



IN THIS TOGETHER

ONE PURPOSE, MANY HANDS

FY25 ANNUAL REPORT

THE
DIMOCK
CENTER

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WELCOME

Dear Dimock Friends,

As we reflect on the past year, we are filled with profound gratitude for every partner, supporter, and community member who has stood with us through a time of real change and challenge. At The Dimock Center, we have always believed that the path to health and healing is never walked alone. This year reminded us just how true that is.

It is because of our partnerships—with community organizations, long-time collaborators, and the neighbors who trust us with their care—that we were able to grow our impact in ways none of us could have managed on our own. Together, we continued to advance whole-person care, including a deepened focus on the connection between food and health.¹

As food insecurity in Massachusetts reaches a critical high, affecting 37% of households and nearly doubling since 2019, we see firsthand how access to nutritious food is inseparable from health.

We will not pretend that the road is easy. Nearly nine in ten food-insecure households struggle to afford basics like housing, medical care, and heat.¹ These challenges are real, but so is our belief that a healthier Boston is within reach when we address the conditions that shape health, not just the symptoms.

For over 160 years, The Dimock Center has met its community in its hardest moments. That legacy lives in all of us: in our community partners, staff, and every patient and family who walks through our doors. We don't step back from hard times. We step toward them, together.

With your continued support, we will meet this moment with compassion and an unshakable commitment to a healthier future for all.

Thank you for being such an important part of this work.

You remind us, every single day, that we are always stronger together.

With deep appreciation,



Charles Anderson

Dr. Charles Anderson
President and Chief Executive Officer
The Dimock Center



Mike Kincade

Mike Kincade
Chair, Health Services Board
The Dimock Center

THE DIMOCK CENTER

LEADERSHIP



Dr. Charles Anderson
President and
Chief Executive Officer



Allie Barrios, JD
Associate Chief Compliance
and Enterprise Risk Officer



Kay Castolene
Senior Vice President,
Child & Family Division



Barbara Couzens
Chief Community
Engagement Officer



Luis Rivera, MBA
Chief Financial Officer



Marisol Rosario
Chief Operating Officer



Dr. Monera Wong
Chief Medical Officer

CARING FOR THE WHOLE PERSON

At Dimock, we understand that health is shaped well beyond the exam room. We meet individuals and families where they are, with integrated care that supports healing, stability, and long-term wellbeing.

WHAT WE DO



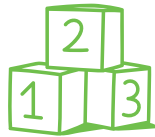
Health Services



Behavioral Health



Addiction Medicine



Child & Family Services



Residential Services



Resources & Family Support

HOW WE DO IT? **TOGETHER.**

At a time when the world feels uncertain, we return to a simple truth that reminds us why we are here:

People need other people.

Caring for others is what The Dimock Center was built to do, but we can't do it alone. Partnerships make it possible for Dimock to show up when and where it matters most.

This year, we're shining a light on one of the most powerful expressions of that partnership: our work at the intersection of food and health. It is rooted in the same whole-person approach that reaches beyond the clinic and into the conditions that shape our neighbors' lives.

Learn more about how these partnerships helped us care for our community this year...



NO NEIGHBOR GOES HUNGRY

THE MEDICINE OF FOOD AND PARTNERSHIP

Partnership has always been the foundation of The Dimock Center's work. For over a century, we have understood that caring for our community requires more than dedication—it requires collaboration, shared vision, and neighbors standing together in times of need.

When food insecurity in our community grew, that principle was put to the test, and our partners answered the

call. They understood a fundamental truth: food is more than sustenance. It's medicine. It's healing. It's a pathway to recovery and a cornerstone of wellness. Access to nutritious food enables our neighbors to manage chronic conditions, supports recovery from addiction, and makes healing possible. When someone has reliable access to healthy meals, they can focus on healing instead of hunger.

OUR PARTNERSHIPS IN THIS VITAL WORK RUN DEEP.

The Dimock Center's relationship with the Red Sox Foundation stretches back more than two decades. Through this enduring partnership, we were connected with Takeda, and together, the Red Sox Foundation and Takeda have become powerful allies in supporting our community.

