

Lakes Region United Way Financial Stability Partnership

RESOURCE DIRECTORY 2011



DOCUMENTS TO BRING WHEN SEEKING SERVICES:

Driver's license or photo ID

Social Security Cards for all family members

Birth certificates for all family members

Proof of Income (pay stubs, tax returns, assistance letter of determination)

Proof of Residency (such as a utility bill)

Do not let lack of one or more of these documents prevent you from seeking services. Agencies can help you obtain these documents.

CONTENTS

PLEASE HELP US KEEP THIS DIRECTORY AS UP TO DATE AND ACCURATE AS POSSIBLE. KINDLY REPORT ERRORS, OUT-OF-DATE INFORMATION, OR ADD/UPDATE YOUR AGENCY INFORMATION BY E-MAILING nmccurry@laclt.org. THANK YOU!

Crisis Information	3
Emergency Information & Town Services	4
Local City/Town Information	5
Child Care Services.....	6
Family Support/Services.....	8
Financial Assistance.....	16
Food Pantries – Soup Kitchens – Elderly Meals	17
Health and Development.....	21
Housing.....	28
Legal Assistance	35
Material Assistance.....	37
Mental Health Care Providers and Classes.....	40
Prenatal Health Care & Services.....	41
Substance Abuse Treatment/Support.....	42
Transportation.....	44
Vocational/Educational Assistance	45
Miscellaneous	47
Index	49

CRISIS INFORMATION

2-1-1 NH.....	211
Emergencies.....	911
AA Hotline.....	1-800-252-6465
AL-ANON, Al-A Teen Hotline	1-800-344-2666
AIDS Disease Hotline.....	1-800-498-9743
American Red Cross	Lac 524-5414
Abuse –Child Abuse-to report in NH.....	1-800-894-5533
Out of State.....	271-6557
- Adult Abuse.....	1-800-949-0470
- Substance Abuse.....	524-8005
Crime Watch	Lac 524-1717
Most direct	524-5252
Food – CAP.....	524-5512-Referral Only
St. Vincent dePaul.....	524-5470
Genesis – Behavioral Health.....	Lac 524-1100
Homeless Hotline.....	1-800-852-3388
Lakes Region General Hospital	Lac 524-3211
Missing Children.....	1-800-843-5678
New Beginnings Domestic Violence and Rape	1-866-644-3574
N.H. AIDS Hotline	1-800-752-2437
.....	or 1-800-752-AIDS
Poison Control Center.....	1-800-222-1222
Hospital.....	603-650-5000
Sexual Assault Hotline.....	1-800-277-5570
Sexually Transmitted Disease Hotline.....	1-800-228-0254
Special Medical Services	1-800-852-3345
	Ext. 4488
Suicide Hotline.....	524-1100

EMERGENCY/ NON-EMERGENCY INFORMATION

FOR EMERGENCIES ONLY: DIAL 911

For Non-Emergency Information Call:

TOWN	FIRE	POLICE	AMBULANCE
Alton	875-3333	875-3752	875-3752
Alexandria	744-3165	744-6650	
Ashland	968-7772	968-7598	
Barnstead	524-1545	269-4281	524-1545
Belmont	267-8333	267-8350	
Bridgewater	744-6047	744-6745	
Bristol	744-2632	744-2212	
Campton	536-3511	726-8874	
Center Harbor	253-4451	527-5454	
Gilford	527-4758	527-4737	527-4758
Gilmanton	524-1545	527-5454	524-1545
Groton	524-1545	744-3703	
Hebron	524-1545	744-5509	
Holderness	968-4491	968-9555	
Laconia	524-6881	524-5252	
Meredith	279-6061	279-4561	
Moultonboro	476-5658	476-2305	
New Hampton	524-1545	524-8585 or -3830	
Plymouth	536-1253	536-1804	
Rumney	786-9924	786-9712	
Sanbornton	286-4819	286-4323	
Sandwich	284-6264	284-7777	
Thornton	524-1545	726-4222	
Tilton	286-4781	286-4442	
Wentworth	764-5912	764-9411	989-3389

LOCAL CITY/TOWN INFORMATION

TOWN	SCHOOL	LIBRARY	RECREATION	WELFARE
Alton	269-8200	875-2550	875-0109	875-2161
Alexandria	744-3220	(no phone)	744-2713	
Ashland	279-7947	968-7928	968-9209	
Barnstead	269-5161	269-4631	269-4071	
Belmont	753-6561	267-8331	267-6525	267-8313
Bridgewater	744-5555	968-7911	744-2713	
Bristol	744-5555	744-3352	744-2713	
Campton	726-3931	726-4877	726-3223	
Center Harbor	279-7947	253-6950	253-4561	253-4561
Gilford	524-5710	524-6042	527-4722	524-4700
Gilmanton	524-5710	364-5501	267-6700	267-6700
Groton	744-8849	744-8849	744-8849	
Hebron	744-2631	744-2631	744-2631	
Holderness	536-1254	968-7066	968-3908	
Laconia	524-5710	524-4775	524-5046	524-3877
Meredith	279-7947	279-4303	279-8197	677-4208
Moultonboro	475-5247	476-8895	476-8868	
New Hampton	744-5555	744-8061	744-3559	744-3559
Plymouth	536-1254	536-2616	536-1397	
Rumney	786-9591	786-9520	786-9511	
Sanbornton	286-4117	286-8288	286-4556	286-8303
Sandwich	279-7947	284-6665	284-8653	284-7701
Thornton	726-8904	726-8981	726-4232	
Tilton	286-4117	286-8971	286-8653	286-7817
Wentworth	764-5818	764-5818	764-5818	

CHILD CARE

CHILD CARE RESOURCE & REFERRAL

Lakes Region Community Services Council
635 Main St., Laconia

528-0274

www.lrcsc.org

Child care referrals, links to child and family services, tip sheets on finding quality care, information on area workshops and programs.

DHHS BUREAU OF MATERNAL & CHILD HEALTH

Brooke Stebbins, call or email bstebbins@dhhs.state.nh.us
Child Care Health Consultants: Advice and staff-in-service education.

1-800-852-3345

Ext.4667

DHHS - CHILD SUPPORT SERVICES

40 Terrill Park Drive, Concord

1-800-322-9191

Assistance in establishing and enforcing a support order. Reviews and adjustments to child support orders, locating non-custodial parents, determining paternity, etc. No income limits.

GIGGLES AND GRINS

524-1741

INTER-LAKES DAY CARE CENTER, INC.

Inter-Lakes Elem. School and 36 Lang Street, Meredith

279-8903

Comprehensive, non-profit, community child care with individualized learning environments and quality child development programs for ages 6 weeks to 12 years. Nursery and pre-school programs, public school based extended day and summer camp programs. USDA approved meals and snacks. Transportation for kindergarten, sliding fees.

KIDWORKS LEARNING CENTER, INC.

37 Reservoir Road, Meredith

279-6633

Non-profit community child care. Ages 6 weeks – 12 years. Preschool, kindergarten, before and after school. USDA approved breakfast, lunch, snacks, Summer enrichment program. Certified, dedicated teachers. Parenting programs.

LAKES REGION CHILD CARE SERVICES

22 Strafford St., Unit 4, Laconia

524-1235

Community child care programs for children ages 6 weeks-12 years. Center-based child care, school-based before/after school programs. Services include information and referral for family counseling and consultation and coordination with school districts. USDA approved meals/snacks. Child Care Scholarship/Title XX subsidy available.

LAKES REGION FAMILY CENTER

121 Belmont Rd., Laconia

528-5334

Child care for children ages 6 weeks to 5 years. Hours of operation 6:30 AM to 5:30 PM Monday through Friday. Children receive individualized educational programming using

NH SUMMER CAMP DIRECTORY

1-800-549-2267

PLAYGROUPS

Gilford Parks and Recreation
Little Pesaukee's Alton Parks & Recreation
Pemi Youth Center

527-4722
875-0109
536-7264

FAMILY SUPPORT/SERVICES

2-1-1 NH (formerly NH Helpline)

www.211nh.org

TTY Line for the hearing impaired

dial 211 or

1-866-444-4211

1-603-634-3388

An easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. 2-1-1 is a free call and provides free, confidential and person-to-person assistance. Language translation is available. Services available:

Child Care Resource & Referral
Consumer Services
Discrimination Assistance
Education – GED, Computer Classes
Food Shelves & Nutrition Programs
Military, Family & Community Network

Independent Living Services
Mental Health Care & Counseling
Alcohol & Drug Programs
Senior Information & Assistance
Support Groups
Utility Assistance
Veteran Services
Wellness Programs

Clothing and Thrift Shops
Crisis Services
Domestic & Sexual Violence Services
Employment Services
Health Care Programs
Housing – Homeless Prevention,
Shelter, Tenants' Rights
Legal Assistance
Mentoring
Parenting Programs
Stop Smoking Programs
Transportation
Youth & Family Services
Volunteering
And More

24 HOUR RESOURCE AND SUPPORT LINE

1-800-CHILDREN

www.24hoursupport.com

The 24 Hour Resource and Support Line provides parents and professionals with information, referrals, and support. 1-800-CHILDREN is the statewide, toll-free phone line that focuses on the importance of family support and the prevention of child abuse. Callers to the support line can receive a continuum of prevention information from primary (parenting education and support) to tertiary prevention (stopping abusive situations).

ADOPTION:

CHILD & FAMILY SERVICES:

Agency and Private Adoption: Provides preparation and home studies for couples seeking agency or independent adoptions, international home studies, assistance in inter-state placements. Serves NH, sliding fee scale for agency adoption. Service-based fee for independent adoption. 1-800-640-6486

Birthparent Counseling: Confidential counseling and emotional support for birthparents planning an agency or independent adoption. No fee. 224-7479

Post Adoption Search: Search and reunion coordination, including counseling and support for birth parents, adoptees and siblings. Priority given to those whose adoption occurred through CFS - \$100-\$800. 1-800-640-6486

NH DHHS-DCYF:

Homes for NH’s Children Adoption Services: 271-4707
Places children that are placed in foster care by NHDHHS-DCYF. All have experienced abuse or neglect, most are school-aged, most have special developmental, medical, educational and emotional needs, some are part of a sibling group who need to be adopted together.

