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ANIMALS

COCHECO VALLEY HUMANE SOCIETY

262 County Farm Road
Dover, NH 03820
Phone: (603)749-5322
www.cvhsonline.org

Cocheco Valley Humane Society is a private, 501(c)(3), non-profit organization, caring for up to 2500 stray, surrendered, neglected, and abused animals annually from Strafford County and Seacoast New Hampshire. CVHS reunites lost pets with their owners, shelters strays and adopts them into loving new homes, and teaches humane education to youth and adults. The society also works with law enforcement in rescuing animals that are victims of neglect or abuse.

SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS (NH)

P.O. Box 196
Stratham NH, 03885
Phone: (603)772-2921
www.nhspca.org

Provides adoption, education, investigation, and sheltering services.

ANIMAL POPULATION CONTROL PROGRAM

603-271-3697

The Animal Population Control program provides financial assistance for low income (130% poverty level) pet owners. It is part of the state's program to reduce pet overpopulation and threats to public health and safety from mid-Atlantic rabies and other sources. If you qualify, you will be responsible for a \$25 copay. This copay covers the cost of a rabies vaccine, a pre-operation examination and the spaying/neutering operation. To find out if you qualify, please call the number above and speak with April, who will then mail you an application. The program requires income verification for everyone in the home, and a valid ID for the pet owner.

CHILD CARE

AMAZING CHILDREN DEVELOPMENT

4 Commerce Way
Barrington, NH 03825-3544
(603) 664-8868

BARRINGTON COMMUNITY CHILDCARE

88 NH-9
Barrington, NH 03825-3723 Phone: (603) 742-8981

COLEEN'S COUNTY DAYCARE

8 Sampson Rd
Rochester, NH 03867 Phone: (603) 335-0440

DOVER CHILDREN'S CENTER

43 Back River Road and McConnell Center
Dover, NH 03820-4401 Phone (603) 742-7637

EMMANUEL CHILD CARE CENTER

24 Eastern Ave
Rochester, NH 03867 Phone: (603) 332-5353

FARMINGTON CHILDCARE CENTER

120 Main St
Farmington, NH 03835 Phone: (603)755-2883

GARRISON CITY EARLY CHILDHOOD CENTER

105 Durham Road
Dover, NH 03820 Phone: (603) 343-1214

GROWING PLACES

60 Strafford Ave.
Durham, NH 03824 Phone: (603) 868-5674

56 Pinkham Rd

Lee, NH 03824 Phone: (603) 868-1335

11 Lee Rd

Madbury, NH 03820 Phone: (603) 742-3088

I CAN BE ME PRESCHOOL & CHILDCARE

233 New Hampshire 108
Somersworth, NH Phone: (603) 749-0730

KIDS'-N-MORE CHILD CARE CENTER

314 New Hampshire 108,
Madbury, NH 03820 Phone: (603) 740-4224

LEARNING TO GROW, INC

93 Mast Road
Lee, NH 03861 Phone: (603) 659-5094

LITTLE FOLKS SCHOOL & DAYCARE

29 Lil nor Avenue
Somersworth, NH 03878-1907 Phone: (603) 692-4706

LITTLE LAMB NURSERY & DAYCARE

31 Tennyson Avenue
Dover, NH 03820-4119 Phone: (603) 743-3102

LIVE AND LEARN DAYCARE

114 Mast Road
Lee, NH 03861-6576
(603) 659-5047

PUMPKIN PATCH DAYCARE, LLC

81 Oak Street
Rochester, NH 03839 Phone: 603-335-0559

ROCHESTER CHILDCARE CENTER

95 Charles St
Rochester, NH 03867 Phone: (603) 692-2081

SCHOOL HOUSE HILL KINDERGARTEN

88 NH-9
Barrington, NH 03825-3723 Phone: (603) 742-8981

SOMERSWORTH EARLY LEARNING CENTER

15 Bartlett Ave
Somersworth, NH 03878 Phone: (603) 335-5437

STORYBOOK HOLLOW EARLY LEARNING CENTER

9 Weeping Willow Drive, Rochester, NH 03867-5052(603) 332-8262

STRAFFORD COUNTY HEAD START

Main Office
60 Charles Street, Farmington NH 03835
Phone: (603) 755-3108

STRAFFORD COUNTY YMCA

63 Lowell Street
Rochester, NH 03867 Phone: (603) 332-4214

<u>Child Care Resource and Referral</u>	
<p>Finding, selecting and paying for child care: The agencies listed below can:</p> <p>Help you find:</p> <ul style="list-style-type: none"> ❖ An In-home provider (a child care provider who can care for your children in your home); or ❖ A family daycare provider (a provider who cares for children in his/her home) ❖ A center or a school age care provider <p>Give you tips on:</p> <ul style="list-style-type: none"> ❖ Identifying good quality child care; and ❖ Tell you about NH child care scholarships eligibility guidelines that can help pay for child care services 	<p>Becoming a child care provider: The agencies listed below can:</p> <ul style="list-style-type: none"> ❖ Help you start your own child care business; ❖ Provide you with child care training ❖ Connect you with families needing child care ❖ Link you to community resources, child care licensing and professional opportunities and ❖ Help you enroll to become eligible to receive child care scholarship reimbursement.

Child Care Resources and Referral Network

Berlin/Littleton

NH Community Technical
College/Berlin
2020 Riverside Drive
Berlin, NH 03570
Phone: (603)752-1113 ext:1462
Fax: (603)752-6335

Claremont

Claremont 21st Century
169 Main Street
Claremont, NH 03741
Phone: (603)543-4296
1(877)212-7267
Fax: (603)542-0275

Concord

Easter Seals
2 Industrial Park Drive
Concord, NH 03301
Phone: (603) 226-3791
1(800)307-2737 ext:9084
Fax: (603)226-2540

Conway

Lakes Region Community
Services
PO Box 509, 66
Communications Dr. Laconia,
NH 03247
Phone: (603) 284-7311
1(866)261-7555
Fax: (603)524-0288

Keene:

Southwestern Community
Services
69Z Island Street
Keene, NH 03431
Phone: (603)352-7512
1-(800)529-0005
Fax: (603)352-3618

Laconia

Lakes Region Community
Services
PO Box 509
67Communications Dr.
Laconia, NH 03247
Phone: (603)528-0274
1 (800)649-8817 ext. 174
Fax: (603)524-0288

Child care resource and Referral Network of NH Continued...

Manchester:

Easter Seals
555 Auburn Street
Manchester, NH 03101
Phone: (603)621-3501
1(800)870-8728 Ext: 3501
Fax: (603)625-1148

Portsmouth/Salem/Rochester

RCA Child Care Services
8 Centerville Drive
Salem, NH 03079
Phone: (603) 893-8446
1(800)310-8333
Fax: (603)893-8413

Nashua:

Nashua Area Child Care Resource
and Referral Service
19 Chestnut Street
Nashua, NH 03061
Phone: (603)883-7726 Ext: 718
1(800)852-8632
Fax: (603)883-2064

Rochester/Dover/Farmington/Milton

652 Central Ave
Dover, NH 03820
Phone: 1-800-913-1912
Or 1 (603) 516-1191
www.raction.org (click on Child Care
Resource and Referral)

CHILD SAFETY

CHILD ABUSE AND NEGLECT REPORT LINE

Phone: 1-800-894-5533

8:00 AM to 4:30PM Mon-Fri, call 911 all other times

If a child tells you that he or she has been hurt or you are concerned that a child may be the victim of any type of abuse or neglect, you must call the Division for Children, Youth and Families (DCYF). NH Statute requires any person with reason to suspect a child under age 18 has been abused or neglected must report that suspicion immediately to DCYF. Reports of abuse and neglect concerns are confidential and can be anonymous.

CHILDHOOD LEAD POISONING PREVENTION PROGRAM

NH DHHS

29 Hazen Drive

Concord, NH

Phone: 1-800-852-3345 ext 4507

www.dhhs.state.nh.us/DHHS/CLPPP/default.htm

The CLPPP is a resource for NH residents who need help addressing the hazards of lead in their children's environment.

NORTHERN NEW ENGLAND POISON CENTER

Maine Medical Center

22 Bramhall Street

Portland, ME 04102

Phone: 1(800)222-1222 (Voice and TTY)

Website: www.nnepc.org

24- Hour hotline for the general public and healthcare professionals provides emergency assistance for poisonings and non-emergency information. Education outreach services are also available.

SAFE KIDS NEW HAMPSHIRE

1 Medical Center Drive

Lebanon, NH

Phone: (603)653-8256

www.safekids.org

Organization that provides information and resources to help prevent injuries at home, at play and in the car.

DISABILITY RESOURCES

THE CATCH PROGRAM - COMPREHENSIVE ASSESSMENT AND TREATMENT FOR CHILDREN

155 Borthwick Avenue
Building West 3rd Floor
Portsmouth, NH 03801
Phone: (603)334-2097

Serves children ages 0-12 years with acute or developmental issues, accepts Medicaid. CATCH has a center based clinic offering outpatient occupational, speech, and physical therapy pediatric services. The program offers experienced pediatric therapists, center based, and pool therapy. New programs include sensory integration therapy, feeding therapy, neuro developmental therapy, and evaluations for therapeutic electrical simulation.

COMMUNITY PARTNERS

Developmental Services

Forum Court, Suite 1
113 Crosby Road
Dover, NH 03820
Phone: (603)516-9300 Fax: (603)743-3244
Website: www.communitypartnersnh.org

Provides comprehensive services to residents of Strafford County with developmental disabilities and mental health issues. Services for individuals with developmental disabilities include: case management, day and vocational services, residential services, community support, Family Support Program and Partners in Health.

Family Centered Early Supports and Services Program

113 Crosby Road, Suite #1
Dover, NH 03820
Phone: (603)516-9300 / Fax: (603)743-3244

Provides developmental evaluations and services for children between the ages of birth to three years old with developmental delays or children who are at risk for delays. Available for all families living in Strafford County who:

- ▶ Have a child who is taking longer to walk, talk, interact, or play (developmental delay),

(Community Partners Continued)

- ▶ Have a child with a diagnosed condition that has a high probability of causing a developmental delay (i.e. cleft palate, hearing loss, visual impairment, Down's syndrome, seizure disorder, etc.)
- ▶ Are experiencing multiple stressors that may impact their child's development (homelessness, parent with a developmental or psychiatric disability, parent under 18 years of age or with less than a 10th grade education, substance abuse or founded child abuse/neglect).

Offers information and referral, therapeutic intervention, expansion of family resources and supports, technical assistance and transition to school and community services. All services provided in family homes and/or community settings.

The program provides physical, occupational, educational, and speech therapy to eligible children in their homes and/or community settings. Referrals to the program can be made by any concerned parent, friend, provider, teacher, or medical personnel by calling the Intake Coordinator, at the number above.

DISABILITIES RIGHTS CENTER, INC.

18 Low Avenue

Concord, NH 03301

Phone: (603)228-0432 / Fax: (603) 225-2077

Voice TDD # 1-800-834-1721

E-mail: advocacy@drcnh.org Website: www.drcnh.org

The DRC is NH's designated Protection & Advocacy Agency. DRC provides legal services for individuals with disabilities. Services include information and referral, short-term assistance, and individual representation. Also responds to requests for rights training from persons with disabilities, their families, and advocates. DRC's policy specialist monitors legislation and advocates for policies that promote and protect the civil, legal, and other rights of persons with disabilities.

DOVER REHABILITATION AND LIVING CENTER

307 Plaza Drive
Dover, NH 03820
Phone: (603) 742-2676

Offers skilled nursing, intermediate nursing care, occupational and physical therapy, and social services. Speech therapist available. Also provides after surgery therapy and hospice care.

EASTER SEALS NH

555 Auburn Street Manchester, NH 03103 Phone: (603)623-8863 Fax: (603)625-1148	147 Congress Street Portsmouth, NH 03801 Phone: (603)431-7242 Fax: (603)427-2895
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The Family Place, McConnell Center
61 Locust St
Dover, NH 03820
Phone: (603) 740-3534

Provides rehabilitation and specialty programs for disabled persons including physical therapy, occupational therapy, speech therapy, medical/psychiatric services, pediatric neurology, psychological services, special education for elementary through high school age, a residential summer camp for disabled children and adolescents, residential group homes, foster homes, Head Injury Program, Community Re-entry Program, employment developmental services, work adjustment, skill training, work tolerance, transitional sites, community enhancement program, infant/toddler and pre-school day care, and an adult medical day care.

GREAT BAY SERVICES

2061 Woodbury Avenue
Newington, NH 03801
Phone: (603)436-2014 / Fax: (603)436-3063
www.greatbayservices.org

Provides housing, employment, and day services for people with developmental disabilities. Also provides the following programs: School to Work and Transitional Services.

MONARCH SCHOOL OF NEW ENGLAND

61 Eastern Avenue

PO Box 1921

Rochester, NH 03867-1921

Phone: (603)332-2848 / Fax: (603)330-0838

The Monarch School of New England in Rochester is a private, non-profit school that has been serving children with severe physical, medical and developmental disabilities for over 40 years.

The organization was founded on the belief that all children can develop to their full potential given the right training and support. The Monarch School has become one of the region's most comprehensive educational and therapeutic environments, offering comprehensive assessments, therapeutic interventions, family support, home-based services and a summer program.

The year-round curriculum includes horticulture programs, aquatic therapy, hippo/riding therapy and integrated behavioral intervention design.

The Monarch School of New England also provides school-based support, technical assistance, program development and transition services for students needs through the work of its **Collaborative Team**. The team works with schools through a team-based, integrative approach, reflecting the method in which Monarch School services are delivered to students.

NEW HAMPSHIRE BUREAU OF DEVELOPMENTAL SERVICES

Governor Hugh Gallen Office Park

105 Pleasant Street

Concord, NH 03301-3861

Phone: (603)271-5034

Website: www.dhhs.nh.gov/DHHS/BDS

The New Hampshire Bureau of Developmental Services (BDS) funds a wide range of supports and services for individuals with developmental disabilities and acquired brain disorders within their own communities.

(New Hampshire Bureau of Developmental Services Continued)

BDS contracts with 10 designated non-profit agencies that represent specific geographic regions of NH. These community agencies are commonly referred to as Area Agencies.

Direct services and support to individuals and families include:

- Service Coordination including advocacy, facilitation and monitoring
- Day Services focusing on assistance and training provided to individuals to maintain and improve their skills in personal care, vocational activities and community integration to enhance social and personal development
- Employment Services focusing on assistance and training provided to individuals to maintain and improve their skills in vocational activities and enhance their social, personal development, and well-being within the context of vocational goals.
- Personal Care Services offering assistance and training to individuals to maintain and improve their skills in basic daily living and community integration, and to enhance their social and personal development.
- Community Support Services are intended for individuals who have developed or are trying to develop skills to live independently within the community
- Family Support Services including respite and environmental modifications to assist families in caring for a family member at home.
- Assistive Technology services including home modifications and communication devices

<http://www.dhhs.nh.gov/DHHS/BDS/adults.htm>

New Hampshire Bureau Of Developmental Services Continued...

BDS Administers the Family Centered Early Supports and Services (Early Intervention Program), which funds the intensive Autism Supports (also known as Autism Proposal Supports) for children birth- three:

<http://www.dhhs.nh.gov/DHHS/BDS/family-early-support.htm>

BDS administers Home Supports (I.H.S.) program which provides personal care and other supports and services for children with developmental disabilities who live at home with their families.

**NEW HAMPSHIRE DIVISION OF ADULT
LEARNING AND VOCATIONAL REHABILITATION**

30 Maplewood Avenue, Suite 206

Portsmouth, NH 03801-3732

Phone: (603)436-8884, 1(800)882-2744 Fax: (603)427-6910

Provides job programs designed to rehabilitate persons with disabilities so they can return to gainful employment through training, medical treatment, on-the-job training, transition employment, job placement, and counseling.

PARENT-TO-PARENT OF STRAFFORD COUNTY

A program of Community Partners

113 Crosby Road, Suite #1

Dover, NH 03820

Phone: (603)516-9300, Fax (603)743-3244

Email: bcarroll@communitypartners.nh.org

Website: www.communitypartnersnh.com or

www.p2pnh.org

The Parent-to-Parent Coordinator connects parents of children who have chronic illness, developmental, emotional, physical, or learning disabilities with parents of children who have similar needs. Telephone support or home visits in a mutually agreed upon place. Also provides information regarding local, statewide, and national resources. Support groups available.

RELAY SERVICES FOR DEAF

1(800)735-2964

STRAFFORD LEARNING CENTER

317 Main Street

Somersworth, NH 03878

Phone: (603)692-4411

Fax: (603)692-6717

Provides special education and related services for children and young adults between the ages of 3-21.

**UNH SPEECH, LANGUAGE, AND HEARING
CENTER**

University of New Hampshire Hewitt Hall
Durham, NH 03824
Phone: (603)862-2110

A UNH training facility offering speech and language services including evaluation and therapy for a fee. Services are offered to persons with articulation problems, hearing loss, language delay, stuttering, aphasia, problems due to cerebral palsy, cleft palate, dysfunction, voice disorder, and laryngectomies. The center follows the university semester schedule and also runs a five week summer program.

**WHEELS ON WHEELS - WHEELCHAIR
TRANSPORTATION SERVICE**

14A Madison Avenue
Rochester, NH 03867
Phone: (603)335-3862

Provides transportation to and from doctor's appointments, hospital discharges, rehabilitation therapy, nursing home transfers and admits, and all other types of medical appointments. NH Medicaid approved for all medical appointments.