Over the years, their partnership has taken many forms, including volunteer-led luncheons that celebrate Dimock's patients and staff, collecting essential personal care items for people in need, and assembling meals for those dealing with food insecurity. In 2025, Takeda took their support to the next

level with a transformative four-year, \$1 million grant. This gift supports Dimock's food programming and ensures it is integrated across all services. Their combined efforts touch thousands of Dimock community members each year.

Other partners have also been instrumental in our fight against hunger. Stop & Shop continues to power our indoor food pantry with consistent, reliable donations that keep our shelves stocked, and our neighbors nourished. And when SNAP benefits were paused this past fall and the need became even more urgent, our partners in wellness, the Boston Athletic Association (BAA), stepped up with a first-of-its-kind donation to ensure no one went without.

The Dimock Center is so grateful to work alongside partners who understand that access to healthy, nutritious food is fundamental to healing and uplifting our community.

Together, we're ensuring that every neighbor has the nourishment they need to thrive.

**IN 2024,
1 IN 7
HOUSEHOLDS
IN AMERICA
EXPERIENCED
FOOD INSECURITY,
OR LACK OF
ACCESS TO AN
AFFORDABLE,
NUTRITIOUS DIET.³**

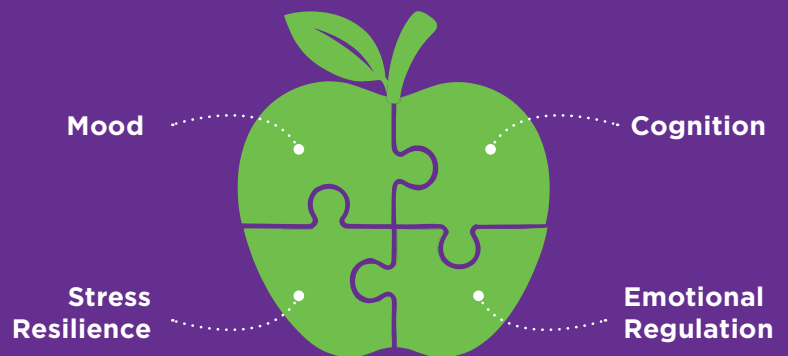
Nourishing the Whole Person: The Healing Power of Food

At Dimock, we understand that true health extends beyond the absence of disease. Research shows that dietary patterns directly influence mood, cognition, stress resilience, and emotional regulation.² Nutritious food supports not just physical health, but mental, emotional, and social well-being too.

Nutrition is a powerful yet often overlooked tool for healing—whether someone is managing chronic conditions like diabetes and heart disease, recovering from substance use disorder, or supporting a child who is struggling with their mental health.² Good nutrition provides the energy needed to engage fully in life. It enables our neighbors to show up for their medical appointments, take their medications as prescribed, and participate actively in their own care.

Food insecurity itself also creates chronic stress and anxiety, worsening mental health over time.² This is why The Dimock Center's food initiatives go hand-in-hand with our comprehensive medical, behavioral, and social support. We're not only working to relieve symptoms. We're treating the whole person, addressing root causes, and building lasting wellness from the ground up.

DIETARY PATTERNS DIRECTLY INFLUENCE:



THE WHOLE-PERSON APPROACH

When nutrition is integrated into comprehensive care, patients experience:



Improved diet quality



Reduced anxiety and depression



Better medication adherence



Stronger community connection

Partnerships That Make a Difference

Partnership takes many forms—from packing meals to breaking bread to building the infrastructure that sustains our community. Throughout 2025, our partners have brought creativity, resources, and heart to the essential work of nourishing our neighbors.



This past December, more than 100 Takeda employees rolled up their sleeves for a powerful day of service. Together with the Red Sox Foundation, they packed 25,000 nutritionally dense meals designed to be accessible to anyone, including those without access to a kitchen, providing healthy food to our community during a time of heightened need.



In 2025, the Red Sox Foundation and Takeda hosted two special luncheons filled with moments of connection, celebration, and community that went far beyond a shared meal.

Dimock staff, clients, and volunteers came together to enjoy delicious food catered by a local restaurant and to share their stories and experiences. The April Opening Day Luncheon kicked off baseball season with joy and fellowship, while the December Holiday Luncheon brought warmth and festivity during the coldest time of year. Our Takeda and Red Sox family have become familiar faces at these events, returning year after year because they know the power of showing up for the community.