PRIVATE, LICENSED AGENCIES:

Adoptive Families for Children 357-4456
Bethany Christian Services 483-2886
Creative Advocates for Children and Families 623-5006
LDS Social Services NH Agency 889-0148
Lutheran Social Services of New England 224-8111
NH Adoption Bureau 1-800-338-2224
NH Catholic Charities, Inc. 1-800-562-5249
New Hope Christian Services, Inc. 224-0992
Wide Horizon’s for Children, Inc. 672-3000

INFORMATION & SUPPORT:

Open Door Society of NH 679-1099
Casey Family Services – Post adoptive counseling 224-8909
National Adoption Information Clearinghouse 1-888-251-0075
www.calib.com/naic

BOYS & GIRLS CLUB OF THE LAKES REGION 528-0197
www.bgclr.org

CHILD & FAMILY SERVICES – LACONIA OFFICE Telephone: 524-5835
95 Water Street, Laconia, NH 03246 Fax: 524-7862
Serving children and families in Laconia area

FAMILY COUNSELING Contact: Linda Lett **Ext. 4188**

- Based on strengths
- Solution focused
- Short – term
- Family centered

INTEGRATED HOME-BASED PROGRAM (IHB Program)

Contact: Amanda Medlyn at: 1-800-640-6486 Ext. **4244**

- For Home-Based family therapy
- Case management services
- Child Health Support Services (Parent Aide)
- Referrals for open DCYF cases

IHB - TRACKING PROGRAM Contact: Caryn Lemay at: 1-800-640-6486 **Ext. 4189**

- Court ordered referrals from Juvenile Probation and Parole Officers
- Curfew and school checks
- Weekly Family Meetings
- 24-hour accessibility

PARENT AIDE Contact: Lee Matos at: 524-5835 or 1-800-640-6486 **Ext. 4266**

- Supervised visitation
- In-home education in effective parenting, budgeting, stress management, organizational skills.
- Service is available to open DCYF cases, court ordered cases.

PREGNANCY COUNSELING Contact: Julie Daniels at: 1-800-640-6486 **Ext. 4121**

- Decision-making counseling for any individual or family facing an unplanned pregnancy.
- Referrals to medical, legal and financial resources.
- Post-delivery counseling or referral to parenting or adoption services, including CFS Adoption Program.
- Family care for infants available during post-delivery decision-making.

PERMANENCY SOLUTIONS (Individual Service Options) Contact: Julie Lamb at: 1-800-640-6486 **Ext. 4140**

- A multi-faceted program that tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family.
- Serves high risk families and children with special needs.
- Facilitates reunification and/or permanence.
- Specializes in foster care placement and foster parent recruitment, training and support.

STATEWIDE PROGRAMS ACTIVE IN LACONIA:

- **CAMP SPAULDING SUMMER CAMP** offers two-week sessions to over 300 children from low, moderate-income families. 518-4110
- **ADOPTION PROGRAM** offers comprehensive services to adoptive parents and birthparents at all stages.
- **GROUP HOME** offers long-term and emergency overnight residential care in Concord for youth ages 13 – 19 years.

CIRCLE OF PARENTS 934-4885

Child and Family Services Support Group

Contact: Joan Valk

DOWN SYNDROME CONGRESS OF NORTHERN NEW ENGLAND 622-6904

Manchester

www.nnedsc.org

Resources and support for families who have a child with Down Syndrome.

FAMILY RESOURCE CONNECTION 1-800-298-4321

NH State Library

www.nh.gov/nhsl/fre

Free lending library, information and referral, research services about all aspects of raising, caring for and educating young children, especially those with special needs.

FAMILY BIRTHPLACE RESOURCE ROOM 524-3211 Ext. 3350
Lakes Region General Hospital
www.lrgh.org
Information center with books videos and pamphlets on pregnancy, post-partum and other women's health issues. Books available for loan to community.

FAMILY RESOURCE CENTER OF CENTRAL NH 524-1741
635 Main Street, Laconia
www.lrcsc.org
A wonderful resource for parents, adults raising young children, and families. It offers parenting education classes and workshops; playgroups for parents and children ages 0-5; group times to support moms, dads, and grandparents; and an extensive lending library and information and referral services. Also, available is the Step Ahead program which offers in-home support to families.

GREATER LAKES CHILD ADVOCACY CENTER 524-5497
Child abuse/crisis intervention

LACONIA HEAD START/EARLY HEAD START/HOME VISITING NH
Lakes Region Family Center 528-5334
121 Belmont Road, Laconia
Child development and family support for income eligible families. Serving pregnant women and families with children ages 0-4 yrs. Offers preschool with wrap-around child care for 3 and 4 year olds. Home-based and center-based programs for 0-3 year olds and prenataals.

LAKES REGION COMMUNITY SERVICES COUNCIL 1-800-649-8817
67 Communications Dr., P.O. Box 509 524-8811
Laconia, 03247-0509
www.lrcsc.org
Assistance and support to families who have children or adult members with developmental disabilities

LAKES REGION EARLY CHILDHOOD & FAMILY RESOURCE WEBSITE **www.lrecfr.org**
A LRUW & LRCS initiative. This website includes a community events calendar, a resource guide to services and supports and helpful hints for raising happy, healthy children.

NATIONAL ASSOCIATION OF THE MENTALLY ILL CHILD ADOLESCENT NETWORK (NAMICAM) 1-800-242-6264
www.nami.org
Family support surrounding emotional disability

NEW BEGINNINGS Domestic Violence Hot Line: 1-866-644-3574
Laconia, NH Support/Advocacy Hot Line: 1-800-277-5570
www.newbeginningsnh.org 528-6511

New Beginnings Without Violence and Abuse: Support, Advocacy and Crisis Intervention services for those who have been affected by domestic, sexual and stalking violence. Support Groups and 1-1s for clients of all ages including children who witness. Prevention Education and Outreach to schools and other systems. 24-hour Crisis Line Response, 24-hour Hospital and Police accompaniment. Legal information and referrals. Emergency Transportation and Shelter. Volunteer opportunities. Translation Services. Walk-ins welcome. Services are Free and Confidential.

NEW START 225-1989
Counseling and support services for the homeless and those at imminent risk to enable them to obtain or maintain permanent housing. Contact Christine Racine or Posy Chandler.

NH CATHOLIC CHARITIES 528-3035
17 Gilford Avenue, Laconia
www.catholiccharitiesnh.org
Individual, family, couple counseling, parish and community outreach, support groups for bereavement and divorce/separation.

NH COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE, Concord 224-8893
www.nhvbc.com/nhwomen.htm

NH DIVISION OF ELDERLY AND ADULT SERVICES
For those living in nursing homes, residential care facilities or supported residential care facilities, contact Long Term Care Ombudsman 1-800-442-5640

For those who live in their own home, with relatives or friends, in a boarding home, or who have no permanent address 1-800-322-9191
271-3610

For those who live in or participate in homes/programs administered by or affiliated with the Division of Mental Health and Development Services, or for those who are suspected to have been abused, neglected or exploited while receiving care in a community hospital or a rehabilitation center. 1-800-852-3345 Ext 4391/4744

NH FAMILY VOICES 1-800-852-3345, Ext. 4525
NH Dept. of Health and Human Services
29 Hazen Drive, Concord
www.nhfv.org
Parent support, informational packets and lending library of books, videos and audio tapes for parents, professionals and caregivers. Materials regarding a variety of disabilities and chronic illnesses. We specialize in books for children. Also quarterly newsletter "Pass It On," free.

OVERNIGHT CHILD PLACEMENT-CHILD & FAMILY SERVICES

Temporary preplanned overnight foster care to families who are faced with a situation or crisis that necessitates child placement. Great Concord, greater Manchester, Nashua, Franklin, Littleton.

PARENT INFORMATION CENTER

155-A Manchester Street, Concord

www.parentinformationcenter.org

Assistance with special education issues. Workshops regarding children with special needs and special education laws.

1-800-947-7005

224-7005

PARENT TO PARENT NETWORK

Lakes Region Community Services Council, Inc.

67 Communications Dr, Laconia

www.parenttoparent.org

A regional network of parents who provide emotional support and information by connecting parents of children with special needs with other parents who have children with similar needs. Current information on a variety of disabilities; referral to community resources and services; lending library; training for parents who would like to become a supporting parent, and ongoing workshops on a variety of health care and disability related issues.

524-8811

PARENT TO PARENT OF NEW HAMPSHIRE

www.parenttoparent.org

A statewide network of parents of children with special needs that are willing to provide support and information to other families with children with special needs.

1-800-698-5465

PARENTLINK

A parenting hotline

1-800-852-3388

PARENTLINE-CHILD & FAMILY SERVICES

Callers can talk confidentially to a CFS counselor regarding discipline techniques, handling conflict, services and resources. Ask to speak to a ParentLine counselor.

1-800-640-6486

PARENTS ANONYMOUS

A self-help program that provides support and assistance to parents who want to improve relationships with their children.

1-800-752-4494

PARENTS WITHOUT PARTNERS

669-4275

PARENTING AND FAMILY SUPPORT

Child and Family Services

95 Water Street, Laconia

www.cfsnh.org

Community based services for children, adolescents and families, including counseling, parent aide, parenting education and parent support group. Evaluations/therapy by professional staff.

