

## 2018 Community Resources

### St. Matthew's Episcopal Church 7 North Mast Street, Goffstown, NH



**Purpose:** to provide local, state and national resources to people in need and to those who assist them to help them improve their lives.

The Outreach Committee of St. Matthew's Episcopal Church, Goffstown, NH, has made every attempt to make the listings in this document as accurate as possible in hopes that it will be useful to help people in need. We will strive to keep this document updated. If you are aware of inaccuracies or of a resource not included please let us know: 603 497-2003 or [www.stmattsepiscopal.org](http://www.stmattsepiscopal.org)

Please note:

If you are viewing the guide on your computer, most of the websites may be accessed by holding down the "Ctrl" key and clicking on the link. If this does not work, simply cut and paste or manually enter the web address into your browser window.

There we have placed each service in the section that made the most sense rather than place each in multiple locations so we encourage readers to check each section that may apply to find all services. i.e., some military listings are in the Military section while others fall under Health, Jobs, Food, Shelter, etc.

There is an alphabetical listing of services at the end that cross references each particular service to the section(s) in which they appear.

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## EMERGENCY PHONE NUMBERS

# DIAL 9 – 1 – 1 FOR ALL EMERGENCIES

<b>2-1-1</b>	Connects callers, at no cost, to information about services available in their community.	<b>2-1-1</b>
<b>Adult and Elder Abuse or neglect</b>		<b>800-949-0470 or (603) 271-7014</b>
<b>Alcohol Hotline</b>		<b>866-513-9835</b>
<b>Child Abuse Reporting Line</b>	All either number if you suspect that a child has been abused or neglected. During non-business Hours, call 911 or the Goffstown Police Department at 603-497-4858.	<b>1-800-894-5533 603-271-6562</b>
<b>Domestic Violence 24-Hour Hotline</b>		<b>1-866-644-3574</b>
<b>Good Samaritans Suicide Hotline</b>		<b>1-877-583-8336</b>
<b>Goffstown Fire Department</b>		<b>603-497-3619</b>
<b>Goffstown Health Department</b>		<b>603-497-8990 x112</b>
<b>Goffstown Police Department</b>		<b>603-497-4858</b>
<b>LGBT National Help Center Hotline</b>	Serving gay, lesbian, bisexual, transgender and queer people by providing free & confidential peer-support and local resources	<b>1-800-246-7743 1-888-843-4564</b>
<b>LGBT Teen Trevor Project Suicide Prevention Hotline</b>	The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual transgender, and questioning youth.	<b>866-488-7386</b>
<b>Mental Health Center of Greater Manchester</b>		<b>603-668-4111</b>
<b>National Runaway Hotline</b>		<b>1-800-621-4000</b>
<b>National Suicide Prevention Lifeline (English and Spanish)</b>		<b>1-800-273-8255</b>
<b>NH Statewide Addictions Crisis Line</b>		<b>1-844-711-4357</b>
<b>NH Try-to-Stop Tobacco Resource Center</b>	Spanish: 1-800-833-5256 Hearing Impaired: 1-800-833-1477	<b>1-800-784-8669</b>
<b>Poison Control Center</b>	Call right away if you have a poison emergency. 24/7 for poison questions/prevention.	<b>1-800-222-1222</b>
<b>RAIN (Rape, Abuse, and Incest Network)</b>		<b>1-800-656-4673</b>
<b>Sexual Assault 24-Hour Hotline</b>		<b>1-800-277-5570</b>
<b>STD Hotline</b>		<b>1-800-228-0254</b>
<b>Veterans Crisis Line</b>	Confidential support 24 hours a day, 7 days a week 365 days a year.	<b>1-800-273-8255 and Press 1</b>
<b>YWCA NH Crisis Line</b>	Call this number 24 hours a day, 7 days a week to talk to a crisis counselor regarding domestic abuse, sexual violence (male and female), stalking, and/or teen dating violence.	<b>603-668-2299</b>

## General Resources

**See also Family and Senior Resources below**

<p><b>211 New Hampshire</b> Dial 211 <a href="http://www.211nh.org">www.211nh.org</a></p>	<p>PO Box 211 Manchester, NH 03105</p>	<p>Your link to resources such as clothing, crisis, domestic and sexual violence, employment, food, housing, transportation, and utility assistance.</p>
<p><b>Ascentria Care Alliance</b> 774.243.3900 <a href="http://www.lssne.org">www.lssne.org</a></p>	<p>14 East Worcester St., Suite 300 Worcester, MA 01604</p>	<p>Ascentria Care Alliance assists: Children, youth and families, Persons with developmental disabilities, mental illness and deafness, Those who are economically disadvantaged, Refugees, including unaccompanied minors, Older adults and the elderly</p>
<p><b>Goffstown Public Library</b> 497-2102 <a href="http://www.goffstownlibrary.com/teens">www.goffstownlibrary.com/teens</a></p>	<p>2 High Street Goffstown</p>	<p>The Goffstown Public Library will serve as a primary resource for community information needs. It will provide a comfortable place for citizens to access quality materials and programs, enhance cultural awareness and to explore issues of local, national and global interest.) In addition to the more traditional services, we offer a robust menu of programs and events for all ages.</p>
<p><b>Goffstown Welfare Officer</b> Evelyn Redmond 497-8990, Ext. 103 <a href="https://www.goffstown.com/">https://www.goffstown.com/</a></p>	<p>16 Main St. Goffstown</p>	<p>A place to start for assistance in your own town.</p>
<p><b>Legal Aid/Stop Foreclosure</b> <a href="tel:877-399-9995">877-399-9995</a> <a href="http://www.nhlegalaid.org">www.nhlegalaid.org</a> Click tab: Apply for Legal Services</p>	<p>Foreclosure relief project</p>	<p>New Hampshire Legal Services is a community of agencies dedicated to the ideal of equal access to justice.</p>
<p><b>NeighborWorks Greater Manchester</b> 626-4663 <a href="http://nwsnh.org/">http://nwsnh.org/</a></p>	<p>20 Merrimack St. Manchester</p>	<p>A non-profit organization dedicated to the improvement of the lives of individuals and families living in the Greater Manchester region by providing access to quality housing services, revitalizing neighborhoods and supporting opportunities for personal empowerment.</p>
<p><b>NH Bar Association</b> 224-6942 <a href="http://www.nhbar.org">www.nhbar.org</a></p>	<p><b>NH Pro Bono:</b> 1-800-639-5290  <b>The Dove Project:</b> 224-6942</p>	<p>Wide array of legal services  Free legal services to low-income persons.  Free legal representation for qualifying survivors of domestic violence at final restraining order hearings.</p>
<p><b>NH Dept of Health &amp; Human Svcs District Office</b> 668-2330 <a href="http://www.dhhs.nh.gov">www.dhhs.nh.gov</a></p>	<p>129 Pleasant Street Concord, NH 03301</p>	<p>Food Stamps, Emergency Medicaid for Non-Citizens, Citizenship, Third Party Medical Payments, Benefits Received in Error, Financial or Medical Child Support, Begin Date for Medicaid Eligibility.</p>

<b>NH Dept of Insurance</b> Consumers Hotline for Assistance 1-800-852-3416	Concord, NH	Consumer Hotline.
<b>NH Legal Assistance</b> 668-2900 <a href="http://www.nhla.org">www.nhla.org</a>	1361 Elm Street Manchester, NH Suite 307	A non-profit law firm offering a wide array of legal services in civil matters to seniors and eligible low-income persons.
<b>NH Refugee Program</b> 271-6361 <a href="https://www.dhhs.nh.gov/omh/refugee/index.htm">https://www.dhhs.nh.gov/omh/refugee/index.htm</a>	129 Pleasant Street Concord	The primary goal of the Refugee Program is to assist refugees in their quest for economic self-sufficiency and successful integration.
<b>NH Victim's Assistance Commission</b> 271-1284	NH Department of Justice	Helps innocent victims of violent crime with expenses directly related to crime injuries.
<b>Pet Neutering</b> 271-3697	NH Department of Agriculture	Reduced cost if you qualify
<b>Salvation Army</b> 627-7013 <a href="https://nne.salvationarmy.org/manchester">https://nne.salvationarmy.org/manchester</a>	121 Cedar Street Manchester	People come to us in need all year long. Whether for food, clothing, furnishings, medications, rent or more, our approach is to get to the root of the problem, identify helpful solutions and support individuals to address the cause of their need, thereby empowering them to work towards hopeful and purposeful lives.

## Family Resources

### See also General and Legal Resources

<b>Child &amp; Family Services</b> 518-4208 1-800-640-6486 <a href="http://www.cfsnh.org">www.cfsnh.org</a>	464 Chestnut Street Manchester, NH 03105	A nonprofit agency providing an array of social services to strengthen family life and address needs of children.
<b>Childcare</b> 668-2330 <a href="http://www.dhhs.nh.gov">www.dhhs.nh.gov</a>	NH Health & Human Services	State government agency providing services for individuals, children, families and seniors related to health, safety and well-being.
<b>Domestic and Sexual Violence</b> 625-5785, 668-2299 <a href="http://www.nhcadv.org">www.nhcadv.org</a>	YWCA Crisis Service	24 hour domestic violence hotline 1 866 644-3574  24 hour sexual assault hotline 800 277-5570  Crisis center advocates are available across the state of NH to provide free and confidential support services to those impacted by domestic violence, sexual assault, and stalking.

