

Lakes Region Family Center
Early Head Start /
Head Start

RESOURCE DIRECTORY
2009 - 2010



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CRISIS INFORMATION

AA Hotline.....	1-800-252-6465
A-ANON, Al-A Teen Hotline.....	1-800-344-2666
AIDS Disease Hotline.....	1-800-498-9743
American Red Cross	Lac 524-5414
Child Abuse-to report in NH.....	1-800-894-5533
Out of State	271-6557
Crime Watch	Lac 524-1717
Most direct	524-5252
Genesis – Behavioral Health.....	Lac 524-1100
Lakes Region General Hospital	Lac 524-3211
Missing Children.....	1-800-843-5678
New Beginnings Domestic Violence and Rape	Lac 528-6511
N.H. AIDS Hotline	1-800-752-2437
.....	or 1-800-752-AIDS
2-1-1 NH	211
Poison Control Center.....	1-800-222-1222
Hospital	603-650-5000
Sexually Transmitted Disease Hotline.....	1-800-228-0254
Special Medical Services	1-800-852-3345
	Ext. 4488
Suicide Hotline.....	524-1100

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
Alton	269-8200	875-2550	875-2101
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
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
Gilford	524-5710	524-6042	524-7438
Gilmanton	524-5710	364-5501	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
Meredith	279-7947	279-4303	279-5839
Moultonboro	475-5247	476-8895	476-8868
New Hampton	744-5555	744-8061	744-3559
Plymouth	536-1254	536-2616	536-1397
Rumney	786-9591	786-9520	786-9511
Sanbornton	286-4117	286-8288	286-4556
Sandwich	279-7947	284-6665	284-8653
Thornton	726-8904	726-8981	726-4232
Tilton	286-4117	286-8971	286-8653
Wentworth	764-5818	764-5818	764-5818

CHILD CARE

CHILD CARE RESOURCE & REFERRAL

Lakes Region Community Services Council

528-0274

635 Main St., Laconia

www.lrcsc.org

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

INTER-LAKES DAY CARE CENTER, INC.

279-8903

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

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.

279-6633

37 Reservoir Road, Meredith

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. 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 creative curriculum. USDA approved snacks and meals included. Title XX subsidy is accepted and co-pays are on a sliding scale.

FAMILY SUPPORT/SERVICES

2-1-1 NH (formerly NH Helpline)
www.211nh.org

dial 211 or
1-800-444-4211

An easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community

24 HOUR RESOURCE AND SUPPORT LINE
www.24hoursupport.com

1-800-CHILDREN

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).

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

528-0197

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 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.

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 prenatals.

LAKES REGION COMMUNITY SERVICES COUNCIL

67 Communications Dr., P.O. Box 509
Laconia, 03247-0509
www.lrcsc.org

1-800-649-8817
524-8811

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

Laconia, NH
www.newbeginningsnh.org

1-800-852-3388
528-6511

A Women's Crisis Center providing a 24 hour crisis line staffed by volunteers, court advocacy, weekly support group meetings for women who have suffered battering or sexual abuse and temporary housing.

NH CATHOLIC CHARITIES

17 Gilford Avenue, Laconia
www.catholiccharitiesnh.org

528-3035

Individual, family, couple counseling, parish and community outreach, support groups for bereavement and divorce/separation.

NH FAMILY VOICES

NH Dept. of Health and Human Services
29 Hazen Drive, Concord
www.nhfv.org

1-800-852-3345, Ext. 4525

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.

PARENT INFORMATION CENTER
155-A Manchester Street, Concord
www.parentinformationcenter.org

1-800-947-7005
224-7005

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

PARENTING AND FAMILY SUPPORT
Child and Family Services
95 Water Street, Laconia
www.cfsnh.org

524-5835

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

PARENT TO PARENT NETWORK
Lakes Region Community Services Council, Inc.
67 Communications Dr, Laconia
www.parenttoparent.org

524-8811

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.