524-5835

PARENTING PLUS-CHILD & FAMILY SERVICES	1-800-640-6486
Offers emotional support and practical solutions in managing family life. Develops skills in areas of discipline, communication, conflict resolution and resourcefulness. Available in areas surrounding Nashua, greater Concord, Manchester, Franklin, Berlin, Littleton.	
PFLAG: PARENTS, FAMILIES & FRIENDS OF LESBIANS & GAYS http://plfagnh.org	528-1714
REFUGEE ASSISTANCE (NH OFFICE OF ENERGY AND PLANNING)	271-6361
Barbara Seebart, State Refugee Coordinator Assistance for refugees includes instruction in English for speakers of other languages, employment counseling, social services, health case management and immigration and legal services.	
Laconia Human Relations Committee Carol Pierce	524-2052 Cell 387-2340
RIVERBEND PARENT-CHILD CENTERS	228-1551/ 228-0547,Ext. 3215
Concord, Penacook, Pittsfield, Franklin and Hillsboro. Offers Parents and grandparents a chance to gather together to support One another in parenting. Parenting and family life courses, guest Speakers, support group. Transportation and child care available.	
SAMARITANS	622-3836
STEP AHEAD: PARENT SUPPORT PROGRAM	524-1741
Lakes Region Community Services Council 635 Main Street, Laconia www.lrcsc.org Home-based provision of parenting support services which include, but are not limited to identification of community resources, parent skills training, parent to parent support connection, family aide services and school advocacy/liaison services for your children. Focus is helping parents to take that 1 st STEP AHEAD towards positive family health and well being.	
TOUGHLOVE	1-800-333-1069
UPSTREAM	524-6864 ext. 104
95 Water Street, Laconia www.upstream.org A Lakes Region United Way initiative. Offers free parent education opportunities for families with children from birth to adolescents on many topics, planned in collaboration with and often co-sponsored by our Parenting Committee volunteers and schools. Visit the website www.lruw.org and click on UpStream for a list of current programs or to be added to the email or mailing list to receive program notices.	

VOICES AGAINST VIOLENCE (TASK FORCE AGAINST DOMESTIC AND SEXUAL VIOLENCE) 536-1659
voices@cyberportal.net

WOMEN'S CRISIS LINE 668-2299

YOUNG FAMILY PROGRAMS 524-8444
Community Health & Hospice, Inc. 1-800-244-8549

www.chnh.org

Pediatric Nursing visits for children with acute/chronic illness or injuries; Home Phototherapy including nursing assessment, support, education, and information about newborn jaundice and treatment; Mother-Baby Home Visits to assess the progress of newborns and their families; Family First-Growing Family offer ongoing home visits to Belknap County parents of babies and children for support and information on child health, development, community resources; SIDS Counseling (Sudden Infant Death Syndrome) for parents who experience the sudden loss of an infant, Shots for Tots immunization clinics for children; "Partners in Health" support for children with chronic illness, well child care (includes dental) for children not covered by insurance.

FINANCIAL ASSISTANCE

ANNETTE SCHMIDT FOUNDATION Child and Family Services Contact: Linda Lett Up to \$200 to help teens stay in school or find employment.	524-5835
CONGREGATIONAL CHURCH OF LACONIA Limited assistance for smaller bills.	524-0668
CONSUMER CREDIT COUNSELING SERVICE OF NH & VT 8 Union Street, P.O. Box 676, Concord www.ccsnh-vt.org Provides free confidential and professional counseling services to families and individuals having financial problems. Home budgeting, orderly debt repayment, and education programs.	1-800-660-5609 224-6593
PROJECT CARE RFD #4, Box 210, Tenny Mt. Highway Charitable organization collecting monies and establishing funds to be used by NH Electric Co-op members who need assistance in paying an electric bill.	536-1800
SOCIAL SECURITY ADMINISTRATION INFORMATION CTR 70 Commercial Street, Concord 9-4 PM / M-F Financial benefits through various programs for those who are retired, dependents of a deceased parent, or who have certain disabilities.	1-800-772-1213 224-1939 www.socialsecurity.gov
VICTIMS OF VIOLENT CRIME IN NH-FINANCIAL ASSISTANCE Helps innocent victims of violent crime with expenses directly related to crime injuries.	1-800-300-4500 271-1284
WELFARE NH Department of Health & Human Services 60 Beacon Street W, Laconia or call your local city or town office Provides financial assistance to those who qualify. Belmont Town Welfare Laconia City Welfare-Suzie McCormack/Cheryl	1-800-322-2121 524-4485 267-8313 527-1267
OTHER Neighbors In Need, Bill Johnson St. Vincent de Paul, 1269 Union Avenue, Laconia Unemployment Benefits, 426 Union Avenue, Laconia	524-8949 524-5470 524-3960

FOOD PANTRIES - SOUP KITCHENS - ELDERLY MEALS

FOOD PANTRIES

ALTON:

Alton Community Services 875-2273
43 Main Street 876-6396
Sat. 9-11 – Emergencies by app't. only

ASHLAND:

Ashland Community Center & Food Pantry 968-9698
12 Highland Street
Th, Fri 12-6, Sat 10-12

Hosanna's Bread Box Pantry 968-2473
US Rte. 3

BELMONT:

St. Joseph Church Food Pantry 267-8174
Church and Main Sts.
Fri 8:30-4

CENTER HARBOR:

Center Harbor CC Pantry 253-8008
80 Bean Road
M-F 8:30 -5

Immaculate Conception 253-7728
Apostolic School Food Pantry
109 Dane Rd.

CENTER SANDWICH:

Sandwich Community Food Center 284-7778
358 Wentworth Hill Road

FRANKLIN:

Belknap-Merrimack CAP/CAP's Cupboard 934-3444
Franklin Area Center
82 Elkins St.
M-F 1-2 – Call for Emergencies

Greater Tilton Northfield Pantry 934-6909
340 Central St.

St. Paul's Food Outreach Pantry 934-5013
108 School Street
Sat 10-12 – Call first and for Emergencies

<u>Twin Rivers Interfaith Food Pantry</u> 237 Central St. T, Th 9-11, W 5-7	934-2662
LACONIA: <u>Carey House</u> 6 Spring Street	528-8086
<u>Christ Life Center</u> Main Street Tues & Thurs 9AM – 12PM	524-5895
<u>The Common Man Food Pantry</u> CAP/Belknap-Merrimack County 121 Belmont Rd. M 10-12 - Referral Only	524-5512
<u>Evangelical Baptist Church</u> 12 Veterans Square – Partner with Angel Food Ministries Half price program – open to all – must order ahead	524-2277
<u>Good Shepherd Lutheran</u>	528-1078
<u>Inreach Ministries Food Pantry</u> Lakes Region Vineyard Church 175 Mechanic St.	527-6226
<u>Parish House</u>	528-2475
<u>Salvation Army Food Pantry</u> 177 Union Ave. M-F 9-12	524-1834
LAKEPORT: <u>St. Vincent dePaul Society</u> 1269 Union Ave. M 12-2:30; W 6PM-8PM, Call for Emergencies	524-5470
<u>United Baptist Church Food Pantry</u> 35 Park St. F 2-4	524-8875/524-1701
MEREDITH: <u>Calvary Bible Church Food Pantry</u> 6 St. James St. Open once a month – call first	279-6025
<u>Meredith Emergency Food Pantry</u> 147 Main St. T, W, Th 10-1	279-4096

SANBORNTON:
First Fruits Pantry 524-5996

SANDWICH:
Community Center 284-7778
358 Wentworth Hill Road

SOUP KITCHENS

FRANKLIN:
Bread & Roses 934-2346
206 Central St.
M-Th 5-5:30

LACONIA:
Inreach Ministries at Lakes Region Vineyard Church 524-5895
175 Mechanic St.
T, Th 9-12

Salvation Army Friendly Kitchen 524-1834
177 Union Ave.
T, W, F, Sat. & Sun. serving at noon

LAKEPORT:
LR Vineyard Church 524-5895

ELDERLY MEALS – PREPARED MEAL PROGRAMS

(C) = Congregate Meals, (HD) = Home Delivery

ALTON BAY:
Alton Senior Center/Community Bldg. 875-7102
Pearson Rd. – C & HD

BELMONT:
Belmont Senior Center 267-9867
14 Mill St. – C
M, W, Th, Brunch F

CENTER SANDWICH:
Doris L. Benz Community Center
18 Heard Rd.

FRANKLIN:
Franklin Senior Center @ TRIP 934-4151
Smith/Canal Sts. – C & HD

LACONIA:
Laconia Senior Center 524-7689
17 Church Street – C & HD

Meals on Wheels 524-5512
121 Belmont Road, Laconia

MEREDITH:

Interlakes Senior Center 279-5631
Trinity Episcopal Church
1 Circle Dr. – C & HD

SANDWICH:

Doris L. Benz Community Center 284-7211
18 Heard Rd. – C

HEALTH AND DEVELOPMENT

AMERICAN CANCER SOCIETY www.cancer.org	1-800-640-7101
AMERICAN HEART ASSOCIATION 2 Wall Street, Manchester www.americanheart.org	1-888-464-6240
AMERICAN LUNG ASSOCIATION 9 Cedarwood Drive, Unit 12, Bedford	1-800-548-8252
ARTHRITIS FOUNDATION www.arthritis.org	1-800-464-6240
ASK A NURSE or ELLIOT ON CALL	626-2626 1-800-235-5468
ASSISTIVE SERVICES TO SCHOOLS FOR EDUCATION, TECHNOLOGY AND TRAINING (ASSETT)	226-2900
ATECH – Provides assistive technology evaluation and consultation services to individuals	1-800-932-5837
BABY STEPS INFANT DEVELOPMENT PROGRAM-CHILD & FAMILY SERVICES Infant development specialist work with primary healthcare staff in healthcare centers to provide development education, support, play activities and developmental screenings to families and babies birth to two years old when children come in for their well child checkups. Referrals to community supports if concerns exist.	772-3786
BOOTHBY THERAPY SERVICES 806 North Main Street, Laconia	524-4385
BREAST & CERVICAL CANCER PROGRAM (BCCP) Let No Woman Be Overlooked: Free breast and cervical cancer screenings for women ages 18-64 who meet certain guidelines.	524-3211, ext 7000

- BUREAU OF SPECIAL MEDICAL SERVICES** 1-800-852-3345 ext. 4488
 Health & Welfare Building 271-4488
 Hazen Drive, Concord
www.dhhs.state.nh.us/specialmedsrvcs
 Services: Specialty medical care for children, including child development, genetics, vision and hearing, seizure disorders, orthopedics, kidney and heart problems, cystic fibrosis, spina bifida, asthma, cleft lip and palate, and newborn screening. Financial assistance.
- CARENET PREGNANCY CARE CENTER, Concord** 224-7477
 or **CRISIS PREGNANCY CENTER, Manchester**
 Both work on a point system where parents earn points for attending parenting classes, volunteering, etc. These points can then be redeemed for pregnancy items on hand ranging over time from maternity clothes to cribs. Church supported.
- CHILD HEALTH ASSURANCE PROGRAM (CHAP)** 1-800-322-9191
 DHHS, 40 Terrill Park Drive, Concord
- CHILDREN WITH SEVERE DISABILITIES (CSD) and** 1-800-322-9191
HOME CARE FOR CHILDREN WITH SEVERE DISABILITIES (HC-CSD)
 Katie Beckett – Medicaid benefits for children under 18 years with severe disability or chronic illness.
- COMMUNITY HEALTH AND HOSPICE** 1-800-244-8549
 780 North Main Street, Laconia 524-8444
www.chnh.org
 Health and development services for families with young children available, including well child care, immunization clinic, maternal child health nursing. Also, bereavement or grief services. Home care services available for adults. Hospice services for all ages.
- Child Development Clinic** offers testing for disabilities 524-4339 x 346
- COMMUNITY HEALTH LIBRARY** 524-3211 Ext. 6512
 c/o Lakes Region General Hospital
 577 Main Street, Laconia
 Lends books, audios and video tapes to residents and health care workers. Personnel are available to assist persons seeking information on all particular medical subjects.
 Available Mon-Thurs, 12:00-3:00 PM, Mornings Tues, 9:00-12:00
- DENTAL RESOURCE CENTER, Laconia** 527-7112
 31 Elliot Street, Laconia
www.lrggh.org
- DENTAL SERVICES FOR CHILDREN** 1-800-852-3345
 Medicaid recipient families only. If you have trouble finding Ext. 4344
 a dentist to treat you or your children.