<b>Families in Transition</b> 641-9491 <a href="https://www.fitnh.org/">https://www.fitnh.org/</a>	Manchester and Concord	Recently merged with New Horizons. FIT has a variety of <u>housing options</u> and program offerings, including its <u>Family Willows Substance Use Treatment Center</u> , as well as two <u>entrepreneurial businesses</u> , <u>OutFITters Thrift Store</u> in Manchester and <u>OutFITters Thrift Store Boutique</u> in Concord, NH.
<b>Free reconstructive face and neck surgery</b> 1-800-842-4546 <a href="https://www.aafprs.org/patient/humanitarian/pa_ffviolence.html">https://www.aafprs.org/patient/humanitarian/pa_ffviolence.html</a>	N/A	For victims of domestic violence who have suffered disfiguring injuries.
<b>Give back a smile program</b> 1-800-773-4227 <a href="http://www.aacd.com/aboutGIBAS">http://www.aacd.com/aboutGIBAS</a>	N/A	Free 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.
<b>Goffstown Police Department Infant car seat installation</b> 603.497.4858 <a href="http://www.goffstown.com/dept/pd">http://www.goffstown.com/dept/pd</a>	326 Mast Road Goffstown, NH 03045	Provides free installation of car seats or will check installation for you.
<b>LGBT National Help Center</b> 1-800-246-7743 <a href="https://www.glbthotline.org/">https://www.glbthotline.org/</a>	N/A	Serving gay, lesbian, bisexual, transgender and queer people by providing free & confidential peer-support and local resources.
<b>School Breakfast/Lunch</b> 603.660.5311 <a href="http://goffstown.k12.nh.us/index.php/food-service">http://goffstown.k12.nh.us/index.php/food-service</a>	Goffstown and New Boston School Districts	Resource for free and reduced hot breakfast and lunch. Applications are all strictly confidential.
<b>Gpffstpwm SAU 19 Family/School Liason</b> Jill Girolimon – 603.660.5762 <a href="http://goffstown.k12.nh.us">http://goffstown.k12.nh.us</a>	Goffstown and New Boston School Districts	The family/school liaison is a helpful resource for students of families in need.
<b>Services for Adults with Disabilities</b> 271-4680 <a href="http://www.dhhs.nh.gov/foryou/disabilities.htm">http://www.dhhs.nh.gov/foryou/disabilities.htm</a>	Bureau of Elderly and Adult Services New Hampshire Department of Health and Human Services 129 Pleasant Street Concord, NH 03301-3852	A variety of social and long-term services and supports intended to assist people to live as independently as possible in safety and with dignity. Examples include: Home care, Meals on wheels, Transportation assistance, Long Term Care-Nursing home and community based care, Information and assistance regarding Medicare and Medicaid, Information about volunteer opportunities, Investigation of reports of abuse, neglect or exploitation of incapacitated adults.
<b>Services for Children and</b>	Easter Seals	Provides exceptional services to ensure that all

<b>Adults with Disabilities</b> 623-8863 <a href="http://www.nheasterseals.com">www.nheasterseals.com</a>	555 Auburn Street Manchester, NH 03103	people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.
<b>Veterans Count</b> (603) 315-4354 <a href="http://www.easterseals.com/nh/our-programs/military-veterans-services/">www.easterseals.com/nh/our-programs/military-veterans-services/</a>	Easter Seals	Easterseals Military & Veterans Services, in partnership with <a href="#">Veterans Count</a> , responds rapidly, efficiently and effectively to the unmet needs of Service Members, Veterans, and their Families to ensure that they can thrive in their communities.  For any active or veteran service member and family.
<b>Women, Infants &amp; Children (WIC)</b> Southern New Hampshire Services (603)6688-8010 or 1-800-256-9880 <a href="http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/">http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/</a>	40 Pine Street, Manchester, NH 03108	14 stores in Manchester accept WIC – see WIC in Food & Supplies section

## Military and Veterans Resources

**See also Military and Veteran Resources in other sections**

<b>NH State Office of Veterans Services</b> <a href="https://www.nh.gov/nhveterans/">https://www.nh.gov/nhveterans/</a> 624-9320 1800 622-9230 Benefits Division 1 800 827-1000 <a href="http://www.benefits.va.gov/benefits">www.benefits.va.gov/benefits</a>	Cotton Fed'l Bldg 275 Chestnut St Rm 517 Manchester	The mission of the New Hampshire State Office of Veterans Services is to assist veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations.
<b>Veterans Crisis number</b> <a href="http://www.VeteransCrisisLine.net">www.VeteransCrisisLine.net</a> 1 800-273-8255 press 1 838-255 text (especially if you have difficulty connecting by phone)	VA	The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call, chat online, or send a text message to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

## Immigration and Refugee Resources

<p><b>Ascentria Care Alliance</b> (603)410-6183 <a href="http://www.ascentria.org/our-services/services-new-americans">http://www.ascentria.org/our-services/services-new-americans</a> For Language Bank: <a href="http://www.thelanguagebank.org/">http://www.thelanguagebank.org/</a></p>	<p>300 Granite Street 3rd Floor Manchester, NH 03102</p>	<p>Basic resettlement services plus, to assist refugees &amp; immigrants on transition to their new homeland &amp; culture, including interpretation services</p>
<p><b>Bhutanese Community of New Hampshire</b> (603)935-9620 <a href="http://www.bhutanesecommunitynh.org/">www.bhutanesecommunitynh.org/</a></p>	<p>Hampshire 510 Chestnut Street, Manchester, NH 03101</p>	<p>community-based not-for-profit organization supporting &amp; empowering needy individuals &amp; families, providing direction for successful integration into mainstream community</p>
<p><b>Granite State Organizing Project (GSOP)</b> Sanctuary, Support, Accompaniment &amp; Advocacy 668-8250 <a href="http://granitestateorganizing.org/projects/sanctuary/">http://granitestateorganizing.org/projects/sanctuary/</a></p>	<p>27 Lowell Street Manchester</p>	<p>We are people of faith organized through the Granite State Organizing Project (GSOP) and allied groups to respond to the fear and anxiety in our community as a result of an increase in immigration enforcement, heightened law enforcement and random acts of hate.</p>
<p><b>Holy Cross Family Learning Center</b> (603)622-9250 <a href="http://www.hclearningcenter.org">www.hclearningcenter.org</a></p>	<p>438 Dubuque Street Manchester, NH 03102</p>	<p>Education services &amp; classes for immigrants &amp; refugees</p>
<p><b>International Institute of New England</b> (603)647-1500 <a href="http://www.iine.us/">www.iine.us/</a></p>	<p>1850 Elm Street, Manchester, NH 03104</p>	<p>Help refugees &amp; immigrants become active participants in social, political &amp; economic richness of American life</p>
<p><b>Manchester Community Resource Center (MCRC)</b> (603)647-8967 <a href="http://www.mcrcnh.com/">http://www.mcrcnh.com/</a></p>	<p>434 Lake Avenue, Manchester, NH 03103</p>	<p>Provides basic information, coaches goal setting, employment &amp; education referral, cultural adjustment, resource connection, &amp; use of public computers</p>
<p><b>Manchester Health Department</b> (603)624-6466 <a href="http://www.manchesternh.gov/Departments/Health/Services/Refugee-Health">www.manchesternh.gov/Departments/Health/Services/Refugee-Health</a></p>	<p>1528 Elm Street Manchester, NH 03101</p>	<p>All refugees coming to US should have a comprehensive health screening within 90 days of arrival. Within 2 weeks of arrival all refugees who are resettling within the Manchester area are seen at the Manchester Health Department for an initial assessment by a community health nurse.</p>
<p><b>New American Africans (NAA)</b> (603)219-5219</p>	<p>4 Park Street Concord, NH 03301</p>	<p>Self-supportive community group for refugees living in NH. ???</p>



<a href="http://www.newamericanaficans.wordpress.com/">www.newamericanaficans.wordpress.com/</a>		Provide aid in the resettlement of refugee and immigrant in NH by providing assistance, training and resources.
<b>Organization for Refugee and Immigration Success (ORIS)</b> (603)296-0443 <a href="http://www.refugeesu.ccess.org/">www.refugeesu.ccess.org/</a>	434 Lake Avenue, 2nd Floor, Manchester, NH 03103	Aids in the resettlement of refugee and immigrant groups in the state of NH by providing assistance, training, resources, and opportunities that promote self-sufficiency. ORIS has developed the resources and capabilities to foster the self-sufficiency and integration of new Americans, including the development of an experienced, multinational, and multilingual staff and consultant team.