PARENT TO PARENT OF NEW HAMPSHIRE
www.parenttoparent.org

1-800-698-5465

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.

**PFLAG: PARENTS, FAMILIES & FRIENDS
OF LESBIANS & GAYS**
<http://plfagnh.org>

528-1714

STEP AHEAD: PARENT SUPPORT PROGRAM
Lakes Region Community Services Council
635 Main Street, Laconia
www.lrcsc.org

524-1741

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 1st STEP AHEAD towards positive family health and well being.

THE 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.

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.

YOUNG FAMILY PROGRAMS

524-8444

Community Health & Hospice, Inc.
www.chnh.org

1-800-244-8549

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

524-5835

Child and Family Services
Contact: Linda Lett

Up to \$200 to help teens stay in school or find employment.

CONSUMER CREDIT COUNSELING SERVICE OF NH & VT

1-800-660-5609

8 Union Street, P.O. Box 676, Concord
www.cccsnh-vt.org

Provides free confidential and professional counseling services to families and individuals having financial problems. Home budgeting, orderly debt repayment, and education programs.

PROJECT CARE

536-1800

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.

SOCIAL SECURITY ADMINISTRATION INFORMATION CTR

1-800-772-1213

70 Commercial Street, Concord
9-4 PM / M-F

224-1939

www.socialsecurity.gov

Financial benefits through various programs for those who are retired, dependents of a deceased parent, or who have certain disabilities.

WELFARE

1-800-322-2121

NH Department of Health & Human Services
or call your local city or town office

524-4485

Provides financial assistance to those who qualify.

Belmont Town Welfare
Laconia City Welfare

267-8313

527-1267

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
ARTHRITIS FOUNDATION www.arthritis.org	1-800-464-6240
BOOTHBY THERAPY SERVICES 806 North Main Street, Laconia	524-4385
BUREAU OF SPECIAL MEDICAL SERVICES Health & Welfare Building 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.	1-800-852-3345 ext. 4488 271-4488
COMMUNITY HEALTH AND HOSPICE 780 North Main Street, Laconia 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.	1-800-244-8549 524-8444
Child Development Clinic offers testing for disabilities	524-4339 x 346
COMMUNITY HEALTH LIBRARY 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	524-3211 Ext. 6512
DENTISTS <u>Concord Pediatric Dentistry</u> 16 Foundry Street, Suite 101, Concord	224-3339
<u>Dental Resource Center</u> 31 Elliot Street, Laconia www.lrgd.org	527-7112

InterLakes Family Dental 253-4363
60 Whittier Highway, Suite #1, Moultonboro

Winnisquam Dental 528-1212
944 Laconia Road, Laconia

EARLY SUPPORT AND SERVICES (Early Intervention) 524-8811
635 Main Street, Laconia
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.

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

841 Central Street, Franklin 934-4905
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.

FAMILY PRACTITIONERS

Mark Aronson, DO 527-2969
85 Spring Street., Laconia,

Belknap Family Health Center 279-7433
238 Daniel Webster Hwy, Meredith

Theodore Capron, MD ***Colleen Nolan, ARNP***
Carolyn Crosby, MD ***Hassan Duymazlar, DO***

Belknap Family Health Center 267-7017
14 Mill Street, Belmont

Richard O'Brien, MD ***Denise Naiva, ARNP***
Dan Griffin, ARNP

Hillside Family Health 527-7114
14 Maple Street, Gilford

Kathryn Schat, MD - Mirno Pasquali, PA-C 527-2955
85 Spring Street, Laconia

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
Bassem, Azkul, MD

366-1070

HEALTHLINK

527-7171

Lakes Region General Hospital
587 Main Street, Laconia

www.lrgh.org/programs

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.

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

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.