DENTAL HYGINE CLINIC - NH COMMUNITY TECHNICAL INSTITUTE

Institute Drive, Concord

271-7160

www.nhti.edu/campyscommunity/dentalclinic.htm

Hygiene Clinic offers cleaning, X-rays and sealants for minimal fee. Seniors can get assistance with a variety of services, including dentures, fillings, cleanings and other treatments.

EARLY SUPPORT AND SERVICES (Early Intervention)

524-8811

635 Main Street, Laconia

1-800-499-4153

www.lrcs.org

Home-based, family-centered program providing support and information to families who have a child, birth-3 yrs with delays in development or a developmental disability. Development assessments (not income) are done to determine eligibility.

EASTER SEALS OF NH, Concord

226-3791

Helps children and adults with disabilities, injuries and other special needs to live, learn and work independently in their communities.

FAMILY PLANNING, TEEN CLINIC and STD/HIV Counseling and Testing

Concord

225-4677

CAP - 841 Central Street, Franklin

934-4905

CAP - 121 Belmont Road, Laconia

524-5453

258 Highland Street, Plymouth

536-3584

Family Planning and Teen Clinic provide reproductive health care including pregnancy testing, physical examinations, laboratory testing, cancer and sexually transmitted disease testing, patient education and methods of birth control.

STD and HIV services are available on a walk-in basis for males and females on specific days. Services provided include counseling, examination, laboratory testing, and treatment.

Contact the sites for days and times for convenient walk-in hours or to schedule an appointment. All services are provided on a sliding fee scale based on family size and household income. No one is denied services due to an inability to pay.

FEMINIST HEALTH CARE CENTER

225-2739

38 South Main Street

Concord, NH 03301

www.feministhealth.org

Gynecological services to women of all ages, including distribution of birth control materials, abortions.

HEALTH FIRST FAMILY CARE CENTER

22 Strafford Street, Suite 1, Laconia, NH
 841 Central Street, Franklin, NH

366-1070
 934-1464

Office hours are Monday, Tuesday, and Friday from 8 AM till 5:30 PM
 and Wednesday and Thursday from 8 AM to 8 PM.

Health First is a full-service family practice offering services to all individuals regardless of insurance status or income utilizing a sliding fee scale. Health First offers programs to individuals and families of all ages including special programs for infants, children, teenagers, seniors and individuals with chronic illnesses, such as diabetes cardiovascular disease or asthma. Health First utilizes a health home model of care including the team approach to wrap services around individuals and families. Health first has a highly trained, board certified staff of doctors, nurse practitioners medical social workers, behavioral health counselors medical educators and support staff.

HEALTHLINK

527-7171

Between Soda Shoppe and Citizens Bank
 577 Main Street, Laconia

A community-based program offering a full range of healthcare benefits to Lakes Region area residents who are without access to healthcare and who meet eligibility requirements. Access to preventative, primary and specialty care, and prescription drug program offered. Available to qualified members for the cost of an assigned co-payment. Eligibility based on applicant meeting HealthLink income and asset guidelines.

HEALTHLINK/HEALTHY KIDS

527-7171

Community Health & Hospice & HealthLink
 587 Main Street, Laconia

www.lrgh.org

Provides subsidized insurance for under- and uninsured children. Covers sick care, physicals, dental, vision and hearing.

1-877-464-2447

HEALTH PROGRAMS: CHILDREN WITH SPECIAL NEEDS

1-800-852-3345 x 4488

NH Dept. of Health and Human Services
www.dhhs.state.nh.us

271-4488

KIWANIS CLUB, LOUIS RICCIARDIELLO

96 High Street, Laconia
 Hearing aids and exams

527-1700

LACONIA-GILFORD LIONS CLUB

P.O. Box 94
 Laconia, NH 03247-0094

www.nhlions.org

Provides assistance in obtaining an eye exam and glasses

LAKES REGION GENERAL HOSPITAL

524-3211

Highland Street, Laconia

527-2819 (emergency)

www.lrgh.org

Provides all services one would expect from a local general hospital.

MAMMOGRAPHY BRIDGE	527-7000
If you do not have health insurance, or have a high deductible, and cost is preventing you from getting the breast health services you need.	
MEDICAID	524-4485
60 Beacon Street, Laconia	1-800-852-3345
MEDICARE	800-772-1213
Social Security Office, Concord	
MEREDITH PUBLIC HEALTH NURSING	279-6611
45 NH Route 25, Meredith	
www.vnaa.org/vnaa/vna/meredith	
Home health agency providing skilled medical and health services, physical and speech therapy, nurse aides, homemaker services, counseling.	
NATIONAL FEDERATION OF THE BLIND	1-800-464-3075
25 Walker Street, Concord	
www.nfb.org	
NATIONAL MULTIPLE SCLEROSIS SOCIETY	623-3501
Waltham, MA	
www.nationalmssociety.org	
NH ALLIANCE FOR ASSISTIVE TECHNOLOGY	1-800-427-3338
To serve people in NH by enhancing the knowledge and availability of assistive technology services and devices.	
NH DIVISION OF PUBLIC HEALTH SERVICES	1-800-852-3345 Ext. 4501
Laconia	
Health & Welfare Building	
Hazen Drive, Concord	
www.dhhs.state.nh.us.org	
Maternal child health program, office of day care licensing, special medical services.	
NH LIBRARY SERVICES FOR THE HANDICAPPED	1-800-491-4200
17 Pleasant Street, Concord	
www.afb.org	
Books and magazines available in large print and cassette form for children and adults.	
NH MARCH OF DIMES BIRTH DEFECTS	1-800-287-0317
22 Bridge Street, Concord	
www.marchofdimes.com/newhampshire	
Non-profit agency whose goal is the prevention of birth defects. Services include: public and professional education programs; genetic counseling, birth defects evaluation, no funds available for patient aid and research. Hours are Monday-Friday, 9:00 AM – 5:00 PM.	
NH MEDICATION BRIDGE PROGRAM	225-0900
NH VOCATIONAL REHABILITATION	271-2327
Provides programs to help adults with work injuries and disabilities.	

- NUTRITION CONNECTIONS PROGRAM** 527-5475
 UNH Cooperative Extension
www.extension.unh.edu/foodnutr
 Free in-home or correspondence course on nutrition and budgeting to income eligible people.
- PARTNERS IN HEALTH** 524-8444
 780 North Main Street, Laconia
www.pih.org
 Offers support to families with children with chronic health conditions regardless of income. Offers help with school and recreational needs, medical office concerns, equipment and transportation. Support groups available for parents and siblings. Respite resources and library available.
- PRESCHOOL TECHNICAL ASSISTANCE NETWORK (PTAN)** 434-0556
joan@seresc.net
 Assists local early childhood programs, public and private to assist children with disabilities and their families by providing training, technical assistance and support.
- RECYCLED EQUIPMENT MARKETPLACE** 1-800-427-3338
www.neatexchange.org
 Assistive technology devices that have been reconditioned.
- SCREENING BRIDGE PROGRAM** 527-7000
 Screenings for breast cancer, diabetes, colon cancer and high cholesterol are available if you do not have health insurance, or have a high deductible and cost is preventing you from getting the screenings you need.
- SERVICE LINK** 528-6945
 575 Main Street, Laconia
- SMOKING CESSATION**
 FreshStart Smoking Cessation Program 527-7120
 New Hampshire Smokers' Helpline 1-800-879-8678
www.trytostop.org
 Free telephone-based cessation counseling and interactive website
- SPEARE MEMORIAL HOSPITAL** 536-1120
 Hospital Road, Plymouth
www.spearhospital.com
 Provides all services one would expect from a local general hospital.
- THE STUTTERING FOUNDATION** 1-800-992-9392
www.stutteringhelp.org
 The Foundation has extensive information on prevention and early intervention, and therapy for stuttering. Please call for free informative brochures and a worldwide resources list of speech-language pathologists who specialize in stuttering.

TOBACCO PREVENTION

Tabacco Quit Line

www.tobaccofreekids.org

www.becomeanex.org

1-800-879-8678

VISION USA

www.aoa.org

Free eye exam. Eligibility - working person in family no insurance for eye care and income eligible.

1-800-766-4466

1-800-365-8295

HOUSING

THE SALVATION ARMY CAREY HOUSE

528-8086

6 Spring Street, Laconia

The primary goals at the Carey House are both to provide the essential elements of housing – a warm bed, a place to cook food, bathroom facilities, etc. – for single adults and families who are experiencing short-term or emergency homelessness, and also to provide clients with the kind of focused and compassionate case management that will allow the shelter to function not only as a temporary place to stay, but as a stepping stone to transitional and permanent housing.

CHILD & FAMILY SERVICES

GROUP HOME

224-9313

Long term and emergency overnight residential care in Concord for youth 13-19. Statewide, court ordered program. No fee to client.