THESE GATHERINGS REMIND US THAT FOOD IS ABOUT MORE THAN NUTRITION.



“Our mission is simple. We believe philanthropy, built on a foundation of trust and understanding, can be a catalyst for equity and create meaningful health outcomes in our communities. And this can only be done in partnership with community-based organizations like The Dimock Center.”

Chris Barr, Head, U.S. CSR & Philanthropy, Takeda

Building Capacity

Beyond special events and healthy meals, our partners are investing in the infrastructure that allows Dimock's Neighbors Helping Neighbors Food Pantry to serve our community day in and day out.

Thanks to a generous donation from the Red Sox Foundation and Takeda, Dimock's food pantry will soon have a brand-new industrial freezer.

With this expanded capacity, we can now provide meat, frozen vegetables, and other nutritious frozen goods that were previously impossible to store. This means more protein for growing children, more variety for families managing dietary restrictions, and more choices that honor the diverse food traditions of our community.



For older adults and community members with mobility challenges, carrying heavy bags of groceries isn't just difficult—it's dangerous.

It can mean risking a fall, making multiple exhausting trips, or sacrificing independence to ask for help.

Thanks to the Red Sox Foundation's generous donation of more than 25 grocery carts, our neighbors now have a simple, practical solution. These carts make it easier to shop safely, transport groceries home, and maintain dignity—support that makes a meaningful difference across our community.



Month after month, Stop & Shop delivers thousands of pounds of food to power Dimock's Neighbors Helping Neighbors Food Pantry. This steady, reliable partnership ensures that our shelves stay stocked, and our neighbors stay nourished.

Every month, the food pantry distributes between 500 and 600 bags of groceries to community members. Each bag is carefully curated to provide balanced nutrition and essentials that support healthy eating.

WHAT'S IN THE BAG?

Here's a look at what families might take home when they visit Dimock's food pantry.





“The generosity of our partners allows us to offer choice, dignity, and consistent support to our community so that no neighbor goes hungry. When someone comes to our food pantry, we can say, ‘We see you, we’re here for you, and you don’t have to face this alone.’”

Barbara Couzens, Chief Community Engagement Officer, The Dimock Center

1. Anisha Gundewar, Man Luo, Meghan Perkins, Catherine Lynn, Kate Adams, Rachel Burgun, Christina Peretti, Daniel Taitelbaum and Lauren Fiechtner. *The Cost of Hunger in Massachusetts. The Greater Boston Food Bank, 2025.*
2. Madison J. Barker, and Monica Kazlausky Esquivel. “Food for Thought: The Role of Nutrition in Behavioral Health.” *American Journal of Lifestyle Medicine, December 23, 2025, 15598276251408332.*
3. Matthew Rabbit, Madeline Reed-Jones, Laura J. Hales, Shellye Suttles, and Michael P. Burke. *Household Food Security in the United States in 2024. Economic Research Report No. 358. U.S. Department of Agriculture, Economic Research Service, n.d.*

The Impact We’re Making Together

The enduring partnership we’ve celebrated here with the Red Sox Foundation and Takeda demonstrates what becomes possible when organizations unite around a shared truth: that **nourishment is fundamental to healing, and no one should have to choose between food and health.**

This work is supplemented by the ongoing support of partners like Stop & Shop, whose consistent donations keep our neighbors nourished month after month, and the Boston Athletic Association, who stepped up with support during a critical time of need to ensure no one went without.

Every meal packed, every luncheon shared, every bag of groceries distributed represents a neighbor who can focus on healing instead of hunger.

In a moment when our neighbors face mounting pressures—rising costs, ongoing health disparities, and barriers to wellbeing—these collaborations matter more than ever. We are thankful for partners who see the urgent need and respond with generosity, creativity, and unwavering commitment. **Together, we’re proving that food is medicine, that partnership is power, and that when we invest in nutrition, we invest in our community’s future.**

“Our longstanding partnership with The Dimock Center has grown tremendously over the decades. When they recently shared that food insecurity is a barrier to health, we stepped up to the plate because we know organizations like Dimock are essential to building stronger, healthier communities.”

