



CAPITAL AREA

Resource Navigation Guide for Providers

Developed by



Granite United Way



ACKNOWLEDGEMENTS

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Granite United Way

Mission: *Our Mission is to improve the quality of people's lives by bringing together the caring power of communities.*

Vision: *Our Vision is to be the preferred way people work together to build a community that values its collective responsibility to care for each other.*

Strategic Promise: *LOCAL - LEAD - ADAPT*

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ABOUT THIS GUIDE

Welcome to the Capital Area Resource Navigation Guide for Providers. The purpose of this guide is to help community providers easily identify and connect families with young children (prenatal to school age) to the services and supports that meet their needs and preferences. The content within the Navigation Guide focuses on current high needs within the Capital Area and includes concrete local resources that are often missed in statewide resource tools. **We are in hopes that this guide can be used to direct providers and families to the right services at the right time.**

The Capital Area for Early Childhood Defined

The Capital Area Early Childhood Region (Figure 1) was developed in 2022 through the efforts of the Preschool Development Grant, in partnership with the New Hampshire Department of Education (DOE) and New Hampshire Department of Health and Human Services (DHHS). We acknowledge that our communities, as well as the families and individuals we serve, all have unique strengths and needs that impact the supports they may be seeking. This Resource Navigation Guide for Providers aims to identify relevant services and program for the most pressing concerns and issues among families residing in the Capital Area.

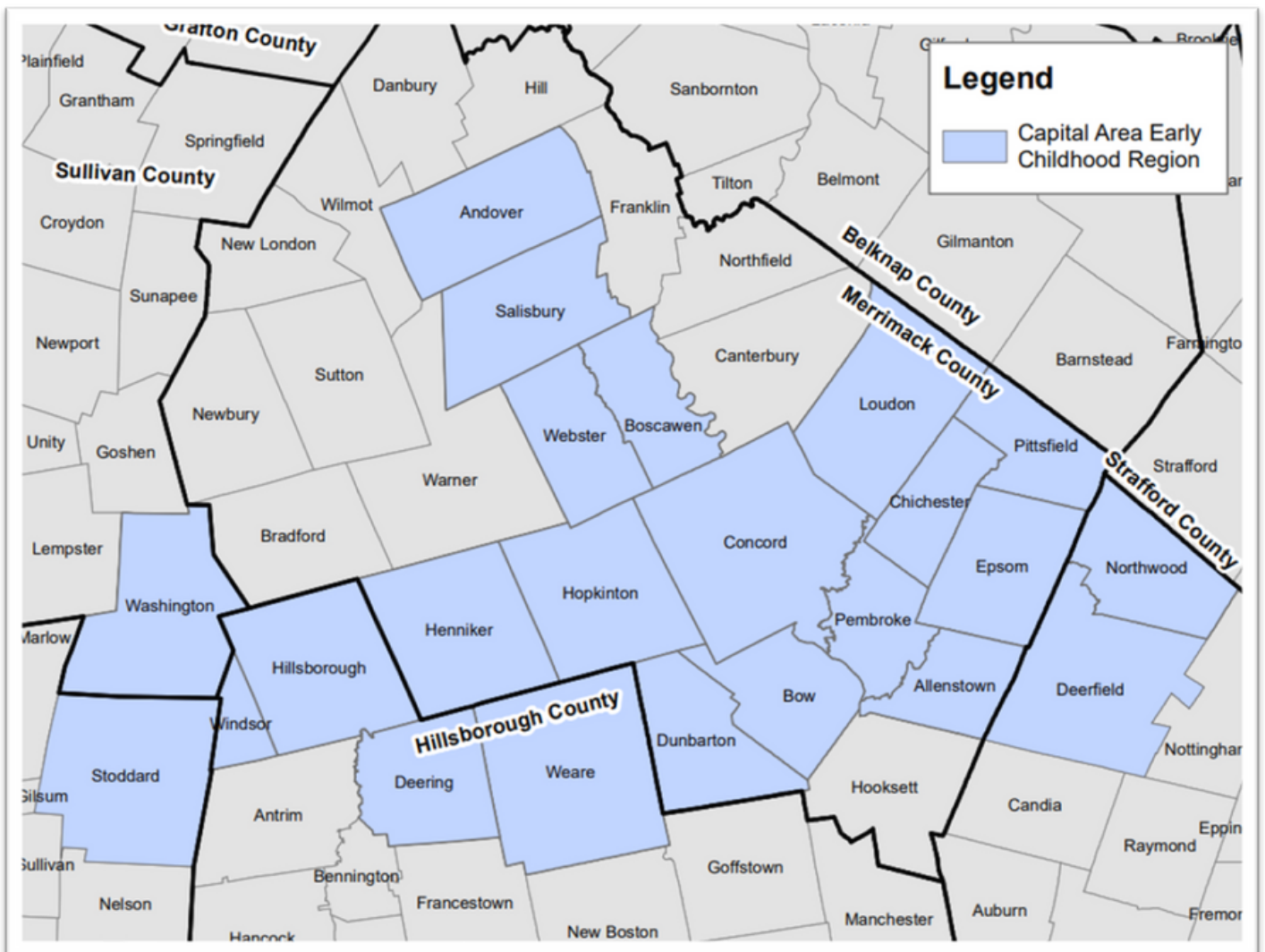


Figure 1: Capital Area Defined

ABOUT THIS GUIDE

How to Use This Navigation Guide

This Guide starts with a [Family Information Sheet](#) that serves as a basic data and information gathering form to organize key information about the individual and family. This information will help define which resource(s) are the best fit.

The Guide is formatted into six (6) modules. The first module provides information about [Go To Resources](#) within the region. The additional five modules were identified based on current needs within the region and are defined as:

1. [Concrete Supports](#) - Food, housing, safety, transportation, financial and legal assistance
2. [Early Care and Education](#) - Child care, school, after school, scholarships
3. [Early Supports and Services](#) - Child development and services for chronic conditions. Family Centered Early Supports and Services (FCESS) serves children birth up to age three who have a developmental delay, an established condition, or are at a substantial risk for a developmental delay.
4. [Family and Caregiver Supports](#) - Education/supports, and child caregiver relationship development
5. [Holistic Health](#) - Health insurance access, family health, prenatal services, crisis services, substance use disorder treatment, and support services

Each module will begin with a decision tree organized by common phrases or concerns raised by individuals and/or families. Providers should utilize the decision tree to find immediate services and directions to the appropriate page number within this Guide for additional resources. Both statewide and regional resources have been captured. Regional resources also include the town(s) served.

The Resource Navigation Guide ends with a listing of [Professional Groups](#) within the region that meet to discuss sectors covered within this Guide.

This tool is not intended to be an all-inclusive listing of resources and professional groups. We have identified the leading local and state resources for primary areas of concern within the region to assist providers in efficiently triaging the needs of individuals and families.

It is our goal to keep this Guide updated as services change and new resources emerge. Please contact Julie.Day@graniteuw.org with any necessary revisions to the resources and professional groups. Thank you, in advance, for your assistance in ensuring this Guide remains an accurate and useful tool for local providers.

FAMILY INFORMATION SHEET

This tool is to help providers gather details about the individual and family they are working with to better inform which resources to recommend. This tool is designed for the provider to complete when discussing the client's concerns or issues. It is NOT intended to be a form for the client to complete.

What town do they live in?

What resources are they currently accessing or utilizing? Include any that they have applied for, but are still waiting for a notice of acceptance or denial.

Are they currently receiving any of the following supports and services? (Check all that apply)

- Supplemental Nutrition Assistance Program (SNAP). Sometimes known as "food stamps."
- Women, Infants, and Children (WIC)
- Child Care Scholarship
- Town/City Welfare Support

Do they have health insurance?

- Yes
If yes, what type of insurance do they have?
 - Private insurance with _____
 - Medicaid
 - Medicare
 - Other: _____
- No

FAMILY INFORMATION SHEET

What is the age of the child or children they care for?

- Infant (under 1 year old); # of children: _____
- 2 - 4 years old; # of children: _____
- 5 - 8 years old; # of children: _____
- Older than 8 years old; List age(s): _____; # of children: _____

What is their relationship with each child?

- Parent
- Legal Guardian
- Guardian
- Caregiver
- Other: _____

What are their primary concerns?

- Basic needs
 - Food
 - Water
 - Shelter
 - Safety
 - Legal
 - Heat/electricity
- Mental health or behavioral health for them, someone living in the home, their child(ren)
- Their child(ren)'s development and/or health
- Child care, education, or after school for their child(ren)
- Caring for the child as a grandparent, family member, or other caregiver (not parent)
- They want to improve their interactions with their child
- General support and connection as a caregiver
- Other

Are there other resources they have explored that you have not discussed?

GO TO RESOURCES

The Capital Region Leadership acknowledges the following resources as primary gateways for supports and services. While these resources are documented through this Navigation Guide, this section can serve as a one stop shop for go to resources within the Capital Area region.

211: Call 211 will link families with a trained Information and Referral Specialist who can link NH families to the most up to date resources. This services is available 24 hours, 365 days a year. Both multilingual and TDD assistance are available.

Address: PO Box 211, Manchester, NH 03105	Phone: 211 or 1-866-444-4211
Website: https://www.211nh.org/	

Granite United Way - Community Health Worker: The Community Health Worker (CHW) is responsible for helping clients and their families to navigate and access community services, other resources, and adopt healthy behaviors. They work to promote, maintain and improve health by providing social support, identify barriers and goal planning.