TRANSITIONAL LIVING PROGRAM

1-800-640-6486

Safe, stable housing and supportive services provided to homeless youth ages 18-21. Youth may stay in program for up to 18 months, depending on case plan and continued funding. Manchester, Concord, Franklin and Nashua.

DDHS

1-800-322-9191

Emergency Assistance for housing – If TANF eligible, help in paying rent, mortgage, utilities, security deposit, heat, hot water cooking fuel.

GILFORD KNOLLS – Elderly (Stewart Properties)

641-2163

P. O. Box 10540, Bedford, NH 03110

HABITAT FOR HUMANITY

279-4820

Lakes Region Habitat for Humanity
66 State Route 25 #3
Meredith, NH 03253-6332

Email: info@lrhabitat.org

Helps build new home or renovate old one for those who have steady income, but do not qualify for a bank mortgage.

HOMELESS HOTLINE

1-800-852-3388

HOMELESS OUTREACH & INTERVENTION PROGRAM

524-0381

A Community Action Program
Lakes Region Family Center, 121 Belmont Road, Laconia

Identifies unsheltered people and helps to gain access to appropriate shelter and other necessary services.

LACONIA AREA COMMUNITY LAND TRUST	524-0747 (office)
658 Union Avenue, Laconia, NH 03246	
www.lact.org	
For Rental Inquiries: Call Property Manager Hodges Development 1-800-742-4686	
Permanently affordable housing for low to moderate income families. Below market rents. Income restrictions apply. Some rents based on 30% of income.	
LACONIA HOUSING AUTHORITY	524-2112
25 Union Avenue, Laconia	
www.laconiahousing.org	
Manages affordable housing units for low-income families and administers the Section 8 program, providing a rent subsidy. Assisted housing for elderly. Manages housing for seniors and people with disabilities.	
NEW BEGINNINGS	524-6511
Main Street, Laconia	
Domestic Violence Victims	
NH HOUSING FINANCE AUTHORITY	472-8623
Manchester	
1-800-439-7247	
www.nhhfa.org	
Provides Section 8 rental assistance to those areas not covered by a local housing authority, low interest home buyers program. Mortgage assistance.	
OPEN ARMS OUTREACH	524-4580
756 Union Avenue, Laconia	
www.aooutreach.org	
Offers supportive housing for families that are refugees or asylees, or with serious long term challenges within the family. Applications are available online. Any displaced family (non-resident) is given guidance and practical help including food and other resources. Also, a community resource for any marginalized person needing assistance, navigation and a listening ear.	
OZANAM PLACE	524-5512
Offers affordable housing	
SUBSIDIZED HOUSING	
Belmont Village	224-3324
Blueberry Place	286-4808
Breton Woods	485-5098
Lochmere Meadows	
Owned by Laconia Area Community Land Trust	
Managed by Hodges Development	1-800-742-4686
Pinecrest Apts	
Owned by Laconia Area Community Land Trust	
Managed by Hodges Development	1-800-742-4686
Wingate Apartments	524-4363

HOMELESS SHELTERS:

(NI = No interview Conducted, * = Organizational Representative in Attendance)

THE BRIDGE HOUSE*

536-7631

260 Highland Ave., Plymouth

www.tbshelter.org

A 20-bed shelter that serves individuals and families. Along with its AA meetings and casework, the shelter runs on a largely no-TV program, except for on Sundays. The shelter seeks to give guests a sense of a schedule by forcing residents out into the community in the middle of the week; it is part of the larger Whole Village Family Resource Center Complex.

THE SALVATION ARMY CAREY HOUSE*

273-0238

6 Spring St., Laconia

As the only emergency shelter in Belknap County, the Salvation Army Carey House serves males, females and families, each in a separate wing. The Shelter is a 100% sober facility. There are 30 beds available. See above for further information.

CROSSROADS HOUSE*

436-2218

600 Lafayette Rd., Portsmouth

www.crossroadshouse.org

An emergency and transitional shelter for individuals and families. Services offered include tutoring, counseling, job training, medical care, but all are optional. Dinner is served at the shelter, while supplemental meals are served at a local soup kitchen. There are 88 beds in total (for emergency and transitional combined). The average stay in the emergency shelter is 34 nights while transitional is an average of seven months for families and five months for individuals. There are 19 staff members and two buildings on the site.

FAMILIES IN TRANSITION, INC. – NI

641-9441

122 Market St., Manchester

www.fitnh.org/index.htm

Offers both transitional and emergency housing. The organization seeks to break the cycle of homelessness by identifying and solving its root causes. The shelter emphasizes “wrap around” services to clients, including case management, childcare programming, wellness and cooking classes.

THE FIRST CONGREGATIONAL CHURCH – NI

225-5491

177 North Main St., Concord

www.concordfirstchurch.org/Cold-Weather-Shelter.html

Since 2003, The First Congregational Church and the South Congregational Church have collaborated to shelter the homeless for the cold winter months of December through March. The South Church is a dry facility and serves the more stable clients, while all others are welcome at First Congregational. The operation is volunteer run and receives the support of over 20 members of the community. The shelter operates on the principles of “Safety, Hospitality and Respect”.

THE FRIENDS EMERGENCY HOUSING PROGRAM* 228-1462

30 Thompson St., Concord

www.friendsprogram.org/eh.php

An emergency shelter for families only. The shelter can house up to eight families, or 35 people and average stay is between six and nine months. The shelter works closely with UNH Cooperative Extension to provide services.

GREATER NASHUA INTERFAITH HOSPITALITY NETWORK, INC. –

THE ANNE-MARIE HOUSE*

883-7338

180 Lowell Rd., Hudson

www.gnihn.org

A transitional-emergency shelter that houses families for up to two years. Twenty-five individual rooms provide privacy for families, while meals are eaten in a community environment. Also provides mentoring to families who graduate from their transitional stage of life, providing follow up support in hopes that they maintain housing independence. In 2009, the average stay was 296 days, up from 171 in 2008. The shelter has an 88% success rate measured by guests living independently six consecutive months after having left the program.

HARBOR HOMES, INC.*

882-3616

45 High St., Nashua

www.harborhomes.org

Officially affiliated with Welcoming Light, Southern NH HIV/AIDS Task Force, Milford Regional Counseling Services, Greater Nashua Council on Alcoholism and Healthy at Home to provide comprehensive community support services. Serves more than 1,000 individuals annually, with permanent housing being its largest service. Offers a wide variety of housing options, including a shelter for veterans.

HELPING HANDS OUTREACH MINISTRIES, INC.*

623-8778

50 Lowell St., Manchester

This is a shelter and recovery program primarily serving recovering substance abusers. It is a two-part shelter: one is an emergency/transitional program, and the second is a next step housing program (safe haven for men in recovery). They are a senior partner with the new Manchester Continuum of Care daytime program for both sheltered and unsheltered homeless. The emergency/transitional site has 23 beds, with residents staying on average approximately four months. The Next Step facility has 16 beds and allows more freedom and flexibility to guests. This program is focused on bringing guests back to sobriety and giving them the tools to maintain that sobriety when they move on to independent life.

THE HOMELESS CENTER FOR STRAFFORD COUNTY* 332-3065

9 Islinglas Dr., Rochester

Serves up to 20 residents who consist of single women, single parents and families. Provides both emergency and transitional housing and the average stay is between three and seven months and utilizes case management and encourages appropriate parenting and social skills.

LACONIA AREA COMMUNITY LAND TRUST

524-0747

658 Union Avenue, Laconia

www.lact.org

This program for homeless families combines housing with aggressive case management. The shelter has 4 private apartments. Families accepted into this program agree to participate in aggressive case management and develop and implement family self-sufficiency plans. Families can stay in the program up to 2 years. Upon successfully completing the program, they receive priority placement in the Land Trust's permanently affordable housing.

MACHESTER EMERGENCY FAMILY SHELTER – NI

627-2636

11 Liberty St., Manchester

MARGUERITE'S PLACE, INC.*

598-1582

87 Palm St., Nashua

www.margueritesplace.org/Home_Page.php

A two-year transitional housing program for homeless women ages 18-45 with children under the age of 12. Requires residents to be involved in some type of activity for a minimum of 30 hours a week. It has intensive intake procedures in addition to services that include case management, budgeting and cooking classes and a life-skills program. Offers five years of aftercare, which provides former residents with the same services they had at the shelter.

McKENNA HOUSE*

228-3505

100 South Fruit St., Concord

An emergency shelter for individuals (both men and women) that houses 26 people: 7 women and 19 men. Services provided are food, case management, laundry and mental health support. Guests are charged \$70 per week or are required to do 20 hours of community service.

MONADNOCK AREA TRANSITIONAL SHELTER*

924-5033

P. O. BOX 3053, PETERBOROUGH

www.matsnh.org/index.php

A transitional shelter for both individuals and families. Most guests stay for six months and usually serve between 20 and 26 persons per year. It offers case management and, through a partnership with the River Center, provides guests with access to parenting classes, financial classes, help with taxes, counseling, ride-share programs and connections to other resources. Also offers an optional, loosely structured mentoring program in which a volunteer, often a board member, is matched with an individual or family to provide further support.

MY FRIEND'S PLACE

749-3017

368 Washington St., Dover

An emergency-transitional shelter for individuals and families with four transitional housing units. There are eight bedrooms and a 17-person capacity. Individuals stay an average of 40 days, while families tend to stay longer. Serves approximately 200 people annually.

NASHUA SOUP KITCHEN AND SHELTER*

889-7770

42 Chestnut St., Nashua

www.nsk.org/Home.asp

As both soup kitchen and a shelter, the organization serves more than 200 people per day. In addition to assisting with many of the basic shelter needs, the shelter actively seeks to prevent homelessness by giving assistance to individuals and families in order to avoid their becoming homeless. The shelter seeks to fill in the gaps in normal aid programs by offering items not usually covered.

NEW GENERATION, INC.*

436-4989

568 Portsmouth Ave., Greenland

www.newgennh.org

A shelter for homeless pregnant women and mothers of infants under 12 months old. At maximum capacity, the shelter can house nine women, although the normal occupancy is six. The shelter strives for a home-life atmosphere and, in addition to general case management, offers a parenting education program, training in resume writing and meal preparation, a computer education program, budgeting classes, a Community Mentor Program with women from the community, and a strong AfterCare program. Medical services are also easily accessible to guests through the organization's various partnerships.