DISCOUNT/THRIFT SHOP DIRECTORY

<u>TOWN/STORE/LOCATION</u>	<u>DAYS/HOURS</u>	<u>MERCHANDISE/ COMMENTS</u>
<p><u>Alton:</u> Trudy's Thrift Shop Route 28 (603)875-2425</p>	<p>Wed-Sat 10:00– 4:30</p>	
<p><u>Barrington:</u> The Village Barn Washington St.</p>	<p>Sat & Sun</p>	
<p><u>Dover:</u> Baldface Books 488 Central Avenue (603)749-2300</p>	<p>Mon-Sat. 10:00-6:00 Sun 11:00 - 5:00</p>	<p>New and used books, all discounted. Many titles for children. Credit for books that customers bring in.</p>
<p>Goodwill 47 Chestnut St Ste 2 (603)742-4299</p>	<p>Mon-Sat 9:00 – 7:00 Sunday: 11:00 – 6:00</p>	<p>Used clothing, furniture, and household items.</p>
<p><u>Rochester:</u> Annie's Book Stop 51 Columbus St. (603)332-9605</p>	<p>Mon –Fri 10:00 – 5:00 Sat: 10:00 – 4:00</p>	
<p>Community Clothing Shop Community Center</p>	<p>Wed. & Sat 9:00 – 12:00</p>	
<p>Salvation Army Thrift Shop 28 Signal Street (603)332-2698</p>	<p>Mon-Sat 9:00 - 5:00</p>	<p>Men's, women's and children's clothing; used furniture, household items.</p>

<u>TOWN/STORE/LOCATION</u>	<u>DAYS/HOURS</u>	<u>MERCHANDISE/ COMMENTS</u>
Wonder Hostess Thrift Shop 27 Hancock Street Phone: (603)332-2083	Mon- Fri 8:30- 6:00 Sat. 8:00- 5:00	
Empire Beauty School 362 Route 108 Phone: (603)692-1515	Mon-Fri: 9:00- 3:00 & 5:30- 10:30	Discount Haircuts & washes. Must call for night appointments.
<u>Somersworth:</u> CERV 445 High Street Somersworth, NH		

DOMESTIC VIOLENCE

BERLIN:

Response to Sexual and Domestic Violence
54 Willow Street
Berlin, NH 03570
Phone: (603) 752-5679
1(866)644-3574 (24hrs)
Colebrook Satellite Office (603) 237-5746

CLAREMONT:

Women's Supportive Services
11 School Street
Claremont, NH 03743
Phone: (603) 543-0155
1(800)639-3130
Newport Satellite Office: (603)863-4053

CONCORD:

Rape & Domestic Violence Crisis Ctr.
PO Box 1344
Concord, NH 03302-1344
Phone: (603) 225-7376
Toll: 1(866)841-6229
Website: www.rdvcc.org

CONWAY:

Starting Point: Services for Victims of Domestic and Sexual Violence
PO Box 1972
Conway, NH 03818
Phone: (603)356-7993 / 1(800)336-3795
Ossipee Satellite

DURHAM

Sexual Harassment and Rape Prevention Program (SHARPP)
University of New Hampshire
Huddleston Hall, Room 202
Durham, NH 03824
Phone (603)862-3494

KEENE:

Monadnock Center for Violence Prevention
12 Court Street
Keene, NH 03431-3402
Phone: (603)352-3844
1(866)511-6287
www.mcvprevention.org

LACONIA

New Beginnings: A Women's Crisis Center
PO Box 622
Laconia, NH 03246
Phone: (603)528-6511
1(800)644-3574
www.NewBeginningsNH.org

LITTLETON

The Support Center at Burch House
PO Box 965
Littleton NH 03561
Phone: (603)444-0624
1(800)774-0544
Woodsville Satellite Office:
Phone: (603)747-2241

MANCHESTER

YWCA Crisis Service
72 Concord Street
Manchester 03101
Phone: (603)625-5785
24hrs: (603)668-2299
Derry Satellite Office:
Phone: (603)432-2687

NASHUA

Bridges: Domestic & Sexual Violence Support Services
PO Box 217
Nashua, NH 03061-0217
Phone: (603)889-0858
Milford Satellite Office:
Phone: (603)672-9833 (Will accept collect calls)
www.bridgesnh.org

PLYMOUTH

Voices Against Violence
PO Box 53
Plymouth, NH 03264
Phone: (603)536-342

PORTSMOUTH

A Safe Place
6 Greenleaf Woods, Suite 101
Portsmouth, NH 03801
Phone: 1-800-854-3552
Rochester Satellite Office (603)330-0214
Salem Satellite Office: (603)890-6392

(Portsmouth Continued)
Sexual Assault Support Services
7 Junkins Avenue
Portsmouth, NH 03801
Phone: (603)436-4107
1(888)747-7070
Rochester Satellite Office:
(603)332-0775
www.sassnh.org

Teen website:
www.reachoutnh.org

***Call Toll Free Hotline at
1(866)644-3574
For Domestic Violence***

***Call Toll Free Hotline at
1-(800)277-5570
for Sexual Assault
Website:
www.nhcadv.org***

**DOVE – DOMESTIC VIOLENCE EMERGENCY
PROJECT OF THE NH BAR ASSOC.**

2 Pillsbury Street, Suite 300
Concord, NH 03301-3502
Hotline: (866)644-3574

Provides emergency referrals for income eligible victims of domestic violence for legal representation at final restraining order hearings. Victims may access the program through their local crisis center by calling the statewide domestic violence hotline.

FACE-TO-FACE AND S.O.R.E.S.

Phone: 1-800-842-4546

This program provides free reconstructive face and neck surgery for victims of domestic violence (either men or women) who have suffered disfiguring injuries.

GIVE BACK A SMILE PROGRAM

Phone: 1-800-773-4227

Free program to anyone who has teeth damaged or missing as a result of domestic abuse and has been in counseling and out of the relationship for one year.

NEW GENERATION

568 Portsmouth Avenue, PO Box 676

Greenland, NH 03840

Phone/Fax: (603)436-4989

Website: www.newgennh.org

New Generation is a shelter program which provides support to homeless women in crisis during pregnancy, and to mothers and children, in order to foster a new generation of healthy, self-sufficient, fully functioning and happy families.

Programs includes:

- ▶ *New Generation Shelter*- a program for homeless pregnant and parenting women 18+ and babies up to 12 months.
- ▶ *New Generation Transitional Apartment*- for a pregnant or parenting mom over 18 with young children.
- ▶ *Second Generation Thrift Shoppes*- (3 locations: Greenland, Rochester, and Seabrook, NH).
- ▶ *Generation Gap Furniture Barn in Greenland, NH*

EDUCATION

STRAFFORD COUNTY SCHOOL DIRECTORY

<u>TOWN/CITY</u>	<u>PHONE NUMBER</u>
Barrington:	
Elementary School, Rte 125	(603)664-2641
Good Shepherd School, 37 Province Lane	(603)664-2742
Middle School Annex, 41 Province Lane	(603)664-5412
Dover:	
Pre-School Special Needs Horne Street School, 78 Horne St.	(603)516-6756
Chapter I Kindergarten & Elementary Services, 11 Towle Ave.	(603)516-6722
Dover Adult Learning Center 61 Locust Street	(603)742-1030
St. Mary's Catholic School, 222 Central Ave.	(603)742-3299
Garrison School, 50 Garrison Road	(603)516-6752
High School, 25 Alumni Dr.	(603)516-6900
Horne Street School, 78 Horne St.	(603)516-6756
Junior High, 16 Daley Drive	(603)516-3172
Special Education - Elementary, 11 Towle Ave.	(603)516-6722
Woodman Park School, 11 Towle Ave.	(603)516-6700
Superintendent of Schools, 288 Central Avenue	(603)516-6800
Farmington:	
High School, 1 Thayer Dr.	(603)755-2811
Valley View Community School, Thayer Dr.	(603)755-4757
Henry Wilson Memorial School, Memorial Dr. Grades 4-6	(603)755-9174
Henry Wilson Memorial School, Memorial Dr. Grades 7-8	(603)755-2181
Pre-school Special Needs, Memorial Dr. Grades K-3	(603)755-4757
Superintendent of Schools	(603)755-2627
Milton:	
Milton Grammar School, 8 School St.	(603)652-4539
Milton Learning Center, Dawson St.	(603)652-9377
Nute High School, Farrington Rd., 22 Elm St.	(603)652-4591
SAU # 64 Branch River Co-Op Union, 39 Main St., Union	(603)473-2326
Rochester:	
Chamberlain Street School, 65 Chamberlain St.	(603)332-5258
East Rochester Annex, 5 Cocheco Avenue	(603)332-6486
East Rochester School, 773 Portland Street	(603)332-2146
Gonic School, 10 Railroad Avenue	(603)332-6487
Maple Street School, 27 Maple Street	(603)332-6481
McClelland School, 59 Brock Street	(603)332-2180
Richard W. Creteau Regional Technology Center 140 Wakefield St.	(603)332-0757 x: 235
Rochester Middle School, 47 Brock Street	(603)332-4090
School Street School, 13 School Street	(603)332-6483
Spaulding High School, 130 Wakefield Street	(603)332-0757
William E. Allen School, 23 Grant Street	(603)332-2280
Rollinsford:	
SEE-Program, 51 W. High St., Somersworth, NH	(603)692-6503
Rollinsford Grade School, 487 Locust St.	(603)742-2351
Superintendent of Schools, 414 High St.	(603)692-4450

School Directory Continued ...

Somersworth:

Hilltop School, 17 Grand St.	(603)692-2435
Title I, 7 Memorial Dr.	(603)692-4450
Maplewood School, Maple Dr. Ext.	(603)692-3331
Pre-School Special Needs, (SEE Program) 51 W. High St.	(603)692-4450
Somersworth Middle School, 7 Memorial Dr.	(603)692-2126
Somersworth High School, 7 Memorial Dr.	(603)692-2431
Superintendent of Schools, 414 High St.	(603)692-4450

**DOVER ADULT LEARNING CENTER OF
STRAFFORD COUNTY**

61 Locust Street, McConnell Building

Dover, NH 03820

Phone: (603)742-1030/ Fax: (603)743-4262

Website: www.dalc-online.org Email: dalc@dalc-online.org

Provides adult education including adult basic education classes, literacy, tutoring, English as a second language, GED preparation and testing, adult high school classes, computer classes, basic office skills, and community enrichment classes. Adult basic education classes offered day and evening in Dover with free child care during day classes. Classes also offered in Rochester and Farmington.

EDUCATIONAL RESOURCES OF NEW HAMPSHIRE

Box 216, 1041 Brown Farm Rd

Lyndonville, VT 05851

Phone: (802)626-4620

Fax: (603)225-4883

Offers the following services on a limited basis to existing clients:
Career counseling – helps clients evaluate their interests and skills.
Placement – informs clients of college and vocational school choices, and alternate programs such as Outward Bound, Upward Bound, transitional year, Work Study Apprenticeship, Campus Free Colleges, private school placement, special education placement, etc.

Testing – done as part of an on-going counseling program.

Troubled Youth – drug counseling for families and referral to helping agencies. When a youth is in trouble with the law, Educational Resources will develop a program for him or her to present to the Court as an alternative.

EDUCATIONAL TALENT SEARCH

UNH – Robinson House
14 Rosemary Lane
Durham, NH 03824
Phone: (603)862-1562/ Fax: (603)862-3270

Educational Talent Search encourages academically qualified limited income, first generation* New Hampshire youth to complete secondary school and undertake a program of postsecondary education. By providing academic advising, career and financial aid information, ETS increases educational opportunities for these youth. *first generation= neither parents has graduated from a four year college.

Primary services included:

College Information: college admissions advising; college admissions process assistance; financial aid information; financial aid application assistance; campus visits; fee waivers for college entrance examination and college applications.

Academic Advising: study skills development; course selections advising course and grade monitoring.

Career Exploration: career inventories; job site tours; specific career information.

EXPLORE FOR GROWN-UPS

Farmington Community Preservation Guild
PO Box 71
Farmington, NH 03835
Phone: (603)755-2762
Website: www.exploreAdulted.org

Learning & fun for adults. Locations include Farmington, Milton, Middleton, New Durham, and neighboring communities.

FAMEE AFTER SCHOOL PROGRAM

Located at both Henry Wilson and Farmington High School

Phone: (603) 509-0472

Contact: Dean Poland

FAMEE serves children grades 4-12. The program operates 2:30-5:30p Monday through Friday and follows the school calendar. FAMEE offers snack and social time followed by homework club and daily enrichment activities. FAMEE also offers a 6 week summer program.

GRANITE STATE COLLEGE

Administrative Center

8 Old Suncook Road

Concord, NH 03301

Website: www.cll.edu

Phone: (603)228-3000 / **Toll free:** 1(888)228-3000

Fax: (603)513-1389

GSC is New Hampshire's public college for adult learners of all ages. Since 1972, GSC has provided statewide access to higher education to more than 50,000 students—online and at nine community-based academic centers. Flexible bachelor's and associate's degrees, as well as post-baccalaureate teacher certification programs, meet the needs of both employers and working adults. Known for its small classes, affordable tuition, and supportive faculty, GSC has taken a leading role in offering innovative online degree programs.

Regional Centers in Concord, Claremont, Conway and Rochester. Classes are also held in Berlin, Littleton, Lebanon, Portsmouth and Rochester.

JOB CORPS PROGRAM- BOSTON REGION

50 Bridge Street, Suite 306

Manchester, NH 03101

Phone: (603)627-2891 Fax: (603)647-6850

A residential vocational/educational training program that helps low-income young adults between the ages of 16-24 years old acquire their GED or High School Diploma. Students are also trained in one of 40 trades and can receive drivers' education. Income is waived for persons with disabilities.

MONARCH SCHOOL OF NEW ENGLAND

61 Eastern Avenue

PO Box 1921

Rochester, NH 03867-1921

Phone: (603)332-2848 / Fax: (603)330-0838

The Monarch School of New England in Rochester is a private, non-profit school that has been serving children with severe physical, medical and developmental disabilities for over 40 years.

The organization was founded on the belief that all children can develop to their full potential given the right training and support. The Monarch School has become one of the region's most comprehensive educational and therapeutic environments, offering comprehensive assessments, therapeutic interventions, family support, home-based services and a summer program.

The year-round curriculum includes horticulture programs, aquatic therapy, hippo/riding therapy and integrated behavioral intervention design.

The Monarch School of New England also provides school-based support, technical assistance, program development and transition services for students needs through the work of its **Collaborative Team**. The team works with schools through a team-based, integrative approach, reflecting the method in which Monarch School services are delivered to students.

NEW HAMPSHIRE CHARITABLE FOUNDATION STUDENT AID PROGRAM

37 Pleasant Street

Concord, NH 03301-4005

Phone: (603)225-6641 / Fax: (603)225-1700

Website: www.nhcf.org

Distributes student financial aid for NH students through a variety of programs serving different student populations including traditional four-year college students; graduate students; vocational-technical students and adult students. Deadlines vary by program. Please visit the website for further information about deadlines and to access applications.

**NEW HAMPSHIRE DIVISION OF ADULT
LEARNING AND VOCATIONAL REHABILITATION**

30 Maplewood Avenue, Suite 206

Portsmouth, NH 03801-3732

Phone: (603)436-8884, 1(800)882-2744

Fax: (603)427-6910

Provides job programs designed to rehabilitate persons with disabilities so they can return to gainful employment through training, medical treatment, on-the-job training, transition employment, job placement, and counseling.

**NH JOB CORPS.WORKFORCE OPPORTUNITY
COUNCIL**

64 Old Suncook Road

Concord, NH 03301

Phone: (603)228-9500

Offers opportunities for NH Youth to receive training and career development.

PROJECT PRIDE

W.I.A./SAU #61

33 Hanson Street,

Rochester, NH 03867

Email: projectpride@hotmail.com

Phone: (603)335-1177

The Project PRIDE program provides student-centered, individual, and competency-based instruction to out-of-school youth and secondary school graduates between the ages of 16 and 21 who are deficient in basic skills.

We offer pre-employment, academic, and occupational skill assessments, group and one-on-one academic training, guidance and counseling, leadership development, adult mentoring and a full year of follow-up services designed to prepare them for careers and/or post-secondary education.

Those eligible for this program receive training in a high demand job field such as LNA, computer training. In addition, all students receive tutoring in job seeking and keeping skills and the academic skills needed to pass the GED examination or improve reading and math proficiency to help them obtain stable employment. Our program is totally free to those who meet eligibility requirements.

ROCHESTER ADULT EDUCATION PROGRAM

Richard W. Creteau Regional Technology Center

Rochester, NH 03867

Phone: (603)335-7351 ext. 269

Program to help adults gain academic proficiency, develop leisure activities, and take refresher courses. Call for specific program information.

ROCHESTER SCHOOL DISTRICT AND ADULT EDUCATION PROGRAM

140 Wakefield Street

Rochester, NH 03867

Phone: (603)335-7351, (603) 332-6550

Fax: (603)335-7353

Programs include: GED testing and prep classes, Adult Education Classes (general, vocational, and high school courses), as well as adult high school diploma program.

SOMERSWORTH COMMUNITY EDUCATION

Somersworth Community Education

18 Cemetery Road

Somersworth, NH 03878

Phone: (603)692-2242

Career Technical Programs in Automotive Service Technology, Bio-Technology, Building Trades, Business Office Management, Computer/Network Technician, Culinary Arts, Digital Media & Communication, Horticulture/Landscaping, Industrial/Commercial/Agricultural Mechanics, Marketing, Pre-Engineering, Robotics, Teaching. Somersworth Community Education Site in cooperation with the New Hampshire Community College System offers specialized education for training programs. Afternoon and Evening classes offered. For more information, contact: Dr. Bette Chamberlain, CTC Director.

SOMERSWORTH YOUTH CONNECTION

Phone: (603) 692-4450 Speak with Maureen Jackman

SYC offers Somersworth Middle School students hands-on activities that inspire, motivate and challenge. There are a wide variety of activities including karate, dance, cooking, art, glass mosaic, scrap booking, jewelry making,, homework lab, community service projects and health and wellness programs. SYC provides a safe, positive, enriching environment for youth. A 6 week summer program is also offered.

STRAFFORD COUNTY WORKFORCE DEVELOPMENT

Sponsored by Strafford County Community Action

Somersworth NH Office

6 Marsh Brook Drive

Somersworth, NH 03878

Phone: (603)742-3600

Fax: (603)749-7515

This program helps to prepare economically disadvantaged, unemployed and employed people to become productive members of the labor force through a work first approach. Services provided can include skill assessment, employment counseling, job referrals and/or placement, individualized career planning and follow-up service.

STRAFFORD LEARNING CENTER

317 Main Street

Somersworth, NH 03878

Phone: (603)692-4411/ Fax: (603)692-6717

Provides special education and related services for children and young adults between the ages of 3-21.

TRIO PROGRAMS - UPWARD BOUND

UNH - Robinson House

Rosemary Lane, Durham, NH 03824

Phone: (603)862-1563 or (800)270-3848

Fax: (603)862-3270

Website: www.upwardbound.unh.edu

Preparatory program for low-income students in high school for secondary education. Program includes: six week summer residential program at UNH, school year follow-up program giving academic support with tutoring and advising, high school credit for participation, assists students in gaining entry into post secondary education. Serves Farmington, Somersworth, and Rochester.

**UNH - CHILD STUDY AND DEVELOPMENT
CENTER**

22 O’Kane Road
Durham, NH 03824
Phone: (603)862-2835
Website: www.csdc.unh.edu

The Child Study and Development Center is a laboratory school affiliated with the Department of Family Studies at the University of New Hampshire. Children attending the center and the UNH students working at the center benefit from the highly trained teaching faculty.

**UNH - CONTINUING EDUCATION AND SUMMER
SESSION**

11 Garrison Avenue
Durham, NH 03824
Phone: (603)862-2015 / 1(800)313-5327
Fax: (603)862-0655
Website: www.learn2.unh.edu

Graduate and undergraduate credit courses are open to the general public on a space-available basis. No application is required to enroll in credit classes provided all course prerequisites are met. Call or visit our website for details.

**UNH PROFESSIONAL DEVELOPMENT AND
TRAINING**

6 Garrison Avenue
Durham, NH 03824
Phone: (603)862-4234
Email: Professional.development@unh.edu
Website: www.learn.unh.edu

Non-credit courses, workshops and conferences in a wide range of professional and technical topics are open to the community. Training centers are located in Durham, Manchester, and Portsmouth, NH. Call or visit our website for details.

**UNH/STRAFFORD COUNTY COOPERATIVE
EXTENSION**

268 County Farm Road

Dover, NH 03820-6015

Phone: (603)749-4445/ Fax: (603)743-3431

Website: www.extension.unh.edu

Offers no-fee researched based life skills programs for individuals, families, children, and groups in the following areas: parenting & child development, nutrition/food, shopping/cooking, money management, home gardening, and other soil and plant needs, forestry resources, education, and 4-H Clubs for youth ages 5-18.