Address: 125 Airport Road Suite 3 Concord, NH 03301	Phone: 603-224-2595 Ex 315
Towns Served: Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Warner, Washington, Webster, Weare. Windsor	Regional Name: Julie Day Regional Contact Email: Julie.Day@graniteuw.org

Town/City Welfare: Nearly every town and city has a welfare office. These offices can provide financial assistance for concrete supports, provide support in accessing physical products such as diapers, and connect families to other resources. **To find your local office utilize Google and search "town or city name" welfare office. Names of these locations include Welfare Department, Human Services Department, Public Assistance, or General Assistance.**

GO TO RESOURCES

Merrimack County Navigator: The County Navigators work with community members who are in need of assistance working through social service systems. Navigators work to empower clients and help them identify and organize their support network.

<p>Address: Concord Office: 163 N. Main St. Concord, NH Boscawen Office: 333 Daniel Webster Hwy. Suite 3 Boscawen, NH</p>	<p>Phone: 603-796-6880</p>
<p>Towns Served: All of Merrimack County</p>	<p>Regional Name: Nikole Keaton Regional Contact Email: nkeaton@mcadp.net</p>

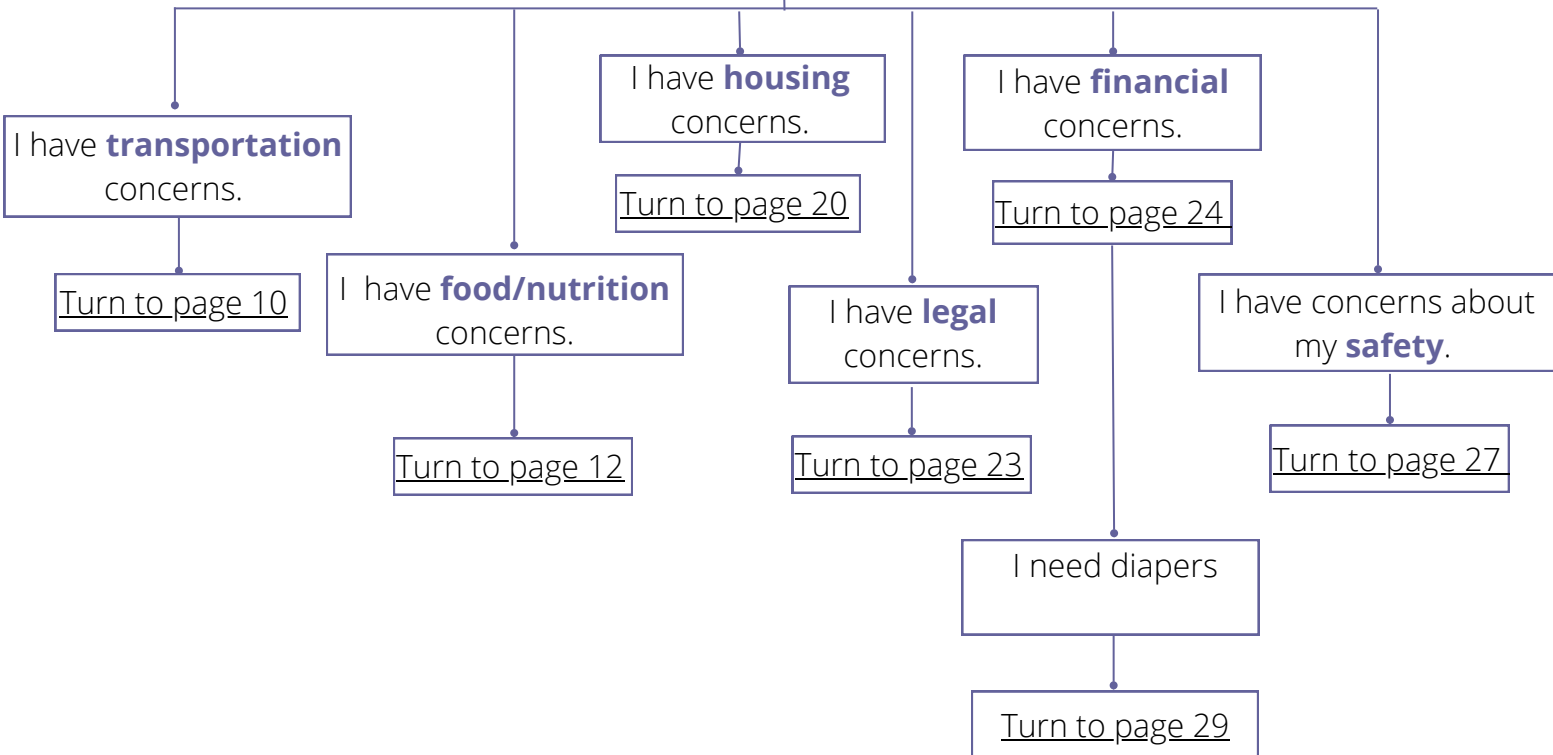
Waypoint - A Family Resource Center: Waypoint is the Family Resource Center (FRC) that covers most towns within the Capital Region. Waypoint serves as a hub for various resources such as access to concrete supports, parenting programs, Kinship Navigation, child development screening, before and after school programs, tax preparation support, employment resources, money coaching, fuel assistance, healthcare navigation support, recovery services, trainings, food and nutrition programs, and referrals to other community programs. Additional Family Resource Centers can be found in the *Family and Caregiver Supports* module of this Guide.

<p>Address: 103 N State St. Concord, NH 03301</p>	<p>Phone: 603-244-7445</p>
<p>Website: https://waypointnh.org/programs/family-resource-centers</p>	<p>Regional Name: Joan Valk Regional Contact Phone: 603-518-4210</p>
<p>Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deerfield, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Weare, Windsor</p>	

CONCRETE SUPPORTS

I would like help accessing concrete supports (food, finances, shelter, safety, transportation, legal).

Visit [NHEasy.nh.gov](https://www.nheasy.nh.gov) to apply for Cash, Medical, SNAP, and Child Care assistance



CONCRETE SUPPORTS

Regional Transportation Services

Community Action Program Belknap Merrimack County

Address: 147 Main St. Meredith, NH 03253	Phone: 603-279-4096
Website: https://www.capbm.org/about-us	Regional Name: Terri Paige Regional Contact Phone: Same
Services Provided: Child development, health and wellness supports, nutrition, educational opportunities, housing, transportation , recreation	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Henniker, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster

Mid-State Regional Coordinating Council

Address: <i>not applicable</i>	Phone: 603-225-1989 ext. 1210
Website: https://midstatercc.org/	Regional Name: Cindy Yankski, Mobility Manager Regional Contact Phone: 603-225-1989 ext. 1210
Services Provided: Transportation services and information	Towns Served: Allenstown, Boscawen, Bow, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster, Windsor

CONCRETE SUPPORTS

Regional Transportation Services

Home Healthcare Hospice and Community Services

Address: 312 Marlboro St. Keene, NH 03431	Phone: 603-352-2253
Website: https://www.hcsservices.org/	Regional Name: Charlie Pratt Regional Contact Phone: 603-352-2253
Services Provided: Transportation: <u>City Express</u> which is the "bus for everyone", the <u>Friendly Bus</u> is a shared door-to-door ride for adults age 60 and over, <u>Para Express</u> provides transportation for people whose disability prevents them from using the City Express, and <u>Medical Transportation</u> to VA Medical Center at White River Junction, VT and Dartmouth-Hitchcock Medical Center in Lebanon, NH.	Towns Served: Stoddard, Windsor

Southwestern Community Services

Address: 63 Community Way. Keene, NH 03431	Phone: 603-352-7512
Website: https://www.scshehelps.org/	Regional Name: Don Beam Regional Contact Phone:
Services Provided: Rental assistance, energy assistance, head start, affordable housing, weatherization, housing stabilization, community foods, transportation , supports for individuals with developmental disabilities, workforce development	Towns Served: Stoddard, Washington

CONCRETE SUPPORTS

Statewide Food and Nutrition Services

NH Easy

Address: <i>not applicable</i>	Phone: 1-844-275-3447
Website: https://nheasy.nh.gov/#/	
About this Service: Online application portal for cash, medical, SNAP, child care, Medicare beneficiary, and long term care assistance	

NH Food Bank

Address: 700 E. Industrial Park Dr. Manchester, NH 03109	Phone: 603-669-9725
Website: https://nhfoodbank.org/	
About this Service: Cooking Matters NH (food prep for limited budgets), Recipe for Success Culinary Training Program (training for people seeking employment in food industry), SNAP and Double Up Food Bucks, Mobile Food Pantry, SNAP, Summer Food Service Program	

Women, Infants, and Children (WIC) Nutrition Program

Address: <i>Utilize roster link in the About this Service section.</i>	Phone: 1-800-942-4321
Website: https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program	
About this Service: Women, Infants & Children Nutrition Program provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. Roster of local WIC Offices are listed here: https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/wic-local-offices.pdf	

CONCRETE SUPPORTS

Regional Food and Nutrition Services

Boscawen Congregational Church Food Pantry

Address: 12 High St. Boscawen, NH 03303	Phone: 603-796-2563
Website: https://www.boscawencongregationalchurch.com/food-pantry.html	Regional Name: Pastor David Randlett III Regional Contact Phone: Same
Services Provided: Food pantry: Wednesday 3:00-6:00, Friday 10:00-12:00	Towns Served: Boscawen