NEW HORIZONS FOR NEW HAMPSHIRE, INC.*

668-1877

199 Manchester St., Manchester

www.newhorizonsfornh.org

An emergency shelter for homeless individuals, both male and female and while there is no maximum capacity, more people are always let in to sleep on the floor or in the halls if necessary. There are usually about 75 guests a night. The shelter runs a three-tier program, meaning the facilities and services provided depend on a client's level of commitment to obtaining sustained self-sufficiency and adopting increased responsibilities. There is also an on-site health clinic, soup kitchen and food pantry to serve the community. **Angie's Shelter**, while part of New Horizons is housed in a separate building. This three-story house contains the Tier Three program for women. Up to 16 women can stay. A successful stay is usually at least six months. Case managers work to link guests to other agencies for housing, employment and other services. Many classes and presentations regarding health, nutrition, stress relief, maintaining sobriety, financial basics, employment and self-esteem are provided on site.

SEACOAST FAMILY PROMISE

658-8448

P. O. Box 233, Stratham

<http://sihnnh.org/default.aspx>

Use of local churches to shelter homeless families at night. Guest families have use of a day center. They stay in one church every night for a week and churches operate on a ten-week rotation. The shelter also provides case management and three hot meals a day.

SOUTHWESTERN COMMUNITY SERVICES HOMELESS SERVICES PROGRAM – NI 352-7512

www.scshehelps.org

Offers 120 emergency shelter beds for homeless families and individuals in Cheshire and Sullivan counties. Open 24 hours a day, 365 days a year and seek to transition individuals and families back into communities into safe, affordable housing. In addition to case management, SCS offers life skill programs including courses in nutrition, budgeting, tenancy and time management. To help community members at risk of homelessness, there is landlord-tenant mediation and one-time financial assistance. The organization also offers a food pantry, youth services, transitional housing and permanent housing and participates in the Shelter Plus Care program.

TRI-COUNTY COMMUNITY ACTION PROGRAM* 443-6150

57 Mechanic St., Lebanon

www.tccap.org

and

TYLER BLAIN HOUSE 788-2344

56 Prospect St., Lancaster

www.tccaphomeless.org/tylerblainhouse.html

Tri-county CAP is a multi-program agency. The homelessness division runs the “Tyler Blain House” as well as an outreach and intervention program for more than half of NH. The Tyler Blain House is an emergency shelter that serves individuals (families are rare). Sex offenders or violent criminals are not permitted and guests must be free of alcohol or drugs. Guests must be over the age of 18. Capacity of the Tyler Blain House is eight and average length of stay is three to four months.

LEGAL ASSISTANCE

BELKNAP COUNTY FAMILY MEDIATION PROGRAM Laconia, NH	527-0200
CIVIL LEGAL SERVICES FOR LOW INCOME PERSONS 117 North Main St., Concord, NH	1-800-921-1115
DISABILITY RIGHTS CENTER Legal advocacy regarding disability, educational and civil rights law	228-0432
DOVE PROJECT Provides legal aide to qualified low income survivors of domestic violence.	1-800-852-3388
FAIR HOUSING PROJECT OF NH Legal Assistance Manchester, NH	669-4960 1-800-921-1115 206-2299/1-800-634-8989 TTY
FRANKLIN PIERCE CIVIL PRACTICE CLINIC Provides legal services for low income Concord residents	228-3350
FREE LEGAL CIVIL SERVICES FOR CLIENTS OVER 60	624-6000 1-888-353-9944
HEARING ON UTILITY SHUT-OFFS Concord, NH	271-2431 1-800-852-3793
LANDLORD/TENANT, CONSUMER BANKRUPTCY Franklin Pierce law Center Concord, NH	225-3350
LAW LINE FREE LEGAL ADVICE Concord, NH	223-9912 1-800-868-1212
LEGAL ADVICE & REFERRAL CENTER 33 North Main Street P.O. Box 41 Concord, NH 03302-4147 www.larcnh.org Screening for Pro Bono and provide legal advice for low-income clients. Help is given in the areas of family issues, benefits and welfare, housing, and consumer issues. Call between the hours of 9 and 1, Monday through Friday.	1-800-639-5290 224-3333
NH ATTORNEY GENERAL'S OFFICE Concord, NH	271-3658

NH JUVENILE PROBATION & PAROLE SERVICES	625-5471
NH LEGAL ASSISTANCE	668-2900
1361 Elm Street, Suite 307, Manchester	1-800-562-3174
117 North State Street, Concord	223-9750
Free legal advice and representation in civil cases to low income people and senior citizens, primarily welfare issues, landlord-tenant cases, mobile home issues, etc	
NH VICTIM'S ASSISTANCE COMMISSION	271-1284
Dept. of Justice, Concord, NH	1-800-300-4500
PRO BONO REFERRAL PROGRAM	224-5387
Volunteer attorneys for low income families and individuals	224-6924
REDUCED FEE REFERRAL PROGRAM	229-0002
Referral service for clients who cannot afford full fees for Legal services	
SCLP LEGAL ADVICE LINE	1-888-353-9944
Free legal advice for seniors	

MATERIAL ASSISTANCE

- CALVARY BIBLE CHURCH** 279-6025
 Saint James, Meredith
www.calvarybiblemeredith.com
 Food pantry/clothing center.
 Every other Monday 4:30 – 6:30, Tuesday & Wednesday 1:00 – 3:00
- CHILD SUPPORT ENFORCEMENT-CSE** 1-800-723-5437
- CHRIST LIFE CENTER** 524-5895
 626 Main St., Laconia
www.christ-life-center.com
 Food Pantry, Free Lunch - Thursday
- CITIZEN SANTA FUND** 524-3111
 c/o Laconia Citizen
 P.O. Box 40, Laconia
 Administered year round providing vouchers for clothing to needy children. Provides vouchers for winter clothing for the elderly. Call around Christmas time.
- CAP - COMMUNITY ACTION PROGRAM**
 Tri-County Fuel Assistance only 1-800-552-4617
 Laconia 524-5512
 Meredith 279-4096
 Franklin and surrounding area 934-3444
 121 Belmont Road, Laconia Fax 524-0355
www.bm-cap.org
- Non-profit agency providing social services to help low-income and elderly individuals with employment, education, housing, transportation, nutrition, health services, emergency assistance and food pantry. Food pantry by referral only by letter to CAP.
- FAMILY BIBLE CHURCH** 267-7577
 Loudon Ridge Road, Loudon
 Emergency food pantry
- FOOD BASKETS FOR THE HOLIDAYS** Laconia Elks
- FOOD STAMPS – DHHS** 1-800-322-9191
 40 Terrill Park Drive, Concord
- FUEL ASSISTANCE (call CAP)**
 Tri -County Fuel Assistance only 1-800-552-4617
 Laconia 524-5512
 Meredith 279-4096
 Franklin and surrounding area 934-3444
- Provides fuel assistance to low income families or families in need.

INJURY PREVENTION CENTER – DHMC	1-877-783-0432
www.dhmc.org/injury_prevention_center.cfm	653-1135
JoEllen Courtney, Elaine Frank	
Car seats for families in need	
MINUTEMAN MEDICAL, INC.	623-2933
Manchester	
Free diapers delivered when medical condition delays use of toilet.	
NH DIVISION OF HUMAN SERVICES	1-800-322-2121
Office of Economic Services	524-4485
65 Beacon Street West, Laconia	
www.dhhs.state.nh.us	
Food stamps, Medicaid, TANF (Temporary Assistance to Needy Families), elderly assistance, aid to the permanently and totally disabled, aid to the needy blind, child care aid, child support enforcement, employment and training services.	
SCHOOL FREE/REDUCED BREAKFAST AND LUNCH PROGRAMS	Contact School Nurse
ST. VINCENT DE PAUL SOCIETY	
1269 Union Avenue	
(Mail: P.O. Box 6123)	
Food Pantry – Wednesday 6-8, Friday 12:00-2:00	528-5683
Thrift Store – Tuesday-Saturday 10-4	524-5470
Project Pencil – Contact Sue Page	
Backpacks and supplies for families with school children in the fall	
SALVATION ARMY – CENTER FOR WORSHIP & SERVICE	524-1834
177 Union Avenue, Laconia	
Help with basic needs, including food, clothing, shelter, and the Friendly Kitchen. Other support services include after school programs, counseling, church programs, and adult support groups.	
Friendly Kitchen – Tues., Wed., Fri., Sat. & Sun. serving at noon	
THRIFT STORES	
Goodwill, 22 Pleasant St., Laconia	527-1362
Etcetera Shoppe, Route 25, Meredith	279-5062
Pink Door Boutique, 666 Main Street, Laconia	528-3900
Prior Attire, 516 Union Avenue, Laconia	527-0303
St. Vincent de Paul, 1269 Union Ave., Laconia	524-5470
Salvation Army, 77 New Salem St., Laconia	528-1358
Too Good to be Threw, 84 Union Avenue, Laconia	524-1175
TOYS FOR TOTS	
Contact Leonard Campbell, Catholic Charities	528-3035
Salvation Army	524-1834

USDA RURAL DEVELOPMENT

223-6035

10 Ferry Street, Concord

www.rurdev.usda.gov

Provides home ownership financing to low-moderate income households.

UTILITIES:

Cable – MetroCast (Seniors 70+)	524-4425
Electric – CAP	524-5512
Fuel – CAP	524-5512
- OTEC	776-5322
Telephone – Link-Up and Lifeline	800-852-3793

WEATHERIZATION (call CAP)

Tri -County	Fuel Assistance only	1-800-552-4617
Laconia		524-5511
Meredith		279-4096
Franklin and surrounding area		934-3444

An extension of the Fuel Assistance Program providing weatherization of the family’s dwelling.

WIC - WOMEN, INFANTS & CHILDREN

225-2050
1-800-578-2050

The WIC Program provides supplemental nutritious food, nutrition education, health screenings and referrals to children under 5 years of age and pregnant, post partum and breastfeeding women with incomes at or below 185% of poverty. Clinic sites are located throughout Belknap and Merrimack counties. Call to schedule an appointment.