EMERGENCY SERVICES

211: NEW HAMPSHIRE HELP LINE:

211 is a 24 Hour Telephone service providing:

- Assistance in locating emergency shelter
- Help for families facing eviction
- Crisis aid involving suicides, child or adult abuse, domestic violence, alcohol, or drug abuse.
- Assistance for unemployment.
- Information and assistance on Medicare, Medicaid, medical and Long Term Care Insurance for NH's elders and disabled.
- Assistance in locating dental and health care

Emergency & Hotline Phone Numbers

TOWN	SERVICE	NUMBER
Dover	Ambulance/Fire/Police	911
Farmington	Ambulance/Fire/Police	911
Milton/Milton Mills	Ambulance/Fire/Police	911
Rochester	Ambulance/Fire/Police	911
Somersworth	Ambulance/Fire/Police	911
	Seacoast Redicare	(603)692-6066

CRISIS HOTLINES

TOLL-FREE NUMBER

Bureau of Disease Control	(800)852-3345
Consumer Product Safety Hotline	(800)638-2772
Northern New England Poison Center	(800)222-1222

EMPLOYMENT

Job Assistance

For Assistance Finding and Keeping Employment: NH Employment Security Locations:

Berlin:

151 Pleasant Street
PO Box 159
Berlin, NH 03570
Phone: (603)752-5500
1(800)679-2533

Claremont:

Washington Street
PO Box 404
Claremont, NH 03743
Phone: (603)543-3111
1(800)510-7774

Concord:

10 West Street
PO Box 1140
Concord, NH 03302
Phone: (603) 228-4100
1(888)510-7774

Keene:

109 Key Road
Keene, NH 03431
Phone: (603)352-1904
1(800)275-3759

Laconia:

426 Union Avenue, Suite 3
Laconia, NH 03246
Phone: 1(888)510-7773

Lebanon:

Spinning and Weaving Building
85 Mechanic Street
Lebanon, NH 03766
Phone: (603)448-6340

Littleton:

646 Union Street, Suite 100
Littleton, NH 03104
Phone: (603)444-2971
1(888)510-7772

Manchester:

300 Hanover Street
Manchester, NH 03104
Phone: (603)627-7841
1 (888)698-9904

Nashua:

6 Townsend West
Nashua, NH 03060
Phone: (603)885-5177
1(888)510-7771

Portsmouth:

2000 Lafayette Road
Portsmouth, NH 03801
Phone: (603)436-3702
1(888)404-9998

Salem:

29 South Broadway
Salem, NH 03079
Phone: (603)839-9185
1(800)821-9997

Somersworth:

243 Route 108
Somersworth, NH 03079
Phone: (603)742-3600
1(800)995-8117

**NEW HAMPSHIRE EMPLOYMENT SECURITY
NH WORKS**

243 Route 108

Somersworth, NH 03878

Phone: (603)742-3600 / Fax: (603)749-7515

www.nh.gov.nhes

Provides a wide range of job search services, tools, and resources for employment opportunities such as automatic-matching job search database, internet access, resume preparation programs, computerized career exploration, workshops related to finding employment, career counseling, on-site employment recruiters, book and video library, newspapers, fax machine, local access telephones, TTY machine for hearing impaired, Unemployment Compensation, Veteran services, NH Employment Program, and Economic Labor Market Information. Other co-located One-Stop partners include Community Action Program, and Vocational Rehabilitation Services.

**UNITED STATES DEPARTMENT OF LABOR,
EMPLOYMENT STANDARDS ADMINISTRATION,
WAGE AND HOUR DIVISION**

1750 Elm Street, Suite 111

Manchester, NH 03104

Phone: (603)666-7716

Responsible for the enforcement of Federal laws in regard to minimum wage, overtime, Family Medical Leave Act (FMLA) and child labor laws, as well as wage rates on federally funded projects. They will act on behalf of the complainant and as best as possible protect confidentiality. When applicable, back wages will be paid.

YOUTH EMPLOYMENT FOR SUCCESS (YES)

Phone: (603) 994-0365

YES provides employment experience to youth ages 16-18. If eligible, youth participants will be given the opportunity to explore unique employment options while getting paid on a temporary, part time basis. Participants will be expected to work 10 hours a week in addition to attending school.

FINANCIAL & LEGAL SERVICES

BETTER BUSINESS BUREAU OF NEW HAMPSHIRE INC.

25 Hall Street # 102

Concord, NH 03301

Phone: (603)224-1991, (603)228-3789, (603)228-2844

Services provided include reliability reports being issued to consumers so that they can make better buying decisions. A complaint resolution division handles consumer complaints that cannot be handled between the consumer and the business. Pamphlets are available for businesses, schools, etc. Binding arbitration is offered to both consumers and businesses. Referrals are made to hundreds of agencies, in and out of state, and referrals to 190 other BBB offices are also made when the consumer has a question or complaint regarding a business located in another state.

24 hour automated system with over 20,000 company reliability reports on file. Company reports are posted on the web at www.bbbnh.org.

CLIENT AND LEGAL SERVICES OFFICE

105 Pleasant Street

Concord, NH 03301

Phone: (603)271-5144 / Fax: (603)271-5058

Offers information and referral to mental health and developmental services including information about guardianship of incapacitated adults.

CONSUMER CREDIT COUNSELING SERVICE

105 Loudon Road, PO Box 818

Concord, NH 03302-0818

Phone: (800)327-6778, (603)224-6593

Fax: (603)223-9971

Confidential service providing professional counseling to families needing guidance in such areas as money management, family budgeting, and the use of credit. In acute cases, where indebtedness is a major problem, agency attempts to work out a program of orderly debt repayment. **No charge for financial counseling or budgeting help.** Eleven offices, including Dover. Bankruptcy counseling and education programs also available. For more information please visit our website at www.cccsnh-vt.org.

**CONSUMER PROTECTION AND ANTITRUST
BUREAU, DEPARTMENT OF JUSTICE**

Office of the Attorney General

33 Capitol Street

Concord, NH 03301

NH Consumer Hotline: 1(888)468-4454

TDD 1(800)735-2969

Website: <http://doj.nh.gov/consumer/>

Conducts investigations concerning fraud, deception in advertising, misrepresentation of facts, unfair trade practices, anti-trust, unfair methods of competition and sales, and other trade matters. Provides mediation between companies and consumers. Written or on-line complaint is necessary.

**DOVE – DOMESTIC VIOLENCE EMERGENCY
PROJECT OF THE NH BAR ASSOC.**

2 Pillsbury Street, Suite 300

Concord, NH 03301-3502

Hotline: (866)644-3574

Provides emergency referrals for income eligible victims of domestic violence for legal representation at final restraining order hearings. Victims may access the program through their local crisis center by calling the statewide domestic violence hotline.

**GLAD- GAY AND LESBIAN ADVOCATES AND
DEPENDERS**

30 Winter Street Suite 800

Boston, MA 02108

Phone: 1-800-455-GLAD

www.glad.org

New England's leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.

INTERNAL REVENUE SERVICE (IRS)

PO Box 720

Portsmouth, NH 03802-0720

Phone: 1(800)829-1040

Provides assistance in the preparation of Income Tax forms. Tax forms available by calling: (800) 829-3676

LEGAL ADVICE AND REFERRAL CENTER

48 South Main Street

Concord, NH 03301

Phone: (603)224-3333 / (603)224-5837 / (800)639-5290

Website: www.larcnh.org

Provides information and legal advice, as well as referrals to other services available in the community. Anyone needing legal assistance with housing, family matters, welfare, and other public assistance is invited to call the numbers listed above.

THE LOW-INCOME TAXPAYER PROJECT OF THE NH PRO-BONO REFERRAL PROGRAM

2 Pillsbury Street, Suite 300

Concord, NH 03301-3502

Phone: (603)228-6028

The Low-Income Taxpayer Project assists qualified individuals with federal income tax disputes through referrals to volunteer attorneys for free advice and/or representation. The types of disputes the Project can assist with include innocent spouse claims, IRS audits, earned income tax credit claims, deficiency notices and IRS levies and liens. Please call for more information or to obtain an application for services.

**NEW HAMPSHIRE CIVIL LIBERTIES UNION
(NHCLU)**

18 Low Avenue
Concord, NH 03301
Phone: (603)225-3080

Provides representation to individuals whose constitutional rights have been violated by any branch of government. Legal inquiries must be submitted by mail. Requests for assistance are screened by a panel of attorneys.

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS

2 Chenell Drive, Unit 2
Concord, NH 03301-8501
Phone: 603-271-2767
Website: www.nh.gov/hrc/
Email: humanrights@nhsa.state.nh.us

Responsible for anti-discrimination enforcement in employment, housing, and public accommodations based on race, color, religion, national origin, sex (gender, pregnancy and sexual harassment) age, marital status, familial status, physical and mental disability, and sexual orientation. Complaints and inquiries may be made by telephone.

NH LEGAL ASSISTANCE'S HOUSING JUSTICE PROJECT

154 High Street
Portsmouth, NH 0380
Phone: (603) 431-7411 / 1 800-334-3135
Fax: (603) 431-8025
TTY: 1(800)634-8989 or 206-2299

NHLA's Housing Justice Project assists low income and elderly residents of the state with various housing issues with a focus on evictions from subsidized housing, housing discrimination, foreclosures, evictions or tenant issues in a mobile home park, or property tax issues. NHLA provides legal assistance ranging from counsel and advice over the phone to full representation in all of NH's courts and in federal court. In addition, NHLA offers outreach and education on housing issues to area service providers, tenant groups or other interested organizations.

NEW HAMPSHIRE DIVISION OF CHILD SUPPORT SERVICES

129 Pleasant Street
Concord, NH 03301
Phone: 1(800)852-3345
ext. 4427 or 4578

150 Wakefield Street
Rochester, NH 03867
1(800)862-5300

Provides help in locating an absent parent, determining paternity, establishing child support order and enforcement

PRO BONO REFERRAL PROGRAM OF THE NEW HAMPSHIRE BAR ASSOCIATION

2 Pillsbury Street, Suite 300
Concord, NH 03301-3502

Pro Bono links low-income people with volunteer attorneys who provide free legal services in family law, bankruptcy, consumer, housing and senior citizen matters. Most individuals must apply through the Legal Advice & Referral Center at 1-800-639-5290 or 1-603-224-3333. If seeking help with bankruptcy and/or debt collection, foreclosure, or mortgage modification, callers should contact the Pro Bono Program directly at 1-603-224-5387 for an application.

ROCHESTER JUVENILE COURT DIVERSION PROGRAM

23 Wakefield Street
Rochester, NH 03867
Phone: (603)330-7149 / Fax: (603)330-7161

The Rochester Juvenile Court Diversion Program provides an alternative to the court system for first time juvenile court offenders who are Rochester residents or commit a first offense in the City of Rochester. The program is designed to give juveniles an opportunity to make amends, learn from their mistakes and become an asset to their community through an individualized contract. Referred youth must admit guilt and parents must be supportive of the diversion process. Successful participants will not have a court record upon completion of their contract.

WORKPLACE SUCCESS

150 Wakefield St., Suite 11

Rochester, NH 03867

Phone: (603)994-0130 / Fax: (603)994-0131

The Workplace Success Program is a state-wide program run by Community Action for the NH Employment Program. It is only offered to TANF recipients who must be referred by their NHEP Counselor.

Part 1 is training. We offer a 4-6 week program on employment preparation including, but not limited to, resumes, cover letters, interviewing, job search, networking, office etiquette and culture, budgeting, preparing for when TANF closes and a host of other subjects.

Part 2 is volunteering. The State now requires TANF recipients to volunteer in return for getting State assistance. We develop sites all over Strafford County where people can volunteer to get experience in a variety of fields, career interests or specialties. This gives them current work experience for their resume, and hopefully a reference. It helps them get used to working within a schedule and facing all the day-to-day trials of the employed like transportation and childcare backup plans.

GRIEF

COMPASSIONATE FRIENDS

PO Box 3696

Oak Brook, IL 60522

(877)969-0010

Email: nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org

National nonprofit, self-help support organization offering friendship and understanding to families grieving the death of a child of any age from any cause. Nearly 600 chapters nationwide. Contact the national office for local referral.

PETE'S PLACE

McConnell Center

30 St. Thomas Street, Suite 240

Dover, NH 03820

Phone: (603)740-2689

The mission of Pete's Place is to provide safe, trusting support to children and families grieving the death of a family member, or experiencing a serious or life-threatening illness of a family member. Pete's Place also extends supportive services to the community for those involved with grieving children.

Pete's Place services Include:

- ▶ Individual & Group Support for Grieving Children
 - Bereavement following the death of a loved one
 - Support for children who are coping with the life-threatening illness of a loved one
 - Support for children who are coping with their own serious medical illness
- ▶ Support for grieving parents and caregivers
- ▶ Education to the community regarding grief issues for children
- ▶ Consultation and training regarding grief for community providers and schools
- ▶ Outreach services to the community following a tragedy in association with local resources
- ▶ School-based grief support services
- ▶ Services are provided to the community at no cost.

SEACOAST HOSPICE

Main Office: 10 Hampton Road

Exeter, NH 03833

Phone: 1(800)416-9207 / Fax: (603)749-1019

Website: www.seacoasthospice.org

Grief support for adults and children, who have experienced the loss of someone significant in their life is an important part of hospice. Support services are offered to any community member, free of charge, and to all families and friends of hospice patients.

Grieving children receive special attention through the Bridges program, offered in the spring and fall. Bridges is a 10-week grief support program for children ages 4-18.

VICTIMS INC.

107 Highland Street

Rochester, NH 03866-0455

Mailing Address:

PO Box 455

East Rochester, NH 03866-0455

Phone: (603)335-7777

Website: www.victimsinc.org

www.camppurpleparachute.com

In Strafford & Rockingham Counties: Provides emotional and practical support to victims of crisis events and their families immediately following the crisis event. This includes victims of crimes, crashes, and traumas. Highly trained volunteers are called to emergency scenes on a 24 hour, 7 day a week basis by police/fire/ EMT's to assist traumatized citizens.

In New Hampshire: Offers service to surviving family members of all fatal crashes. Provides information, a state-wide referral network and courtroom advocacy for victims of crime in Superior and District Courts, individual and group support, guidance through the grieving process. All services are free and confidential.

HEALTH

Health: Dental Services

**AVIS GOODWIN DENTAL PROGRAM FOR ADULTS
AND CHILDREN
Phone: 603-332-4249**

Must be an established client at AGCHC to qualify.

**DENTAL CLINIC
NHTI- Concord's Community College
Concord, NH
NH Technical Institute
31 College Avenue
Concord, NH 03301
Phone: (603)271-7160**

The dental clinic offers low-cost dental care which includes check-ups, cleanings, X-rays and the application of sealants. Under the supervision of licensed hygienists, dental hygiene students provide services to the public. The cost of the cleaning is \$15.00 for children ages 3-16, \$25.00 for adults, and \$15.00 for seniors 60 and over. Sealants are \$8.00 per tooth. A full set of X-rays is \$25.00. Call for an appointment or more information

**NH DENTAL SOCIETY
PO Box 68
Concord NH 03302
Phone: (603)225-5961
www.nhds.org**

**WENTWORTH DOUGLASS COMMUNITY
DENTAL CENTER**

668 Central Avenue

Dover, NH 03820

Phone: (603)749-3013 Fax: (603)749-2915

The Wentworth-Douglass Community Dental Center is open to adults and children living in Wentworth- Douglass Hospital's primary services area including: In New Hampshire~ Dover, Durham, Barrington, Somersworth, Madbury, Rollinsford and Lee. In Maine: Berwick and South Berwick- or a patient in the Wentworth Douglass physician corporation practices.

Family income guidelines are at or below 300% of the federal poverty level based on the number of members of the household. Patients will be charged a small fee per visit based on their household income and where they fall on the federal income guidelines.

NH Healthy Kids and Medicaid patients in this services area are welcome.

Health: Family Care Medical Practices

Check for Family Practices online at:

Frisbie Hospital Physician Finder: www.frisbiehospital.com

Wentworth-Douglas Physician Finders Directory:

www.wddhospital.com

AVIS GOODWIN COMMUNITY HEALTH CENTER

19 Old Rollinsford Road

Dover, NH 03820

Phone: (603)749-2346

Fax: (603)749-2748

22 South Main Street

Rochester, NH 03867

Phone: (603) 332-4249

Fax: (603)332-4265

Primary care office with many ancillary and specialty services such as family planning, prenatal care, ob-gyn specialty care, dental care, mental health treatment and WIC services. Preventative health services such as pap smears and referrals for mammograms are a benefit provided to patients over 40.

Teen and adult services include family planning, sex education, pregnancy testing and counseling for teens and adults. The pre-natal program provides not only health care, but also nutrition counseling, breast-feeding education, as well as social service support during pregnancy. The Dental Clinic offers preventative and primary dental care.

Both the Dover and Rochester sites hold walk-in HIV/STD clinics on alternating evenings.

Services are available to those on Medicaid/Medicare, and private insurance. A sliding fee is offered for the uninsured.

BARRINGTON FAMILY PRACTICE

425 Route 125

PO Box 590

Barrington, NH 03825

Phone: (603)664-9003

Dr. Heiderscheid, Dr. Hamill, Sheryle Luftkin ARNP

DOVER FAMILY PRACTICE

19 Old Rollinsford Rd

Dover, NH 03820

Phone: (603)742-3174

FAMILIES FIRST HEALTH AND SUPPORT CENTER

100 Campus Drive, Suite 12
Portsmouth, NH 03801
Phone: (603)422-8208 Fax: (603)422-8219
Website: www.FamiliesFirstSeacoast.org
Email: Info@FamiliesFirstSeacoast.org

Health Services: Primary Care, Prenatal Program, Oral Health Care, Mobile Health Care for the Homeless, Well-Child Care and Immunizations, Social Services Coordination (including help enrolling in NHHK and Medicaid), Health Education and Counseling (managing chronic illnesses, drug & alcohol counseling, nutritional service, HIV/AIDS information, family planning), school-based dental screenings and cleanings, on-site lab services, free breast and cervical cancer screenings for eligible women, and developmental screening for children.

FAMILY CARE OF FARMINGTON

316 NH Route 11
Farmington, NH 03835
Phone: (603) 755-9801

FAMILY CARE OF SOMERSWORTH

353 High Street
Somersworth, NH 03878
Phone: (603)-692-3115

HILLTOP FAMILY PRACTICE

85 Main Street
Somersworth, NH 03878
Phone: (603)-692-6676 Fax: (603)692-0919

ROCHESTER HILL FAMILY PRACTICE

245 Rochester Hill Road
Rochester, NH 03867
Phone: (603) 335-2401
Fax: (603) 335-2420
Dr. Reall, Dr. Cashman, Dr. Cappello, Dr. Donovan, MacLean
ARNP, Chiang ARNP

SALMON FALLS FAMILY PHYSICIANS

255 Route 108
Somersworth, NH 03878
Phone: (603) 692-4018 Fax: (603) 692-1083

Health: Hospitals

BOSTON CHILDREN'S HOSPITAL

300 Longwood Avenue
Boston, MA 02215
Phone: (617)335-6000

CHILDREN'S HOSPITAL AT DARTMOUTH, CHaD

1 Medical Center Drive 100 Hitchcock Way
Lebanon, NH 03756 Manchester, NH 03104
Phone: (603)650- KIDS (5437) Phone: (603)695-2745
Fax: (603)650-3434

789 Central Avenue
Dover, NH 03820
Phone: (603)740-2366

As New Hampshire's only children's hospital, the Children's Hospital at Dartmouth (CHaD) provides an extended system of care that offers advanced clinical services for children. CHaD is committed to providing outstanding compassionate care for children and their families. Our physician expertise provides primary, specialty, and tertiary care to the children of New Hampshire, Vermont, and beyond. We see children for everything from well-care visits to the most complex childhood diseases.

For patients living in the southern and coastal New Hampshire, CHaD offers a comprehensive range of pediatric medical and surgical outpatient specialty services:

- CHaD at Dartmouth-Hitchcock Manchester
- CHaD at Wentworth Douglass Hospital

FRISBIE MEMORIAL HOSPITAL

11 Whitehall Road

Rochester, NH 03867

Phone: (603)332-5211

Website: www.frisbiehospital.com

Frisbie Memorial Hospital and its Department of Primary Care offer acute medical services and primary and specialty health services throughout Northern Strafford County, including:

Hospital Services: 24-Hour Emergency Department; Birth Care/Women and Children's Health Services; Surgical Services, including Same-Day Surgery; Frisbie's Center for Cancer Care; affiliated with Dartmouth-Hitchcock's Norris Cotton Cancer Center; Interventional Radiology and Cardiac Catheterization Lab; Inpatient and outpatient Geropsychiatry Services, Frisbie Sleep Center, Outpatient Diabetes Center, affiliated with Joslin Diabetes Center, and Seacoast Vascular Lab.

Primary Care/Urgent Care: Barrington Family Practice, Rochester Hill Family Practice, Family Care of Somersworth, Family Care of Farmington, Rochester Internal Medicine, Skyhaven Internal Medicine, and Barrington Urgent Care.

OBGYN: Rochester Obstetrics & Gynecology and Caring Partners Obstetrics & Gynecology.

Specialty Care: Rochester Infectious Disease, Rochester Pulmonary Medicine and Strafford Cardiology Associates.