Christ the King Food Pantry

Address: 67 1/2 S. State St. Concord, NH 03301	Phone: 603-225-1122
Website: https://www.christthekingnh.org/outreach	Regional Name: Regional Contact Phone:
Services Provided: Food pantry Monday-Thursday 7:00-9:00 pm May use twice a month	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Henniker, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster

CONCRETE SUPPORTS

Regional Food and Nutrition Services

CityHope Food Pantry

Address: 20 North State St. Concord, NH 03301	Phone: 603-224-7427
Website: https://cityhopenh.org/	Regional Name: Regional Contact Phone:
Services Provided: Food pantry , basic hygiene products, assistance in accessing resources, personal coaching, coordination. 1st and 3rd Saturday each month	Towns Served: Concord

Community Meal Friends of Forgotten Children

Address: 224 Bog Rd. Concord, NH 03303	Phone: 603-753-4801
Website: https://www.fofc-nh.org/community-meals.html	Regional Name: Regional Contact Phone:
Services Provided: Food pantry. Thursday 9:00-11:00 and 12:00-7:00 or by calling to schedule appointment	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster

CONCRETE SUPPORTS

Regional Food and Nutrition Services

Corban Center/Center Point Church

Address: 20 N. State St. Concord, NH 03301	Phone: 603-224-7427
Website: https://www.corbancenter.org/introduction.html	Regional Name: Regional Contact Phone:
Services Provided: Food pantry. Saturday 12:00-1:00	Towns Served: Concord

Dunbarton Congregational Church

Address: 6 Stark Highway North. Dunbarton, NH 03046	Phone: 603-744-4601
Website: https://www.dunbartonucc.org/dcc-boards/missions/food-pantry/	Regional Name: Pastor Robert or Sandi Regional Contact Phone:
Services Provided: Food pantry. Call for appointment	Towns Served: Dunbarton

Gospel Light Food Pantry

Address: 124 Hall St #K5. Concord, NH 03302	Phone: 603-496-3227
Website: https://gospellightcog.org/	Regional Name: Regional Contact Phone: 603-225-7373
Services Provided: Food pantry. Monday, Tuesday and Thursday 8:00-4:00, Wednesday 8:15-8:45, Saturday 12:00-1:00	Towns Served: Concord

CONCRETE SUPPORTS

Regional Food and Nutrition Services

Henniker Food Pantry

Address: 21 Western Ave. Henniker, NH	Phone: 603-428-7554
Website: https://www.henniker.org/human-services	Regional Name: Regional Contact Phone: 603-428-7474
Services Provided: Food pantry. Monday 11:00-12:00, Wednesday 5:30-6:30	Towns Served: Henniker

Loudon Food Pantry

Address: 30 Chichester Rd. Unit D. Loudon, NH 03307	Phone: 603-724-9731
Website: https://loudonfoodpantry.org/?page_id=56	Regional Name: Sue Regional Contact Phone:
Services Provided: Food pantry: Tuesday 9:00-6:00, Wednesday 9:00-1:00, Thursday 9:00-4:00	Towns Served: Chichester, Loudon

Merrimack Valley Day Care Food Pantry

Address: 19 North Fruit St. Concord, NH 03301	Phone: 603-224-1632
Website: https://merrimackvalleydaycare.com/	Regional Name: Rachal Kelly Regional Contact Phone: 603-224-1632
Services Provided: 4 child care centers in Concord and 1 in Boscawen that serve a range of ages. The day care centers also offer a food pantry for local families.	Towns Served: Boscawen, Concord

CONCRETE SUPPORTS

Regional Food and Nutrition Services

Southern New Hampshire Services

Address: 40 Pine St. Manchester, NH 03103	Phone: 603-668-8010
Website: https://www.snhs.org/	Regional Name: Regional Contact Phone:
Services Provided: Workforce development, child care, emergency rental assistance, nutrition , fuel assistance	Towns Served: Weare, Deerfield, Hillsborough

Southwestern Community Services

Address: 63 Community Way. Keene, NH 03431	Phone: 603-352-7512
Website: https://www.scshehelps.org/	Regional Name: Regional Contact Phone:
Services Provided: Rental assistance, energy assistance, head start, affordable housing, weatherization, housing stabilization, community foods , transportation, supports for individuals with developmental disabilities, workforce development	Towns Served: Stoddard, Washington

St. Paul's Church Food Pantry

Address: 21 Centre St. Concord, NH 03301	Phone: 603-224-2523 Ext. 10
Website: https://stpaulsconcord.org/food-pantry/	Regional Name: Regional Contact Phone:
Services Provided: Food pantry. Monday, Tuesday, Thursday 10:00-12:00, Wednesday 12:00-2:00	Towns Served: Concord

CONCRETE SUPPORTS

Regional Food and Nutrition Services

The Friendly Kitchen

Address: 2 S. Commercial St. Concord, NH 03301	Phone: 603-224-7678
Website: https://www.thefriendlykitchen.org/	Regional Name: Regional Contact Phone:
Services Provided: Food pantry, soup kitchen, education about food assistance programs. Daily meals - Breakfast, Lunch and Dinner	Towns Served: Concord

UNH Extension, Nutrition Connections

Address: 315 Daniel Webster Highway. Boscawen, NH 03303	Phone: 603-255-3556
Website: https://extension.unh.edu/health-well-being/programs/nutrition-connections	Regional Name: Alyssa Lemmermann Regional Contact Email: CE.Nutrition.Connections@unh.edu
Services Provided: UNH Extension, Nutrition Connections is a hands-on nutrition and physical education program that provides limited-resource families with the knowledge and skills needed for better health. Nutrition Connections partners with organizations across the state to offer programs and resources at no cost. Topics include saving money at the grocery store, understanding food labels, planning and cooking low-cost meals, and more! Classes can be offered as a single session or as a series of lessons.	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Henniker, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster NOTE: Every county has an Extension Office. To find other Extension locations visit https://extension.unh.edu/facilities

CONCRETE SUPPORTS

Regional Food and Nutrition Services

Waypoint - A Family and Community Resource Center

Address: 103 N. State St. Concord, NH 03301	Phone: 603-244-7445
Website: https://waypointnh.org/programs/family-resource-centers	Regional Name: Joan Valk Regional Contact Phone:
Services Provided: Employment resources, money coaching, fuel assistance, healthcare navigation, recovery services, food & nutrition , referrals	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deerfield, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pemrboke, Pittsfield, Salsibury, Weare, Windsor

West Congregational Church

Address: 499 N. State St. Concord, NH 03301	Phone: 603-545-0039
Website: https://www.westcongr.org/welcome	Regional Name: Regional Contact Phone:
Services Provided: Food pantry Friday 10:00-12:00 or by appointment	Towns Served: Concord

Jennings Drive Food Pantry (Friendly Kitchen Program)

Address: Jennings Drive. Concord, NH 03301	Phone: 603-387-1921
Website: https://www.thefriendlykitchen.org/	Regional Name: Johane Telegener Regional Contact Phone: 603-387-1921
Services Provided: Food pantry Every other Thursday 9-11	Towns Served: Concord

CONCRETE SUPPORTS

Housing Crisis:
Call 211

Additional Resource:
Town/City Welfare

"Anyone experiencing homelessness may call 211 at any time, an intake will be offered which will get the clients information over to an outreach worker who may be able to help them get into a shelter and get other resources that may be available to them . 211 will offer the local shelters phone number to the client to call for open beds that may be available"

Statewide Housing Services

NH Housing

Address: 32 Constitution Dr. Bedford, NH 03110	Phone: 603-472-8623
Website: https://www.nhhfa.org/	
About this Service: Provides rental assistance, lead abatement grants, minor healthy homes intervention grants, homeowners assistance fund, emergency rental assistance	

NH Department of Energy Housing Programs

Address: 21 S. Fruit St. Suite 10. Concord, NH 03301	Phone: 603-271-3670
Website: https://www.energy.nh.gov/energy-information/programs-initiatives	
About this Service: The New Hampshire Department of Energy administers energy-related programs and conducts research to support the state's goal of providing affordable, efficient, innovative, sustainable, and secure energy options to the state and its citizens. Projects include: Electric, fuel, gas, and weatherization. For Additional Support: Please connect families to their local Family Resource Centers and their City/Town Welfare Office. Contact information regarding these resources can be found in the Go To Resources Module .	