WIRED WIZARD

1-800-640-6486, Ext 157

A CFS service (not a state program – a non-profit organization) which allows families to assess potential state assistance eligibility.

WLNH CHILDREN’S FUND, LACONIA POLICE DEPT

524-5252

Individuals and families can be referred for material assistance needs, car seats, etc.

MENTAL HEALTH CARE PROVIDERS & CLASSES

ANGER MANAGEMENT-FOSTER-SMITH COUNSELING AND PSYCHIATRIC SERVICES, Concord

8-week group for men

226-6609

ANGER MANAGEMENT CLASSES

668-7744

BAHDER BEHAVIORAL SERVICES, LLC

Margaret and Greg Badher
150 Daniel Webster Hwy., Belmont

293-0026

CHILD AND FAMILY SERVICES

95 Water Street, Laconia
Manchester

103 North State St, Concord

841 Central Street, Franklin

www.cfsnh.org

Individual, family, couples, and co-parenting counseling ages 5 to adults. Sliding scale fees.

524-5835

1-800-640-6486

224-7479

934-4885, Ext. 121

GENESIS BEHAVIORAL HEALTH

111 Church Street, Laconia & 771 N. Main Street, Laconia
Grafton County

www.genesisbh.org

Group sessions for children and parents. Children's activities include social skills training, other topics and tasks. Parents' activities include coping styles and management techniques.

Individual, family and couple counseling, along with services for the mentally ill, such as, day programs, group homes and case management.

24 hrs/day, 7 days/wk suicide hotline

524-1100

536-1118

RIVERBEND

For children with mental health needs and their families.

228-1600

PRENATAL HEALTH CARE & SERVICES

CARE NET PREGNANCY CENTER

506 Union Avenue, Laconia

www.carenetlaconia.org

“Earn While You Learn” – taught by mentoring moms. Able to supply mom’s in need with all the baby basics – maternity and infant clothing, cribs, swings, supplies, etc., from our new to you boutique while providing education on pregnancy, parenting and other life skills.

1-800-395-4357

528-3121

CHILDBIRTH EDUCATION

The Family Birthplace/LR General Hospital

www.lrgh.org

* Basic

Taught by RN’s from Women and Children’s Health Services, this course is designed to prepare expectant parents for their childbirth experience, physical and emotional changes, as well as relaxation techniques used in the management of labor are taught.

* Refresher

For those in their third trimester who have previously labored and delivered. Includes review of breathing and relaxation techniques, the stages of labor, and a tour of The Family Birthplace. One 3 hr session.

* Healthy Beginnings – HealthLink

5-week series designed to prepare expectant couples for their birthing experience. Learn about pain relief options including relaxation exercises, breathing exercises and positioning. Discussions and education on labor and delivery, newborn and post partum care.

524-3211 x3744

PRENATAL PROGRAM

121 Belmont Road, Laconia

The Prenatal Program promotes healthy pregnancy outcomes by providing access to comprehensive care throughout the pregnancy to income eligible pregnant women and teens. All patients receive ongoing medical care, prenatal health education, nutrition education including breastfeeding support and WIC services and social services including assistance applying for Medicaid and other support resources. Pregnancy options counseling offered.

524-5453

SUBSTANCE ABUSE TREATMENT/SUPPORT

ALCOHOL AND DRUG ABUSE PREVENTION

1-800-852-3345 Ext. 6100

Concord, NH

www.dhhs.state.nh.us

Listing of agencies that have contracted with the State to provide treatment services, education and prevention, therapeutic, halfway houses and residential recovery programs.

Other websites:

www.drugfree.org

www.theantidrug.com

www.abovetheinfluence.com

www.stopalcoholabuse.gov

www.timetotalk.org

ALCOHOLICS ANONYMOUS/AL ANON, ALATEEN

1-800-593-3330

www.nhaa.net

Twelve step recovery program for alcoholics. Support groups for family members.

BELKNAP COUNTY COMMUNITY RESPONSE COALITION

279-5305

103 Main St., Meredith - www.interlakes.org/core

Committed to providing substance abuse prevention education and community resources to the residents of Belknap County.

CAP SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

1-800-856-5525

HORIZONS COUNSELING CENTER

524-8005 or

25 Country Club Road, Suite 705, Gilford

536-2010-Plymouth

www.horizonscounseling@verizon.net

Outpatient counseling to provide substance abuse services to patients and significant others.

NATHAN BRODY CHEMICAL DEPENDENCY UNIT

527-2644

Lakes Region General Hospital Highland Street, Laconia

www.lrgl.org

Outpatient program providing free screening or consultations to determine nature of dependency. Family involvement and group and education lectures.

ODYSSEY FAMILY CENTER

783-9104

367 Shaker Road, Canterbury

A family residential treatment program for pregnant and/or parenting women and their children that addresses substance abuse and mental health problems. Provides: individual, group & family counseling; substance abuse education & counseling; comprehensive assessment; medical care for women & children.

PARTNERSHIP FOR A DRUG FREE NH

1-800-804-0909

YOUTH SERVICE BUREAU

524-9457

Union Avenue, Laconia

www.youthservicesbureau.org

Challenge course - education on drugs and alcohol. Court Diversion - offers 1st time offenders under the age of 18 a chance to avoid going to court by taking a course of action towards restitution, community services, educational courses. More information on other programs available on the web site.

TRANSPORTATION

AMERICAN CANCER SOCIETY	1-800-640-7101
GOOD NEWS GARAGE 325 Merrill St., Manchester	1-877-400-6065
LACONIA SENIOR CENTER 17 B Church Street	524-7689
MEREDITH SENIOR CENTER	279-5631
MORE THAN WHEELS 250 Commercial St, Suite 4021, Manchester www.bonnieclac.org Helps low to moderate income people secure affordable, reliable transportation. Helps secure low interest loans negotiating with lenders, insurance agents and car dealers. Provides education on budgeting, car purchase counseling and rebuilding credit.	1-866-455-2522
NEW HAMPSHIRE RIDESHARE PROGRAM NH Dept. of Transportation Hazen Drive, Concord www.nh.gov/dot/nhrideshare Carpool matching for possible transportation assistance.	1-800-462-8707 271-4043 271-2468
TRANSPORTATION REIMBURSEMENT PROGRAM Reimburses for mileage to medical appointments through Medicaid	1-800-852-3345 ext. 3770
WINNIPESAUKEE TRANSIT SYSTEM (WTS) Administered by: Community Action Program Belknap-Merrimack Counties, Inc. www.bm-cap.org/wts.htm Accessible Flexible Fixed Route Public Transportation	528-2496 1-800-294-2496 TTY/VOICE: 1-800-735-2964

VOCATIONAL/EDUCATIONAL ASSISTANCE

JOB CORPS

1-800-815-9983

7 South State Street, Concord

www.nhjobcorps.com

A residential vocational and educational training program provides hands-on the job training to jobless and out of school youths, ages 16-24. GED classes, driver's education. Job placement following program completion.

LACONIA ADULT EDUCATION

524-5712

345 Union Avenue, Laconia

www.laconiak12.nh.us

Call Peggy Selig if you want a description

LACONIA AREA COMMUNITY LAND TRUST

524-0747

Offers group education and individual counseling on topics such as buying your first home, basic financial management and budgeting, managing and repairing credit, foreclosure intervention.

www.lact.org

LAKES REGION COMMUNITY COLLEGE

1-800-357-2992

379 Belmont Road, Laconia, NH

www.lrcc.edu

N.H. DEPT. OF VOCATIONAL REHABILITATION

Belknap and Merrimack Counties

Berlin

www.ed.state.nh.us/vr

271-2327

752-2271

N.H. DIV. OF EMPLOYMENT SECURITY

524-3960

426 Union Avenue, Laconia

www.nh.gov

Job and Information Center provides tools, equipment and reference materials for those seeking employment. Unemployment compensation, general aptitude testing, veteran's counseling, training programs for veterans also provided.

N.H. WORKS ONE STOP CENTER

426 Union Avenue, Laconia

www.nhworkjobmatch.nhes.nh.gov

528-9315

Workforce Investment Act offers a wide array of employment and training services to adults 18 or older and dislocated workers based on individual need and choice. Services available include skills assessment, job search and placement assistance, labor market information, individual and group career counseling, case management, supportive services and occupational skills training.

**UNH COOPERATIVE EXTENSION FAMILY HOME & GARDEN
EDUCATION CENTER**

36 County Drive, Laconia,

www.ceinfo.unh.edu

www.extension.unh.edu

Written information, programs and referrals on topics such as family finances, nutrition, parenting, child development, 4-H youth development, backyard livestock, gardens, food safety and preparation, pest problems and water quality.

1-877-398-4769

527-5475

MISCELLANEOUS

AFFORD-A-PHONE	1-888-225-5322
Receive discounts on installation and monthly basic charges	
APPALACHIAN MOUNTAIN TEEN PROJECT	569-5510
BELKNAP COUNTY EXTENSION 4-H COOPERATIVE	527-5475
CRAIGSLIST NH – http://nh.craigslist.org	
Local classifieds and forums for jobs, housing, items for sale, services and events.	
DISTRICT COURTS	
Concord	271-6400
Franklin	934-3290
Laconia	524-4128
FREECYCLE – www.freecycle.org	
Program recycles household goods. Post items available or needed.	
FRIENDS PROGRAM	737-0030
LACONIA PUBLIC LIBRARY	524-4775
695 Main Street, Laconia	
NH HUMANE SOCIETY	524-3252
www.nhhumane.org	
NH PUBLIC UTILITIES COMMISSION	1-800-852-3793
MONTHLY \$5.25 PHONE CREDIT	
Anyone is eligible who participates in the Medicaid, Food Stamps, Supplemental Security Income (SSI) Linkup – Life Line, Federal Public Housing Assistance, or low-income Home Energy Assistance.	
NH TEEN INSTITUTE	226-0111
PET NEUTERING/SPAYING ASSISTANCE	271-3697
NH Department of Agriculture – reduced cost for pet neutering if you qualify	
SAFELINK – www.safelinkwireless.com	
Free cell phone and air time for income eligible.	