Bekah Salwasser, Executive Vice President of Social Impact, Boston Red Sox & Executive Director, Red Sox Foundation



Game day at Fenway!

The Red Sox Foundation generously donated tickets to our food pantry volunteers and staff, bringing our partnership to life beyond our Roxbury campus.



THE ROAD TO WELLNESS

BREAKING BARRIERS AND BUILDING COMMUNITY

In September, The Dimock Center's Roxbury campus came alive with the energy of 1,200+ runners, walkers, volunteers, and community members marking the 11th Annual Road to Wellness 5K Run/2-Mile Walk as the largest event in the program's history.

Founded in 2015 through a partnership between HoodFit, the Boston Athletic Association (BAA), and The Dimock Center, the Road to Wellness has grown from what was once an idea into a year-round movement dedicated to health, fitness, and community empowerment. Inspired by community advocate Thaddeus Miles' vision for accessible wellness, the program remains free and welcomes participants of all ages, abilities, and fitness levels.

Year after year, we are filled with gratitude and pride in hosting an event that means so much to so many. Watching this community show up for themselves, for each other, and for Roxbury, is an ongoing reminder of why this work matters.

AT THE 11TH ANNUAL ROAD TO WELLNESS:



1,013

runners and walkers crossed the finish line



100+

volunteers brought energy, care, and support to every corner of the event



34

exhibitors at the Health & Fitness Pavilion offered free community resources and health screenings

A LOOK BACK AT THE 11TH ANNUAL ROAD TO WELLNESS



At just 11 years old, Trinity of the Boston Lions Track Club showed incredible heart in this 5K race, placing in the top three finishers in the women's category.

"I look forward to pushing myself on the track in the future," she shared.

With drive like hers, the road ahead is bright.



More than 80 community members joined us each week for our free Summer Training Series, an inclusive outdoor training program designed for all fitness levels. A special shoutout to our incredible coaching team, whose expertise and encouragement guided participants as they prepared for race day and beyond!



The crowd brought incredible energy as NBC10 Boston's Latoyia Edwards returned as emcee, Brandy Cruthird led her signature warm-up, and Spark FM's DJ Rockstone Trizz kept everyone moving from the first beat to the last.



The Kids' Fun Zone featured special fitness events for our youngest participants, introducing a new generation to the joy of movement.

We extend our heartfelt thanks to our incredible volunteers, whose hard work and enthusiasm make the Road to Wellness possible each year.

The Power of Partnership

At the heart of the Road to Wellness is a partnership rooted in shared purpose. For over a decade, HoodFit and the Boston Athletic Association have stood alongside Dimock in a shared belief: every person, regardless of background or ability, deserves a path to wellness.

This event is only made possible through that commitment. Together, we are broadening access, building belonging, and encouraging people of all ages and abilities to take that next step forward on their Road to Wellness.

We are also deeply grateful to the sponsors who make this work possible. Lead sponsor John Hancock's generous commitment ensures that the Road to Wellness remains free and accessible for everyone in our community. And thanks to Stop & Shop, participants at every Summer Training Series session and on race day were fueled with healthy snacks and hydration.

Because of partners like these, we are building something bigger than a race—a healthier, stronger Roxbury.

OUR SPONSORS

Support from these top sponsors makes it possible for community members to participate in the Road to Wellness Summer Training Series and race day free of charge.

John Hancock

Beth Israel Lahey Health

Boston Athletic Association

HoodFit

The Stop & Shop Supermarket Company

Point32Health

Trefler Foundation

Blue Cross Blue Shield of Massachusetts

State Street

Boston Children's Hospital

Dana-Farber Cancer Institute

MassHousing

Peabody Properties

WinnCompanies

High Output

Spark FM



THANAYI'S ROAD TO WELLNESS

Three years ago, Thanayi, a local teacher, received a critical warning from her doctor about her weight and blood pressure. She took action, losing 100 pounds, but she found her true "stride" when she joined the Road to Wellness Summer Training Series.

What started as a health journey evolved into a community movement. Through the Summer Training Series, Thanayi connected with other running groups, and today, she has competed in over 30 races and four marathons.