CONCRETE SUPPORTS

Regional Housing Services

Community Action Program Belknap Merrimack County

Address: 147 Main St. Meredith, NH 03253	Phone: 603-279-4096
Website: https://www.capbm.org/housing-and-homelessness	Regional Name: Regional Contact Phone:
Services Provided: Child development, health and wellness supports, nutrition, educational opportunities, transportation, recreation and housing (affordable housing, homeless prevention)	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Henniker, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster

Concord Coalition to End Homelessness

Address: 283 N. Main St. Concord, NH	Phone: 603-290-3375
Website: https://concordhomeless.org/	Regional Name: Sierra Hubbard Regional Contact Phone:
Services Provided: The Concord Coalition to End Homelessness Resource Center helps guests who are homeless, or at imminent risk of becoming homeless, meet their immediate needs and connect with resources that are available to them. The Concord Homeless Resource Center provides access to showers, laundry, snacks, general help, resources and Case Management	Towns Served: Concord

CONCRETE SUPPORTS

Regional Housing Services

Southern New Hampshire Services

Address: 40 Pine St. Manchester, NH 03103	Phone: 603-668-8010
Website: https://www.snhs.org/	Regional Name: Regina Buteau Regional Contact Phone:
Services Provided: Workforce development, child care, emergency rental assistance , nutrition, fuel assistance	Towns Served: Weare, Deerfield, Hillsborough

Southwestern Community Services

Address: 63 Community Way. Keene, NH 03431	Phone: 603-352-7512
Website: https://www.scshehelps.org/	Regional Name: Craig Henderson Regional Contact Phone:
Services Provided: Rental assistance , energy assistance, head start, affordable housing , weatherization, housing stabilization , community foods, transportation, supports for individuals with developmental disabilities, workforce development	Towns Served: Stoddard, Washington

Friends Program

Address: 130 Pembroke Rd, Concord, NH 03301	Phone: 603-228-1462
Website: https://www.friendsprogram.org/emergency-housing	Name: Glenda Leon Contact Phone: 603-228-7623
Services Provided: Friends Emergency Housing's goal is to help every family served to find and maintain safe and stable housing opportunities.	Towns Served: Weare, Deerfield, Hillsborough

CONCRETE SUPPORTS

Statewide Legal Services

NH Legal Aid

Address: 1850 Elm St. #7. Manchester, NH 03104

Phone: 603-668-2900

Website: To learn more about available services visit: <https://nhlegalaid.org/welcome-new-hampshire-legal-aid>

To complete an intake/apply for legal aid visit: <https://www.603legalaid.org/apply-for-legal-aid>

About this Service:

NH Legal Aid helps low-income people find free legal help for their problems in New Hampshire. We offer information, advice, legal representation, or referral to the right source of help to those who qualify for services.

CONCRETE SUPPORTS

State Cash Assistance:
Visit [NHEasy.nh.gov](https://nheasy.nh.gov)

Additional resource:
Town/City Welfare

Statewide Financial Assistance Services

NH Easy

Address: <i>not applicable</i>	Phone: 1-844-275-3447
Website: https://nheasy.nh.gov/#/	
About this Service: Online application portal for cash , medical, SNAP, child care, Medicare beneficiary, and long term care assistance	

ServiceLink

Address: <i>not applicable</i>	Phone: 1-866-634-9412
Website: https://www.servicelink.nh.gov/ or the County Directory: https://www.servicelink.nh.gov/contact-us/index.htm	
About this Service: Aging and Disability Resource Center! Your link to information and support services within your community.	

Step Up Parents

Address: <i>not applicable</i>	Phone: 603-319-4746
Website: https://www.stepupparents.net/	
About this Service: Helps caregivers who need financial assistance. Financial assistance for kinship caregivers .	

CONCRETE SUPPORTS

Regional Financial Assistance Services

Southern New Hampshire Services

Address: 40 Pine St. Manchester, NH 03103	Phone: 603-668-8010
Website: https://www.snhs.org/	Regional Name: Beth Gilbert Regional Contact Phone:
Services Provided: Workforce development, child care, emergency rental assistance, nutrition, fuel assistance	Towns Served: Weare, Deerfield, Hillsborough

Southwestern Community Services

Address: 63 Community Way. Keene, NH 03431	Phone: 603-352-7512
Website: https://www.scshelps.org/	Regional Name: Terra Rogers Regional Contact Phone:
Services Provided: Rental assistance, energy assistance , head start, affordable housing, weatherization, housing stabilization, community foods, transportation, supports for individuals with developmental disabilities, workforce development	Towns Served: Stoddard, Washington

CONCRETE SUPPORTS

Regional Financial Assistance Services

Waypoint - A Family and Community Resource Center

Address: 103 N. State St. Concord, NH 03301	Phone: 603-244-7445
Website: https://waypointnh.org/programs/family-resource-centers	Regional Name: Regional Contact Phone:
Services Provided: Employment resources, money coaching, fuel assistance , healthcare navigation, recovery services, food & nutrition, referrals	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deerfield, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pemrboke, Pittsfield, Salsibury, Weare, Windsor

CONCRETE SUPPORTS

Regional Domestic Violence Services

The Capital Region is supported by **five crisis centers**. All Crisis Centers provide free and confidential services to survivors of sexual assault, domestic violence, stalking, and sexual harassment. Services include 24/7 crisis hotline, emergency shelter, peer support groups, assistance with protective/restraining orders, referrals, outreach and education, and accompaniment/support/advocacy at local hospitals, courts, and police departments.

The **Statewide Domestic and Sexual Violence Hotline** is available 24 hours, 7 days a week, 365 days a year. The phone number is 1-866-644-3574.

Crisis Center of Central New Hampshire

Address: <i>not applicable</i>	Phone: 24/7 Hotline: 866-841-6229 Text Hotline: 603-606-9766 Office: 603-225-7376
Website: https://cccnh.org/	Regional Name: Regional Contact Phone:
Towns Served: Allentown, Andover, Boscawen, Bow, Chichester, Dunbarton, Epsom, Henniker, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Webster	

HAVEN

Address: 20 International Dr. Suite 300. Portsmouth, NH 03801	Phone: Crisis line: 603-994-7233 Office: 603-436-4107
Website: https://havennh.org/	Regional Name: Regional Contact Phone:
Towns Served: Deerfield, Northwood	

CONCRETE SUPPORTS

Regional Domestic Violence Services

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The **Statewide Domestic and Sexual Violence Hotline** is available 24 hours, 7 days a week, 365 days a year. The phone number is 1-866-644-3574.

Monadnock Center for Violence Prevention

Address: 12 Court St. Keene, NH 03431	Phone: Crisis Line: 1-866-511-6287 Crisis Line: 603-352-3782 Keene Office: 603-352-3782 Peterborough Office: 603-209-4015
Website: https://mcpvprevention.org/	Regional Name: Regional Contact Phone:
Towns Served: Hillsborough, Stoddard, Windsor	

REACH Crisis Services at YWCA NH

Address: 72 Concord St. Manchester, NH 03101	Phone: Crisis line: 603-668-2299 Office: 603-625-5785
Website: https://ywcanh.org/reach/	Regional Name: Regional Contact Phone:
Towns Served: Deering, Weare	

CONCRETE SUPPORTS

Regional Domestic Violence Services

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The **Statewide Domestic and Sexual Violence Hotline** is available 24 hours, 7 days a week, 365 days a year. The phone number is 1-866-644-3574.

Turning Points Network

Address: 11 School St. Claremont, NH 03743	Phone: Crisis Line: 1-800-639-3130 Claremont Office: 603-543-0155 Newport Office: 603-863-4053
Website: https://www.turningpointsnetwork.org/	Regional Name: Regional Contact Phone:
Towns Served: Washington	

CONCRETE SUPPORTS

Regional Diaper Pantries

The Children's Place and Parent Education Center

Address: 27 Burns Ave. Concord, NH 03301	Phone: 603-244-9920
Website: https://waypointnh.org/programs/the-childrens-place-and-parent-education-center	Regional Name: Kelly Bozetarnik, Director Regional Contact Phone: 603-224-9920
Services Provided: Learning assessment, developmental screening, connections to community supports, support for IEP and IFSP meetings, child care. Diaper Pantry 1st Tuesday of every month 3:00-5:00	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Northwood, Pembroke, Pittsfield, Salisbury, Webster

Pittsfield Diaper Pantry- First Congregational Church

Address: 24 Main Street, Pittsfield, NH 03263	Phone: 603-435-7471
Website: https://www.pittsfieldcc.org/missions.html	Regional Name: Pastor Dave Stasiak Regional Contact Phone: 603-435-7471
Services Provided: Diaper Pantry 1st Tuesday of every month 9:00-11:00	Towns Served: Pittsfield area

EARLY CARE AND EDUCATION

I need support with my child(ren)'s child care, early care, and/or education.

I need **affordable child care**

I am looking for education for my child **under 5 years old**

I am looking for education and/or afterschool care for my child **5+ years old**

Turn to page 32

Turn to page 36

Visit Child Care Scholarship
<https://www.nh-connections.org/families/child-care-scholarship/>

Visit NH Child Care Search
<https://www.nh-connections.org/families/child-care-scholarship/>

EARLY CARE AND EDUCATION

Statewide Care and Education for Children Under the Age of Five Years

Child Care Scholarship

Address: <i>not applicable</i>	Phone: 1-844-275-3447
Website: https://www.nh-connections.org/families/child-care-scholarship/	
About this Service: Provides support to children and their families with paying for child care that will fit their needs and that will prepare children to succeed in school.	

NH Child Care Search Portal

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.nh-connections.org/families/about-nh-child-care-search-portal/	
About this Service: NH Child Care Search is a free service that helps you find child care to best meet your needs. Search for providers to learn more about their quality rating, licensing history, and services they offer. Services include child care, infant/toddler programs, preschool programs, night care, school-age programs. Caregivers can tailor results based on age group and zip code to find options that best fit their needs.	

Town/City Libraries: City and town libraries are a perfect place for families to connect with their communities. Many libraries also have parenting groups, reading times, and other activities and supports for families.