SENIOR CENTERS

Alton Bay: Community Bldg., Pearson Rd.	875-7102
Belmont: 14 Mill St.	267-9867
Ctr Sandwich: Doris L. Benz Community Ctr, 18 Heard Rd.	284-7211
Franklin: Smith/Canal Sts.	934-4151
Laconia: 17 Church St.	524-7689
Meredith: Trinity Episcopal Ch., 1 Circle Dr.	279-5631

SOCIAL SECURITY LOCATIONS

70 Commercial St., Concord	224-1939
2 Wall St., Ste 301, Manchester	641-2195
34 Mechanic St., Keene	352-3487
80 Daniels St., Federal Bldg., Portsmouth	433-0716
177 Main St., Littleton	444-2945
175 Amherst St., Nashua	880-0295

SQUAM LAKE NATURAL SCIENCE CENTER

968-2229

TRANSLATION/INTERPRETERS

Spanish - Latin American Center	669-5661
Jessica Stearn (translations only)	225-4073
Jose Montero (translations only)	225-4073
Sonia Parra	617-3896
Delmy Bonilla	622-8768
Arabic, Bosnian and Romanian	
International Institute of NH, Services for Refugees	647-1500 Ext 106
German, French, Bosnian	
Joseph Truesdale	226-4462
jtruesdale@stanfordalumni.org	

VOLUNTEER OPPORTUNITIES

Call your local church or dial 211	
Lakes Region Community Services	524-8811
Lakes Region United Way	524-6864
Lakes Region Volunteer	528-6569
Parents & Children Together (PACT)	528-4048

INDEX

2-1-1 NH (formerly NH Homeless Helpline)	8
24 Hour Resource and Support Line.....	8
Adoption	8
Afford-a-Phone	47
Alcohol & Drug Abuse Prevention.....	42
Alcoholics Anonymous/Alanon/Alateen	42
American Cancer Society	21/44
American Heart Association	21
American Lung Association	21
Anger Management Classes.....	40
Anger Management-Foster-Smith Counseling and Psychiatric Services	40
Anne-Marie House.....	31
Annette Schmidt Foundation	16
Appalachian Mountain Teen Project	47
Arthritis Foundation.....	21
Ask a Nurse or Elliot on Call.....	21
Assistive Services to Schools for Education, Technology and Training	21
ATECH	21
Baby Steps Infant Development Program.....	21
Bahder Behavioral Services, LLC	40
Belknap County Community Response Coalition	42
Belknap County Extension 4-H Cooperative.....	47
Belknap County Family Mediation.....	35
Boothby Therapy Services.....	21
Boys & Girls Club of the Lakes Region	9
Breast & Cervical Cancer Program.....	21
Bridge House.....	30
Bureau of Special Medical Services	22
Calvary Bible Church	37
CAP - Community Action Program.....	37
CAP Senior Community Service Employment Program.....	42
Care Net Pregnancy Center.....	22/41
Carey House.....	28
Child and Family Services	9/28/40
Child Care Resource & Referral	6
Child Care Services.....	6
Child Health Assurance Program.....	22
Child Support Enforcement-CSE.....	37
Childbirth Education	41
Children with Severe Disabilities and Home Care of Children with Severe Disabilities.....	22
Christ Life Center	37
Circle of Parents.....	10
Citizen Santa Fund.....	37
Civil Legal Services for Low Income Persons	35
Community Health and Hospice.....	22
Community Health Library.....	22
Congregational Church	16

Consumer Credit Counseling Services of NH & VT.....	16
Craigslist NH	47
Cross Roads House	30
Dental Hygiene Clinic.....	23
Dental Resource Center	22
Dental Services for Children.....	22
DHHS – Child Support Services.....	6
DHHS Bureau of Maternal & Child Health.....	6
Disability Rights Center.....	35
District Courts.....	47
Dove Project.....	32
Down Syndrome Congress of Northern New England.....	10
Early Support and Services (Early Intervention)	23
Easter Seals of NH.....	23/35
Families in Transition	30
Family Bible Church.....	37
Family Birthplace Resource Room.....	11
Family Planning, Teen Clinic and STD/HIV Counseling and Testing.....	23
Family Resource Center of Central NH.....	11
Family Resource Connection.....	10
Feminist Health Care Center.....	23
First Congregational Church	30
Food Baskets for the Holidays.....	37
Food Pantries-Soup Kitchens-Elderly Meals.....	17
Food Stamps.....	37
Franklin Pierce Civil Practice Clinic	35
Free Legal Civil Services for Clients over 60.....	35
Freecycle.....	47
Friends Emergency Housing Program	37
Friends Program.....	44
Fuel Assistance	37
Genesis Behavioral Health.....	40
Giggles and Grins	6
Gilford Knolls	28
Good News Garage.....	44
Greater Lakes Child Advocacy Center	11
Habitat for Humanity	28
Harbor Homes	31
Health First Family Care Center.....	24
Health Programs: Children with Special Needs.....	24
HealthLink	24
HealthLink/Healthy Kids.....	24
Hearing on Utility Shut-offs	35
Helping Hands Outreach	28
Homeless Center for Strafford County	31
Homeless Hotline.....	28
Homeless Outreach.....	28
Homeless Shelters.....	30
Horizons Counseling Group	42
Injury Prevention Center – DHMC.....	38
Inter-Lakes Day Care Center	6

Job Corps	45
KidWorks Learning Center.....	6
Kiwanis Club, Louis Ricciardiello.....	24
Laconia Adult Education	45
Laconia Area Community Land Trust	29/32/45
Laconia Head Start/Early Head Start /Home Visiting NH	11
Laconia Housing Authority.....	29
Laconia Public Library	47
Laconia Senior Center.....	44
Laconia-Gilford Lions Club.....	24
Lakes Region Child Care Services	6
Lakes Region Community College.....	45
Lakes Region Community Services Council	11
Lakes Region Early Childhood & Family Resource Website	11
Lakes Region Family Center	6
Lakes Region General Hospital - Laconia.....	24
Landlord-Tenant, Consumer Bankruptcy	35
Law Line Free Legal Advice	35
Legal Advice and Referral Center	35
Mammography Bridge	25
Manchester Emergency Shelter	32
Marguerite’s Place	32
McKenna House.....	32
Medicaid	25
Medicare	25
Meredith Public Health Nursing.....	25
Meredith Senior Center.....	44
Minuteman Medical Inc.....	38
Monadnock Area Transitional Shelter	32
More than Wheels.....	44
My Friend’s Place.....	32
Nashua Soup Kitchen & Shelter	33
Nathan Brody Chemical Dependency Unit.....	42
National Association of the Mentally Ill – Child Adolescent Network.....	11
National Federation of the Blind.....	25
National Multiple Sclerosis Society.....	25
Neighbors-in-Need.....	16
New Beginnings.....	12/29
New Generation, Inc.	33
New Horizons for NH.....	33
New Hampshire Legal Assistance	35
New Hampshire Rideshare Program.....	44
New Start	12
NH Alliance for Assistive Technology.....	25
NH Attorney General’s Office.....	35
NH Catholic Charities.....	12
NH Coalition Against Domestic and Sexual Violence	12
NH Dept. of Vocational Rehabilitation	45
NH DHHH-DCYF	7
NH Division of Elderly and Adult Services	12
NH Division of Employment Security.....	45

NH Division of Human Services	38
NH Division of Public Health Services	25
NH Family Voices	12
NH Housing Finance Authority	29
NH Humane Society	47
NH Juvenile Probation & Parole Services	36
NH Legal Assistance.....	36
NH Library Services for the Handicapped.....	25
NH March of Dimes Birth Defects	25
NH Medication Bridge Program.....	25
NH Public Utilities Commission	47
NH Summer Camp Directory	7
NH Teen Institute.....	47
NH Victim’s Assistance Commission	38
NH Vocational Rehabilitation.....	25
NH Works One Stop Center	45
Nutrition Connections.....	26
Odyssey Family Center.....	42
Open Arms Outreach Emergency Housing.....	29
Overnight Child Placement-Child & Family Services.....	13
Ozanam Place.....	29
Parent Information Center.....	13
Parent to Parent Network	13
Parent to Parent of New Hampshire.....	13
Parenting and Family Support	13
Parenting Plus	14
Parentline	13
Parentlink	13
Parents Anonymous	13
Parents without Partners	13
Partners in Health.....	26
Partnership for a Drug Free NH.....	43
Pet Neutering/Spaying	47
PFLAG.....	14
Playgroups.....	7
Prenatal Program.....	41
Preschool Technical Assistance Network.....	26
Pro Bono Referral Program	36
Project Care.....	16
Recycled Equipment Marketplace	26
Reduced Fee Referral Program.....	36
Refugee Assistance	14
Riverbend Parent-Child Centers	14
Riverbend.....	40
Safelink	47
Salvation Army Carey House	28/30
Salvation Army Center for Worship & Services	38
Samaritans.....	14
School Free/Reduced Breakfast and Lunch Programs.....	38
SCLP Legal Advice Line	36
Screening Bridge Program.....	26

Seacoast Family Promise	33
Senior Centers	48
Service Link	26
Smoking Cessation.....	26
Social Security Administration Information Ctr.....	16
Social Security Locations	48
Southwestern Community Homeless Services	34
Spear Memorial Hospital	26
St. Vincent de Paul Society.....	16/38
Step Ahead: Parent Support Program	14
Stuttering Foundation.....	26
Subsidized Housing	29
Thrift Stores	38
Tobacco Prevention	27
Toughlove	14
Toys for Tots.....	38
Translation/Interpreters.....	48
Transportation Reimbursement Program.....	44
Tri-County CAP.....	24
Tyler Blaine House	34
Unemployment Benefits	16
UNH Cooperative Extension	46
Upstream.....	14
USDA Rural Development	39
Utilities.....	39
Victims of Violent Crime in NH-Financial Assistance	16
Vision USA.....	27
Voices Against Violence.....	15
Volunteer Opportunities.....	48
Weatherization	39
Welfare.....	16
WIC – Women, Infants and Children	39
Winnepesaukee Transit System (WTS).....	44
Wired Wizard.....	39
WLNH Children’s Fund	39
Women’s Crisis Line	15
Young Family Programs.....	15
Youth Service Bureau	43

Resource Directory
Rev 2/2011