## Senior Resources

### See also General Referrals and Prescription Assistance

<b>Alzheimer's Association</b> 606-6590 <a href="http://www.alz.org/MANH/info@alz.org">http://www.alz.org/MANH/info@alz.org</a>	166 S River Road Suite 210 Bedford, NH 03110	We offer a variety of programs and services for people with Alzheimer's disease and their family and friends. These programs and services provide information, education, support, and guidance for every stage of the Alzheimer's journey.
<b>Cashin Senior Activity Center</b> 624-6533 <a href="https://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center">https://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center</a>	151 Douglas Street Manchester, NH	The center hosts a wide and ever changing array of classes and activities that are listed monthly on our <a href="#">calendar</a> page. The center also serves as a gathering place for individuals and a starting point for trips and events that take place outside the facility.
<b>Medicare &amp; Medicaid Prescription Program</b> 1-800-633-4227 <a href="http://www.medicare.gov/pdphome.asp">www.medicare.gov/pdphome.asp</a>	N/A	The U.S. Government official website for Medicare prescription drug coverage.
<b>NH Bureau of Elderly &amp; Adult Services (BEAS)</b> 800-949-0470 or (603) 271-7014 M-F 8 – 4:30 or 911 after hours <a href="https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm">https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm</a>	129 Pleasant Street   Concord, NH   03301-3852	Call to report abuse or neglect
<b>The Caregivers, Inc - Friendly Visits</b> (603)622-4948	19 Harvey Road, Bedford, NH 03110	Trained visitors address needs of homebound with little social contact; visits conducted on weekly or biweekly basis 1-3 hours in length

<a href="http://caregiversnh.org/services/friendly-visits.html">http://caregiversnh.org/services/friendly-visits.html</a>  <b>The Caregivers, Inc - Caring Cupboard</b> (603)622-4948 <a href="http://www.caregiversnh.org/services/caring-cupboard.html">http://www.caregiversnh.org/services/caring-cupboard.html</a>		Mobile food pantry delivers free groceries to eligible neighbors in need.
<b>ServiceLink</b> 644-2240 <a href="http://www.nh.gov/servicelink">www.nh.gov/servicelink</a>	555 Auburn Street Manchester, NH 03103	A statewide network of locally administered community-based resources for seniors, adults with disabilities and their families.
<b>Social Security</b> 641-2195 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	2 Wall Street Suite 301, Manchester, NH 03101	Retirement benefits, disability benefits, supplemental security, Medicare and survivors benefits.
<b>Visiting Nurse Association</b> 603-622-3781 or 1-800-624-6084 <a href="http://elliospital.org/vna/or-families-patients.php">http://elliospital.org/vna/or-families-patients.php</a>	1070 Holt Ave, Suite 1400, Manchester NH 03109	We are available 24 hours a day, 7 days a week by phone. Education, care giving, resources, respite and hospice care.

## Youth Resources

<b>211</b> Dial 211 <a href="http://www.211nh.org">www.211nh.org</a>	N/A	Listing of referrals for youth in Goffstown in the areas of drug and alcohol abuse, career exploration, dating violence prevention, drop-in centers, mental health counseling, mentoring, suicide prevention, and more. Type in Zip code and in the search box: "Teen" to get a list of services A – Z.
<b>4H</b> 641-6060 <a href="http://extension.unh.edu/4H/4H.htm">http://extension.unh.edu/4H/4H.htm</a>	University of New Hampshire Cooperative Extension - Hillsborough County 329 Mast Road Room 101 Goffstown NH 03045	4-H is the youth educational program of UNH Cooperative Extension. The mission of 4-H is to help youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society. 4-H emphasizes the importance of involving youth in the learning process. It is offered free of charge to youth ages 5-18. Youth from all cultural and economic backgrounds get involved in 4-H fun and learning. Members and volunteers live in towns, cities, farms, and suburbs.
<b>Allard Center YMCA</b> 497-4663 <a href="http://www.gmfymca.org/goffstown/index.php">www.gmfymca.org/goffstown/index.php</a>	116 Goffstown Back Road Goffstown, NH 03045	hundreds of fun programs for kids, teens, adults, families and seniors all under one roof
<b>Big Brothers Big Sisters of Greater Manchester</b>	25 Lowell Street Suite 201	For more than 40 years, Big Brothers Big Sisters of Greater Manchester has been helping our community's

669-5365 <a href="http://www.bbbsmanchester.org">www.bbbsmanchester.org</a>	Manchester, NH 03101	most vulnerable children through the power of a relationship with a Big Brother or Big Sister, giving kids the support and care they need to make good choices. When we match a carefully-screened adult volunteer with a child at risk, the path to the future is re-paved with hope.
<b>Boy Scout Troop #99</b> 497-8093 <a href="http://www.mv.com/org/troop-99/">www.mv.com/org/troop-99/</a>	N/A	Troop 99 is made up of about 30 boys and a large group of trained, dedicated leaders. The Troop offers a year-round Scouting program based on traditional Boy Scout activities, values, and methods aimed at delivering on the <a href="#">Promise of Scouting</a> . Activities include the Klondike Derby, merit badge workshops, camping, hikes, backpacking, plus much more.
<b>Child and Family Services Street Outreach Program</b> 518-4000 <a href="http://www.cfsnh.org/pages/programs/TeenServices/streetOutreach.html">www.cfsnh.org/pages/programs/TeenServices/streetOutreach.html</a>	464 Chestnut St. P.O. Box 448, Manchester, NH 03105	Child and Family Services' Street Outreach program provides street youth, homeless youth, and those at risk of running away, with two essential components: The basic elements for survival and the stuff with which to succeed
<b>Crispin's House Coalition for Youth</b> 603.497.3499 <a href="http://www.crispinhouse.org">www.crispinhouse.org</a>	PO Box 411 Goffstown, NH 03045	A non-profit serving the youth of Goffstown and surrounding towns by providing resources, opportunities and support for teens through a wide array of diverse programming and initiatives. Programs include VolunTEENS, Youth Forums, Community Series, Juvenile Court Diversion, Youth Attendants, Afterschool Financial Aid, Substance Misuse Prevention, and Suicide Prevention as well as several community-building initiatives.
<b>Dunbarton Public Library</b> 774-3546 <a href="http://www.dunbartonnh.org">www.dunbartonnh.org</a>	1004 School Street Dunbarton, NH	Provides free and equal access to print, audiovisual and online resources, programs and exhibits which meet the informational, educational and recreational needs of the entire community.
<b>Girls at Work</b> 345-0392 <a href="http://www.girlswork.org">www.girlswork.org</a>	463 Riverdale Road Goffstown, NH 03045	Girls At Work assists girls and women in building confidence and independence in an open and supportive atmosphere while learning the craft of woodworking.
<b>Girl Scouts of the Green and White Mountains</b> 627-4158 <a href="http://www.girlscoutsgwm.org">www.girlscoutsgwm.org</a>	PO Box 10832 Bedford, NH 03110-0832	We are committed to building girls of courage, confidence, and character, who make the world a better place.
<b>Goffstown High School</b> 497-4841 <a href="http://www.goffstown.k12.nh.us/index.php/schools/goffstown-high-school">http://www.goffstown.k12.nh.us/index.php/schools/goffstown-high-school</a>	27 Wallace Road Goffstown, NH 03045	Goffstown High School's mission is to be a caring community of impassioned learners who will thrive in an ever-changing world. Check out the following on the website: GHS Peer Outreach, GHS Theater, Arts, Sports, Music and Clubs.
<b>Goffstown Parks and Recreation</b> 497-3003 <a href="http://www.goffstown.com/parks-and-recreation">www.goffstown.com/parks-and-recreation</a>	South Mast Road Goffstown	Our department strives to provide a positive, enjoyable community experience through all our traditional and non-traditional activities and facilities.
<b>Goffstown Police Explorers</b>	Goffstown Police	A program for fourteen- to twenty-year-old students