EARLY CARE AND EDUCATION

Statewide Care and Education for Children Under the Age of Five Years

Preschool Special Education

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-education/preschool	
About this Service: NH Department of Education oversees Preschool Special Education across NH. This resource provides families with the information they need regarding special education for children ages 3-5. Scroll to the bottom of the page to view the "Preschool Special Education Contacts" Excel sheet.	

EARLY CARE AND EDUCATION

Regional Care and Education for Children Under the Age of Five Years

Concord Head Start/Early Head Start

<p>Address: 67 Old Loudon Rd. Concord, NH</p>	<p>Phone: Registration: 603-225-3295 ext. 1127 Office: 603-224-6492</p>
<p>Website: http://www.bm-cap.org/head-start</p> <p>For the National Directory visit https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=43.194&longitude=-71.572&address=&city=&zip=&county=&state=NH</p>	<p>Regional Name: Allison Shea</p> <p>Regional Contact Phone: 603-224-6492 Ex 101</p>
<p>Services Provided: Early Head Start for infants and toddlers. Head Start for children three to five years old. Home visiting prenatal- 3</p>	<p>Towns Served: Concord</p>

Eastman School Head Start

<p>Address: 15 Shawhut St. Concord, NH 03301</p>	<p>Phone: Registration: 603-225-3295 ext. 1127</p>
<p>Website: http://www.bm-cap.org/head-start</p> <p>For the National Directory visit https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=43.194&longitude=-71.572&address=&city=&zip=&county=&state=NH</p>	<p>Regional Name: Angela Cannon</p> <p>Regional Contact Phone: 603-225-3295</p>
<p>Services Provided: Head Start for children three to five years old.. Home visiting prenatal -3</p>	<p>Towns Served: Concord</p>

EARLY CARE AND EDUCATION

Regional Care and Education for Children Under the Age of Five Years

Hillsboro Child Development Center

<p>Address: 21 School St. Hillsborough, NH 03244</p>	<p>Phone: Registration: 603-668-8010 ext. 6098</p>
<p>Website: https://www.snhs.org/services/head-start-early-head-start</p> <p>For the National Directory visit https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=43.194&longitude=-71.572&address=&city=&zip=&county=&state=NH</p>	<p>Regional Name: Sarah Vanderhoof</p> <p>Regional Contact Phone: 603-464-3136</p>
<p>Services Provided: Head Start for children three to five years old.</p>	<p>Towns Served: Hillsborough</p>

Pittsfield Head Start

<p>Address: 23 Oneida St. #2 Pittsfield, NH 03263</p>	<p>Phone: Registration: 603-225-3295 ext. 1127 Office: 603-435-6618</p>
<p>Website: https://eclkc.ohs.acf.hhs.gov/grantee-profiles/community_action_program_belknap_merrimack_counties_inc_nh</p> <p>For the National Directory visit https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=43.194&longitude=-71.572&address=&city=&zip=&county=&state=NH</p>	<p>Regional Name: Vicki Kerkel</p> <p>Regional Contact Phone: 603-435-6618</p>
<p>Services Provided: Head Start for children three to five years old.</p>	<p>Towns Served: Pittsfield</p>

EARLY CARE AND EDUCATION

Statewide Education Services for Children Over the Age of Five Years

NH Non-Public Schools List

Address: <i>not applicable</i>	Phone: (603) 271-3494
Website: https://my.doe.nh.gov/Profiles/PublicReports/PublicReports.aspx?ReportName=SchoolsNonPublic	
About this Service: Resource provided by the NH Department of Education that includes an up to date list of non-public schools throughout NH. Be sure to scroll through the full list to see all options.	

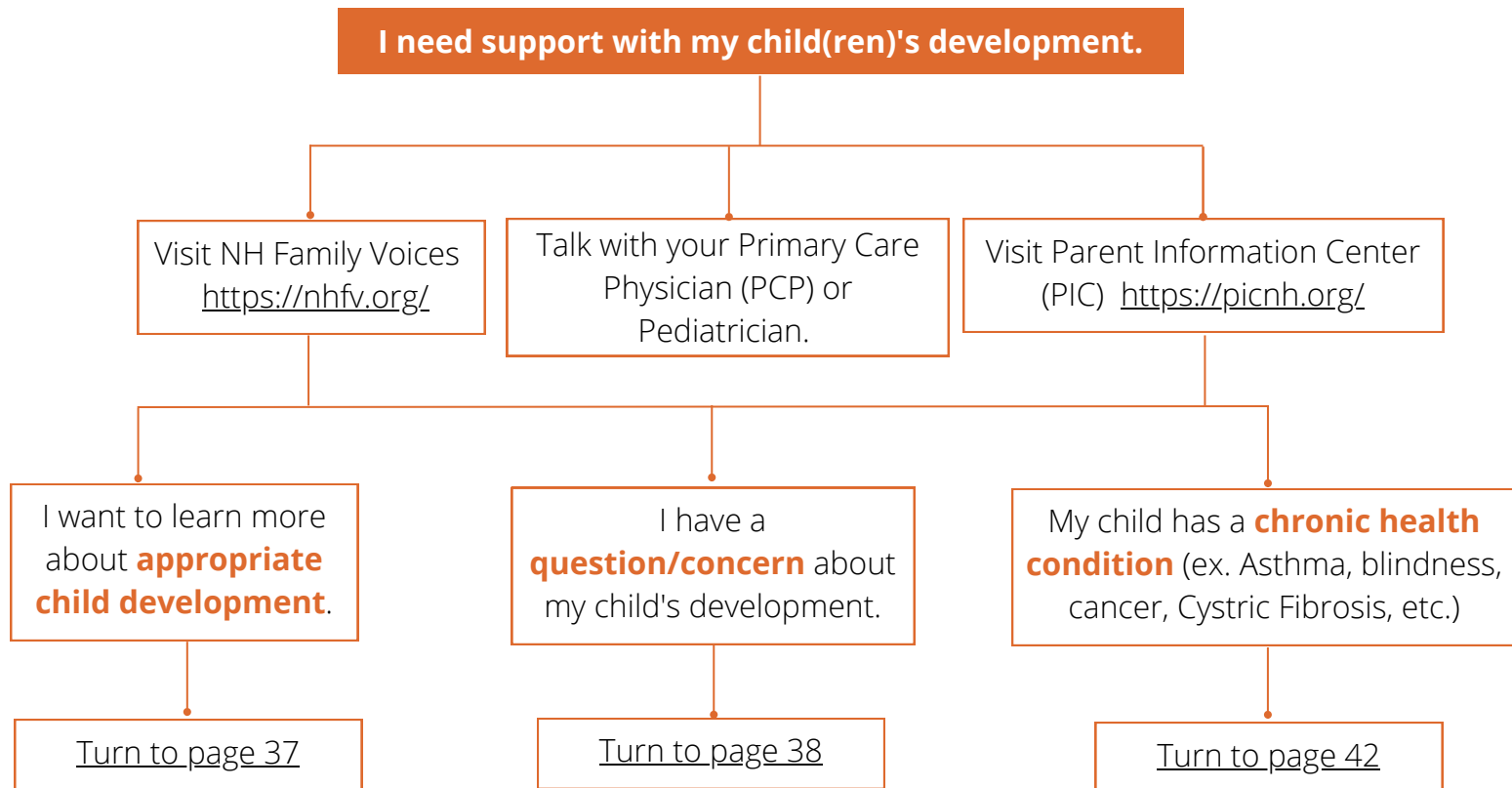
Public Schools List

Address: <i>not applicable</i>	Phone: (603) 271-3494
Website: https://my.doe.nh.gov/profiles/PublicReports/PublicReports.aspx?ReportName=SchoolList	
About this Service: Resource provided by the NH Department of Education that includes an up to date list of public schools throughout NH. Be sure to scroll through the full list to see all options.	

NH Child Care Search Portal

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.nh-connections.org/families/about-nh-child-care-search-portal/	
About this Service: NH Child Care Search is a free service that helps you find child care to best meet your needs. Search for providers to learn more about their quality rating, licensing history, and services they offer. Services include child care, infant/toddler programs, preschool programs, night care, school-age programs . Caregivers can tailor results based on age group and zip code to find options that best fit their needs.	

EARLY SUPPORTS AND SERVICES



EARLY SUPPORTS AND SERVICES

Statewide Child Development Resources

Vroom

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.vroom.org/	
About this Service: Tools and resources for positive caregiver-child interactions.	

CDC Milestones

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.cdc.gov/ncbddd/actearly/index.html	
About this Service: From birth to 5 years, your child should reach milestones in how they plays, learns, speaks, acts and moves. Track your child's development and act early if you have a concern.	

Maneuvering Through the Maze: Family Resource Guide for Families Having Children with Special Health Care Needs

Address: 129 Pleasant St. Concord, NH 03301	Phone: 603-271-4525 or 1-800-852-3345
Link to Guide: https://nhfv.org/wp-content/uploads/2022/07/THE-MAZE-PDF-FINAL.pdf	
NH Family Voices: https://nhfv.org/	
About this Service: The Maze is formatted to take the reader from birth to early adulthood with listings of state health and human services agencies, educational resources, private associations and organizations that serve people with physical, developmental, behavioral and chronic health conditions and their families. We have also added organizations and services that can be accessed by all state residents, such as housing, childcare, etc. Programs should be contacted directly for more detailed information.	