Family Support: Financial counseling, Medication Assistance Program and Inpatient care management services.

Services are rendered regardless of an individual's ability to pay. To get help finding a primary care physician or specialist, please call Frisbie's Physician Finder at 1-888-2Frisbie.

WENTWORTH DOUGLASS HOSPITAL

789 Central Ave

Dover, NH 03820

Phone: (603)742-5252

Website: www.wdhospital.com

In addition to medical services, offers classes, support groups, and clinics. Classes may include: Cardiac Rehabilitation, CPR, Stop Smoking through Hypnosis, First Aid, Pulmonary Rehabilitation, Childbirth Preparation, Breast Feeding Education, Sibling Preparation, Pre-Natal Exercise, Parenting Seminars, Baby-Sitting Instruction and Grandparent classes.

Support Groups include: Diabetes support, MS, New Parent support, , Bereavement, Pregnancy/Newborn Loss, Premature Infant and Cancer support. Call for specific program dates, times, and locations.

Health: Obstetrics and Gynecology

AVIS GOODWIN COMMUNITY HEALTH CENTER

19 Old Rollinsford Road

Dover, NH 03820

Phone: (603)749-2346

Fax: (603)749-2748

22 South Main Street

Rochester, NH 03867

Phone: (603)332-4249

Fax: (603)332-4265

Primary care office with many ancillary and specialty services such as family planning, prenatal care, ob-gyn specialty care, dental care, mental health treatment and WIC services.

Preventative health services such as pap smears and referrals for mammograms are a benefit provided to patients over 40.

Teen and adult services include family planning, sex education, pregnancy testing and counseling for teens and adults. The prenatal program provides not only health care, but also nutrition counseling, breast-feeding education, as well as social service support during pregnancy. The Dental Clinic offers preventative and primary dental care.

Both the Dover and Rochester sites hold walk-in HIV/STD clinics on alternating evenings.

Services are available to those on Medicaid/Medicare, and private insurance. A sliding fee is offered for the uninsured.

CARING PARTNERS

21 Whitehall Road Suite 303

Phone: (603)335-6988 / Fax: (603) 335-6802

Dr Gaire, Dr. Mueller

DALE FERGUSON MD

21 Whitehall Road Suite 201
Rochester, NH 03867
Phone: (603)994-5111 Fax: (603)994-0025

DOVER WOMEN'S HEALTH

700 Central Avenue
Dover, NH 03820
Phone: (603) 742-2424

FAMILIES FIRST HEALTH AND SUPPORT CENTER

100 Campus Drive, Suite 12
Portsmouth, NH 03801
Phone: (603)422-8208 Fax: (603)422-8219
Website: www.FamiliesFirstSeacoast.org
Email: Info@FamiliesFirstSeacoast.org

Health Services: Primary Care, Prenatal Program, Oral Health Care, Mobile Health Care for the Homeless, Well-Child Care and Immunizations, Social Services Coordination (including help enrolling in NHHK and Medicaid), Health Education and Counseling (managing chronic illnesses, drug & alcohol counseling, nutritional service, HIV/AIDS information, family planning), school-based dental screenings and cleanings, on-site lab services, free breast and cervical cancer screenings for eligible women, and developmental screening for children.

GARRISON WOMENS HEALTH CENTER

770 Central Ave Suite 16
Dover, NH 03820
Phone: (603) 742-0101

ROCHESTER OBGYN

21 Whitehall Road Suite 201
Rochester, NH 03867
Phone: (603)335-8830 Fax: (603)332-3658
Dr. MacVittie, Dr. Mirabello

TEENS ONLY CLINIC
AVIS GOODWIN COMMUNITY HEALTH CENTER

22 South Main St

Rochester, NH 03867

Phone: (603) 332-4249

Open Thursdays from 1:30-4pm

The teens only clinic provides health and sex related education and services to males and females up to ages 21. Services include physical exams, dating violence assistance, sexually transmitted infection testing and education, contraception, teen parenting counseling and mental health, dental and specialist referrals.

Health: Pediatricians

AVIS GOODWIN COMMUNITY HEALTH CENTER

19 Old Rollinsford Road

Dover, NH 03820

Phone: (603)749-2346

Fax: (603)749-2748

22 South Main Street

Rochester, NH 03867

Phone: (603)332-4249

Fax: (603)332-4265

Services are available to those on Medicaid/Medicare, and private insurance. A sliding fee is offered for the uninsured.

DOVER PEDIATRICS

17 Old Rollinsford Road

Dover, NH 03820

Phone: (603) 742-4048

LILAC CITY PEDIATRICS

180 Farmington Road

Rochester, NH 03867

Phone: (603)335-4522 Fax: (603)335-8631

ROCHESTER PEDIATRIC ASSOCIATION

163 Rochester Hill Road

Rochester, NH 03867

Phone: (603)332-0238 Fax: (603)332-7098

Dr.DeJohn, Dr. Hubbard, Dr. McMath

Health: Pregnancy Help

AVIS GOODWIN COMMUNITY HEALTH CENTER

19 Old Rollinsford Road
Dover, NH 03820
Phone: (603)749-2346
Fax: (603)749-2748

22 South Main Street
Rochester, NH 03867
Phone: (603)332-4249
Fax: (603)332-4265

Teen and adult services include family planning, sex education, pregnancy testing and counseling for teens and adults. The prenatal program provides not only health care, but also nutrition counseling, breast-feeding education, as well as social service support during pregnancy.

Services are available to those on Medicaid/Medicare, and private insurance. A sliding fee is offered for the uninsured.

FEMINIST HEALTH CENTER –CONCORD

38 South Main Street
Concord, NH 03301

Phone: (603)225-2739 Fax: (603)228-6255

Website: www.feministhealth.org

Email: info@feministheath.org

Medical services include gynecological exams, infection checks, breast exams, pap smears, lab work, contraceptive counseling and services, diaphragm fittings, pill prescriptions, Depo Provera, IUD insertions, pregnancy detection and counseling, surgical and medical abortion services, ultrasound for gestational dating, educational/outreach speakers on women's topics. Information kept strictly confidential.

FEMINIST HEALTH CENTER OF PORTSMOUTH

559 Portsmouth Avenue
Greenland, NH 03840

Phone: (603)436-7588

Fax: (603)431-0451

Website: www.fhc-p.org

Offers gynecological and abortion services by appointment. Walk in STD/HIV clinic Wednesday evenings from 5-6:00 p.m. for women and men.

NEW GENERATION

568 Portsmouth Avenue, PO Box 676

Greenland, NH 03840

Phone/Fax: (603)436-4989

Website: www.newgennh.org

New Generation is a shelter program which provides support to homeless women in crisis during pregnancy, and to mothers and children, in order to foster a new generation of healthy, self-sufficient, fully functioning and happy families.

Programs includes:

- ▶ *New Generation Shelter*- a program for homeless pregnant and parenting women 18+ and babies up to 12 months.
- ▶ *New Generation Transitional Apartment*- for a pregnant or parenting mom over 18 with young children.
- ▶ *Second Generation Thrift Shoppes*- (3 locations: Greenland, Rochester, and Seabrook, NH).

Generation Gap Furniture Barn in Greenland, NH

OPTIONS FOR WOMEN- A PREGNANCY HELP CENTER

11A Weeks Lane

Dover, NH

Phone: (603)749-4441/ 1(877)749-4441

Fax: (603)749-4442

Options for Women provides free help for women and families facing an unplanned pregnancy. We offer information regarding choice in dealing with pregnancies and provide support to clients throughout their pregnancy. OFW offers free and confidential pregnancy testing and limited medical obstetric ultrasounds. Referral information to local services is given. We have a post-abortion healing program, as well as providing abstinence education. Appointments preferred, but will take walk-ins, as time permits.

SEACOAST BIRTHRIGHT, INC.

323 Islington Street,

Portsmouth, NH 03801-4219

Phone: (603)436-5558

Hotline: 1-800-550-4900 Answers 24/7 in US and Canada

www.birthright.org

A safe place where women in crisis can come to receive confidential, non-judgmental listening and support as they make decisions surrounding an unexpected pregnancy. Birthright offers free pregnancy tests, information regarding medical help, prenatal development, counseling referrals, and maternity and baby clothes. Referral services to community resources, shelter homes, educational programs and adoption information are also available.

TEENS ONLY CLINIC

AVIS GOODWIN COMMUNITY HEALTH CENTER

22 South Main St

Rochester, NH 03867

Phone: (603) 332-4249

Open Thursdays from 1:30-4pm

The teens only clinic provides health and sex related education and services to males and females up to ages 21. Services include physical exams, dating violence assistance, sexually transmitted infection testing and education, contraception, teen parenting counseling and mental health, dental and specialist referrals.

WIC PROGRAM - WOMEN, INFANTS & CHILDREN

22 South Main Street

Rochester, NH 03867

Phone: (603)332-4358

Fax: (603)332-4265

A public health nutrition program providing food vouchers, nutrition education, breastfeeding support, and health care referrals for pregnant, breast feeding and postpartum women, infants, and children up to age five. The program is open to low-to-moderate income women and children. Appointments are available in Rochester, Dover, and Milton. Call to apply and schedule an appointment. Late afternoon appointments are available. Free to income eligible families.

Health: Miscellaneous Resources

AMERICAN CANCER SOCIETY

2 Commerce Drive, Suite 110

Bedford, NH 03110-5032

Phone: (800)640-7101; 1(800)ACS-2345 volunteer or cancer info.

Fax: (603)472-7093 Website: www.cancer.org

American Cancer Society volunteers and staff offer a balanced program of research, education, advocacy and patient services in New Hampshire communities. Our patient services are free. They include Road to Recovery® (transportation to cancer treatments) Reach to Recovery® (one-to-one peer support for breast cancer patients) Man to Man® (information and support for men living with prostate cancer) We Can Weekend (a retreat for families facing cancer), and Adventure Weekend (a retreat for women of all ages and stages of breast cancer). We offer cancer information 24 hours a day, seven days a week, at 1-800-ACS-2345. No matter who you are, we can help. We welcome new volunteers.

AMERICAN DIABETES ASSOCIATION

249 Canal Street

Manchester, NH 03101

Phone: (603)627-9579/ Fax: (603)669-1477

www.diabetes.org

Provides literature, support groups, educational programs, and summer camps.

AMERICAN HEART ASSOCIATION

2 Wall St

Manchester, NH

Phone: (603)669-5833

www.americanheart.org

AMERICAN RED CROSS GREAT BAY CHAPTER

273 Corporate Drive

Portsmouth, NH 03801

Phone: (603)766-5440 / Fax: (603) 766-5445

Website: www.greatbayredcross.org

The Great Bay Chapter of the American Red Cross and its volunteer base of over 400 serve 40 cities and towns and their residents in the Seacoast region with a broad array of services, including disaster response, blood drives, community volunteer services, assisting military families through AFES by providing emergency communication and other needed services, offering on-going courses in disaster preparedness training, CPR for adults, infants and children, first aid, swimming safety and life guarding, water safety, First Responder program, babysitting training, automated electronic defibrillator (AED) training, and NH licensed nursing assistant certification training.

ARTHRITIS FOUNDATION

6 Chenell Drive, Suite 260

Concord, NH 03301-8514

Toll Free In-State: 1(800)639-2113 / Phone: (603) 224-9322

Fax: (603)224-3778

Email: info.nne@arthritis.org or visit www.arthritis.org

Supports research as well as providing education and support, for those affected by arthritis, through community programs, informational material and advocacy efforts. Services include:

- land and water exercise classes
- self help courses and education seminars
- informal family network for parents of children with arthritis
- Scholarships toward local summer camps for children with arthritis (available as chapter resources allow)
- College Scholarships for high school seniors or college undergraduates with juvenile arthritis

The foundation may also provide resource materials for schools, healthcare providers, and community programs.

BREAST CANCER SUPPORT GROUP

Wentworth Douglass Hospital

789 Central Avenue

Dover, NH 03820

Phone: (603)740-2830

The purpose of the group is to provide both education and support. On the second Thursday of each month from 5:30p.m. to 7:00 p.m. at the Great Bay Conference Room, a guest speaker is invited to discuss topics of interest. Afterward, cancer survivors are invited to meet with one another for open, confidential discussion. To register and/or for more information please call (603) 740-2830.

BREATHE NEW HAMPSHIRE

9 Cedarwood Drive, Unit 12

Bedford, NH 03110

Phone (603)669-2411 or (800)835-8647

Fax (603)645-6220

www.breathenh.org

Breathe New Hampshire is committed to eliminating lung disease and improving the quality of life for those living with lung disease in New Hampshire through advocacy, educational outreach, and research.

The organization's mission reflects its focus on modern threats to the healthy breathing of all New Hampshire residents, such as tobacco use, poor air quality, and inequities in access to public health education and prevention services. The organization specifically focuses on the challenges associated with respiratory diseases including asthma, COPD (chronic obstructive pulmonary disease), and nicotine addiction.

CANCER SUPPORT GROUP

Wentworth Douglass Hospital

789 Central Avenue

Dover, NH 03820

Phone: (603)740-2826

Sponsored by Social Services, Wentworth Douglass Hospital

Living with Cancer Support Group meets the second Tuesday of the month from 5:30p.m. to 7:00pm . Check at front desk for room assignment. Anyone living with cancer, their family, and/or friends are welcome. Light refreshments are provided.

We also offer: Breast Cancer Support Groups for Breast Cancer Survivors. Meets 2nd Thursday of the month from 5:30p.m. to 7:00p.m. Light refreshments. Guest speakers present 30 min on various topics.

THE CATCH PROGRAM - COMPREHENSIVE ASSESSMENT AND TREATMENT FOR CHILDREN

155 Borthwick Avenue

Building West 3rd Floor

Portsmouth, NH 03801

Phone: (603)334-2097

Serves children ages 0-12 years with acute or developmental issues, accepts Medicaid. CATCH has a center based clinic offering outpatient occupational, speech, and physical therapy pediatric services. The program offers experienced pediatric therapists, center based, and pool therapy. New programs include sensory integration therapy, feeding therapy, neuro developmental therapy, and evaluations for therapeutic electrical simulation.

**DARTMOUTH-HITCHCOCK
CHILD DEVELOPMENT PROGRAM**

One Medical Center Drive, Lebanon, NH 03756

Phone: (603)653-6063

Fax: (603)653-3585

The Child Development Consultation Program is an interdisciplinary program at the Children's Hospital at Dartmouth, staffed by child development specialists. The staff includes experts in developmental pediatrics, behavioral health, developmental psychology, infant-toddler development, educational psychology, speech/language pathology, and special education. Clinical components of the program include:

- Children With Special Needs Consultation Service (CSN): Consultation and assistance in long term care coordination for children from birth to age 18 with a wide range of developmental needs.
- Intensive Care Nursery Follow-up Service: Interdisciplinary developmental team follow-up of graduates of an intensive care nursery.
- Infant-Toddler Developmental Service : Interdisciplinary team developmental evaluation and follow-up of children from birth to age 3 for whom parents and primary care providers have questions or concerns regarding their behavior and development.
- CHaD Behavioral/Developmental Specialty Services: Individualized evaluation and support of children age 3 and older who require assistance from developmental specialists in a variety of areas including pediatrics, developmental psychology, neuropsychology, speech pathology, occupational and physical therapy, as well as for children with behavior, temperament and school related difficulties.
- Community Consultation and Support Program: Works closely with school, health professionals, educators, and other providers in the communities where children with special needs live and attend school.

For the convenience of families and referring providers, each of these services are provided at three sites across New Hampshire.

- Lebanon - Dartmouth-Hitchcock Medical Center
- Laconia - Lakes Region Child Development
- Lancaster - North Country Child Development Clinic

DOVER REHABILITATION AND LIVING CENTER

307 Plaza Drive
Dover, NH 03820
Phone: (603) 742-2676

Offers skilled nursing, intermediate nursing care, occupational and physical therapy, and social services. Speech therapist available. Also provides after surgery therapy and hospice care.

EPILEPSY FOUNDATION OF AMERICA

Phone: (800)332-1000
Website: www.efa.org

GRANITE STATE EPILEPSY SOCIETY

PO Box 6504
Manchester, NH 03108
Phone: 1-800-698-5465

HEALTHY KIDS INSURANCE

Phone: 877-464-2447
www.nhhealthykids.com

Healthy Kids offers low cost and free health coverage option for uninsured children based on income guidelines.

HEALTH CARE FOR THE HOMELESS MOBILE VAN

A service of Families First
Phone: 888-922-0005
www.familiesfirstseacoast.org

The Health Care Van for the Homeless provides a variety of services including routine physicals and treatment for illnesses. In addition, the Van offers care coordination linking people with free or low-cost community services. The Van provides services to anyone over 18, living in a shelter, on the streets or in temporary housing (living at a friend's house or living in a campground or winter rental). Call for the most current schedule. The Van comes to Farmington every Tuesday morning from 9-11am and is located in the Fire Station parking lot, 381 Main St.

THE HOMEMAKERS HEALTH SERVICES

Complete Home Health, Home Support & Adult Day Care Services

215 Rochester Hill Road,
Rochester, NH 03867-1701
Phone: (603)335-1770 / 1(800)660-1770
Fax: (603)335-1771
Website: www.thehomemakers.org Email: hsc@gwi.net

Offers complete Home Health, Home Support and Adult Medical Day Care Services, including skilled nursing, physical, occupational and speech therapy, case management and medical social work, home health aide, adult-in-home care, Alzheimer's respite and community wellness programs such as Strong Living, Aerobics of the Mind, Advance Directive Seminars, Alzheimer's education program and support groups, and working caregiver solutions.

LA LECHE LEAGUE

14 Birch Drive,
Dover, NH 03820
Phone: (603)742-8916
www.seacoastnhlll.org

Aids mothers wishing to breast feed by offering help, encouragement, and practical suggestions. Meetings are open to any interested woman. Phone counseling is available. Library books available on childbirth, childcare, breast feeding, and nutrition. Breast pumps available. Call for meeting schedule and hours of operation.

MAKE-A-WISH FOUNDATION

814 Elm St, Suite 300
Manchester, NH
Phone: (603)623-9474
www.newhampshire.wish.org

The mission of the Make-A-Wish Foundation of NH is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

MARCH OF DIMES FOUNDATION

22 Bridge Street, Unit 3

Concord, NH 03301

Phone: (800)287-0317 / (603)228-0317

Fax: (603)228-0318

Prevention of birth defects, premature birth and infant mortality through public and professional health education, research, and medical service programs. Supports research, medical care, and education concerning birth defects.

MCGREGOR MEMORIAL EMS

McGregor Memorial Ambulance, Inc.

PO Box 4

Durham NH 03824

Business Phone: (603) 862-3674 Emergency: 911

Website: www.mcgregorems.org or

www.mcgregorinstitute.net

Serves Durham, Madbury, UNH, and Lee. Service available 24 hours per day, 7 days a week. Emergency medical services- ambulance transport to area hospitals (note: Emergency only! McGregor does not perform transfers or transports home from hospital). Fee for service-hardship waivers available.

MUSCULAR DYSTROPHY ASSOCIATION, Inc.

360 Route 101, Unit 5

Bedford, NH 03110

Phone: (603)471-2722 / 1(866)632-2259

Fax: (603)471-1857

Provides clinic services, orthopedic equipment, and summer camping program to residents of New Hampshire with any one of 43 neuromuscular diseases.

**NATIONAL KIDNEY FOUNDATION OF MA, RI, NH
& VT, INC.**

85 Astor Avenue, Suite 2
Norwood, Ma 02062

Phone: (603)634-0030 / Fax: (781)278-0333

Offers information to people with kidney or urinary tract diseases or concerns. Programs to help assist patients, including medical alert bracelets, patient education, and forums. Supports research to find the causes, cures, and ultimately the prevention of kidney and urinary tract diseases.