497-4858 <a href="http://www.goffstownpoliceexplorers.com">www.goffstownpoliceexplorers.com</a>	Explorers 326 Mast Road Goffstown, NH 03045	who have an interest in a law enforcement career. Explorers participate in a variety of activities throughout the year, including law enforcement training, competitions, and community service activities, such as traffic and security control.
<b>Makin' it Happen Coalition</b> 603.686-6844 <a href="http://www.mih4u.org">www.mih4u.org</a>	497 Hooksett Road, Suite 207, Manchester, NH 03104	Works with community members, coalitions, healthcare, local government, law enforcement, first responders, schools & businesses to reduce substance misuse & increase education & access to behavioral healthcare
<b>Manchester Boys &amp; Girls Club</b> 625-5031 <a href="http://www.mbgcnh.org">www.mbgcnh.org</a>	555 Union Street Manchester, NH 03104-4840	Reaches out to all youth, with special concern given to those in at-risk situations.
<b>Medical Youth Explorers at Elliot Hosp</b> 663-4567 <a href="http://www.elliotohospital.org/programs/medical_explorers.html">www.elliotohospital.org/programs/medical_explorers.html</a>	1 Elliot Way Manchester	Medical Explorers is a program for youth ages 14 to 20 with an interest in Medical Services. Students will also get hands-on experience, and see what it's really like behind closed doors at the Elliot Hospital.
<b>NH Teen Hotline</b> 668-4111 1-877-583-TEEN (8336) <a href="http://www.suicidehotlines.com/newhampshire">www.suicidehotlines.com/newhampshire</a>	The Mental Health Center of Greater Manchester	Crisis Hotline 24 hours/7days <i>Teen Hotline</i>
<b>NH Teen Institute</b> 836-6267 <a href="http://www.nhteeninstitute.org">www.nhteeninstitute.org</a>	180 Bridge Street Manchester, NH 03104	Our mission is To empower teens to lead healthy lifestyles and create stronger communities through community-focused prevention and leadership workshops.
<b>Partners in Health</b> 641-1090 or 622-3781 <a href="http://www.nhpih.dartmouth.edu/connect.html">http://www.nhpih.dartmouth.edu/connect.html</a>	33 South Commercial Street Suite 401 Manchester, NH 03101	A community project for families of children with chronic health conditions in the Greater Manchester Area.
<b>Roca Kidz Club</b> (603)540-5184 <a href="http://www.rocakidzclub.com/">http://www.rocakidzclub.com/</a>	222 Cedar Street, Manchester, NH 03103	Free meal for kids of all ages on Thursdays at 6 PM. Also homework help, games, activities, & messaging.
<b>Salvation Army Kids Café</b> (603)627-7013 <a href="http://www.use.salvationarmy.org/manchester">www.use.salvationarmy.org/manchester</a>	121 Cedar Street, Manchester, NH 03101	Food & enrichment for elementary age kids only during the school year.
<b>Teen Challenge</b> (603)647-7770 <a href="http://www.tcmanchester.org/index.html">www.tcmanchester.org/index.html</a>	147 Laurel Street, Manchester, NH 03103	Christian residential drug recovery program that is part of a network of 10 Teen Challenge center across New England & New Jersey. Faith-based recovery program for 18+ year old males.
<b>Teen Health Clinic</b> 668-6629 <a href="http://www.childhealthservices.org/teenclinic.html">http://www.childhealthservices.org/teenclinic.html</a>	Child Health Services, 1245 Elm Street, Manchester, NH 03101	Recognizing that adolescents and young adults living in poverty have been largely excluded from the health care system, the Teen Health Clinic focuses its efforts on providing access to quality health care to adolescents and young adults from low-income

		families. The Teen Health Clinic provides a medical home for low-income adolescents and young adults ages 11-21.
Trevor Project Suicide Prevention Hotline 1-866-488-7386 <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>	N/A	The Trevor Project is the leading national organization providing crisis intervention & suicide prevention services to lesbian, gay, bisexual, transgender & questioning youth.
<b>UpReach Therapeutic Riding Center, Inc.</b> 497-2343 <a href="http://www.upreachtrc.org">www.upreachtrc.org</a>	153 Paige Hill Rd PO Box 355 Goffstown, NH 03045	UpReach is a 501(c)(3) non-profit organization dedicated to improving the physical, emotional, and psychological development of challenged children and adults through progressive therapies, specifically those centered around the horse.
<b>Whipple Free Library</b> 487-3391 <a href="http://www.whipplefreelibrary.org">www.whipplefreelibrary.org</a>	2 Central Square New Boston	A free and open access point for expanding knowledge, sharing ideas and building community.
<b>YWCA Manchester</b> 625-5785 <a href="http://www.YWCAnh.org">www.YWCAnh.org</a>	72 Concord St, Manchester, NH 03101	The YWCA works to meet its mission through the delivery of social service programs as well as programs that enrich the general community of girls and women of all ages and socio-economic backgrounds. We help parents get the tools they need to raise strong, healthy children and continue to assess community needs in order to address issues concerning women and their families.
<b>Youth Empowerment Program</b> 626-7941 <a href="http://snhshome.homestead.com/youthempowermentprogram.html">http://snhshome.homestead.com/youthempowermentprogram.html</a>	49 Manchester Street Manchester, NH 03101	Free training for youth age 18 – 21 in job training, academics, mentoring, work readiness skills, and more.

## Food and Supplies

### See also Family Resources

<b>Birthright of Manchester</b> 668-3443 <a href="http://www.manchester@birthright.org">www.manchester@birthright.org</a>	247 S. Main Street Manchester, NH 03012	Need diapers and wipes,, baby clothing and gently used clothing up to 3T; new baby blankets/afghans
<b>The Caregivers, Inc - Food for the Homebound</b> <a href="tel:(603)622-4948">(603)622-4948</a> or 1-877-278-0237 <a href="http://www.caregiversnh.org/services/food-for-the-homebound.html">www.caregiversnh.org/services/food-for-the-homebound.html</a>	19 Harvey Road, Bedford, NH 03110	Trained volunteers provide transportation, plus assistance with groceries (reading labels, carrying bags & putting away groceries) to help homebound maintain independence and nutritional health
<b>CSFP: Commodity</b>	Nutrition and Health	Low-income pregnant and breastfeeding women, other

<p><b>Supplemental Food Program (USDA)</b> 271-4546 <a href="http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm">http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm</a></p>	<p>Promotion Section NH Dept. of Health &amp; Human Services</p>	<p>new mothers up to one year postpartum, infants, children up to age six, and elderly people at least 60 years of age.</p> <p><b>Note: Participants in WIC may not participate in CSFP, and vice versa.</b></p>
<p><b>Food for Children</b> 674-8878 <a href="mailto:info@foodfc.org">info@foodfc.org</a></p>	<p>JFK Coliseum on 303 Beech Street  PO Box 4786 Manchester, NH 03108</p>	<p>Every Saturday 10 am food is distributed to families. This is a joint effort between Food For Children and the NH Food Bank.</p>
<p><b>Food Stamps/SNAP: Supplemental Nutrition Assistance Program (USDA)</b> 1-800-852-3345 x 4238 <a href="http://www.fns.usda.gov/snap/">www.fns.usda.gov/snap/</a></p>	<p>N/A</p>	<p>SNAP helps put healthy food on the table. Check website to find participating grocers in your area.</p> <p>Note: At the federal level, the Food Stamp Program has been replaced by SNAP, the Supplemental Nutrition Assistance Program. However, the USDA gave the states the choice whether to change the name; NH elected not to change. As a result, you will see the program variously referred to as either the Food Stamp Program or SNAP. They are the same, one of several nutrition assistance programs available from the USDA. We highly recommend you go to the following website to view them all: <a href="http://www.fns.usda.gov/fns/">www.fns.usda.gov/fns/</a></p>
<p><b>Goffstown Network Inc Food Pantry</b> 497-3433 <a href="http://www.goffstownnetwork.org">www.goffstownnetwork.org</a></p>	<p>7 North Mast Street Goffstown</p>	<p>Open: Wednesdays 6 – 8 pm Saturdays 10 am – noon. Food assistance for residents of Goffstown, Dunbarton and New Boston.</p>
<p><b>Joseph's Closet</b> 882-3000 <a href="http://www.stjosephhospital.com/community-health/Josephs-closet">www.stjosephhospital.com/community-health/Josephs-closet</a></p>	<p>75 Northeastern Blvd. Nashua, NH 03062</p>	<p>Wheelchairs, shower chairs, stools, tub transfer benches, commodes &amp; adaptive equipment</p>
<p><b>NH Food Bank</b> 669-9725 <a href="http://www.nhfoodbank.org">www.nhfoodbank.org</a></p>	<p>700 East Industrial Park Drive Manchester</p>	<p>Provides food at low cost for approved organizations only. Wide variety of nutrition programs for agencies, families and individuals. Website includes a list of food pantries in New Hampshire.</p>
<p><b>Senior Meals Programs</b> 647-4470 <b>Meals on Wheels</b> 424-9967 <a href="http://www.mealsonwheelsnh.org">www.mealsonwheelsnh.org</a></p>	<p>Southern NH Services</p>	<p>Hot meals delivered to seniors and homebound disabled persons, and meals served in group locations such as The Meeting House in Goffstown.</p>
<p><b>Shiloh Food Pantry</b> Gerry St Jean</p>	<p>461 Straw Road Manchester</p>	<p>Open: Tuesday 4:00pm to 6:00pm Saturday 9:00am to 11:00am</p>