EARLY SUPPORTS AND SERVICES

Visit NH Family Voices
<https://nhfv.org/>

Visit Parent Information Center (PIC)
<https://picnh.org/>

Early Supports and Services: Family Centered Early Supports and Services (FCESS) serves children birth up to age three who have a developmental delay, an established condition, or are at a substantial risk for a developmental delay. The goal of this service is to support families in helping their children grow and develop, and help the family achieve their own family goals.

Statewide Early Supports and Services Resources

NH Family Voices

Address: 129 Pleasant St. Concord, NH 03301	Phone: 603-271-4525
Website: https://nhfv.org/	
About this Service: Assists families and professionals navigate services for children and youth with special health care needs and/or disabilities.	

Parent Information Center

Address: 54 Old Suncook Rd. Concord, NH 03301	Phone: 603-224-7005
Website: https://picnh.org/	
About this Service: Provides families, youth, and providers with knowledge and support they need to make informed decisions to enhance each child's development and wellbeing.	

NH DHHS: Children with Special Health Care Needs

Address: <i>not applicable</i>	Phone: 1-844-275-3447
Website: https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs-4/early	
About this Service: Information about early intervention for families including a family-centered early supports and services program directory.	

EARLY SUPPORTS AND SERVICES

Regional Family-Centered Early Supports and Services

Early Supports and Services: Family Centered Early Supports and Services (FCESS) serves children birth up to age three who have a developmental delay, an established condition, or are at a substantial risk for a developmental delay. The goal of this service is to support families in helping their children grow and develop, and help the family achieve their own family goals.

Community Bridges

Address: 70 Pembroke Rd. Concord NH 03301	Phone: 603-225-6159
Website: https://www.communitybridgesnh.org/services/early-supports-and-services-0-3/	Regional Name: Stacy Knight Regional Contact Phone: 603-225-4153 ext. 250
Services Provided: Family-centered early supports and services	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Weare, Webster, Windsor

Monadnock Developmental Services

Address: 12 Depot St. Peterborough, NH 03458	Phone: 603-924-4203
Website: Early Supports and Services: http://www.mds-nh.org/index.php/services/early-supports-services Partners in Health: http://www.mds-nh.org/index.php/services/children/11--sp-742/sp-450/64-partners-in-health	Regional Name: Billiejo Sweeney Regional Contact Phone: 603-352-1304
Services Provided: Family-centered early supports and services, Partners in Health	Towns Served: Stoddard

EARLY SUPPORTS AND SERVICES

Regional Family-Centered Early Supports and Services

Early Supports and Services: Family Centered Early Supports and Services (FCESS) serves children birth up to age three who have a developmental delay, an established condition, or are at a substantial risk for a developmental delay. The goal of this service is to support families in helping their children grow and develop, and help the family achieve their own family goals.

One Sky Community Services

Address: 755 Banfield Rd. Portsmouth, NH 03801	Phone: 603-436-6111
Website: https://www.oneskyservices.org/children-s-services	Regional Name: Regional Contact Phone:
Services Provided: Family-centered early supports and services	Towns Served: Deerfield, Northwood

Pathways of the River Valley

Address: 645 Main St. Claremont, NH 03743	Phone: 603-448-2077
Website: https://pathwaysnh.org/services/support-ages-0-3/	Regional Name: Courtney McAuliffe Regional Contact Phone: 603-542-8706
Services Provided: Family-centered early supports and services	Towns Served: Washington

EARLY SUPPORTS AND SERVICES

Regional Chronic Health Services

Waypoint Concord: Partners in Health

Address: 103 N. State St. Concord, NH 03301	Phone: 603-518-4000
Website: https://waypointnh.org/programs/partners-in-health	Regional Name: Janice Boudreau Regional Contact Phone: 603-518-4242
Services Provided: Partners in Health: A community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income. The program also provides community events, education, and resource access.	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Dunbarton, Deering, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Weare, Webster, Windsor

Waypoint Portsmouth: Partners in Health

Address: 11 Sandy Point Rd. Exeter, NN 03833	Phone: 603-518-4000
Website: https://waypointnh.org/programs/partners-in-health	Regional Name: Carrie Richer Regional Contact Phone: 603-518-4249
Services Provided: Partners in Health: A community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income. The program also provides community events, education, and resource access.	Towns Served: Northwood

EARLY SUPPORTS AND SERVICES

Regional Chronic Health Services

Waypoint Upper Valley: Partners in Health

Address: 63 Hanover St. Lebanon, NH 03766	Phone: 603-518-4000
Website: https://waypointnh.org/programs/partners-in-health	Regional Name: Ann Brownell, Family Support Coordinator Regional Contact Phone: 603-518-4358
Services Provided: Partners in Health: A community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income. The program also provides community events, education, and resource access.	Towns Served: Washington

FAMILY AND CAREGIVER SUPPORTS

I would like to connect with someone about being a parent and/or caregiver.

I'd like to improve the **interactions** with the children I care for.

Turn to page 45.

I'd like to **connect with other parents and caregivers.**

Turn to page 45.

The child that I care for has a **parent is incarcerated.**

Turn to page 49.

I am **not the biological parent** for the child I care for.

I am a grandparent, family member, or family friend.

Turn to page 50.

I am a foster or adoptive parent

Turn to page 51.

FAMILY AND CAREGIVER SUPPORTS

Regional Family Support Services

Easter Seals Child Development and Family Resource Center

Address: 435 Main St. Manchester, NH 03103	Phone: 603-666-5982
Website: https://www.easterseals.com/nh/our-programs/child-development-centers/	Regional Name: Kimberly McKenney, Director of Child Development Center Regional Contact Phone: 603-666-5982 ext. 36
Services Provided: Family support	Towns Served: Weare

Families First

Address: 8 Greenleaf Woods Drive, Suite 100, Portsmouth, NH	Phone: 603-422-8208
Website: https://www.familiesfirstseacoast.org/	Regional Name: JoAnn Clemmons Regional Contact Phone: 603-422-8209
Services Provided: Family support and home visiting	Towns Served: Deerfield, Northwood

Archways (formally Greater Tilton Family Resource Center)

Address: 283 Main St. Tilton, NH 03276	Phone: 603-286-4255
Website: https://www.gtafrc.com/	Regional Name: Michelle Lennon Regional Contact Phone:
Services Provided: Family support	Towns Served: Andover

FAMILY AND CAREGIVER SUPPORTS

Regional Family Support Services

Home Healthcare Hospice and Community Services

Address: 312 Marlboro St. Keene, NH 03431	Phone: 603-352-2253
Website: https://www.hcsservices.org/	Regional Name: Regional Contact Phone:
Services Provided: Home visiting, family support	Towns Served: Stoddard, Windsor

Monadnock Family Services

Address: 64 Main St. Keene, NH 03431	Phone: 603-557-4400
Website: https://www.mfs.org/	Regional Name: Annaliese Spykeman Regional Contact Phone: 603-352-1304
Services Provided: Home visiting	Towns Served: Hillsborough, Stoddard, Windsor

The Family Education Collaborative at the YWCA

Address: 72 Concord St. Manchester, NH 03101	Phone: 603-668-2299
Website: https://ywcanh.org/?id=35&maincatid=35	Regional Name: Amy Pettengill Regional Contact Phone: 603-625-5785
Services Provided: Family support	Towns Served: Weare

FAMILY AND CAREGIVER SUPPORTS

Regional Family Support Services

The Grapevine Family & Community Resource Center

Address: 4 Aiken St. Antrim, NH 03440	Phone: 603-588-2620
Website: https://grapevinenh.org/	Regional Name: Carol Lunan Regional Contact Phone:
Services Provided: Parent-child groups, preschool, grandparents parenting and relative caregivers, home visiting, grief and loss groups, parenting teens group, dads campfire nights	Towns Served: Deering, Hillsborough, Washington, Windsor

The River Center

Address: 9 Vose Farm Rd. Ste 115. Peterborough, NH 03458	Phone: 603-924-6800
Website: https://www.rivercenternh.org/	Regional Name: Shannon McNamara Regional Contact Phone:
Services Provided: Parenting groups, home visiting, kinship navigation, tax preparation, money coaching	Towns Served: Stoddard

The Upper Room, A Family Resource Center

Address: 35 Tsienneto Rd. Derry, NH 03038	Phone: 603-437-8477
Website: https://www.urteachers.org/	Regional Name: Michelle Moraros Regional Contact Phone: 603-437-8477 ex 122
Services Provided: Family support	Towns Served: Deerfield

FAMILY AND CAREGIVER SUPPORTS

Regional Family Support Services

TLC Family Resource Center

Address: 109 Pleasant St. Claremont, NH 03743	Phone: 603-542-1848
Website: https://www.tlcfamilyrc.org/	Regional Name: Erin Kelly Regional Contact Phone:
Services Provided: Family support, home visiting	Towns Served: Washington

Waypoint - A Family Resource Center

Address: 103 N State St. Concord, NH 03301	Phone: 603-244-7445
Website: https://waypointnh.org/programs/family-resource-centers	Regional Name: Joan Valk Regional Contact Phone: 603-224-7445
Services Provided: In-home support, parenting programs, Kinship Navigation, developmental screenings, before and after school programs, tax preparation services, employment resources, money coaching, fuel assistance, healthcare navigation, recovery services, food & nutrition, referrals, trainings	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deerfield, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Weare, Windsor

FAMILY AND CAREGIVER SUPPORTS

Statewide Family Support Services for Parents Who Are Incarcerated

Family Connections Center

Address: PO Box 14 Concord, NH 03802	Phone: 603-271-1926
Website: https://www.nh.gov/nhdcc/fcc/	Regional Name: Toni Viola 603-271-0593 (women) Shannon Sidelinger 603-271-1815 (men) Regional Contact Email:
Services Provided: Family supports for all families in NH with a NH incarcerated parent.	Towns Served: Allenstown, Andover, Boscawen, Bow, Chichester, Concord, Deerfield, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Northwood, Pembroke, Pittsfield, Salisbury, Stoddard, Washington, Weare, Webster, Windsor

FAMILY AND CAREGIVER SUPPORTS

Statewide Services for Grandparents or Family Member Caring for a Child

Kinship Navigation

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.nhchildrenstrust.org/kinship	
About this Service: Helps caregivers who are unsure what services are available to them. Community-based program designed to strengthen and support the wellbeing of caregivers, children, and their families. General tools and resources can be found on the website. Access regional resources at your local Family Resource Center.	