"Running gave me freedom," Thanayi says. **"It reminded me why I started—to stay strong and inspire others who look like me."**

Now, Thanayi brings that resilience back to her classroom. "I tell my students that health is something you practice every day...you don't have to run marathons to achieve a healthy lifestyle or find joy in fitness," she says. "You just have to keep moving!"

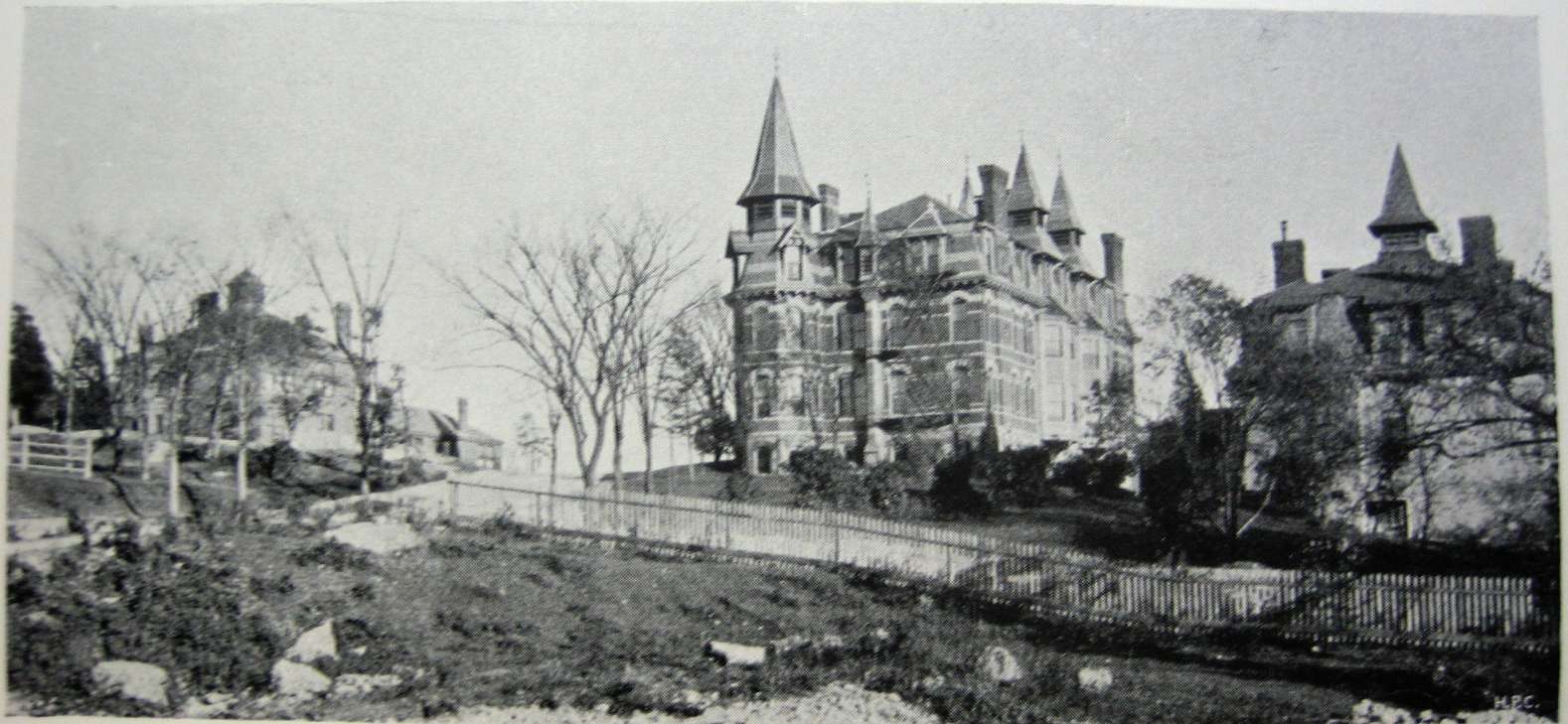


THE DIMOCK FAMILY

Your generosity makes Dimock's work possible.
We are profoundly grateful to every contributor on these pages for your partnership, caring, and commitment to our patients and families.

This list includes all contributors who made gifts of any size from July 1, 2024, to June 30, 2025.