**NATIONAL MULTIPLE SCLEROSIS SOCIETY
CENTRAL NEW ENGLAND CHAPTER**

101A First Avenue, Suite 6
Waltham, MA 03451-1115

Phone: 1(800)FIGHTMS

Website: www.msnewengland.org Fax: (781)890-2089

Provides individuals with MS and their families with information, referrals, and various other services to meet the problems arising as a result of the illness. Provides education through mass media, printed literature, films, and speakers. Support groups are located throughout the state. Also provides financial assistance for specific items, group and peer support, lending library. Programs include: wellness programs, social programs, teleconferences, family programs, facilitated groups, short-term care management, newly diagnosed programs, and more.

NEW HAMPSHIRE ASSOCIATION FOR THE BLIND

25 Walker Street
Concord NH 03301

Parrot Avenue Place
127 Parrot Avenue
Portsmouth, NH 03801

Phone: NH 1(800)464-3075 Fax: (603)224-4039

Portsmouth: (603)431-9401 and (603)224-4039

The New Hampshire Association for the Blind offers support and help to New Hampshire citizens of any age who are experiencing vision loss to the point where the person's ability to function in daily life has been impaired. Direct Services Overview:

- ▶ **Social Work:** Includes individual and family counseling relating to vision loss, parent, peer and family support groups, and referrals to appropriate services. This service is provided by our professional social work staff.
- ▶ **Rehabilitation Teaching:** Helps an individual adjust to a visual impairment and maintain his/her independence by developing practical skills of daily living, such as cooking, banking, personal grooming, reading and writing Braille, typing and handwriting.
- ▶ **Orientation & Mobility Instruction:** Involves working on a one on one basis to help an individual develop independent travel skills and white cane techniques.
- ▶ **Educational Services:** Programs for school age children who are experiencing visual difficulties and/or blindness: specialized instruction in disability-specific compensatory skills and adaptive techniques provided by a Teacher Consultant of the Visually Impaired. Included orientation and mobility, personal management and alternative communication skills. Also provided information and support to families and to other professionals.
- ▶ **Low Vision Services:** Provided by eye care professionals and low vision therapists. These services will assist people who are partially sighted to use their remaining vision more effectively, through low vision counseling and recommendation of, and training with, low vision aids.
- ▶ **Technology Service:** Demonstration of a variety of high and low-tech devices and Braille products; information and referral to services and training; consultation and advocacy on funding and use of equipment.

New Hampshire Association For The Blind Continued...

Volunteer Services: Provides needed support to individuals who are blind and visually impaired at both at the McGreal Sight Center and in one's own community. Services include

- ▶ In-Home Community Visitor and/or DRIVER. At McGreal Sight Center in Concord, volunteers assist with clerical work, educational programs, the technology lab, the recording studio and special events.
- ▶ Public Education: Can provide a speakers bureau, seminars and workshops, pamphlets on eye diseases and educational videos.
- ▶ Also Available: Braille transcription services, and audio transcription services.

**NEW HAMPSHIRE DEPARTMENT OF HEALTH
AND HUMAN SERVICES**

STD/HIV SECTION

29 Hazen Drive,

Concord, NH 03301

Phone: (800)852-3345 / Fax: (603)271-4934

HIV/AIDS Hotline: (800)752-AIDS

STD Hotline: (800)228-0254

This program continues to educate the public (including people at risk) about HIV and other communicable diseases. A variety of services are used including seminars and health education programs, public information campaigns that use the mass media to reach selected audiences statewide, and the operation of two hotlines.

NORTHERN NEW ENGLAND POISON CENTER

Maine Medical Center

22 Bramhall Street

Portland, ME 04102

Phone: 1(800)222-1222 (Voice and TTY)

Website: www.nnepc.org

24- Hour hotline for the general public and healthcare professionals provides emergency assistance for poisonings and non-emergency information. Education outreach services are also available.

NUTRITION CONNECTIONS PROGRAM
(UNH Cooperative Extension)

Nutrition Connections provides no-fee life skills education in nutrition, food shopping, food safety, and cooking to limited-resources families and individuals in their homes and to groups at agencies. Learn how to eat better for less, control your weight, help your children become healthy eaters, and lower your risk of heart disease, stroke, cancer, and osteoporosis.

PARTNERS IN HEALTH
Administered Through Community Partners Of
Strafford County, Inc.

Forum Court 113 Crosby Road, Suite 1
Dover, NH 03820-3244
Phone: (603)516-9300 ext. 9339 /Fax: (603)743-3244

Helping families who have children with chronic health conditions. Provides support, information, and an outlet for the stress of daily routines by listening and offering encouragement:

- ▶ Working directly with families to offer help and support based on their specific needs;
- ▶ Find appropriate information, services and resources;
- ▶ Connect them with a variety of support groups;
- ▶ Fill out applications for grants and insurance coverage;
- ▶ Enhance communication with schools and attend IEP meeting
- ▶ Find additional funds for modifying vans and homes.

PORTSMOUTH REGIONAL HOSPITAL
OUTPATIENT REHABILITATION SERVICES
(Newington Site)

155 Borthwick Avenue
West Building, Third Floor
Portsmouth, NH 03801
Phone: (603)433-4015 / Fax: (603)433-6990

Provides physical therapy, occupational therapy, and speech and language therapy for persons of all ages. Programs available are orthopedic and sports injury, pediatric CATCH program, and Day Rehabilitation Program. Services include aquatic therapy, vestibular/balance rehabilitation, pre-driving assessments, visual motor assessments, industrial rehabilitation, orthopedics and sports injury, and women's health.

PUBLIC HEALTH NURSING - NH HEALTH

DEPARTMENT *Division of Human Services*

30 Maplewood Avenue

6 Hazen Drive

Portsmouth, NH 03801

Concord, NH 03301

Phone: (603)433-8300 / (800)852-3345

Manages TB Control Program, Refugee Health Program, assists with pediculosis investigations, disease control and surveillance, epidemiological investigations. Economic services include APTD, Food Stamps, Medical and Assistance Payments.

Foster Care Health Program: Foster Care Health Nurse coordinates medical and dental care of children in foster care by working with the biological and foster parents. The nurse also acts as a liaison to those addressing the health care needs of children in placement.

**ROCHESTER DISTRICT VISITING NURSE
ASSOCIATION “YOUR VNA”**

178 Farmington Road

Rochester, NH 03867

Phone: (603)332-1133 Fax: (603)332-9223

Website: www.yourvna.org

Home Health Care Agency since 1913 serving Strafford, Northern Rockingham, and Southern Carroll Counties in New Hampshire. Provides services from Birth to End of Life.

Services Provided include: Skilled Nursing, Rehabilitative Therapies, Medical Social Workers, Licensed Nursing Assistants.

Specialty Services: Certified Wound/Ostomy Nurses, Certified Diabetes Education, Certified Intravenous Nurses, Newborn-Post Partum Pediatric Nurses, Telehealth monitoring System and Disease Management Programs.

Adult Health Screening Clinics: Blood Pressure Checks, Blood Sugar Checks, Cholesterol Screenings, Medication Assistance, Weight Monitoring, Patient Education, Foot Care (by appointment), Flu Shots (seasonal), and Pneumonia Shots.

Adult Day Center: The center (located at 178 Farmington Road) provides individualized care for adults in need of medical, therapeutic and social intervention. The center is open daily from 8:00 a.m. to 5:00 p.m. Monday-Friday.

SEACOAST HOSPICE

Main Office: 10 Hampton Road

Exeter, NH 03833

Phone: 1(800)416-9207 / Fax: (603)749-1019

Website: www.seacoasthospice.org

Seacoast Hospice provides care and support to patients with life-limiting illness, and their families. Using a team approach, we offer physical, emotional and spiritual care based on patient and family needs. Care is provided to children and adults, regardless of ability to pay. We provide care in the patients home, nursing home, assisted living facility, hospital or at our own Hyder Family Hospice House.

Grief support for adults and children, who have experienced the loss of someone significant in their life is an important part of hospice. Support services are offered to any community member, free of charge, and to all families and friends of hospice patients.

Grieving children receive special attention through the Bridges program, offered in the spring and fall. Bridges is a 10-week grief support program for children ages 4-18.

Seacoast Hospice offers community education with workshops, conferences, a 35-hour training program for volunteers and a lending library.

An independent, not for profit hospice, Seacoast Hospice depends on the generosity of donors in our community to support our many services and programs not funded by private insurance or Medicare.

SPECIAL MEDICAL SERVICES

Department of Health and Human Services
Division of Community Based Care Services
Bureau of Developmental Disabilities
Special Medical Service Unit
Thayer Building, 129 Pleasant Street
Concord, NH 03301
Phone: (800)852-3345 ext 4488; (603)271-4488
Fax: (603)271-4902

Health Care Coordination is available to families with children with chronic medical conditions or physical disabilities. Additional services include the Nutrition, Feeding and Swallowing program, Neuromotor Clinics, Child Development Clinics and Information and referral. Services are available regardless of income. If eligible, some medical financial assistance may be available.

TOWN HEALTH OFFICES

<u>Town</u>	<u>Phone Number</u>
Dover	(603)516-6038
Durham	(603)868-8064
Farmington	(603)755-2774
Lee	(603)659-6783
Milton/Milton Mills	(603)652-4501
Rochester/Gonic	(603)332-3508
Rollinsford	(603)742-2510
Somersworth	(603)692-9522
Strafford	(603)664-2192

WENTWORTH HOMECARE AND HOSPICE

113 New Rochester Road, Suite #4
Dover, NH 03820
Phone: (603)742-7921 / Fax: (603)742-3835

A home health care and community health agency affiliated with Wentworth Douglass Hospital offering skilled nursing care, rehabilitative care (occupational, physical and speech), home health aide services, various clinics, referrals, Medical Social Worker, maternal and newborn home visits, and Medicare-certified hospice. Provides services in Strafford and Rockingham Counties in NH and York County in ME.

WIC PROGRAM - WOMEN, INFANTS & CHILDREN

22 South Main Street

Rochester, NH 03867

Phone: (603)332-4358

Fax: (603)332-4265

A public health nutrition program providing food vouchers, nutrition education, breastfeeding support, and health care referrals for pregnant, breast feeding and postpartum women, infants, and children up to age five. The program is open to low-to-moderate income women and children. Appointments are available in Rochester, Dover, and Milton. Call to apply and schedule an appointment. Late afternoon appointments are available. Free to income eligible families.

HEAT AND FUEL ASSISTANCE

The New Hampshire Fuel Assistance Program (FAP) provides income eligible households with assistance in paying home energy bills (oil, kerosene, natural gas, propane, wood, electricity, and/or coal) during the winter heating season. FAP prioritizes households with at least one member who is elderly, disabled, and or a child under the age of 6. Eligibility for FAP is based on household size, household income, and annual home energy costs.

Homeowners and renters (including renters with heat included) are eligible for FAP.

FAP income guidelines are updated annually at the beginning of the new program year.

Applicants must provide written documentation (copies of checks or check stubs, etc.) for all household income sources for the time period specified on the FAP application (usually 30 days).

The six Community Action Agencies (CAPs) in New Hampshire are responsible for the FAP application process. Telephone your local CAP for information, including current guidelines, or to make an appointment to complete a FAP application.

Other Energy Resources

Weatherization Assistance Program: funds energy improvements in the homes of approximately 600 low income households. Priority is given to the elderly, handicapped, and families with young children.

Senior Elderly Assistance Services: is for elderly people who are not income eligible for Fuel Assistance but have a compelling need for a one-time grant of up to \$250.00 towards heating costs.

Neighbor Helping Neighbor: helps households facing a disconnect or heating emergency. This subsidy is for households who are not income eligible and have not previously received other fuel assistance funds.

Electric Assistance Program: provides qualified electric utility customers with a discount from 15-90% on their monthly electric bill.

Low Income Home Energy Assistance: Provides income-eligible households with help in paying energy bills during the winter heating season. Payments may be made to gas, electric, oil or wood vendors.

Rental and Utility Assistance: Provides emergency assistance when no other funding sources are available.

HOUSING

Homeless and Transitional Shelters

Claremont: (24hrs/ 7 days)
Sullivan County Housing Coalition
17 Pearl Street
Claremont NH 03743
Phone: (603)542-3160
www.scshehelps.org

Homeless Outreach/Intervention
Program
17 Pearl Street
Claremont, NH 03743
Phone: (603)542-4539
1(800)852-3388

Southwestern Community Services
PO Box 1338
Claremont, NH 03743
Phone: (603) 542-3160

Concord: (24 Hrs/7Days)
Edna McKenna House
100 South Fruit Street
Concord, NH 03301
Phone: (603)228-3505

New Start Program
Transitional Housing
2 Industrial Park Drive
Concord, NH 03301
Phone: (603)229-1989

Dover: (24 Hrs/7Days)
My Friends Place
368 Washington Street
Dover, NH 03820
Phone: (603)749-3017

Franconia (24 Hrs/ 7Days)
Bancroft House
104 Harvard St.
PO Box 344
Franconia NH 03580
Phone: (603)823-8842

Greenland: (24 Hrs/7Days)
(Handicap Accessible)
New Generation-Pregnant Women &
Mothers of Infants

(Greenland Continued)
568 Portsmouth Avenue
PO Box 676
Greenland, NH 03840
Phone: (603)436-4989

Jaffrey: (Capacity Single)
Jaffrey Shelter
54 Main Street
Jeffrey, NH 03452
Phone: (603) 532-7047

Keene: (www.scshehelps.org)
Monadnock Area Housing Coalition
69Z Island Street
Keene, NH 03431
Phone: (603) 357-1654

Laconia: (www.oaoutreach.org)
Open Arms Outreach, Inc.
Transitional Housing for Homeless
Families
756 Union Avenue
Laconia, NH 03246
Phone: (603)524-4580

Salvation Army
177 Union Avenue
Laconia, NH
Phone: (603)528-8086

Portsmouth:
Crossroads House
600 Lafayette Street
Portsmouth, NH 03801
Phone: (603)436-2218

Rochester:
9 Islington Drive
PO Box 7306
Rochester, NH 03839

** Some homeless and transitional
housing shelters may route their calls
to the local police department who
will forward them on to the proper
personnel.*

Homeless Emergency Services

NH Helpline: All homeless emergencies and referral 24 hours a day 7 days a week 1-800-852-3388 or (603) 225-9000 www.nhhelpline.org.

Homeless Outreach Intervention Program: Street Homeless Intervention and Shelter Placement 1-800-852-3388 or (603) 225-9000.

NH Legal Assistance-Homeless Advocacy: A social worker can help the individual family find alternative housing, transportation, meals, and homemaking. 1(800)351-1888

Veterans Administration: Referral resource for homeless Veterans 1(800)892-8384.

Child and Family Services: Transitional Program for Homeless 18-21 years of age, call 1(800)640-6486.

Homeless Social Detox Programs via NH Helpline: State-funded referrals for detoxification beds for the homeless 1(800)852-3388.

National Runaway Switchboard: Shelter referrals for teens, etc. 1(800)RUN-AWAY (1(800)786-2929).

The Housing Referral Network: Provide information and referrals to housing programs.

Strafford County Community Action Homeless Outreach Intervention Program: An Outreach/Intervention Specialist engages unsheltered homeless person into shelter and other necessary services, working with homeless individuals and families throughout Strafford County. For more information call (603) 516-8130.

Southern NH Services:

Merrimack County

1(800)856-5525

Strafford County

1(877)225-4939

DOVER HOUSING AUTHORITY

62 Whittier Street

Dover, NH 03820

Phone: (603)742-5804 Fax: (603)742-6911

Provides housing for low-income families, elderly, and disabled persons. Applications are available Monday thru Friday in the DHA office. Information on elderly resident services is available by the Senior Supportive Services at (603) 743-6420.

FAIR HOUSING PROJECT

Sponsored by NH Legal Assistance

1361 Elm Street #307

Manchester, NH 03101

Phone: (800)921-1115 / (603)669-4960(Voice)

Fax: (603)625-1840

(TTY) (800)634-8989, (603)206-2299

Assists people who have experienced discrimination in housing. Offers information, education, and community outreach on fair housing issues. Makes referrals to appropriate sources of help, including the NH Commission on Human Rights and the US Department of Housing and Urban Development. Provides legal assistance to enforce Fair Housing laws, from investigation to representation in administrative hearings and in court. Federal and State Fair Housing laws make it illegal to discriminate due to race, color, national origin, disability, sex, religion, family status, age, marital status, or sexual orientation.

THE HOUSING PARTNERSHIP

PO Box 466, Portsmouth, NH 03802-0466

Phone: (603)431-3620 / Fax: (603)431-3627

The Housing Partnership is a non-profit agency whose mission is to strengthen communities by providing quality affordable housing for low and moderate-income residents of the Great Seacoast of NH and ME. Apartments are rented at rates averaging 25% below market to eligible applicants.

The Housing Partnership also provides free first-time homebuyer education through the Homeward Bound program. The agency's education and advocacy program, the Workforce Housing Coalition of the Greater Seacoast, works towards a responsible increase in the diversity of the region's housing stock. Visit www.housingpartnership.org or email info@housingpartnership.org

MY FRIEND'S PLACE

368 Washington Street

Dover, NH 03820

Phone: (603) 749-3017 / Fax: (603) 749-5068

My Friend's Place provides temporary shelter for individuals and families who need assistance due to an emergency or adverse situation. My Friend's Place also provides longer term transitional housing for homeless families. Each resident is required to develop a plan related for housing, services, and income.

NEW GENERATION

568 Portsmouth Avenue, PO Box 676

Greenland, NH 03840

Phone/Fax: (603)436-4989

Website: www.newgennh.org

New Generation is a shelter program which provides support to homeless women in crisis during pregnancy, and to mothers and children, in order to foster a new generation of healthy, self-sufficient, fully functioning and happy families.

Programs includes:

- ▶ *New Generation Shelter*- a program for homeless pregnant and parenting women 18+ and babies up to 12 months.
- ▶ *New Generation Transitional Apartment*- for a pregnant or parenting mom over 18 with young children.
- ▶ *Second Generation Thrift Shoppes*- (3 locations: Greenland, Rochester, and Seabrook, NH).
- ▶ *Generation Gap Furniture Barn in Greenland, NH*

ROCHESTER HOUSING AUTHORITY

Wellsweep Acres

Rochester, NH 03867

Phone: (603) 332-4126

Fax: (603) 332-0039

Manages 172 units of low rent housing for elderly, 60 units of low rent housing for families, and 183 units of Section 8 Housing. Congregate Meals-On-Wheels, nutrition program, leisure time and social activities in recreation center.

A SAFE PLACE

6 Green Leaf Woods Ste. 101 18 North Main Street
Portsmouth, NH 03801 Rochester, NH 03867
Phone: (603)436-4619 Phone: (603)330-0214
Hotline: (603)436-7924

15 Ermer Road
Salem, NH 03079 24-Hour Toll Free Crisis Line:
Phone: (603)890-6392 (in NH) 1(800)854-3552
Website: asafeplacenh.org

A Safe Place, a non-profit organization, provides support services and emergency shelter to victims of domestic abuse in Rockingham and Strafford Counties. We work with people who have experienced physical, emotional, verbal, sexual, mental or financial abuse/control by a current or former intimate partner. All services are **FREE** and **CONFIDENTIAL**. Services are provided to all survivors, their families and the community of domestic abuse and stalking regardless of gender, age, health status (including HIV positive), physical, mental or emotional disability, sexual orientation, socio-economic status, race, national origin, immigration status, or religious and political affiliation.

Services offered include: 24-hour toll free hotline, temporary confidential shelter, one-to-one support in our office locations or in other safe public locations (such as a hospital, police station, court, etc.); legal advocacy; weekly support groups for adults and kids; safety planning; social service advocacy (helping people get their basic needs met to become self sufficient); community education for various groups of adults (professional and community groups); Prevention educational programs for youth in middle-and high-schools; and volunteer and donations program.

SOMERSWORTH HOUSING AUTHORITY

9 Bartlett Avenue
Somersworth, NH 03878
Phone: (603)692-2864 / Fax: (603)692-2877

The Housing Authority provides affordable housing to low-income clients through an application process. Programs offered are Public Housing, Section 8 Rent Subsidy Assistance, Congregate Housing (serving elderly to remain independent), Meals on Wheels, Safe Haven (family/children after school activity program), and is also a grantee for the Somersworth Early Learning Center.