FAMILY AND CAREGIVER SUPPORTS

Statewide Services for Grandparents or Family Member Caring for a Child

ServiceLink

Address: <i>not applicable</i>	Phone: 1-866-634-9412
Website: https://www.servicelink.nh.gov/	
About this Service: Helps caregivers who are aging. Resource center for aging individuals and those with disabilities. For a County Directory visit https://www.servicelink.nh.gov/contact-us/index.htm	

Step Up Parents

Address: <i>not applicable</i>	Phone: 603-319-4746
Website: https://www.stepupparents.net/	
About this Service: Helps caregivers who need financial assistance Financial assistance for kinship caregivers	

Statewide Services for Foster and Adoptive Parents

NH Foster & Adoptive Parent Association

Address: 9 Webster St. Nashua, NH 03064	Phone: 603-717-5899
Website: https://www.nhfapa.org/index	
About this Service: Support for adoptive parents and children, and kinship caregivers.	

HOLISTIC HEALTH

I'd like support with accessing health services including health insurance, physical health, and mental or behavioral health.

If this is a life threatening emergency **call 911**

I need support in **accessing health insurance.**

Turn to page 53

I need help finding a **health care professional.**

For family health turn to page 54

For prenatal services turn to page 55

I need support for **behavioral or mental health.**

For statewide services turn to page 57

For regional services turn to page 59

I need help accessing **recovery services.**

For statewide services turn to page 61

For regional services turn to page 62

HOLISTIC HEALTH

Statewide Health Insurance Services

Health Market Connection

Address: 202 N. State St. Concord, NH 03301	Phone: 603-309-2021
Website: www.hmcnh.com	Regional Name: Roshani Regional Contact Phone: 603-913-5871 Regional Contact Email: roshani@hmcnh.com
Services Provided: Health Market Connection (HMC) runs a federally funded program to provide no-cost, unbiased Marketplace health insurance assistance to New Hampshire residents. Our mission is to make health insurance more accessible.	Towns Served: Statewide

NH Navigator

Address: <i>Not applicable</i>	Phone: 1-877-211-6284 603-931-3858
Website: https://acanavigator.com/nh/home	
About this Service: NH Navigator provides free health coverage enrollment assistance to people who are uninsured through the Health Insurance Marketplace or Medicaid, if eligible. They also help determine eligibility for health coverage and financial assistance for health coverage.	

HOLISTIC HEALTH

Regional Family Health Centers

Concord Hospital Family Health Center

Address: 250 Pleasant St. Concord, NH 03301

Phone: 603-228-7200

Website: <https://www.concordhospital.org/locations/profile/family-health-center/?searchId=10ee47fe-6a51-ed11-a855-000d3a61151d&sort=13&page=1&pageSize=10>

About this Service:

Providing comprehensive primary and preventive care, behavioral health care and dental care for the entire family, in collaboration with NH Dartmouth Family Medicine Residency Program. We meet the needs of the uninsured, patients with mental illness or social stresses, people living in poverty and refugees, as well as teens and women in need of reproductive health care. All services are provided regardless of ability to pay, with financial counselors to assist eligible patients with applying for financial assistance and Medicaid.

For additional locations visit: <https://www.concordhospital.org/locations/>

HOLISTIC HEALTH

Regional Prenatal Supports and Services

DHHS Family Planning Program

Address: <i>Not applicable</i>	Phone: 603-271-4537
Website: https://www.dhhs.nh.gov/programs-services/population-health/family-planning	
About this Service: The NH Family Planning Program provides low to no-cost sexual and reproductive health care services and information to all individuals in need. If you are looking for information about family planning or where to find family planning services you can afford, the NH Family Planning Program can help. To find your local Family Planning Clinic visit: https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/familyclinics.pdf	

Equality Health Center

Address: 38 S. Main St. Concord, NH	Phone: 603-225-2739
Website: https://equalityhc.org/	
About this Service: Equality Health Center is a non-profit healthcare facility serving all genders and sexualities throughout New England. We provide comprehensive sexual and reproductive health care. You can come to us for an annual preventative health exam, any and all FDA-approved birth control methods, emergency contraception, medication and in-clinic abortion, sexually transmitted infection testing and treatment, HIV testing, and PrEP (the HIV prevention pill), among other services.	

HOLISTIC HEALTH

Regional Prenatal Supports and Services

NH Midwives Association

Address: <i>Not applicable</i>	Phone: <i>Not applicable</i>
Website: https://www.nhmidwives.org/	
About this Service: The New Hampshire Midwives Association (NHMA) is a group dedicated to the preservation and promotion of quality midwifery care and planned out-of-hospital birth across the state. NHMA has a dedicated page to inform parents about NHMA, available services and their locations. Visit https://www.nhmidwives.org/for-parents NHMA also provides a map to find a certified midwife near you. Visit https://www.nhmidwives.org/find-a-midwife	

Planned Parenthood

Address: 24 Penacook Street, Manchester, NH	Phone: 603-669-7321
Website: https://www.plannedparenthood.org/health-center/new-hampshire	
About this Service: Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care. If you're concerned about cost, you may qualify for low- or no-cost services.	

HOLISTIC HEALTH

Mental and behavioral health services are usually provided in specific catchment areas. When reviewing regional services be sure to review the towns served section before connecting an individual or family to a service.

Life Threatening Emergency:
Call 911

Mental Health Emergency:
Call 988

Statewide Mental and Behavioral Health Services

211

Address: PO Box 211, Manchester, NH 03105	Phone: 211 or 1-866-444-4211
Website: https://www.211nh.org/	
About this Service: 211 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. For those outside of New Hampshire, call 1.866.444.4211. 211 also helps identify available services, including counseling or substance use disorder treatment programs. Connection to national hotlines for mental health support.	

Find my Local Mental Health Center

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://nhcbha.org/nhcbha-member-locations/	
About this Service: NH Community Behavioral Health Association (NHCBHA) provides a search tool where users can type in their town name and receive a list of local mental health centers for that town.	

HOLISTIC HEALTH

Statewide Mental and Behavioral Health Services

National Alliance on Mental Illness (NAMI) – NH Chapter

Address: 85 N State St. Concord, NH 03301	Phone: 1-800-242-6264
Website: https://www.naminh.org/	
About this Service: NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.	

NH Rapid Response Access Unit

Address: <i>not applicable</i>	Phone: 1-833-710-6477
Website: https://www.nh988.com/	
About this Service: If you or someone you care about is experiencing a mental health and/or substance use crisis, you can call and speak to trained and caring clinical staff 24/7. You'll be served by compassionate providers from mental health centers in your community who can help you access vital resources in an emergency.	

HOLISTIC HEALTH

Regional Mental and Behavioral Health Services

Monadnock Family Services

Address: 64 Main St. Suite 301 Keene, NH 03431	Phone: 603-357-4400
Website: https://www.mfs.org/	Regional Name: Regional Contact Phone:
Services Provided: Adults and older adults, adult day program, children and families, services for adults with complex needs, transitional residence and treatment for persons recovering from mental illness, supported employment, and personal health	Towns Served: Stoddard

Riverbend Community Mental Health

Address: 31 N State St. Concord, NH 03301	Phone: 603-226-7505
Website: https://www.riverbendcmhc.org/	Regional Name: Regional Contact Phone:
Services Provided: Addiction treatment and recovery services for adolescents (14+) and adults (18+), adult services, children's services, psychiatric emergency services, integrated health, wellness education, residential programs	Towns Served: Allenstown, Andover Boscawen, Bow, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Pembroke, Pittsfield, Salisbury, Weare, Webster, Windsor

HOLISTIC HEALTH

Regional Mental and Behavioral Health Services

Seacoast Mental Health Center

Address: 1145 Sagamore Ave. Portsmouth, NH 03801	Phone: 603-431-6703
Website: https://smhc-nh.org/	Regional Name: Regional Contact Phone:
Services Provided: Adult services, emergency services, youth and family, psychiatric services, older adult services	Towns Served: Deerfield, Northwood

West Central Behavioral Health

Address: 9 Hanover St. Suite 2, Lebanon, NH 03766	Phone: 603-448-0126
Website: https://www.wcbh.org/	Regional Name: Regional Contact Phone:
Services Provided: Adults and older adults, children and family, mobile crisis, substance use services, child impact (court-ordered for those required to have a parenting plan to address custody)	Towns Served: Washington

HOLISTIC HEALTH

Statewide Recovery Services

NH Alcohol and Drug Treatment Locator

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://nhtreatment.org/	
About this Service: This website lists treatment agencies and individual practitioners offering substance use disorder services, including evaluation (this is the first step to determine level of treatment needed), withdrawal management (detoxification), outpatient counseling, residential treatment, recovery supports and other types of services.	