**TOGETHER, WE ARE BUILDING
A HEALTHIER BOSTON.**



Sewall Maternity Building

Main Building

Goddard Home for Nurses

The New England Hospital for Women and Children

261 Fearless, New England Chapter, Inc.
Abhijit Chakladar
Abigail Johnson
Abner Weinrebe
Ahold Delhaize USA Family Foundation
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Hector Agosto-Delgado	Karen Rund	Marc Johnson
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Melvin Blate	Rachel Felix	The Broad Institute
Michael F. Zito	Red Sox Foundation	The Catered Affair
Michael Gagnon	Rica Reyes	The Cox Trust
Michael Krebs	Richard and Susan Smith Family Foundation	The Klarman Family Foundation
Michael Schroeder	Richard M. Karoff	The Miles Agency
Michael Tang	Rob Silk	The Stop & Shop Supermarket Company
Mikael Beal	Robert B. Brigham Trust	Theodore V. Wells, Jr.
Minnie Parker Charitable Trust	Robert C. Gehret	Timberline Construction Company
Molly Connors	Robert Hoke	TJX Companies, Inc.
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Nikki Dawes	Roxanne Martinez	Urban Edge Housing Corporation
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Pamela A. Mason	Sanju Maharjan	WinnCompanies
Pamela Caprio	Sanofi	Yawkey Foundation
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Patricia Shapiro	Shaela Collins	
Paul E. Mendis, MD	Sherdena Cofield	
Paul Flannery	Shu Giang Huang	
Peabody Properties, Inc.	Stacey J. Mobley	
Peter Roveto	State Street Corporation	
Peter Shorett	Stephanie Sherwood	

FY25 FINANCIAL STATEMENT

COMBINED STATEMENT OF FINANCIAL POSITION

ASSETS

Current Assets	\$21,270
Property, Plant and Equipment	\$42,591
Other Assets	\$7,106

Total Assets **\$70,967**

LIABILITIES & NET ASSETS

Current Liabilities	\$12,822
Other Liabilities	\$11,815
Total Liabilities	\$24,637
Net Assets	\$46,330

Total Liabilities & Net Assets **\$70,967**

All dollar amounts are in thousands.

COMBINED STATEMENT OF ACTIVITIES

OPERATING REVENUES

Grants and Contracts	\$23,692
Net Patient Services Revenue	\$22,256
Pharmacy Revenue	\$3,254
Contributions and Event Revenue	\$6,946
Other Income	\$845

Total Operating Revenues **\$56,993**

OPERATING EXPENSES

Health Services	\$22,023
Substance Use Treatment Services	\$9,407
Child and Family Development	\$7,929
Residential Programs	\$4,549
Facility and Administration	\$14,030