USDA RURAL DEVELOPMENT

10 Ferry Street, Concord Center

Suite 218

Concord, NH 03301-5004

Phone: (603)223-6035 or 603-236-1639

Fax: (603)223-6061

Provides loans to persons with very low to low income to purchase or build a single family home at reduced interest rates. *Also provides assistance to very low income owners of modest single-family homes in rural areas, for home improvements to remove health and safety hazards or to make a home accessible for household members with disabilities.

Provides grants to very low income households, 62+ years of age, who cannot afford to repay loan. *Section 8 mortgage voucher can be used.

STRAFFORD COUNTY LIBRARY DIRECTORY

<u>TOWN/CITY</u>	<u>PHONE NUMBER</u>	<u>HOURS</u>
Barrington: Barrington Public Library 39 Province Lane	(603)664-9715	10:00-6:00 M/T/Th 12:00-8:00 W 10:00-3:00 Sat.
Dover: Dover Public Library Children's Room 73 Locust Street	(603)516-6050	9:00 - 8:30 Mon, Tues 9:00 - 5:30 Wed through Fri 9:00-5:00 Sat (summer 9 - 1)
Farmington: Goodwin Library 422 Main Street	(603)755-2944	Mon, Wed 12 - 8 Tues, Thurs 2 - 5 Fri 12 - 5 Sat 9 - 2
Milton: Nute Library 22 Elms Street	(603)652-7829	7:30-5 M/T/Th/F 7:30-7 W 8-12 Sat
Milton Mills: Milton Mills Public Library 13 Main Street PO Box 127	(603)473-8535	3:30 - 7:30 T 12:00- 7:30 W 3:30 - 7:30 Thurs. 1:00-5:00 F 10:00 - 1:00 Sat.
Rochester: Rochester Public Library 65 South Main Street	(603)332-1428	9:00 - 8:30 Mon-Thurs 9 - 5 Fri 9 - 4 (winter) Sat
East Rochester Library Assoc. 57 Main Street	(603)332-8013	2:00- 5:00 T & F
Somersworth: Somersworth Public Library 25 Main Street	(603)692-4587	9 - 8:30 Mon-Wed 9 - 5:30 Thurs, Fri 9 - 5 (Sept-May) Sat 9 - 1 (June-Aug) Sat

STATE LIBRARY

Concord, NH

Phone: (603) 271-1498 / NH Toll Free: 1-800-491-4200

Fax: (603) 271-8370

Talking Book Services is a free library service for eligible New Hampshire residents who are unable to read standard print due to a permanent or temporary visual or physical disability. The library's collection includes downloadable and self-contained digital audio books, recorded books and magazines on cassette or in Braille, and special equipment at no cost through the U.S. Postal Service.

FAMILY RESOURCE CONNECTION

NH State Library

20 Park Street

Concord, NH 03301

Phone: (800)298-4321 / Fax: (603)271-2205

Website: www.nh.gov/nhsl/frc

A free lending library which offers books and videos on all aspects of raising and caring for children, with a special focus on children with special needs. Materials are sent with postage paid envelopes enclosed for their return. Is also a statewide information and referral center regarding children's needs, and a research resource dealing with child-related concerns. A statewide directory of children's services, an online library catalog, a calendar of events regarding child development concerns, and parenting subjects can be found at their website.

MENTAL HEALTH

Mental Health Agencies

ATLANTIC BEHAVIORAL MEDICINE, INC.

Robert C. McCoul, PSY.D

6 Chenell Drive, Suite 250

Concord NH 03301-8514

Phone: (603) 513-1598 / Fax: (603)513-1585

Category Types: Marriage and Family Counselors, Mental Health Clinic, Doctors and clinics. Atlantic Behavioral Medicine is a Medicaid Provider. Diagnostic and risk assessments for anger management and psychosexual behavior.

CATHOLIC CHARITIES OF NH

23 Grant Street

Rochester, NH 03867

Phone: (603) 332-7701

Provides services to Adolescents and families.

Offers a sliding scale fee.

Accepts Medicaid and Medicare.

CENTER FOR EATING DISORDERS MANAGEMENT

360 Route 101, Unit 10

Bedford NH, 03110

Phone: (603)472-2846

Services include medical evaluation and monitoring, nutritional and psychological counseling and outreach programs and support groups.

Accepts most insurances, including Medicaid. Does not offer a sliding scale fee.

CHESTNUT HILL COUNSELING ASSOCIATES

16 Fifth Street
Dover, NH 03820
Phone: (603)749-4462

Offers Psychotherapy for individuals, couples, families and groups. Medication evaluations, prescription and monitoring for adolescents and adults, relaxation training, psychological testing, treatment for addiction, treatment for survivors of sexual assault and abuse, women's issues, men's issues and LGBTQ issues. Accepts Medicare, does NOT accept Medicaid. Does not offer a sliding scale fee.

CHILD AND FAMILY THERAPIST

Shelly Stratton, LICSW

PO Box 19
Durham, NH 03824

23 Pinecrest Lane
Durham, NH 03824

Areas Of Expertise: Provides play therapy and sand play therapy for children and families. Foster care and adoption, attachment, anxiety, sensory integration, grief and loss, stress and struggles within the family, Divorce, Parent/Guardian Support, child development, difficult transitions, trauma, abuse and neglect, difficulties in school/child care, behavioral problems, self esteem, multi-cultural issues.

COCHECO VALLEY MENTAL HEALTH

90 Washington St, Suite 304
Dover, NH 03820
Phone: (603) 749-0992

Offers Services for children (3+), adolescents and families.
Offers neuro/psych evaluations.
Accepts Healthy Kids/Medicaid for psych evaluations, but does not accept Medicaid for counseling services.

COMMUNITY PARTNERS BEHAVIOR HEALTH

50 Chestnut Street

Dover, NH 03820

Phone: (603) 516-9300

Fax: (603)516-7370

25 Old Dover Rd

Rochester, NH 03867

Phone: (603) 516-9300

Fax: (603) 335-9278

Provides a variety of mental health services including individual, family and group therapy; aftercare services for patients discharges from psychiatric hospitals; services for people with mental health issues. In addition offers the following services: 24 hour emergency services, outreach services, sexual abuse treatment for victims and their families; supportive services for elders, adult outpatient services, in-home supports, and office based counseling for families and individuals.

Mental health services include 24/7 crisis intervention services for all ages, community support programs, youth and family programs, individual, group and family therapy, adult outpatient therapy on a sliding fee scale for the under/uninsured psychiatry, medication monitoring, homeless outreach, and vocational services.

FAMILY PASTORAL COUNSELING SERVICE

Congregational Church

2 Liberty Street

Rochester, NH 03867

Phone: (603) 335-1066

Offers counseling for couples, individuals, and families. Marriage counselors on call serving Strafford County.

Offers a sliding scale fee.

FAMILY THERAPY INSTITUTE OF SOUTHERN NEW HAMPSHIRE

660 Central Street, Suite 302

Dover, NH 03820

Phone: 1(866)629-1701

Private psychotherapy organization.

Specializes in Family Therapy, Anxiety and Depressions Issues, Substance Abuse Issue in Families, and Adult Survivors of Abuse.

GREAT BAY MENTAL HEALTH ASSOCIATES

35 Second St
Dover, NH 03820
Phone: (603)742-9200

Offers services for children, adolescents and families.
Psychiatrist available.
Two therapists accept Medicaid (Kristin Trapane-Otis, LICSW and Michael McCay MS, LMFT).
Does not offer a sliding scale fee.

GREENLEAF WOODS COUNSELING

6 Greenleaf Woods Drive
Portsmouth, NH 03801
Phone: (603)427-5392

Offers groups for adolescent substance abuse, adult survivors of child sexual abuse, anger management for women, and depression support. Groups have a maximum of six members.
\$45 per session.
Some groups having sliding fee spaces available.

JOURNEYS PASTORAL COUNSELING CENTER

Main Street, PO Box 684
Durham, NH 03824
Phone: (603)868-5166 / Fax: (603)868-8166
Website: www.journeypastoralcounseling.org

Counseling for individuals, couples, and families. Marriage counseling, family treatment and evaluation sessions. Please call for an appointment.

LILAC CITY COUNSELING

165 Charles St
Rochester, NH 03867
Phone: (603) 332-4004

Provides services for children, adolescents and families.
Accepts Healthy Kids/Medicaid.

MILL HOUSE COUNSELING CENTER

4 Back River Road
Dover, NH 03820
Phone: (603)742-1373

Provides services for adolescents and families.
Specializes in depression, anxiety, school concerns and ADHD.
Offers Psych Evaluations.
Accepts Healthy Kids/Medicaid.

NATIONAL ALLIANCE ON THE MENTAL ILLNESS NH (NAMINH)

15 Green Street
Concord, NH 03301
Phone: (603)225-5359, (800)242-NAMI (6264)
Email: info@naminh.org or visit: www.naminh.org

NAMI NH is a “family helping family” grassroots organization for people of all ages and their families coping with mental illness. NAMI NH is dedicated to improving the quality of life through SUPPORT, EDUCATION, AND ADVOCACY to consumers and their families. NAMI NH works to eliminate stigma and discrimination against persons with mental illness and emotional disorders. NAMI NH provides an Information and Referral line, website, lending library, educational programs for families and professionals, support groups, suicide prevention program and public policy advocacy.

POSTPARTUM DEPRESSION HELP

Postpartum Support International

Hotline: 1-800-944-4PPD (1-800-944-4773)
www.postpartum.net

PSYCHOTHERAPY ASSOCIATES

165 Rochester Hill Road
Rochester, NH 03867
Phone: (603)332-8782

Provides services for adolescents and adults.
Accepts Healthy Kids/Medicaid.

SALMON FALLS BEHAVIORAL HEALTH

1 Old Dover Rd Suite 1

Rochester, NH 03867

Phone: (603) 335-2444

Provides services for adolescents and families.

Specializes in eating disorders, behavioral problems, abuse, depression and ADHD.

Offers Psych evaluations.

Accepts Healthy Kids/ Medicaid.

UNH MARRIAGE AND FAMILY THERAPY CENTER

Craft Cottage, UNH

Durham, NH 03824

Phone: (603)862-2134

The Marriage and Family Therapy Center provides assistance to individuals, couples and families experiencing a wide range of personal or relationship problems. We are committed to a treatment approach in which individual growth and development is best understood and supported within the context of family and community relationships.

Mental Health Private Practices

AVIS BENNETT LCMHC

2 Webb Place
Dover, NH 03820
Phone: (603) 749-4466

Provides services for children 5 and under. Specializes in child and youth counseling.
Accepts Medicaid.

ALEXANDRA BARBEHENN

Oak Hill Counseling Center
10 Second St Suite K
Dover, NH 03820
Phone: (603) 834- 2977

Specializes in Depression, Trauma and PTSD, Anxiety and Fears.
Accepts most insurances including Health Kids/Medicaid.
Offers a sliding scale.

REBECCA BALOK-SEARLES MA, LCMHC

169C Rochester Hill Road
Rochester, NH 03867
Phone: (603) 312-8181

Offers psychotherapy and substance abuse counseling.

DEBRA BRAUN MA LADC LCMHC

6 Greenleaf Woods Drive Suite 202
Portsmouth, NH 03801
Phone: (603) 531-3704

Provides services to adolescents and adults.
Specializes in drug and alcohol counseling.
Offers a sliding scale fee.
Please call to verify your insurance.

ARLENE BREWSTER PhD

Chestnut Hill Counseling
16 Fifth St
Dover, NH 03820
Phone: (207)-439-4001

Specializes in working with relationship/marriage issues.
Does NOT accept Medicaid, but is willing to provide sliding scale
in some cases.

TOM BURNS

90 Washington St,
Dover, NH 03820
Phone: (603) 749-0992

Provides mental health services for individuals, couples, and
families.

CARLA CONTARINO PhD

165 Charles St
Rochester, NH 03867
Phone: (603) 332-4004

Provides services to mothers with post partum depression and
other maternal issues.

JENNIFER CASEY MD

383 Central Ave Suite 318
Dover, NH 03820
Phone: (603)749-9900

Provides mental health counseling services for males and females
16 and older.

RICHARD DANKS

750 Central Ave. Suite 6
Dover, NH 03820
Phone: (603) 742-8800

Offers counseling services for adolescents and families.
Sliding scale \$65-95. Accepts Medicaid.

SHARON DREW-HENSON LICSW

Solutions For Living

1 Old Dover Road, Suite 9 (Merchants Plaza)
Rochester, NH 03867
Phone and Fax: (603) 332-4447

Provides services to individuals, couples, families, adolescents and adults. Specializes in trauma, depression, anxiety, and EMDR. Accepts all insurances including Medicaid.

VINCENT A DUFFY LICSW

16 Pierce St Suite 2
Dover, NH 03820
Phone: (603)767-2230

Specializes in Relationship Issues, Depression, Divorce, Anxiety and Fears, Addiction or Substance Abuse, Child or Adolescent Issues, ADHD, Gay/Lesbian Issues, Parenting. Accepts most insurances, including Medicaid. Offers a sliding scale fee.

CRAIG HADLEY

90 Washington Street
Dover NH 03820
Phone: (603) 742-0806

Provides services for children five and under. Accepts Medicaid.

DEBORAH HAMILTON DeD LICSW

3 Woodchuck Lane
Somersworth, NH 03875
Phone: (603) 692-4060

Provides services for males and females 12 and older. Specializes in obesity, bulimia, and compulsive overeating.

SCOTT HAMPTON

90 Washington Street, Suite 305
Dover, NH 03820
Phone: (603) 742-2954

Sliding scale starting at \$25 for 1.5 hour class or group.
Does not accept insurance.
Specializing in domestic violence.
<http://endingtheviolence.us/>

ERICA BERNIER-HOCKENHULL MA LCMHC

86 Locust Street
Dover, NH 03820
749-7421

BILL KOHUT LADC

166A Henry Law Ave
Dover, NH 03820

Accepts Medicaid.

JOANNE LINDBOM MSW LICSW ACSW

20 Ladd Street
Portsmouth NH 03801
Phone: 433-7291

NANCY MAIELLO LICSW

Great Bay Mental Health
35 Second St
Dover, NH 03820
Phone: (603) 742-9200

Provides services for males and females 8 years and older.
Accepts Healthy Kids/Medicaid.

NANCY CLARE McLANE LICSW

1 Wakefield St Suite 223
Rochester, NH 03867
Phone: (603)332-2377

Providers services for Adolescents, Adults and Elders.
Specializes in Loss and Greif, Anxiety and Fears, Depression,
Relationship Issues, Chronic Pain or Illness, Domestic Violence,
Eating Disorders.
Accepts most insurances including Medicaid.

WENDY QUINN PsyD LADC ADTR

118 Maplewood Ave
Portsmouth, NH 03801
Phone: (603) 969-5681

Provides services to adolescents, adults, children and elders.
Specializes in addiction and substance abuse, eating disorders, trauma and PTSD.
Offers a sliding scale fee, does NOT accept Medicaid.

ELAINE REID PhD, ARNP

750 Central Ave Suite G
Dover, NH 03820
Phone: (603) 742-1097

Specializes in adolescents, anxiety, depression, ADD, ADHD, PTSD.
Does not accept Medicaid or Medicare.

PAUL SPACK COUNSELING LADAC

21 Central Ave
Dover, NH 03820
Phone: (603) 742-3222

Provides services to individuals and families.
Specializes in drug, alcohol and addiction counseling.
Offers Sliding Scale and accepts Medicaid.

FRANK SPENCER

750 Central Ave
Dover, NH 03820
Phone: (603) 749-0493

SUSAN STIBLER MSW LICSW RYT

Inner Peace Healing Arts
10 Second St Suite H
Dover, NH 03820
Phone (603) 742-2244

Providers services for adolescents and adults.
Specializes in Spirituality, Trauma and PTSD, Anxiety and Fears.
Accepts most insurances including Medicaid.

KRISTIN TRAPINE MSW LICSW

20 Ladd St
Portsmouth, NH 03801
Phone: (603)303-2090

Specializes in working with children, adolescents and families.
Accepts most insurances including Medicaid.

APRIL WEEKS

278 Lafayette Road, Building E
Portsmouth, NH 03801
Phone: (603) 430-9644 extension 91

Provides services to children 5 and under.

MICKI WEST LADC

1 Middle St
Portsmouth, NH 03801
Phone: (603) 692-0071

Offers sliding scale, does NOT accept Medicaid.
Offers individual and group substance abuse counseling.
Offers domestic violence support groups.

LEA WINN LICSW LCSW

95 Broadway
Dover, NH 03820
Phone: (207)837-5249

Specializes in OCD, Trauma, PTSD, Anxiety, Fears, Relationship Issues, Depression, Child or Adolescent Issues, ADHD, Divorce, Loss or Greif, Parenting, Dissociative Disorders, Impulse Control Disorders and Personality Disorders.
Offers a sliding scale fee.
Accepts most insurance plans, please call first.

LISABETH WOTHERSPOON

1 North Main St #207

Rochester, NH 03867

Phone: (603) 652- 0902

Provides individual services for children, adolescents, adults and elders.

Specializes in anxiety, depression, abortion-related issues, child or adolescent issues, and those who are having trouble functioning as well as they once did at home work or school.

Accepts most insurances, including Healthy Kids/Medicaid. Provides a sliding scale for those without insurance.

Please call for a free 20 minute telephone consultation.

**NEW HAMPSHIRE DIVISION OF
FAMILY ASSISTANCE**

WHERE TO APPLY

DFA LOCATIONS	TOWNS SERVED
<p>Conway District Office 73 Hobbs Street Conway, NH 03818-6188 Phone: (603)447-3841 1(800)552-4628</p>	<p>Albany, Bartlett, Brookfield, Chatham, Chocorua, Eaton, Effingham, Freedom, Glen, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Moultonborough, North Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonborow, Wakefield, Wolfeboro</p>
<p>Portsmouth District Office 30 Maplewood Avenue Portsmouth, NH 03801-3737 Phone: (603)433-8380 1(800)821-0326</p>	<p>Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham</p>
<p>Rochester District Office 150 Wakefield St. Suite 22 Rochester, NH 03867-1309</p>	<p>Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union</p>

For additional information on the Division of Family Assistance and our programs, call 1-800-852-3345 ext 4238.

NUTRITIONAL RESOURCES

Strafford County Food Pantries & Soup Kitchens

(Call for Specific Days/Times for Distributions)

<u>TOWN/CITY</u>	<u>PHONE NUMBER</u>
Barrington: Barrington Community Food Pantry 39 Province Lane	(603) 664-9007
Center Strafford: Third Baptist Church Junction of Routes 126 & 202A	(603) 664-7729
Dover: St. Joseph's Church (Pantry) 150 Central Avenue Dover Residents Only, Emergency Only Tuesday/ Wednesday 9:00 – 12:00 Saturday 10:30- 12:00	(603) 742-4837
Dover Food Pantry 1 Silver Street (Corner Central Ave.) Thursday Only 9:00 – 12:00 p.m.	(603) 742-5664
Dover Outreach Office McConnell Center, 61 Saint Thomas Street Door 7, 3 rd Floor Monday – Friday 9:00-3:00 p.m.	(603) 749-1334
Durham: Church of St. Thomas More Food Pantry 6 Madbury Road PO Box 620	(603) 868-2666
Farmington: Inter-Faith Council of Churches Pantry Congregational Church (Corner Pleasant & Main St.)	(603) 755-4816
Milton: Food Pantry at Milton Community Services 60 Charles Street PO Box 223 (Next to Milton Fire Station)	(603) 652-9893

***Strafford County Food Pantries & Soup Kitchens
Continued ...***

Lee (603) 659-2861
Friendly Food Pantry
Lee Congregational Church
17 Mast Road

New Durham:
Welfare Department (603) 859-0204
Town Hall
4 Main Street
Tuesday-Friday 1:30 – 4:00 p.m.