NH Recovery Hub/The Doorway

Address: <i>not applicable</i>	Phone: 211
Website: https://nhrecoveryhub.org/	
About this Service: A hub and spoke system with nine regional hubs that offers assistance for accessing every level of treatment for substance use; single point of entry. The goal of the New Hampshire Recovery Hub is to offer New Hampshire residents a reliable source of information and resources at any stage of their recovery journey.	

HOLISTIC HEALTH

Regional Recovery Services

Archways Concord: A Recovery Community Center

Address: 202 N. Main St Concord, NH 03301	Phone: 603-671-0300
Website: https://www.gtafrc.com/new-page-4	Regional Name: Regional Contact Phone:
Services Provided: Recovery mentorship and coaching	Towns Served: Allenstown, Andover Boscawen, Bow, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Northwood, Pembroke, Pittsfield, Salisbury, Washington, Weare, Webster, Windsor

Hope for NH Recovery

Address: 293 Wilson St. Manchester, NH 03103	Phone: 603-935-7524
Website: https://recoverynh.org/	Regional Name: Regional Contact Phone:
Services Provided: Peer support, telephone recovery support	Towns Served: Deerfield

HOLISTIC HEALTH

Regional Recovery Services

Archways (formally Greater Tilton Family Resource Center)

A Recovery Community Organization, also known as an RCO is a non-profit agency staffed by real people in recovery or allies of recovery whose primary focus is to assist other persons experiencing problematic substance use to reach and sustain recovery, return to health and wellness, lead self-directed lives, and strive to reach their full potential. We take a community, peer-based approach to recovery

Address: 202 North State Street, Concord, NH	Phone: 603-671-0030
Website:	Regional Name: Kimberly Fortin Regional Contact Phone:
Services Provided: One on One recovery support, Mutual aid meetings (AA and N.A) Telephone Recovery Support, Goal Setting, planning and execution, Recourse navigation, benefits navigation, Parent Cafe, Recovering Together Cafe, Parent Education	Towns Served: Concord

Keene Serenity Center

Address: 34 Mechanic St. Keene, NH 03431	Phone: 603-283-5015
Website: https://www.kscrecovery.org/	Regional Name: Regional Contact Phone:
Services Provided: Recovery coaching, support groups	Towns Served: Stoddard

PROFESSIONAL GROUPS FOR PROVIDERS

While the previous modules are developed to help you support families in navigating resources in the community, this module was developed to ensure providers have access to workgroups and communities of practice. This module includes a list of various professional groups that operate either at a statewide or regional level. Before attending meeting it may be helpful to reach out to the leaders of these groups to confirm if there are any requirements for members (including professional title).

Concord Connections

Address: not applicable	Phone: not applicable
Website: not applicable	
About this Group: Networking group made up of helping professionals from a variety of agencies working with individuals, young children and families in the Concord area.	

Family Support NH

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.fsnh.org/	
About this Group: Coalition of Family Resource Centers and family strengthening programs through NH to share best practices.	

PROFESSIONAL GROUPS FOR PROVIDERS

NH Coalition to End Homelessness

Address: 122 Market St. Manchester, NH	Phone: 603-641-9441
Website: https://www.nhceh.org/	
About this Group: Coalition that works to eliminate homelessness through research, education, and advocacy.	

APPENDICES

The following pages include documents that are copies of PDFs for some of the above mentioned resources.

While we defer to the organizations and entities to whom these PDFs belong, we do intend to keep this Guide current and accurate. Please contact Julie.Day@graniteuw.org with any necessary revisions. Thank you, in advance, for your assistance in ensuring this Guide remains an accurate and useful tool for local providers.



Merrimack County Human Services

County Navigator Program

The County Navigators work with community members who are in need of assistance working through social service systems. Navigators work to empower clients and help them identify and organize their support network.

Objectives

- Provide comprehensive case management to clients referred
- Assist clients in identifying and organizing their support systems in the community
- Support clients in the development of long term service relationships
- Educate clients on how and when to ask for assistance

Who to Refer

- Families in need of support(s)
- Elderly in need of support(s)
- Those unhoused or at risk of homelessness
- Victims of Trauma or Abuse
- Those with Developmental Disabilities
- Those in need of services related to substance use disorder

Merrimack County—Concord Office
163 N. Main St

Merrimack County—Boscawen Office
333 Daniel Webster Hwy-Suite 3

To make a referral email us at:
referrals@mchumanservices.net



MERRIMACK COUNTY HUMAN SERVICES

COUNTY NAVIGATOR REFERRAL FORM

Please send completed forms to: referrals@mchumanservices.net

Please make sure Client is aware of referral before sending

Client Name: _____ DOB: _____

Address: _____

City/State: _____ Zip _____

Code _____ Email: _____

Phone: _____

Gender: Male Female Non-Binary

Contact Person (if different from above): _____

Phone: _____ Relationship to Client _____

REASON(S) FOR REFERRAL: _____

Referring Agency: _____

Referring Person/Title: _____

What resources is the Client already connected to:

1.Program Name: _____

Contact Name: _____ Phone#: _____

2.Program Name: _____

Contact Name: _____ Phone#: _____

3.Program Name: _____

Contact Name: _____ Phone#: _____

Additional Information and Notes: (Please indicate any important dates such as discharge or release dates, meeting dates, etc.):

Merrimack County Human Services
Address: 163 North Main Street, Suite 102, Concord NH, 03301 Phone: 603-796-6880
Submit by email: referrals@mchumanservices.net

CDC Clear Communication Index

Address: <i>not applicable</i>	Phone: <i>not applicable</i>
Website: https://www.cdc.gov/ccindex/index.html	
About this Service: The CDC Clear Communication Index (Index) is a research-based tool to help you develop and assess public communication materials.	

Northeast Deaf and Hard of Hearing Services, Inc.

Address: 56 Old Suncook Rd. Suite 6. Concord, NH 03304	Phone: 603-224-1850
Website: https://ndhhs.org/	
About this Service: Northeast Deaf and Hard of Hearing Services is a nonprofit organization dedicated to serving the New Hampshire Deaf and Hard of Hearing community through empowerment, education, and advocacy for equal access and opportunity	

Office of Health Equity

Address: <i>not applicable</i>	Phone: 603-271-3986
Email: HealthEquity@dhhs.nh.gov	

How it Works

SNAP/EBT at Farmers' Markets

- 1. VISIT** a participating farmers' market token booth before you shop
- 2. SWIPE** your EBT card for tokens to spend on SNAP eligible foods
- 3. DOUBLE** your dollars with Granite State Market Match at the farmers' market with your tokens and Granite State Market Match
- 4. SHOP**



To find other sites, visit: www.granitestatemarketmatch.org

Participating Summer Markets

BARNSTEAD

Barnstead Area Farmers' Market
June-September
Saturday, 9AM-1PM

CANAAN

Canaan Farmers' Market
May-October
Sunday 10AM-1PM

CONCORD

Concord Farmers' Market
May 7-October 29
Saturday, 8:30AM-12PM

DOVER

Dover Farmers' Market
June 1-October 5
Wednesday, 2:30PM-6PM

DURHAM

Durham Farmers' Market
June 6-October 3
Monday, 2:30PM-6PM

EXETER

Exeter Farmers' Market
May 12-October 27
Thursday, 2:30PM-6PM

FRANKLIN

Franklin Farmers' Market
June 23-September 29
Thursday 3PM-6PM

GORHAM

Gorham Farmers' Market
June 9-October 6
Thursday, 3PM-6PM

HENNIKER

Henniker Community Market
May-October
Thursday, 4PM-7PM

HINSDALE

Hinsdale Farmers' Market
May-October
Sunday, 9AM-1PM

JAFFREY

Team Jaffrey Farmers' Market
Mid-June-September
Friday, 3PM-6PM

KEENE

Farmers' Market of Keene
April 23-October 29
Saturday, 9AM-1PM

LANCASTER

Lancaster Farmers' Market
May-October
Saturday, 9AM-12PM

LEBANON

Lebanon Farmers' Market
May 19-September 29
Thursday, 4PM-7PM

LITTLETON

Littleton Farmers' Market
June-October
Sunday, 10AM-1PM

NASHUA

Nashua Farmers' Market
June-October
Sunday, 10AM-2PM

NEWPORT

Newport Farmers' Market
May 27-September 30
Friday, 3PM-6PM

NORTH CONWAY

MWV Farmers' Market
June 21-October 11
Tuesday, 4PM-7PM
(Before Labor Day)

PORTSMOUTH

Portsmouth Farmers' Market
May 7-November 5
Saturday, 8AM-12PM

ROCHESTER

Rochester Farmers' Market
June-September
Tuesday, 3PM-6PM

TAMWORTH

Tamworth Farmers' Market
May-March
Saturday, 9AM-12PM

WILMOT

Wilmot Farmers' Market
June 25-September 24
Saturday, 9AM-12PM

WINCHESTER

Winchester Farmers' Market on Main
June-October
Saturday, 10AM-2PM

WOLFEBORO

Wolfeboro Farmers' Market
May-October
Thursday, 12:30PM-4:30PM

