him Known” through biblical preaching, local outreach, church planting and global missions, since 1972.

Edwards Church of Northampton

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

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. 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 Street, Amherst, MA 01002 | (413) 549-3596

Located at the entrance to the University of Massachusetts, people of diverse races, nations, cultures, generations, and backgrounds from over 40 nations call First Baptist their spiritual home. A warm welcome, beautiful music, vibrant worship, practical messages, a cup of coffee and a safe place to ask questions.

First Churches of Northampton

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

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. 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 are welcome. Serves undocumented individuals.

Goodwin Memorial A.M.E. Zion Church

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

In 1825 Rev. Erasmus Darwin Eldredge, Amherst College Class of 1829, was walking on the road to Pelham when 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. From this first meeting emerged two African-American churches still practicing today.

Grace Episcopal Church

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

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 Street, Hadley, MA 01035 | (413) 548-8865

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), to 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.

Islamic Society of Western Massachusetts

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

A non-profit Muslim organization that primarily serves the religious and social needs of local Muslims. Its center in West Springfield has the largest mosque in the area. The mosque and the center have a full-time Imam and offer daily five congregational and the Jummah prayers as well as many other conventional religious and educational services.

Maple Ridge Church

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

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 Street, Easthampton, MA 01027 | (413) 527-9778

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

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

St. Brigid's Parish Community

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

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 Street, Northampton, MA 01060 | (413) 584 7310

A faith sharing community to called 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

St. John's seeks to build the Kingdom of God as they spread the Gospel of Jesus Christ as they magnify God that they might lead others to join their fellowship and grow in their discipleship.

HEALTH | EMERGENCY

Hospital

Mass General Brigham

22 Atwood Drive, Northampton, MA 01060 413-584-2178

Cooley Dickinson

30 Locust Street, Northampton, MA 01060 413-582-2000

Urgent Care

Baystate Urgent Care

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

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.

Dental Care

EMA Dental

64 Gothic Street Northampton, MA 01060 413-779-3148

Northampton Dental Specialists Group

243 King Street Suite 112, Northampton, MA 01060 413-323-3392

Vision Care

[Eye Physicians of Northampton](#)

40 Main Street #106, Florence, MA 01062 413-584-6422

[MyEyeDr](#)

274 Pleasant Street, Northampton, MA 01060 413-584-6616

[Northampton Vision Specialists](#)

86 Masonic Street Northampton, MA 01060 413-586-5002

[Vision Associates of Northampton](#)

78 Main Street, Ste. 203

Northampton, MA 01060 413-584-2121

[Arden Sundari Pierce: Yoga for Well Being](#)

221 Pine Street Suite 245 Florence, MA 01062 | (413) 585-8990

[Cooley Dickinson Hospital](#)

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

[Elements Hot Tub Spa](#)

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

With the aim to bring wholistic health and spirituality into personal health and wellness, using the highest-quality ingredients to provide the most refreshing and calming experience.

[Northampton Community Acupuncture](#)

53 Center Street, Northampton, MA 01060 | (413) 341-5224

Individualized treatments in a soothing and calm atmosphere. Schedule online.

WELLNESS | HEALING

[Tapestry Health](#)

76 Carlton Drive Northampton, MA 01060 | (413) 586-2539

Pelvic exams, pap smears, STI screening, breast exams, rapid HIV testing, birth control, emergency contraception, pregnancy testing, referrals - no social security/ state ID/ Smith insurance available required. No insurance applies to sliding scale fee – provide minimum fees if salary is \$500 or below income per week for Massachusetts or college resident. Undocumented students are accommodated.

ServiceNet

50 Pleasant Street, Northampton, MA 01060 | (413) 5825-6855

Providing a wide range of human services including 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 Street, Suite 201, Springfield, MA 01107 | (800) 258-4448

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.

Holyoke Medical Center (Center for Behavioral Health)

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

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

Life Course Counseling Center

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

Providing access to knowledgeable LGBTQ therapists and a safe environment where diverse sexual orientations and gender identities are seen as healthy and normal. Life Course Counseling Center assures access to 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

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.

FUN | OUTING

Search “[Meetup Northampton MA](#)” to find weekly events

[Amherst Cinema](#)

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

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

[Atkins Farms](#)

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

A locally owned and operated business featuring fresh local produce, custom-made gift baskets, and New England baked goods plus ice cream in the summer and apple-picking in the fall.

[Bridge of Flowers](#)

22 Water Street Shelburne Falls, MA 01370

Connecting the towns of Shelburne and Buckland, this seasonal footbridge – once a trolley bridge – has a garden of flowers covering it. Open April through October.

[Childs Park](#)

71 N Elm Street, Northampton, MA 01060

Bequeathed by Annie Childs in 1950, its 40 acres boast three large lawns and two natural ponds, an Italian-style garden house, a rose garden and nearby formal garden, while the pine woods and giant ferns hide some wonderful surprises. Managed and maintained by the Childs Park Foundation.

[Cinemark Hampshire Mall](#) (Movie Theatre)

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

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 Street, Hadley, MA 01035 | (413) 586-2737

Family entertainment center offering skating, laser tag, indoor playground, arcade, and cafe.

[LaserBlast Ancient Adventure](#)

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

Laser Tag and Roller Skating - grab some skates or put on a laser tag vest, and enjoy!

Look Memorial Park

300 N Main Street, Florence, MA 01062

The Frank Newhall Look Memorial Park, commonly referred to as Look Park, is a municipal park in the village of Florence. The park is open year-round. See website for admission prices.

Mill 180 Park

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

An Indoor Urban Hydroponic Park designed with this question in mind: “What makes 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 Avenue, Amherst, MA 01003 | (413) 545-2791

Local rink offering ice-skating for the public and hockey.

Northampton Dog Park

53 Burts Pit Road, Northampton, MA 01060

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

Prodigy Minigolf and Gameroom

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

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

Pulaski Park

240 Main Street Northampton, MA 01060

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

Sparetime Northampton (Bowling)

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

A great place to hang out and bowl. Great food, and an incredible ambiance.

The Basement

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

A good bar to have some drinks and relax.

The Unicorn Inn

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

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

HERITAGE EXPLORATION

[BOMBYX Center for Arts & Equity](#)

130 Pine Street Northampton, MA 01062

A group of activists, farmers, teachers and businessmen banded together to form the Northampton Association of Education and Industry (NAEI). Founded on the principles of abolitionism, temperance, pacifism, gender equality and religious tolerance, the group established a silk mill and utopian community in the village now known as Florence, MA.

[David Ruggles Center for History & Education](#)

225 Nonotuck Street, Florence, MA 01062 | 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.



[Sojourner Truth Memorial](#)

121 Pine Street, Florence, MA 01062

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!