Rochester:
Gerry's Food Pantry (603) 330-3468
150 Wakefield Street
Monday 1:00 – 3:30 p.m.
Wednesday 10:00- 3:30 p.m.
Friday 1:00-3:30p.m.

Salvation Army (603) 332-2623
10 Old Farm Lane
Monday/Wednesday/Friday
9:00 – 2:00 p.m.

Somersworth: (603) 692-2907
The Community Food Pantry, Inc.
176 W. High Street

Strafford County Food Pantries: Located in the outreach offices for the use of local residents, the food pantries serve low-income households in emergency situations. Eligible clients receive food to last two or three days until they can get help from other sources.

EFNEP – EXPANDED FOOD AND NUTRITION PROGRAM *(See UNH Cooperative Extension)*

Brings nutrition knowledge and food skills to limited income families. Families learn how to eat healthy meals by planning, stretching food dollars, practicing food safety and preparing new foods. Eating when you are pregnant, feeding your baby, healthy food for your child, and shopping tips are also topics covered.

NUTRITION CONNECTIONS PROGRAM
(UNH Cooperative Extension)

Nutrition Connections provides no-fee life skills education in nutrition, food shopping, food safety, and cooking to limited-resources families and individuals in their homes and to groups at agencies. Learn how to eat better for less, control your weight, help your children become healthy eaters, and lower your risk of heart disease, stroke, cancer, and osteoporosis.

SERVE NEW ENGLAND

145 Bodwell Street

Avon, MA 02322

Phone: (508)436-7663 Toll Free: 1(888)742-7363

Website: [www. servenewengland.org](http://www.servenewengland.org)

Serve New England is a nonprofit food cooperative that has been bringing high quality, low cost food items to residents of New England since 1991. Based in Avon, Ma. Serve New England operates 250 host sites throughout New England and provides monthly distributions of meats, produce and other grocery items at 30-50% discounts. Serve is open to all persons regardless of age, race or income level and only requires that participants complete two hours of volunteer service a month in their community to qualify.

STRAFFORD NUTRITION / MEALS ON WHEELS

9 Bartlett Avenue

Somersworth, NH

Phone: (603)692-4211 / Fax: (603)692-2877

Provides meals and companionship; congregate meals in specific locations, Meals-On-Wheels delivered to the homebound. Nutrition, services to participants in meals program available.

WIC PROGRAM - WOMEN, INFANTS & CHILDREN

22 South Main Street

Rochester, NH 03867

Phone: (603)332-4358

Fax: (603)332-4265

A public health nutrition program providing food vouchers, nutrition education, breastfeeding support, and health care referrals for pregnant, breast feeding and postpartum women, infants, and children up to age five. The program is open to low-to-moderate income women and children. Appointments are available in Rochester, Dover, and Milton. Call to apply and schedule an appointment. Late afternoon appointments are available. Free to income eligible families.

RECREATION

CHARMINGFARE FARM

774 High Street

Candia, NH 03034

(603)483-5623

Website: www.visitthefarm.com

Charmingfare Farm specializes in educational programs focusing on agricultural animals and North American wildlife. The 180-acre farm is home to over 200 animals consisting of 30 different species. Group tours are available by reservation or visit the farm May through October during General Admission hours for the public. Visit all the animal exhibits and participate in a horse-drawn ride.

DOVER, CITY OF - RECREATION DIVISION

61 Locust Street

Dover, NH 03820

Phone: Butterfield Gym: (603)516-6401

Indoor Pool: (603)516-6441

Jenny Thompson Pool: (603)516-6085

Ice Arena: (603)516-6060

- ❖ The Recreation Department is now located at the McConnell Community Center, located at 61 Locust Street. Here you will find our regulation basketball court, fitness facilities, which include a cardio room, weight rooms, and a dance studio, locker rooms, as well as our main office. Parking is available adjacent to the McConnell Center, behind the Dover Public Library.
- ❖ Dover Indoor Pool: The indoor pool facility is comprised of regulation swimming pool and a separate diving pool. There are locker/shower facilities available as well. The indoor pool is located off of Henry Law Park, off of River Street. The skate park consists of various obstacles and ramps for skateboarders and inline skaters.
- ❖ Jenny Thompson Outdoor Pool: The Jenny Thompson Pool is an Olympic 50 meter outdoor pool with both one meter and three meter diving boards. The pool is a part of Guppy Park. There is also a picnic area and pavilion with grills as well as an outdoor volleyball court and a grassy play area. Located down the hill from the Outdoor Pool is a lighted softball field that is also part of Guppy Park.

Dover, City Of - Recreation Division Continued...

Dover Ice Arena: The Dover Ice Arena is a state of the art twin-sheet ice facility located at Guppey Park, next to the Jenny Thompson Pool. The arena serves as home to many local ice hockey teams, a figure skating club, and many area tournaments. The Arena also serves as a host to several off ice events including the annual Home Show, and Kids Fest.

Summer programs include: Camp Sun'n Fun (day camp for ages 6-12), Playground Program (1st grade- 12 years), Teen Programs (6th grade- age 16), Soccer Camps, Theater & Music Camps, Fireworks, tennis camps and open gym times.

Jenny Thompson Pool: Swim meets, swim lessons (toddler & up), hydro fitness classes, springboard diving, master's (ages 20 and up), open swim times, Surf'n Turf (all ages).

FARMINGTON RECREATION DEPARTMENT

Town Hall

531 Main Street

Farmington, NH 03835

Phone: (603)755-2405

The Recreation Department offers recreational trips, senior services, adult programs, adult bingo, Hay Day, Family Nights in the Park, Holiday special events, dances, summer camp, vacation camps, toddler camps and after school programs.

ROCHESTER RECREATION, ARENA & YOUTH SERVICES

150 Wakefield Street, Suite #1, Rochester, NH 03867

Arena: 63 Lowell Street, Rochester, NH 03867

Phone: (603)332-4120 Website: www.rochesterrec.com

Hours: 7 days/week 9:00 a.m. - 9:00 p.m.

Variety of Programs Including:

Preschool Programs: sports programs for 3-5 years, toddler play class, karate for ages 4+ years, swim lessons for ages 2+, learn to roller hockey ages 5+, learn to ice-skate for ages 3+, parent/child open gym, and public skate.

Grades 1-8: Basketball, summer tennis, karate, lacrosse, flag football, spring indoor soccer, roller hockey, learn to skate, swim lessons, house hockey league, Hershey Track & Field, basket ball, camp, open gym, and public skate.

High School: house hockey league, basketball, roller hockey, open gym, and public skate.

FREE Special Events: Earth Day Clean- up, Skate with Santa, Charity Food Drive, Concert on the Commons summer music series, Halloween Party, holiday arts & crafts, and spring tennis clinics.

Facilities: Skating or Gym Birthday party rentals, conference room rentals, 3-Court gymnasium, 6 public tennis courts, field usage and walking loop at Rochester Commons.

Outdoor Pools & Summer Swim Lessons: Pools located in Hanson Pines, East Rochester and Gonic. Pools are FREE and open to the public. Lifeguard on duty. Operating Hours: late June –early September, 7 Days per week.

Swim Lessons available for ages 2+. Fee-based and open to residents and non residents.

SOMERSWORTH RECREATION DEPARTMENT

1 Government Way

Somersworth, NH

Phone: (603) 692-9508

Somersworth Parks and Recreation Department offers a diversity of programs for all ages, to meet the needs of residents and non-residents. The Recreation Department encourages wholesome and healthful use of leisure and recreation for the citizens of Somersworth.

STRAFFORD COUNTY YMCA

63 Lowell Street, PO Box 1804

Rochester, NH 03867-1804

Phone: (603)332-7334

Offers childcare for children 18 months – 5 years, youth after-school programs, senior fitness classes, camps in summer, swimming program, and yoga. Non-member fees vary with programs. Memberships are available for youths, adults, and families. Some scholarships are available.

STRAFFORD COUNTY 4-H

268 County Farm Road

Dover, NH 03820

Phone: (603)749-4445

4-H is a youth development program sponsored by UNH Cooperative Extension. Offers programs in local areas. Call for program specifics.

REFERRAL/INFORMATIONAL SERVICES:

211 NEW HAMPSHIRE

Phone: 211 (in state)

Or 1-866-444-4211 (out of state)

TTY Number: (603)- 634- 3388

www.211nh.org

Mailing Address: 2-1-1 NH, P O Box 211,
Manchester, NH 03105

Email: 211nh@211nh.org

211 is a 24 Hour Telephone service providing:

- Assistance in locating emergency shelter
- Help for families facing eviction
- Crisis aid involving suicides, child or adult abuse, domestic violence, alcohol, or drug abuse.
- Assistance for unemployment.
- Information and assistance on Medicare, Medicaid, medical and Long Term Care Insurance for NH's elders and disabled.
- Assistance in locating dental and health care

If you experience trouble dialing 2-1-1 directly, please report the trouble to your phone service provider and call 2-1-1 via our toll free number (866)444-4211.

Carroll County

Healthline Info. & Referral

448 White Mountain High

PO Box 420

Chocorua, NH 03817

Carroll Cty. Health & Home Care Services

Phone: (603)323-9394

1(800)499-417

Strafford Cty. Info. & Referral

Director of Human Services

Administration & Human Services

County Farm Road

PO Box 799

Dover, NH 03821-0799

Phone: (603)742-8078

SENIOR CITIZEN RESOURCES

DOVER REHABILITATION AND LIVING CENTER

307 Plaza Drive
Dover, NH 03820
Phone: (603) 742-2676

Offers skilled nursing, intermediate nursing care, occupational and physical therapy, and social services. Speech therapist available. Also provides after surgery therapy and hospice care.

ELDERLY TRANSPORTATION

150 Wakefield Street
Rochester, NH 03867
Phone: (603) 335-5128 / (603) 516-8130

Sponsored by Strafford County Community Action. Transportation of senior citizens by van for shopping on a 4-day weekly scheduled route in Rochester, Dover, and Somersworth areas. Transportation for doctor/dentist appointments in Strafford County 5 days per week. Five (5) day notice required for medical transportation.

FARMINGTON SENIOR CENTER

Town Hall
39 North Main Street
Farmington, NH 03835
Phone: (603)755-2405

Offers nutrition program, Social Security information, recreational trips, and senior services.

FRIENDS FOSTER GRANDPARENT PROGRAM

28 Franklin Street, Suite 311
Somersworth, NH 03878
Phone: (603)692-6540

The Friends Foster Grandparent Program bridges generations by encouraging income eligible men and women, at least 60 years of age, to work with children in a variety of educational settings. Foster Grandparents volunteer 15-20 hours/week. They offer guidance, support, much needed attention and academic assistance. In return, most receive a non-taxed stipend, transportation reimbursement, a free lunch, training and wellness in-service, and recognition of their services.

RIVERSIDE REST HOME

276 County Farm Road
Dover, NH 03820
Phone: (603) 742-1348

Provides care for the sick and elderly of Strafford County. Immediate care and skilled care facility with 215 beds. Many residents currently assist as mentors or literacy volunteers at three schools in the county. Our activities programs work closely with local day care centers for intergenerational programs.

ROCHESTER AREA SENIOR CITIZEN'S INC.

150 Wakefield Street, Suite #10
Rochester, NH 03867
Phone: (603)332-7845

Sponsors social and recreational activities for senior citizens.

STRAFFORD NUTRITION / MEALS ON WHEELS

9 Bartlett Avenue
Somersworth, NH
Phone: (603)692-4211 / Fax: (603)692-2877

SEXUAL ASSAULT SERVICES

SEXUAL ASSAULT SUPPORT SERVICES

7 Junkins Avenue

Portsmouth, NH 03801

Phone: (603)436-4107

24-Hour Hotline: (888)747-7070

Rochester, NH 03867

Phone: (603)332-0775

Provides the following services in Rockingham, Strafford, and southern York counties:

- ▶ A confidential 24-hour sexual assault crisis hotline for survivors and their loved ones regardless of time since the assault
- ▶ 24-hour advocacy and support at police stations, hospital emergency rooms, child advocacy centers and the courts
- ▶ Support Groups for rape survivors, sexual abuse survivors, parents, and others affected by sexual violence
- ▶ Professional training and consultation to police departments, hospitals, schools and others in the community
- ▶ Sexual abuse and sexual assault prevention education in the schools for children, teens and parents
- ▶ Sexual harassment prevention workshops for teachers and children in schools, and managers and employees in the workplace

SOCIAL SERVICES

BABY'S BEST BEGINNINGS

Home Visiting NH

P.O Box 607

Farmington, NH 03835

Phone: (603)332-9040 Fax: (603)335-6221

(Located on the first floor of the Rochester Community Center)

- ▶ This Program serves Prenatal Women on Medicaid and/or Medicaid Eligible.
- ▶ These services will be provided throughout the pregnancy until the child's first birthday.
- ▶ Serves pregnant teens, young first time mothers to be and those who would most benefit from ongoing support.
- ▶ Baby's Best Beginnings Parent Educator goes to the homes of clients and visits once a week or every other week, based on need.
- ▶ Baby's Best Beginnings clients receive one visit per trimester and three postpartum home visits from a Registered Nurse.
- ▶ The Baby's Best Beginnings Parent Educator works to link clients with appropriate services and supports within the community (such as WIC, Adult Education, and counseling).
- ▶ Each infant enrolled in Baby's Best Beginnings receives development assessments (at two, four, eight & twelve months of age).

BIG BROTHERS/BIG SISTERS OF THE GREATER SEACOAST

909 Islington Street, # 4

Portsmouth, NH 03801

Phone: (603)430-1140 / Fax: (603)430-7760

BBBSGS matches children 6-17 in Strafford County with adult and high school mentors. Mentors are thoroughly interviewed, screened and trained. Matches are then made based on interests, location and personalities. Monthly support and activities are conducted by skilled match support specialist.

**BOY SCOUTS OF AMERICA
DANIEL WEBSTER COUNCIL**

571 Holt Avenue
Manchester, NH 03109-5214
Phone: (603)625-6431 / 1(800)221-0009
Fax: (603)625-2467
Website: www.nhscouting.org

The Daniel Webster Council, Boy Scouts of America is committed to building character, citizenship, and personal fitness qualities among youth by focusing on vigorous programs of outdoor activities. The Daniel Webster Council programs include Cub Scouts (for boys in grades 1-5), Boy Scouts (for boys age 11-18), Venturing (a co-ed program for youth aged 14-20), Exploring (a career development program for youth aged 14-20), Scoutreach (a program which places Scouting units in underserved areas and populations), adventure programs and Learning for Life. The Council owns two resident camps, Griswold Scout Reservation in Gilmanton Iron Works and Camp Carpenter Cub World in Manchester. In 2008 the Daniel Webster Council served thousands of youth throughout the state of New Hampshire through Chartered Packs, Troops, Teams, Crews, Exploring Posts, and outreach programs.

CHANCES

9 Mechanic Street
Farmington NH, 03835
Phone: (603) 755-3395

CHANCES is a grant funded Non-profit organization. Established to serve children and families from the communities of Farmington, Milton, Middleton, New Durham, Strafford, Barrington, Rollinsford, Rochester and Somersworth. CHANCES offers Prevention and Intervention programs, community service opportunities, Homework support for all youth ages 8-18. CHANCES also offers Family support services, Family Mediation and Parenting teens wisely classes.

**CHILD AND FAMILY SERVICES: GROUP HOME,
RUNAWAY AND HOMELESS YOUTH**

240 North Main Street
Concord, NH 03301
Phone: (603)224-9313

Voluntary aftercare and outreach programs for adolescents with emotional and/or behavioral difficulties. Short term and long term residential treatment for adjudicated youth. Emergency care for runaway and homeless youth.

**DEPARTMENT OF VETERANS AFFAIRS –
REGIONAL OFFICE**

Norris Cotton Federal Bldg.
275 Chestnut Street
Manchester, NH 03101
Phone: (800)827-1000 / Fax: (603)222-5741

Administers benefits for education, home loans, service connected compensation, non-service connected pension, vocational rehabilitation, death benefits, and GI insurance. (Medical care is provided by the VA Medical Center, 718 Smyth Rd., Manchester, NH).

DOVER CHILDREN'S HOME

207 Locust Street
Dover, NH 03820
Phone: (603)742-4289 / Fax: (603)742-2057

Services include co-educational, residential, group home care for 13 children.

DOVER HUMAN SERVICES DEPARTMENT

30 St. Thomas Street
Dover, NH 03820
Phone (603)516-6500 / Fax: (603)516-5508
After 4:00pm (603)516-6505
Website: www.ci.dover.nh.us

Welfare Office provides short-term emergency assistance to Dover residents. Eligible applicants may be provided with vouchers for basic needs such as rent, food, prescriptions, and utilities.

DOVER – OUR HOUSE FOR GIRLS

576 Central Avenue
Dover, NH 03820
Phone: (603)742-2963

Residential facility for female adolescents in need of supervision because of abuse or neglect. Aim of program is to return youth to independent living situations or reunite with family.

EARLY HEAD START

A Program of Strafford County Head Start

PO Box 607

Farmington, NH 03835

Phone: (603)755-3108

Comprehensive home-based services available to expectant parents and families with children ages 0 – 3. Children with disabilities are welcome and fully included. Services include education, parenting support, child development, health, nutrition, and social services. Services are provided to the following communities: Rochester, East Rochester, Gonic, Farmington, Milton, Dover, Somersworth. Contact the administration office for enrollment information and application.

FAMILIES FIRST HEALTH AND SUPPORT CENTER

100 Campus Drive, Suite 12

Portsmouth, NH 03801

Phone: (603)422-8208 Fax: (603)422-8219

Website: www.FamiliesFirstSeacoast.org

Email: Info@FamiliesFirstSeacoast.org

Health Services: Primary Care, Prenatal Program, Oral Health Care, Mobile Health Care for the Homeless, Well-Child Care and Immunizations, Social Services Coordination (including help enrolling in NHHK and Medicaid), Health Education and Counseling (managing chronic illnesses, drug & alcohol counseling, nutritional service, HIV/AIDS information, family planning), school-based dental screenings and cleanings, on-site lab services, free breast and cervical cancer screenings for eligible women, and developmental screening for children.

Parenting & Family Programs: Parenting Classes, Parent Support Groups, Family Programs, Parent/Child Playgroups, Home Visiting Programs, and Individualized Family Support Programs. All classes require advance sign up (603-422-8208 press 2). *Most* classes/groups are free of charge; offer child care when adult attends; and provide dinner to kids when held in the evening.

Families First Health And Support Center Continued...

Off-site Parenting and Family Programming offered in Lower Seacoast (Hampton, North Hampton, Seabrook) and Western Rockingham (Raymond, Epping and Deerfield).

Other Services: Monthly Newsletter and programs Calendar (<http://www.familiesfirstseacoast.org/enewsletter.html>); Volunteer Opportunities.

FAMILY STRENGTH – STRAFFORD/ROCKINGHAM

728 Central Avenue

Dover, NH 03820

Phone: (603)742-5662 Fax: (603)743-5106

Provides intensive home-based services and office based services to individuals, couples and families. Services include individual, couples and family counseling, family stabilization, parenting skills and child development education, networking and other support services.

HEAD START, STRAFFORD COUNTY

MAIN OFFICE

60 Charles Street
P.O. Box 607
Farmington, NH 03835
Phone: (603)755-3108
Fax: (603) 755-3479

Dover

62A Whittier Street
Dover, NH 03820
(603)742-1732

Dover Integrated

Woodman Park School
Dover, NH 03820

Farmington

120 Main Street
Farmington, NH 03835
(603) 755-2883

Milton Center

55 Industrial Way
Milton, NH 03851
(603) 652-0990

Rochester

150 Wakefield Street
Rochester, NH 03867
(603) 335-3611

Somersworth Center

Martin Flanagan Building
9 Bartlett Avenue
Somersworth, NH 03878
(603) 692-6367

Head Start is a federally funded preschool program with no cost to families who meet the income guidelines. Services are comprehensive and include education, disabilities, mental health, health, nutrition, social services, and parent involvement.