- MEREDITH PUBLIC HEALTH NURSING** 279-6611
P.O. Box 176, Meredith
www.vnaa.org/vnaa/vna/meredith
Home health agency providing skilled medical and health services, physical and speech therapy, nurses aide, homemaker services.
- NATIONAL FEDERATION OF THE BLIND** 1-800-464-3075
25 Walker Street, Concord 224-4039
www.nfb.org 524-1945
- NATIONAL MULTIPLE SCLEROSIS SOCIETY** 623-3501
Waltham, MA 1-800-493-9255
www.nationalmssociety.org
- NH COMMUNITY TECHNICAL INSTITUTE**
Dental Hygiene Clinic 271-7160
Institute Drive
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.
- NH DIVISION OF PUBLIC HEALTH SERVICES** 1-800-852-3345 Ext. 4501
Health & Welfare Building 271-4501
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 271-2417
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 228-0317
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.
- 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.

PEDIATRIC PRACTITIONERS***Janessa Peralta, MD***

527-7121

Lakes Region Pediatrics

85 Spring St., Laconia, NH

Michael Gorenke, MD - Jean Petterson, DO

524-5151

Abir Gerios-Azar, MD - Carolina Sanchez, MD

Laconia Clinic

724 North Main St., Laconia, NH

Prescott Pediatric Care

524-5777

171 Daniel Webster Hywy, Suite 2, Belmont

Susan Hare, MD

286-3800

Riverfront Medical

322 West Main Street, Tilton

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.

UNH COOPERATIVE EXTENSION

527-5475

Belknap County

36 County Drive, Laconia

www.extension.unh.edu/counties/belknap

Provides educational and technical information for individuals, families and agencies in the area of Agriculture, Forestry, Youth, Economics and Parenting.

VISION USA

1-800-766-4466

www.aoa.org

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

HOUSING

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.

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 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

658 Union Avenue, Laconia, NH 03247-6104
www.lact.org

Assists low and moderate income families in achieving economic self-sufficiency by providing permanently affordable housing opportunities. Provides information, support and referrals to families as needed in the areas of finances, education, employment, health, family violence and parenting. Home buyers free education, financial fitness, money management, checking accounts, credit checks.

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.

NH HOMELESS HOTLINE 1-800-852-3388

NH HOUSING FINANCE AUTHORITY 472-8623

Manchester

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.oaoutreach.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 524-1341

63 Highland Street, Laconia

www.ozanamplace.org

Transitional housing program that assists single parents, who are “at risk” – emotionally, socially, and economically, to develop the skills, strengths and abilities in order to become self-sufficient, responsible individuals and parents. Access to housing and intensive case management is provided for up to a two-year period. Families that are eligible include: a single parent or pregnant woman that is eighteen years or older, drug and alcohol free, and motivated to work toward long-term goals.

SUBSIDIZED HOUSING

Belmont Village 224-3324

Blueberry Place 286-4808

Breton Woods 485-5098

Wingate Apartments 524-4363

LEGAL ASSISTANCE

BELKNAP COUNTY FAMILY MEDIATION PROGRAM Laconia, NH	527-0200
FAIR HOUSING PROJECT OF NH Legal Assistance Manchester, NH	669-4960 206-2299/1-800-634-8989 TTY
FREE LEGAL CIVIL SERVICES	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	1-800-639-5290 224-3333
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.	
NH ATTORNEY GENERAL'S OFFICE Concord, NH	271-3658
NH LEGAL ASSISTANCE 1361 Elm Street, Suite 307, Manchester	668-2900 1-800-562-3174
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.	

MATERIAL ASSISTANCE

- BONNIE CLAC** 1-866-455-2522
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.
- CALVARY BIBLE CHURCH** 279-6025
Saint James, Meredith
www.calvarybiblemeredith.com
Food pantry/clothing center.
Tuesday & Wednesday 1:00 – 3:00
Every other Monday 4:30 – 6:30
- 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
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.
- FAMILY BIBLE CHURCH** 267-7577
Loudon Ridge Road, Loudon
Emergency food pantry

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.