Cell # <a href="tel:603-391-5741">603-391-5741</a> <a href="mailto:foodpantry@shilohweb.com">foodpantry@shilohweb.com</a>		
<b>Soup Kitchen</b> 668-1877 <a href="http://www.newhorizonsfornh.org">www.newhorizonsfornh.org</a>	New Horizons	Dinner for over age 50 at 3 PM daily; for individuals and their families at 4:30 daily.
<b>WIC: NH Women Infant and Children (USDA)</b> 1-800-WIC-4321 (1-800-942-4321), 271-4545 <a href="http://www.dhhs.nh.gov/dphs/nhp/wic/index.htm">www.dhhs.nh.gov/dphs/nhp/wic/index.htm</a>	Concord	Nutrition education and nutritious foods for pregnant women, new mothers, infants and preschool children.  Grocery Stores Accepting WIC vouchers in Manchester: Bremer Street Food Mart 218 Bremer Street, <a href="tel:6036451124">(603)645-1124</a> Caribbean Market, 302 Lake Avenue <a href="tel:6032181226">(603)218-1226</a> Down the Block, 167 Hanover Street <a href="tel:6036286334">(603)628-6334</a> Hannaford Supermarket, 201 John Devine Drive <a href="tel:6036264567">(603)626-4567</a> Hannaford Supermarket, 605 Mast Road <a href="tel:6036264488">(603)626-4488</a> Hannaford Supermarket, 79 Bicentennial Drive, <a href="tel:6036442106">(603)644-2106</a> Hannaford Supermarket, 859 Hanover Street <a href="tel:6036244442">(603)624-4442</a> Market Basket, 460 Elm Street <a href="tel:6036261070">(603)626-1070</a> Pigeon's Market, 168 Wilson Street, <a href="tel:6032327495">(603)232-7495</a> PriceRite, 365 Lincoln Street, <a href="tel:6033528850">(603)352-8850</a> R&E Grocery, 304 Merrimack Street, <a href="tel:6036440122">(603)644-0122</a> Two Guys Food Market, 414 Union Street, <a href="tel:6036277099">(603)627-7099</a> WalMart SuperCenter, 725 Gold Street, <a href="tel:6036219666">(603)621-9666</a> Z-J Market, 266 Bridge Street, <a href="tel:6036681251">(603)668-1251</a>

## Clothing

<b>Blessed Sacrament/St. Anne's Children's Closet</b> <a href="tel:6036225445">(603)622-5445</a> <a href="http://www.blessedsacramentnh.org/index.php/ministries-sp-1729225412/outreach/95-saint-annes-closet">http://www.blessedsacramentnh.org/index.php/ministries-sp-1729225412/outreach/95-saint-annes-closet</a>	14 Elm Street, Manchester NH 03103	Free children's clothing (new and gently used). Open first 2 Wednesdays each month 1-3 PM
<b>Community Clothing Center</b> 497-2003 <a href="http://www.goffstowncommunityclothing.org">www.goffstowncommunityclothing.org</a>	9 North Mast Street Goffstown	Open Tuesdays 11 – 2 pm Wednesdays 6 – 8 pm Thursdays 3-5 pm and Saturdays 10 am - noon
<b>Dress for Success</b>	10 Commercial St #401	Helps low-income women make a tailored transition in



224-8683 <a href="http://www.dressforsuccess.org">www.dressforsuccess.org</a>	Concord	to work force.
<b>Family OutFITTERs Thrift Store – Families in Transition</b> 641-6691 <a href="http://www.outfittersnh.org">www.outfittersnh.org</a>	394 Second St. Manchester	Hours: M-Sat 9-6; Th & F 9-8. Furniture, house wares, clothing and books.
<b>Family OutFITTERs Thrift Store Boutique – Families in Transition</b> 641-6691 <a href="http://www.outfittersnh.org">www.outfittersnh.org</a> .	20 South Main St Concord	Hours: Tu-Sat 10-6 Specializing exclusively in upscale women's clothing and accessories.
<b>Goodwill</b> <a href="tel:6035185246">(603)518-5246</a> <a href="http://www.goodwill.org">http://www.goodwill.org</a>	165 Jon E. Devine, Manchester, NH	Gently used clothing, house wares, furniture, books, children's toys, and more.
<b>Liberty Thrift</b> <a href="tel:6035739221">(603)573-9221</a> <a href="http://www.use.salvationarmy.org/use/www_use_manchester.nsf">www.use.salvationarmy.org/use/www_use_manchester.nsf</a>	333 Lincoln St., Manchester, NH 03103	Winter coats, all sizes. Clothing for infants and adults based on contributions.
<b>Missy's Closet</b> 625-5785 <a href="http://www.ywcanh.org/what-we-do/missys-closet-resale-boutique">http://www.ywcanh.org/what-we-do/missys-closet-resale-boutique</a>	YWCA 72 Concord Street Manchester	Quality merchandise at affordable prices including gently used women's, men's and children's apparel, shoes, accessories and an array of housewares, art, home decor and toys. Our boutique is well-known for its great deals and fantastic finds! From business attire and baby clothes to housewares and handbags we have the name brands you want at great prices.
<b>Savers</b> <a href="tel:6036959915">(603) 695-9915</a> <a href="http://www.stores.savers.com/nh/manchester/thrift-stores-manchester-nh-1182.html">www.stores.savers.com/nh/manchester/thrift-stores-manchester-nh-1182.html</a>	93 S. Maple St., Manchester, NH 03103	Gently used clothing, house wares, furniture, books, children's toys, and more.

## Shelter

<b>Angie's Shelter at New Horizons</b> 668-1877 <a href="http://www.hewhorizonsforh.org">www.hewhorizonsforh.org</a>	199 Manchester St. Manchester	Residence designed to transition homeless women to self-sufficiency
<b>Child &amp; Family Services Transitional Living Program</b> 518-4000 1-800-640-6486 <a href="http://www.cfsnh.org">www.cfsnh.org</a> <a href="http://www.cfsnh.org/index.php/transitional-living">http://www.cfsnh.org/index.php/transitional-living</a>	464 Chestnut Street Manchester	Child and Family Services' Transitional Living Program (TLP) is a voluntary, 12- 18 month program that provides supportive <b>housing</b> , life skills training and support services to young people, ages 18 to 21, who are homeless or transitioning out of...



<p><b>Child &amp; Family Services - Teen Resource Center</b> (603) 518-4170 <a href="mailto:info@cfsnh.org">info@cfsnh.org</a></p> <p><b>Runaway &amp; Homeless Youth:</b> <a href="http://www.cfsnh.org/pages/programs/TeenServices/runaway.html">www.cfsnh.org/pages/programs/TeenServices/runaway.html</a></p>	<p>330 Lincoln Street, Manchester, NH 03103</p> <p style="text-align: center;">“</p>	<p>Dedicated to advancing the wellbeing of children by providing an array of social services to strengthen family life and promote community commitment to the needs of children.</p> <p>Prevention services, crisis intervention:, counselling, youth development, information and referral.</p>
<p><b>Families in Transition</b> 641-9441 <a href="http://www.fitnh.org">www.fitnh.org</a></p>	<p>122 Market St. Manchester</p>	<p>Non-profit offering assistance to individuals or families who are homeless or in jeopardy of becoming homeless. Includes social services, substance abuse treatment and meals.</p>
<p><b>Home Base</b>, a Red Sox Foundation and Massachusetts General Hospital Program <a href="tel:617-724-5202">617-724-5202</a> <a href="http://homebase.org/">http://homebase.org/</a></p>	<p>1 Constitution Center Charlestown, MA 02129</p>	<p>The mission of Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is to heal the invisible wounds for Veterans, Service Members and their Families through world-class clinical care, wellness, education and research.</p>
<p><b>Homeless Assistance Line</b> 606-1744 2-1-1 or 1-877-606-5173 <a href="http://www.mcocnh.org">www.mcocnh.org</a></p> <p><a href="http://www.211nh.org/MatchList.aspx?c;;0;;N;0;0;Basic%20Needs;Homeless%20Services;0;Street%20Outreach%20Programs;0;C">http://www.211nh.org/MatchList.aspx?c;;0;;N;0;0;Basic%20Needs;Homeless%20Services;0;Street%20Outreach%20Programs;0;C</a></p>	<p>Manchester NH Continuum of Care (MCoC)</p>	<p>New coordinated entry system for housing; walk-in services available for those who do not have regular access to phone</p>
<p><b>Homeless Veterans</b> <a href="https://www.va.gov/homeless/">https://www.va.gov/homeless/</a> Homeless Dial 211</p>	<p>Veterans Administration</p>	<p>VA is committed to ending homelessness among Veterans. Our focus is threefold:</p> <ul style="list-style-type: none"> <li>• Conducting coordinated outreach to proactively seek out Veterans in need of assistance.</li> <li>• Connecting homeless and at-risk Veterans with <a href="#">housing solutions</a>, <a href="#">health care</a>, <a href="#">community employment services</a> and other required supports.</li> <li>• Collaborating with federal, state and local agencies; employers; housing providers, faith-based and community nonprofits; and others to expand employment and affordable housing options for Veterans exiting homelessness.</li> </ul>
<p><b>Home Loans for Veterans</b> <a href="http://www.benefits.va.gov/homeloans">www.benefits.va.gov/homeloans</a> 1-800-729-5772</p>	<p>Veterans Administration</p>	<p>VA helps Service members, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.</p>

		VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.
<b>Liberty House</b> (603)669-0761 <a href="http://libertyhousenh.org">http://libertyhousenh.org</a>	75 West Baker Street, Manchester, NH	Substance-free housing for veterans transitioning from homelessness for veterans. Employment & housing assistance, food pantry & clothing closet
<b>Manchester Emergency Housing</b> Shelter: (603)627-2636 Intake Coordinator: (603) 641-9441 <a href="http://www.fitnh.org">www.fitnh.org</a>	122 Market Street, Manchester, NH 03103	Stays are for families with emergency shelter needs (7 families max). Rent is charged. Contact shelter for availability.
<b>Manchester Welfare Family Shelter</b> (603)624-6484 <a href="http://www.manchesternh.gov/welfare">www.manchesternh.gov/welfare</a>	1528 Elm Street, Manchester, NH 03101	??? can we use this
<b>National Runaway Safeline</b> 1-800-RUN-AWAY <a href="http://www.1800runaway.org">www.1800runaway.org</a>	N/A	Referrals to shelters for youth & teens and help for parents and guardians.
<b>NH Bureau of Elderly and Adult Services</b> (603) 271-9203 <a href="http://www.dhhs.nh.gov/dcbcs/besas">www.dhhs.nh.gov/dcbcs/besas</a>	NH State Department of Health and Human Services 129 Pleasant St. Concord	A variety of social and long-term services and supports can be accessed through the ServiceLink Resource Centers and the NH DHHS District Offices. Services and supports are intended to assist people to live as independently as possible in safety and with dignity.
<b>NH Coalition to End Homelessness</b> (603) 641-9441 <a href="https://www.nhceh.org/">https://www.nhceh.org/</a>	122 Market Street Manchester, NH	To eliminate the causes of homelessness through research, education, and advocacy.
<b>New Horizons</b> 668-1877 <a href="http://www.newhorizonsfornh.org">www.newhorizonsfornh.org</a>	199 Manchester St. Manchester	To provide food & shelter to people in need & offer supportive services to achieve self-sufficiency
<b>NH Veterans Home</b> 527-4000 <a href="http://www.nh.gov/veterans">www.nh.gov/veterans</a>	639 Winter Street Tilton, NH	The mission of the New Hampshire Veterans Home is to provide high quality, professional, long-term care services to the Granite State's elderly and disabled veterans with compassion, respect, and dignity.
<b>Southern New Hampshire Services Housing and Homeless Outreach</b> (603)668-8010 <a href="http://www.snhs.org/about-us/contact-us/">www.snhs.org/about-us/contact-us/</a>	40 Pine Street, Manchester, NH 03103	Entry point into Manchester area Continuation of Care systems & other networks of services for chronically & other homeless individuals & families.
<b>The Way Home</b> 627-3491	214 Spruce St.	Assist lower income families and individuals to obtain and keep safe, affordable housing, offer supportive

www.thewayhomeNH.org	Manchester	services to nurture their independence, and advocate for greater opportunity
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## Fuel, Electric, Phone, Utilities

<b>New Hampshire Electric Energy Assistance</b> Public Utilities Commission (603) 271-2431 <a href="https://www.puc.nh.gov/consumer/electricassistanceprogram.htm">https://www.puc.nh.gov/consumer/electricassistanceprogram.htm</a>	21 South Fruit Street, Suite 10, Concord, NH 03301	Provides income-eligible customers with a discount on monthly electric bills ranging from 8% to 76% depending on gross household income & household size; a 12-month bill assistance program, subject to availability.
<b>Safelink Wireless &amp; Lifeline</b> 1-800-SafeLink <a href="http://www.SafeLink.com">www.SafeLink.com</a>	SafeLink Wireless PO Box 220009 Milwaukie, OR 97269-0009	SafeLink Wireless gives you the choice of enjoying the free service while continuing to use your current phone. Alternatively, you can also apply to receive a new equipment, free of charge.
<b>Southern New Hampshire Services</b> 647-4470 <a href="http://www.snhs.org/programs/energy-programs/low-income-home-energy">http://www.snhs.org/programs/energy-programs/low-income-home-energy</a>	160 Silver Street Manchester	Administers several energy assistance programs, including: Low-Income Home Energy Assistance Program (LIHEAP) (Fuel & Heat) National Grid Natural Gas efficiency measures Heating Repair & Replacement Program (HRRP) NHSaves@Home NH Electric Assistance Program Weatherization Program & Stay Warm New Hampshire Senior Elderly Assistance Services Emergency Energy Assistance Programs: FEMA Energy Assistance; Neighbor Helping Neighbor
<b>SNHS Weatherization Program</b> 668-8010 <a href="http://www.snhs.org/programs/energy-programs/weatherization">http://www.snhs.org/programs/energy-programs/weatherization</a>	160 Silver Street Manchester	Federally funded weatherization programs are designed to address health and safety issues and to apply energy conservation measures in order to increase the energy efficiency of the home and reduce household energy costs. Eligibility is determined by income with priority given to the elderly, the disabled, and families with children under six years of age.
<b>St. Mary's Bank - Family Emergency Loan Program</b> (603)669-4600 1-800-950-8850 <a href="https://www.stmarysbank.com/nav/nabout-us/programs">https://www.stmarysbank.com/nav/nabout-us/programs</a>	200 McGregor Street, Manchester, NH 03102	Small, short-term loans to help low to moderate-income individuals and families experiencing an emergency. May include fuel assistance to avoid shut-off, heating systems/home repair, medical/dental emergency, security deposit, disaster relief (funds to assist fire/flood victims).

# Health Insurance, Health Care, Mental Health and Suicide Prevention, Dental Care and Prescription Assistance

See also Youth and Senior Resources

## Health Insurance

<p><b>Health Insurance</b>  <a href="http://www.healthcare.gov">www.healthcare.gov</a></p>	Federal	This site has information by category (Seniors, Families, etc.) on federal health care reform.
<p><b>NH Medicaid - Health Coverage for Children Under Age 19</b>            (800) 852-3345, ext 4344 or            (603) 271-4344  <a href="https://www.dhhs.nh.gov/omb/p/medicaid/nhmedicaid-children.htm">https://www.dhhs.nh.gov/omb/p/medicaid/nhmedicaid-children.htm</a></p>	NH DHHS 129 Pleasant Street Concord, NH	NH Medicaid provides comprehensive coverage, both medical and dental at no cost to your family. This includes many routine services such as well child check ups and immunizations.
<p><b>NH Medicaid Program</b>            (800) 852-3345, ext 4344 or            (603) 271-4344  <a href="https://www.dhhs.nh.gov/omb/p/medicaid/">https://www.dhhs.nh.gov/omb/p/medicaid/</a></p>	NHDHHS 129 Pleasant Street Concord, NH	NH Medicaid is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements. The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients. Medicaid provides payment for health care services ranging from routine preventive medical care for children to institutional care for the elderly and disabled.

## Health Care

<p><b>Breast and Cervical Cancer Program</b>            626-2626 or 668-3067  <a href="https://www.dhhs.nh.gov/dphs/cdpc/bccp/index.htm">https://www.dhhs.nh.gov/dphs/cdpc/bccp/index.htm</a></p>	CMC  Elliot Health System	The Let No Woman Be Overlooked program provides free breast and cervical cancer screenings to women age 21-64 who have no health insurance or have insurance that does not pay for screening tests and with family incomes at or below 250% of the <a href="#">Federal Poverty Level</a> .
<p><b>Catholic Medical Center</b>            668-3545  <a href="http://www.catholicmedicalcenter.org">www.catholicmedicalcenter.org</a></p>	McGregor Street 100 McGregor Street Manchester	"The heart of Catholic Medical Center is to provide health, healing and hope in a manner that offers innovative high quality services, compassion, and respect for the human dignity of every individual who seeks or needs our care as part of Christ's healing ministry through the Catholic Church."
<p><b>Elliot Hospital</b>            669-5300  <a href="http://www.elliospital.org">www.elliospital.org</a></p>	1 Elliot Way Manchester	Established in 1890, Elliot Hospital offers Southern New Hampshire communities caring, compassionate and professional patient service regardless of race, religion, national origin, gender, age, disability, marital status, sexual preference, or ability to pay.