Currently, services are provided to the following communities: Dover, Farmington, Gonic, Middleton, Milton, Milton Mills, East Rochester, Rochester, Rollinsford, and Somersworth. Contact the Administration Office for enrollment and application information.
*See also Early Head Start.

Strafford County Head Start sponsored by:
Strafford County Community Action Committee, Inc. P.O. Box 160
Dover, NH 03821-0160
Phone: (603) 516-8130
Fax: (603) 516-8140

THE HUB FAMILY RESOURCE CENTER

23 Atkinson Street

Dover, NH 03820

Phone: (603)749-9754 / Fax: (603)743-6986

The HUB Family Resource Center offers groups and classes for parents in the Strafford County area. The HUB also offers two home visiting programs: Family Wellness and Healthy Beginnings. The HUB is the pilot site for Watch Me Grow, a screening and referral system for families with young children birth to six. Watch Me Grow is a comprehensive screening and referral system for New Hampshire families of children aged birth to six years.

For more information about current offerings and programs, go to www.hubfamilies.org.

MALLEY FARM BOYS HOME

45 Malley Farm Road

Somersworth, NH 03878

Phone: (603)692-5479

Fax: (603)692-5956

Serving males between the ages of 12-18 who are marginally delinquent, neglected, or abused, and are in need of supervision. Aim is stabilization and return home, foster care, or preparation for independent living. Services provided include tutoring program, Rent-A-Kid (vocational), extensive recreational program, and group, individual, and family counseling.

MILTON COMMUNITY SERVICES

60 Charles Street

PO Box 223

Milton, NH 03851

Phone: (603)652-9893 / Fax: (603)652-9044

Provides information and referral to health and social agencies. Assists CAP with Fuel Assistance Program, Weatherization, Food Pantries, Summer Youth Programs, Meals-On-Wheels, and Christmas Basket Program.

NEW GENERATION

568 Portsmouth Avenue, PO Box 676

Greenland, NH 03840

Phone/Fax: (603)436-4989

Website: www.newgennh.org

New Generation is a shelter program which provides support to homeless women in crisis during pregnancy, and to mothers and children, in order to foster a new generation of healthy, self-sufficient, fully functioning and happy families.

Programs includes:

- ▶ *New Generation Shelter*- a program for homeless pregnant and parenting women 18+ and babies up to 12 months.
- ▶ *New Generation Transitional Apartment*- for a pregnant or parenting mom over 18 with young children.
- ▶ *Second Generation Thrift Shoppes*- (3 locations: Greenland, Rochester, and Seabrook, NH).
- ▶ *Generation Gap Furniture Barn in Greenland, NH*

NEW HAMPSHIRE CATHOLIC CHARITIES

23 Grant Street

Rochester, NH 03867

Phone: (603)332-7701 / Fax: (603)332-9629

Offers counseling services to individual adults, couples, and families for interpersonal conflicts, life adjustment issues or other stress related problems. Parish and community outreach services. Licensed adoption agency offering services to birthparents and adoptive couples. NH Catholic Charities is also affiliated with six statewide healthcare centers and apartments serving the elderly.

**NEW HAMPSHIRE DEPARTMENT OF HEALTH
AND HUMAN SERVICES**

150 Wakefield Street, Suite 22

Rochester, NH 03867

Phone: (800) 862-5300, (603)332-9120

Division of Family Assistance: Responsible for administering programs to provide financial and medical assistance to people in NH who are in need and meet eligibility requirements.

- ▶ *Financial Assistance Programs include:* Assistance to the Elderly, Aid to the needy blind, Aid to the Permanently and Totally Disabled, Temporary Assistance to Needy Families (TANF)
- ▶ *Medical Assistance:* Medicaid is designed to help persons with limited income that meet categorical requirements obtain medical services
- ▶ *Food Stamps:* A program designed to supplement a household's food budget, administered according to federal guidelines.
- ▶ *Child Care Assistance:* Child Care Scholarships designed to help families with limited income so they may work, job search, or participate in approved educational activities.

Division of Family Assistance applicants are seen on a first come, first served basis. Interviews take 1 to 1 ½ hours to complete, please keep this in mind when applying.

Division of Children, Youth and Families: Provides protective services including: Investigation of abuse and neglect, Foster home placement, and Adoption.

Bureau of Elderly and Adult Services: Services the elderly and disabled adults in the In-home Program, Alternate Living Program and Protection Program

OPERATION BLESSING, INC

600A Lafayette Rd.

Portsmouth, NH 03801

Phone: (603)430-8561

Email: OperationBlessing@comcast.net

Operation Blessing, Inc. is a tax exempt, non-denominational Christian ministry that cooperates with participating churches and human service organizations in helping needy and destitute families. In crisis situations, the Ministry provides food, furniture, clothing and household necessities in an atmosphere of love, prayer, and encouragement. Hours of operation: Monday Thursday, Friday 10:00 a.m.- 4:00 p.m.

PARENT INFORMATION CENTER

PO Box 2405

Concord, NH 03302

Phone: (800)947-7005 / (603)224-7005 Fax: (603)224-4365

Website: www.parentinformationcenter.com

Email: picinfo@parentinformationcenter.org

Provides free information, support, resources, referrals, training, and materials to all parents. Also serves families of children with disabilities and will assist them with information about their rights to an education, provide them with resources and referrals, as needed. Programs include "Parents as Teachers" - for parents of children under the age of 3, based on the belief that parents are the child's first and most important teachers; and "The Family Foundation Series" - each of 6 sessions is on a different topic relating to parenting in the 2000's. Workshops on special education topics, general parenting, violence prevention and others are held throughout the year. Call for a workshop calendar.

PARENT-TO-PARENT OF STRAFFORD COUNTY

A program of Community Partners

113 Crosby Road, Suite #1

Dover, NH 03820

Phone: (603)516-9300, Fax (603)743-3244

Email: bcarroll@communitypartners.nh.org

Website: www.communitypartnersnh.com or

www.p2pnh.org

The Parent-to-Parent Coordinator connects parents of children who have chronic illness, developmental, emotional, physical, or learning disabilities with parents of children who have similar needs.

Telephone support or home visits in a mutually agreed upon place.

Also provides information regarding local, statewide, and national resources. Support groups available.

ROCHESTER YOUTH SAFE HAVEN

9 Cold Spring Manor

Rochester, NH 03867

(603)330-0440

Rochester Youth Safe Haven (RYSH) provides an after-school program which is designed to promote academic achievement for children 6-18 years old. (RYSH) gives children a safe place to pursue their academic goals in a positive environment where they can challenge themselves mentally, socially and physically. Ultimately, RYSH provides children with a safe environment, in which they are able to explore opportunities that they would never have a chance to during their everyday life. This program is available at no cost.

SALVATION ARMY SERVICE UNITS:

Dover:

First Parish Church
218 Central Avenue
Phone: (603)742-5664

My Friends Place
368 Washington Street
Phone: (603)749-3017

Durham:

Phone: (603)659-3001

Farmington:

Phone: (603)755-2202

Milton:

Phone: (603)652-9893

Somersworth

Phone: (603)692-2112

SALVATION ARMY WORSHIP & COMMUNITY CENTER

10 Olde Farm Lane
PO Box 1029
Rochester, NH 03867
Phone: (603)332-2623 / Fax: (603)332-1872

Emergency food, pastoral counseling, character building program, Wish Upon a Star Christmas program, children's program, food baskets, clothing, emergency clothing, toys and Coats for Kids.

SEACOAST OUTRIGHT

206 Court Street
Portsmouth, NH 03801
Phone: (603)431-1013
www.seacoastoutright.org

Seacoast Outright is an educational, social service advocacy organization that offers services to gay, lesbian, bisexual, trans and questioning youth (21 and under)

SELF SUFFICIENCY PROGRAM

Sponsored by Strafford County Community Action
PO Box 160, County Farm Road
Dover, NH 03821-0160
Phone: (603)516-8148/ Fax: (603)516-8140

Case managers work intensively with low-income families to address issues and provide supportive services to overcome barriers to the attainment of self-sufficiency.

SEYMOUR OSMAN COMMUNITY CENTER & YOUTH SAFE HAVEN

40 Hampshire Circle
Dover, NH 03820
Phone: (603)749-6692

The Seymour Osman Community Center (SOCC) and Youth Safe Haven aims to help children graduate high school with a good work ethic, strong conflict resolution skills, clear goals for a better future and the confidence that they can achieve their goals. The SOCC achieves these goals by offering academic help and enrichment programs to school-age youth.

Additionally, we strive to support families through mediation, information and referrals, access to technology and drug-free community events.

SHARE FUND

183 North Main Street
Rochester, NH 03867-1215
Phone: (603)335-0011 / Fax: (603)335-1414

A non-profit 501C3 program that is 100% volunteer. Providing an outreach program for Rochester, East Rochester and Gonic. Share offers three types of assistance: Gerry's Food Pantry, financial, and community clothing shop.

SOMERSWORTH HUMAN SERVICES

One Government Way
Somersworth, NH 03878
Phone: (603) 692-9509

Provides emergency assistance for basic necessities such as rent, utilities, prescriptions, and food.

SOMERSWORTH YOUTH SAFE HAVEN

Phone: (603) 692-3976
Fax: (603) 692-2451
Mailing: 42 AJ Nadeau Home
Somersworth, NH 03878

The Somersworth Safe Haven/Police Mini-Station mentors youth ages 6-18 in and after school. This includes a homework lab, activities program, gym program, community service opportunities, and a six week Summer Program.

**STRAFFORD COUNTY DEPARTMENT OF
CORRECTIONS**

Family Reception Center

266 County Farm Road
Dover, NH 03820
Phone: (603)742-3310 Fax: (603)742-9606

A resource for families dealing with incarceration.

ST. CHARLES CHILDREN'S HOME

19 Grant Street
Rochester, NH 03867
Phone: (603)332-4768 / Fax: (603)332-3948

Provides 24-hour residential, therapeutic care for abused and neglected children between the ages of 3-11. Children are involved in recreational and community activities. Tutoring and other social services, such as individual and group therapy, and the STEP Parenting Program, are also available.

STRAFFORD COUNTY COMMUNITY ACTION PROGRAM (SCCAC)

Physical Address:
County Farm Road
Dover, NH 03821
Phone: (603)516-8130

Mailing Address:
PO Box 160
Dover, NH 03821-0160
Fax: (603)516-8140

Strafford County Community Action Committee is a non-profit organization serving the low income and elderly population of the area. The services that are provided are Fuel Assistance, Weatherization, Public Utilities Program, Neighbor Helping Neighbor, Home Rehabilitation, Lead Safe Dwelling, HICEAS-Insurance Counseling Program, Personal Emergency Response System, Rental Security Deposits, Self Sufficiency Program, Summer Recreation, Transportation for the Elderly, Strafford County Head Start, Early Head Start, Welfare to Work of Strafford County, and Stafford County Dental Coalition.

Farmington Service Center
527 Main Street
Old Court House
Farmington, NH 03835
Phone: (603)755-9305

Rochester Outreach Office
Community Center
Rochester, NH 03867
Phone: (603)332-3963

Dover Outreach Office
30 St. Thomas Street
McConnell Center, Room 333
Dover, NH 03820
Phone: (603)749-1334

Strafford County Head Start
PO Box 607
Farmington, NH 03835
Phone: (603)755-3108

Milton Community Services
Route 125
Milton NH 03851
Phone: (603)652-9893

STRAFFORD COUNTY FAMILY INTERVENTION

259 County Farm Road

Dover, NH 03820

Mailing Address:

PO Box 799

Dover, NH 03821-0799

Phone: (603)742-8078 / (603)743-4407

Strafford County Family Intervention Program offers court ordered services to Strafford County families needing assistance in specific areas of concern.

Information & Referral Services: The Information and Referral Service provides callers with information on a wide range of specific services available within Strafford County. Telephone numbers and addresses are also provided for callers.

Supervised Visits: The Supervised Visitation Program provides a safe and supportive neutral environment for children to visit with a non-custodial parent/grandparent. A third party is involved in supervising visits. This program operates under a strict set of guidelines with a specific progression of steps designed to maintain the parent/grandparent relationship with the child and is a court ordered service.

Intervention: The Intervention Program offers, to parents willing to cooperate, the opportunity to meet with the program coordinator to work out visitation arrangements, once they progress to community pick up and drop off.

UNITED WAY OF THE GREATER SEACOAST

Pease International Tradeport

112 Corporate Drive, Unit 3

Portsmouth, NH 03801

Phone: (603)436-5554 / 1(800)VOLUNTEER

Fax: (603)436-6349

Email: unitedway@uwgs.org

United Way of the Greater Seacoast (USGS) is a locally governed nonprofit organization focused on finding the causes of our communities' most pressing needs in order to create lasting solutions. UWGS develops, supports and works in groundbreaking partnerships to build a community where people working side-by-side to create stability, wellbeing, and opportunities in your community. Visit www.uwgs.org.

SOCIAL SECURITY

SOCIAL SECURITY ADMINISTRATION

80 Daniel Street - Federal Bldg.

PO Box 209

Portsmouth, NH 03801

Phone: (800)772-1213 Fax: (603) 433-5933

Responsible for providing monthly Social Security benefits to retired or disabled workers or their survivors. Provides monthly cash benefits to people in need who are 65 or older, blind, or disabled under Supplemental Security Income Program. Hospital and Medical Insurance/Medicare Program.

Retirement Benefits: Cash benefits for workers aged 62 or older who have worked a sufficient number of years and contributed to the program during that time. Dependents may also be eligible for benefits.

Supplemental Security: Monthly cash payment to aged, blind, and disabled people who have little or no income. Recipients may be eligible for Medicaid. A handicapped child under age 18 may receive this if child and parent meet income and resource requirements.

Disability Benefits: Benefits for workers who become physically or mentally disabled prior to retirement age. Disability must be severe enough to prohibit substantial work and be expected to last for year or more.

Medicare: Hospital Insurance (Part A) and Medical Insurance (Part B) for people 65 and older who qualify for retirement benefits, for workers who have been receiving benefits for 24 months or more, and for people who need kidney dialysis or transplant.

Survivors Benefits: Lump sum payment and monthly cash benefits to spouses and dependent children of deceased workers.

Social Security Office Locations:

Concord:

70 Commercial St.
Ste. 100
Concord, NH 03301
Phone: (603)224-1939

Keene:

34 Mechanic Street
Keene, NH 03431
Phone: (603)352-3487

Littleton:

177 Main Street
Littleton, NH 03561

Manchester:

2 Wall Street
Ste. 301
Manchester, NH 03101
Phone: (603)641-2180

Nashua:

175 Amherst Street
Nashua, NH 03431
Phone: (603)880-0295

Portsmouth:

Federal Building
Rm. 200
PO Box 209
Portsmouth, NH 03802
Phone: (603)499-0716

*...or call 1(800)772-
1213*

SUBSTANCE ABUSE RESOURCES

ALATEEN/ALCOHOLICS ANONYMOUS/AL-ANON

PO Box 3513

Nashua, NH 03861

Phone: (603)882-2259 / (603)422-5470

(603)742-2022 / (603)742-6666

ALATEEN group for teen-agers who live with person(s) who have drinking problems.

ALCOHOLICS ANONYMOUS is a group of friends and relatives who meet to share experiences, give support, and solve the common problems of living with an alcoholic. Alcoholics Anonymous is a voluntary group seeking help with their own drinking problems. 24 hour answering service. AL-ANON Meetings for Adults and Children in any type of a relationship with an alcoholic.

HAMEL SUBSTANCE ABUSE SERVICES

One Wakefield Street, Suite 212

Rochester, NH 03867

Phone: (603)335-7070

Assisting individuals in gaining a better understanding of their relationship with substances through education, counseling, and exploring new ways of coping with the challenges of life. Domestic Violence (a 36 Week Class for men; Anger Management (26 Classes); Substance Abuse Evaluations; Adolescent and Adult Counseling (group and individual); Family Education and Workshops; DWI Aftercare; New Children's Programs; and Intervention (family or friends).

NARCOTICS ANONYMOUS

PO Box 5171

Manchester, NH 03108

Phone: 1(888)624-3578 or 1(888)NA-HELPU

www.gsana.org www.na.org

A non-profit organization of men and women for whom drugs have/had become a major problem in their lives. Recovering addicts meet regularly to help each others stay clean. The only requirement for membership is the desire to stop using drugs. There are no dues or pledges to sign. NA is not affiliated with any other groups or organizations. Call for specific meeting information.

SOUTHEASTERN NEW HAMPSHIRE ALCOHOL AND DRUG ABUSE SERVICES

272 County Farm Road

Dover, NH 03820

Phone: (603)516-8160

Website: www.SENHS.org

Southeastern NH Services is a private, nonprofit agency dedicated to helping people recover from the illness of alcohol and drug addiction. Southeastern NH Services provides quality detoxification, addiction treatment, evaluation, intervention, counseling, education, and prevention services to those in need, regardless of ability to pay. We offer a sliding scale fee based on Federal Poverty Guide.

TRANSPORTATION

BONNIE CLAC

Phone: 1-866-455-2522

www.bonnieclac.org

Assistance with obtaining a car for low-income individuals and families.

C & J

185 Grafton Dr.

Portsmouth, NH 03801

Phone: (603)430-1100 www.ridecj.com

Provides scheduled motor coach transportation to downtown Boston, Logan Airport and links to other destinations.

COAST - COOPERATIVE ALLIANCE FOR SEACOAST TRANSPORTATION

42 Sumner Drive

Dover, NH 03820

Phone: (603)743-5777 / Fax: (603)743-5786

Provides public fixed route transportation in Strafford and Rockingham counties.

ELDERLY TRANSPORTATION

150 Wakefield Street

Rochester, NH 03867

Phone: (603) 335-5128 / (603) 516-8130

Sponsored by Strafford County Community Action. Transportation of senior citizens by van for shopping on a 4-day weekly scheduled route in Rochester, Dover, and Somersworth areas. Transportation for doctor/dentist appointments in Strafford County 5 days per week. Five (5) day notice required for medical transportation.

FREE CHARITY CARS

www.freecharitycars.org

Assistance with getting a car.

GOOD NEWS GARAGE

Phone: 1-877-400-6065

Contact: Bob Buckley

www.goodnewsgarage.org

Assistance with getting a car so you can get to your job.

SUNSHINE TAXI, INC.

Dover, NH 03820

Rochester, NH 03867

Phone: (603)742-5000

Phone: (603) 332-5100

**WHEELS ON WHEELS - WHEELCHAIR
TRANSPORTATION SERVICE**

14A Madison Avenue

Rochester, NH 03867

Phone: (603)335-3862

Provides transportation to and from doctor's appointments, hospital discharges, rehabilitation therapy, nursing home transfers and admits, and all other types of medical appointments. NH Medicaid approved for all medical appointments.

WELFARE OFFICES

Town:	Phone Number
Barrington	(603)664-9007
Dover	(603)516-6500
Farmington	(603)755-9934
Gonic/Rochester/East Rochester	(603)332-3505
Lee	(603)659-4528
Middleton	(603)473-2261
Milton/Milton Mills	(603)652-9893
Somersworth	(603)692-9509

FARMINGTON WELFARE ASSISTANCE

Municipal Office

356 Main Street

Farmington, NH 03835

Phone: (603)755-3100 / (603)755-3100

Provides emergency financial assistance for critical needs such as food, rent, utilities, and medication.

MILTON SELECTMEN'S OFFICE

424 White Mountain Highway

Milton, NH 03851

Phone: (603) 652-4501

Town Welfare Department provides financial assistance for rent, food, and other necessities for those in need.

ROCHESTER WELFARE OFFICE:

City Hall, Wakefield Street

Rochester, NH 03867

Phone: (603)332-3505

Provides temporary emergency financial assistance and/or referrals for food pantries, fuel, rent, utilities, and medications.

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