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

SALVATION ARMY CORPS. COMMUNITY CENTER 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 - Tuesday & Friday - 12:00-12:30 PM
Wednesday – 12:00-12:30 PM (except 3rd Wed. of month)
Sunday – 12:00 – 1:00 PM

THRIFT STORES

Goodwill, 22 Pleasant St., Laconia 527-1362
Meme’s Attic (call for appointment) 524-6355
New-To-You Shop, Washington St., Lakeport 524-7713
Out of Your Attic Thrift Shop, 653 Main St., Laconia 707-7578
St. Vincent de Paul, 1269 Union Ave., Laconia 524-5470
Salvation Army 528-1358

TRANSPORTATION REIMBURSEMENT PROGRAM

Reimburses for mileage to medical appointments through Medicaid

1-800-852-3345
ext. 3770

USDA RURAL DEVELOPMENT

10 Ferry Street, Concord
www.rurdev.usda.gov

223-6035

Provides home ownership financing to low-moderate income households.

WEATHERIZATION (call CAP)

Tri -County
Laconia
Meredith
Franklin and surrounding area

Fuel Assistance only 1-800-552-4617
524-5511
279-4096
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.

MENTAL HEALTH CARE PROVIDERS

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

www.cfsnh.org

524-5835

1-800-640-6486

224-7479

Individual and couples counseling ages 5 to adults. Sliding scale fees.

GENESIS Behavioral Health

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

524-1100

536-1118

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

PRENATAL HEALTH CARE & SERVICES

CARE NET PREGNANCY CENTER

506 Union Avenue, Laconia

www.caretlaconia.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

LACONIA CLINIC

Dr. Michael Tovell
Dr. Mirabello
Janice Rowley, ARNP
724 North Main Street, Laconia
www.laconiaclinic.com

524-5151

LAKES REGION OB-GYN

Dr. Wayne Domin
Dr. Richard Enck
Dr. Carolyn Drake
Betty Mitchell, ARNP
Maureen Lavoie
96 High Street, Laconia

524-9197

DR. MARK ARONSON, D.O.

85 Spring Street
Laconia, NH 03246

527-2969

SUBSTANCE ABUSE TREATMENT/SUPPORT

ALCOHOLICS ANONYMOUS/AL ANON, ALATEEN

1-800-593-3330

www.nhaa.net

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

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.lrgh.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.

OFFICE OF 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.

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

NEW HAMPSHIRE RIDESHARE PROGRAM

NH Dept. of Transportation
Hazen Drive, Concord
www.nh.gov/dot/nhrideshare

1-800-462-8707
271-4043
271-2468

Carpool matching for possible transportation assistance.

WINNIPESAUKEE TRANSIT SYSTEM (WTS)

Administered by:
Community Action Program
Belknap-Merrimack Counties, Inc.
www.bm-cap.org/wts.htm

528-2496

Accessible Flexible Fixed Route
Public Transportation

1-800-294-2496
TTY/VOICE: 1-800-735-2964

VOCATIONAL 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

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.

SECOND START

228-1341

17 Knight Street, Concord
www.second-start.org

Offering GED preparation and testing, childcare, after-school programs, alternative high school programs, and career development services.

MISCELLANEOUS

IDA SAVINGS ACCOUNT Laconia Area Community Land Trust Individual Development Account is a special matched account for home ownership, school or business.	524-0747
LACONIA PUBLIC LIBRARY 695 Main Street, Laconia	524-4775
NH HUMANE SOCIETY www.nhhumane.org	524-3252
NH PUBLIC UTILITIES COMMISSION 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.	1-800-852-3793
PET NEUTERING/SPAYING ASSISTANCE NH Department of Agriculture – reduced cost for pet neutering if you qualify	271-3697
SQUAM LAKE NATURAL SCIENCE CENTER	968-2229

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