<b>Healthcare for the Homeless</b> 663-8718 <a href="https://www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx">https://www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx</a>	199 Manchester Street Manchester, NH	The Health Care for the Homeless (HCH) program of Manchester is also known as the Mobile Community Health Team (MCHT) at Catholic Medical Center. HCH Manchester conducts a primary care clinic at two locations: One clinic daily at the New Horizons for New Hampshire Shelter; and another clinic twice weekly (Monday mornings and Thursday afternoons) at the Families in Transition Housing program. All persons who are experiencing homelessness, or who are at risk of being homeless, are welcomed to come to the HCH Manchester Clinic. <i>No one is turned away due to an inability to pay.</i>
<b>Manchester Community Health Center &amp; Child Health Services</b> 626-9500 <a href="http://www.mchc-nh.org">www.mchc-nh.org</a>	145 Hollis Street Manchester  3 additional offices	Pediatric and adult primary care, patient education and support programs.
<b>NH Health Access Network</b> 225-0900 <a href="https://www.healthynh.com/nh-health-access-network.html">https://www.healthynh.com/nh-health-access-network.html</a>	<b>125 Airport Road          Concord, NH 03301</b>	The NH Health Access Network is a voluntary effort by health care providers to improve access to health care for low-income children and adults statewide. NHHAN is not an insurance program. It is a discount program based on the applicant household's income and assets.
<b>Parish Nurse Program          (603) 663-8004</b> <a href="https://www.catholicmedicalcenter.org/community-health/parish-nurse.aspx">https://www.catholicmedicalcenter.org/community-health/parish-nurse.aspx</a>	100 McGregor Street Manchester	Provides nurse consults, screenings, wellness programs and spiritual support in local faith communities.
<b>VA Health Benefits</b> 877-222-8387 Prescription Program 624-4366 x6771 or 1-800-892-8384 x6771 <a href="https://www.va.gov/healthbenefits/">https://www.va.gov/healthbenefits/</a>	US Dept of Veterans Affairs 810 Vermont Ave, NW Washington, DC	Veterans, certain Dependents & Survivors. Provides health care services to all enrolled veterans.
<b>Veterans Medical Center</b> Va.gov Dial 211 <a href="http://www.manchester.va.gov">www.manchester.va.gov</a> medical	VA Manchester Medical Center 718 Smyth Road Manchester	Services include: Urgent Care <a href="#">available 24-7</a> , Primary Care, Ambulatory Surgery, Specialty Clinics, Mental Health, Hospital Based Home Care, Community Acute Care. Long Term Care

## Mental Health and Suicide

<b>Emergency Mental Health</b> 800-688-3544 or 911	Mental Health Center of Greater Manchester	If you're experiencing a psychiatric <b>emergency</b> , call us anytime
<b>Mental Health Center of Greater</b>	401 Cypress Street	A full support team able to recognize and treat your

<b>Manchester</b> 668-4111 <a href="http://www.mhcgm.org">http://www.mhcgm.org</a>	Manchester	individual needs. Our services are accessible to you regardless of age, situation or ability to pay, and you will always get an appointment.
<b>NAMI (National Alliance on Mental Illness)</b> <b>225-5359</b> <a href="http://www.naminh.org">http://www.naminh.org</a>	85 North State Street Concord, NH 03301	NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy.
<b>Suicide Prevention Lifeline</b> 1-800-273-8255 English & Spanish <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	N/A	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<b>Suicide Prevention Resource Center</b> <b>1-800-273-8255</b> <a href="http://www.sprc.org/states/new-hampshire">http://www.sprc.org/states/new-hampshire</a>	85 N State Street Concord, NH 03301	Connect Suicide Prevention Program is designated as a National Best Practice training program in suicide prevention, intervention and response to a suicide death. By working with and training key service providers and community members, Connect promotes a community based approach to early recognition of mental illness and improved access to care. When people are educated about the risks and warning signs of suicide and ways to prevent it, lives can be saved!

## Dental Care

<b>Easter Seals Oral Health Center</b> 621-3482 <a href="http://www.easterseals.com/nh/our-programs/oral-health-center/">http://www.easterseals.com/nh/our-programs/oral-health-center/</a>	555 Auburn Street, Manchester	We offer comprehensive dental care for all ages and provide you with a dental home to meet all of your oral hygiene needs
<b>Elliot Oral Maxillofacial Surgery Center</b> 625-8462 <a href="http://www.elliethospital.org/physicians/eptn/eptn_oms_center">www.elliethospital.org/physicians/eptn/eptn_oms_center</a>	Elliot Hospital 1 Elliot Way Manchester	We offer comprehensive oral and maxillofacial services to the communities of Southern New Hampshire regardless of race, religion, national origin, gender, age, disability, marital status, sexual preference, or ability to pay.
<b>NH Smiles Program</b> 1-800-852-3345 271-4344 <a href="https://www.dhhs.nh.gov/ombp/medicaid/children/dental.htm">https://www.dhhs.nh.gov/ombp/medicaid/children/dental.htm</a>	NH DHHS Concord, NH	Connects parents whose children are enrolled in the Medicaid program with Medicaid Client Services in order to seek help in obtaining dental care for their children.
<b>NH Technical Institute Dental Hygiene Clinic</b> (603) 230-4023 <a href="mailto:nhtidentalclinic@ccsnh.edu">nhtidentalclinic@ccsnh.edu</a>	31 College Drive Concord, NH 03301-7412	Patient care provides dental hygiene students with a variety of experiences to prepare them to serve the public in the future. We believe that quality dental hygiene care is important to the total well-being of every patient treated.

## Prescription Assistance

<b>Medication Assistance Program</b> 663-8752 <a href="https://www.catholicmedicalcenter.org/community-health/meds-for-manchester.aspx">https://www.catholicmedicalcenter.org/community-health/meds-for-manchester.aspx</a>	Community Health Services Catholic Medical Center	The Medication Assistance Program helps local residents who have difficulty paying for their prescription medications. You may be eligible to receive free medication from pharmaceutical companies if you meet all of the following requirements.
<b>Medication Bridge Program</b> 225-0900 <a href="https://www.healthynh.com/medication-bridge.html">https://www.healthynh.com/medication-bridge.html</a>	Foundation for Healthy Communities 225 Airport Road Concord, NH	An initiative to help low-income persons access needed medications from pharmaceutical companies.
<b>Partnership for Prescription Assistance</b> 1-888-477-2669 <a href="https://www.pparx.org/">https://www.pparx.org/</a>	N/A	Helps low-income, uninsured patients get free or nearly free brand name medicines.  Apply on line

## Addiction - Substance Use Prevention & Treatment

See also Shelter

<b>The Addict's Mom</b> <a href="http://www.addictsmom.com">www.addictsmom.com</a>	N/A	Focusing on mothers of addicted children.
<b>Alateen: Al-ANON</b> (603)645-9519 <a href="http://www.al-anon.alateen.org/for-alateen">www.al-anon.alateen.org/for-alateen</a> For meetings I NH: <a href="http://www.nhal-anon.org/">www.nhal-anon.org/</a>	Headquarters, Concord, NH 03302	Support group for teens who are affected by someone else's drinking
<b>Alcoholics Anonymous (AA)</b> 1-800-593-3330 <a href="http://nhaa.net/">http://nhaa.net/</a>	N/A	Peer support to stay sober and help others achieve sobriety. Manchester meetings are listed under District 12
<b>Celebrate Recovery and Heroin Anonymous</b> (603)622-9677 <a href="http://www.manchesterchristian.com/celebrate-recovery">http://www.manchesterchristian.com/celebrate-recovery</a>	Manchester Christian Church 1308 Wellington Road, Manchester, NH 03104	Faith-based recovery program and support
<b>Child &amp; Family Services</b> (603)518-4304 or 1-800-640-6486  <b>Substance Abuse Treatment:</b> <a href="http://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/substance">www.cfsnh.org/index.php/programs-services/teen-young-adult-services/substance</a>	464 Chestnut Street, Manchester, NH 03105	Serving adolescents, children, young adults adults, pregnant or parenting women & homeless individuals with programs including parenting, assessment, care coordination, individual & group outpatient counseling, recovery support services & transitional living program (18-21). Teen Center offers counseling for drug/alcohol use & severe depression.



<p><a href="#">abuse-treatment</a></p> <p><b>Therapeutic Day Treatment:</b>  <a href="http://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/therapeutic-day-treatment">www.cfsnh.org/index.php/programs-services/teen-young-adult-services/therapeutic-day-treatment</a></p>		
<p><b>Easter Seals New Hampshire</b>  Substance Abuse Programs  623-8863  <a href="http://www.easterseals.com/nh/our-programs/substance-abuse-services/">http://www.easterseals.com/nh/our-programs/substance-abuse-services/</a>  Farnum Center  888 840-4243  <a href="https://farnumcenter.org/">https://farnumcenter.org/</a></p>	<p>555 Auburn Street,  Manchester, NH  03103</p> <p>140 Queen City  Avenue,  Manchester, NH  03103</p>	<p>The Farnum Center, a 60 bed facility, is a comprehensive alcohol and other drug treatment facility offering an array of services including the State’s only stand-alone medical detox unit, Inpatient, Outpatient, Intensive Outpatient, and Suboxone clinics.</p> <p>Clinical alcohol &amp; substance abuse treatment facility providing dignified care and support for adults seeking recovery from alcohol and other drugs</p>
<p><b>Family Willows IOP at Families in Transition</b> (603)935-7900  Ext 1711  <a href="http://www.fitnh.org/housing-services/familywillows/">http://www.fitnh.org/housing-services/familywillows/</a></p>	<p>122 Market Street,  Manchester, NH  03101</p>	<p>Intensive outpatient program &amp; outpatient services for substance abuse, affordable housing, family emergency shelter, permanent supportive housing, transitional housing</p>
<p><b>Granite State Area Narcotics Anonymous</b>  1-888-624-3578 For the local  NH 24-hour Helpline call  603-645-4777  <a href="http://www.gsana.org">www.gsana.org</a></p>	<p>540 Commercial  Street, Manchester,  NH 03102</p>	<p>Peer support for friends and family of addicts</p>
<p><b>Helping Hands Outreach Center</b>  (603)623-8778  <a href="http://helpinghandsmanchesternh.com">http://helpinghandsmanchesternh.com</a></p>	<p>50 Lowell Street,  Manchester, NH  03101</p>	<p>Faith-based alcohol/drug recovery related transitional housing. Sober living environment offered to men age 18 and up.</p>
<p><b>Hope for NH Recovery</b>  935-7524  <a href="http://www.hopefornhrecovery.org/">http://www.hopefornhrecovery.org/</a></p>	<p>293 Wilson St,  Manchester</p>	<p>Our mission is to support people impacted by addiction through lived experience on their path to wellbeing. “The Manchester Recovery Community Center’s 9000 square foot space is the perfect place to find support for your recovery journey. Whether you yourself or your loved one is in or seeking recovery, HOPE is the place for you. We have an amazing art room, a family room with a variety of musical instruments, and a new sewing room. <i>Creative expression</i> is a powerful tool for many in recovery. Come by and check out the facility. We are constantly adding meetings and activities of all types –</p>