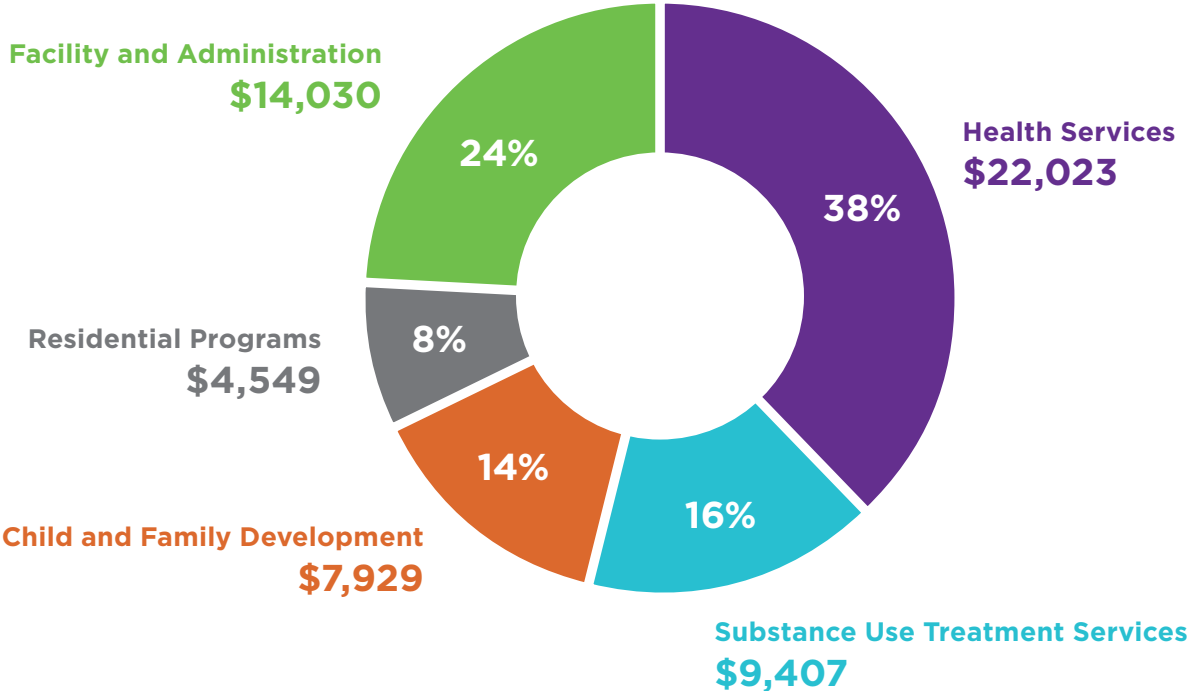
Total Operating Expenses **\$57,938**

Changes in Net Assets from Operations **(945)**

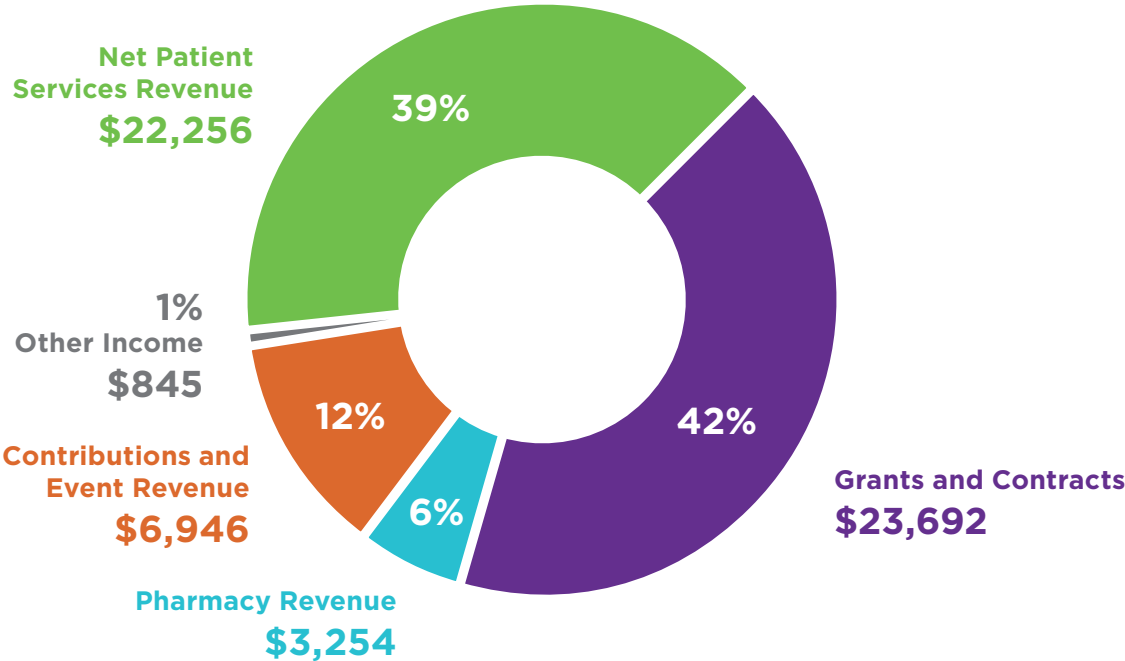
Net Non-Operating Revenue \$3,066

Net Income **\$2,121**

OPERATING EXPENSES BY PROGRAM



OPERATING REVENUE BY SOURCE



All dollar amounts are in thousands.

THE DIMOCK CENTER

Healing and caring for the community for over 160 years.

55 Dimock Street, Roxbury, MA 02119
617-442-8800 | www.dimock.org



@thedimockcenter

In partnership with our Principal Network Affiliate:



Beth Israel Lahey Health

Additional Partners



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