		there is something for everyone”.
<b>Nar-Anon, Cocaine Anonymous</b> 1-800-477-6291 <a href="http://www.nar-anon.org/">http://www.nar-anon.org/</a>	40 Central Street, Manchester, NH 03101	Peer support for friends and family of addicts
<b>NH Alcohol &amp; Drug Abuse Prevention &amp; Recovery</b> 800-804-0909 <a href="https://www.bing.com/search?q=NH+Alcohol+%26+Drug+Abuse+Prevention+%26+Recovery&amp;form=PRUSEN&amp;pc=EUPP_U270&amp;mkt=en-us&amp;httpsmsn=1&amp;refig=4240351ede8b4149895dd715b47f6291&amp;sp=-1&amp;pq=undefined&amp;sc=0-45&amp;q=n&amp;sk=&amp;cvid=4240351ede8b4149895dd715b47f6291">https://www.bing.com/search?q=NH+Alcohol+%26+Drug+Abuse+Prevention+%26+Recovery&amp;form=PRUSEN&amp;pc=EUPP_U270&amp;mkt=en-us&amp;httpsmsn=1&amp;refig=4240351ede8b4149895dd715b47f6291&amp;sp=-1&amp;pq=undefined&amp;sc=0-45&amp;q=n&amp;sk=&amp;cvid=4240351ede8b4149895dd715b47f6291</a>	165 N Main Street Concord	Locates programs in the Greater Manchester area
<b>NH Alcohol &amp; Drug Treatment Locator</b> No phone number – just electronic resource <a href="http://nhtreatment.org/">http://nhtreatment.org/</a>	N/A	Use this locator to find agencies & individual practitioners offering substance use disorder services, including evaluation (this is a critical first step to determine level of treatment needed), withdrawal management (detox), outpatient counseling, residential treatment, recovery supports and other types of services for people experiencing problems with alcohol & other drug use, including addiction.
<b>NH Department of Health &amp; Human Services Drug &amp; Alcohol Services</b> Manchester office 603-668-2330/800-852-7493 <a href="https://www.dhhs.nh.gov/dcbcs/bdas/index.htm">https://www.dhhs.nh.gov/dcbcs/bdas/index.htm</a>	1050 Perimeter Rd, Suite 501 Manchester NH 03103	Information and services for prevention, treatment, recovery and resources.
<b>Safe Stations</b> (603)669-2256 <a href="https://www.manchesternh.gov/Departments/Fire">https://www.manchesternh.gov/Departments/Fire</a>	Manchester Fire Department	The Safe Station program is in place to make sure that anyone can find help any time of day or night to get help on the path to recovery. Multiple Locations: Central Fire Station - <a href="#">100 Merrimack Street</a> Station 2 - 527 South Main Street Station 3 - <a href="#">2033 South Willow Street</a> Station 4 - <a href="#">141 Hackett Hill Road</a> Station 5 - <a href="#">44 Webster Street</a> Station 6 - <a href="#">134 Amory Street</a> Station 7 - <a href="#">679 Somerville Street</a> Station 8 - <a href="#">Cohas Brook - 380 East Industrial Park Drive</a> Station 9 - <a href="#">575 Calef Road</a>

		Station <a href="#">10 - 630 Mammoth Road</a>
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## Transportation

<b>Easter Seals</b> 668-8603 select option 2	555 Auburn Street Manchester	Ask to schedule a ride. Please call at least 4 days in advance, wheelchairs can be accommodated. Service is available to people who are elderly or disabled.
<b>Good News Garage</b> 669-6937 877 400-6065 <a href="http://www.goodnewsgarage.org">www.goodnewsgarage.org</a>	340 Granite Street Manchester, NH 03103	<b>Wheels to Work</b>  Most GNG clients are referred by Division of Family Assistance Family Service Specialists, NH Employment Program Employment Counselor Specialists, DFA State Office staff, or DFS-contracted staff providing post-employment services. All referrals for families currently receiving such assistance and participating with NHEP must meet specific criteria.
<b>Manchester Transit Authority</b> 623-8801 <a href="http://www.mtabus.org/">http://www.mtabus.org/</a>	110 Elm Street Manchester	Busses serve Pinardville Area. Special service offers door-to-door transportation to residents of Goffstown. Available every Monday, Wednesday and Friday between 9 am & 2 pm. No fare for the service but reservations are required. Call at least 1 day in advance.

## Jobs, Job Training and Personal Education Programs

<b>Consumer Credit Counseling Service</b> 1-800-327-6778 223-9971 Cccsnh-vt.org	Concord, NH	Free Counseling for household budgeting. Debt Management Program, Debt/Credit Counseling, Financial Education, Housing Counseling, Pre-Bankruptcy Counseling, and Pre-Discharge Debtor Education
<b>Education for Veterans</b> <a href="https://www.nrd.gov/">https://www.nrd.gov/</a> <b>Education</b> <a href="http://www.vets.gov/education">www.vets.gov/education</a> 1 855 5747286 help desk	Veterans Administration	Find information by category: benefits & compensation, community of care, education & training, employment, family & caregiver support, health, homeless assistance, housing, military adaptive sports program, and transportation & travel.
<b>The GAP Adult Education Program</b> 660-5302 <a href="http://www.Goffstown.k12.nh.us/index.php/school/adult-education-program">www.Goffstown.k12.nh.us/index.php/school/adult-education-program</a>	27 Wallace Road Goffstown	Career Exploration Anita Lafond By appointment Free
<b>Manchester Community Resource Center</b> 647-8967	434 Lake Ave. Manchester, NH 03103	Manchester Community Resource Center assists individuals with employment, training, and education

<a href="http://www.mcrcnh.com">www.mcrcnh.com</a>		goals
<b>NH Cooperative Extension</b> 641-6060 <a href="https://extension.unh.edu/4-H-Youth-Family/Building-Financial-Security">https://extension.unh.edu/4-H-Youth-Family/Building-Financial-Security</a>	329 Mast Road-Suite 101 Goffstown, NH 03045	Building Financial Security and Personal Finance Learn money management skills that will help you reach your goals, increase your savings and decrease your debt.
<b>NH Dept of Employment Security</b> 627-7841 x 300 <a href="https://www.nhes.nh.gov/index.htm">https://www.nhes.nh.gov/index.htm</a>	300 Hanover Street Manchester, NH 03104-4957	Workforce Investment Act –vocational assessment & job training programs are available through SNHS @ NH Dept of Employment Security. <a href="mailto:Leanne.H.Topolosky@nhes.nh.gov">Leanne.H.Topolosky@nhes.nh.gov</a>
<b>NH Food Bank</b> <b>Recipe for Success Culinary Job Training Program</b> 669-9725 <a href="http://www.nhfoodbank.org/">www.nhfoodbank.org/</a>	700 East Industrial Park Drive Manchester, NH	Recipe for Success Culinary Job Training program. The goal of this 8-week course is to help individuals suffering financial hardship gain the skills and experience necessary to seek employment in the food service industry. We consider financial hardship as those whose combined household income is unable to sustain themselves and their family, and are unable to obtain a job at a living wage with the skills and experience they currently possess.
<b>VA Vocational Rehab</b> <a href="http://www.benefits.va.gov/vocrehab">www.benefits.va.gov/vocrehab</a> Dial 211	Veterans Administration	You may receive Vocational Rehabilitation and Employment (VR&E) services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment.

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Women, Infants & Children (WIC)	Families, Food	7, 15
Youth Empowerment Program	Youth	13
YWCA	Youth	13

**Updated 3/8/2013, 2/22/18**