

Community

Outreach Resource Referral Guide

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 caregivers in helping 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

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.

General Referrals – See Family and Senior specific resources below

211 New Hampshire Dial 211 www.211nh.org	PO Box 211 Manchester, NH 03105	Your link to resources such as clothing, crisis, domestic and sexual violence, employment, food, housing, transportation, and utility assistance.
Welfare Officer, Town of Goffstown Evelyn Redmond 497-8990, Ext. 103	16 Main St. Goffstown	A place to start for assistance in your own town.
NH Dept of Health & Human Svcs District Office 668-2330 www.dhhs.nh.gov	129 Pleasant Street Concord, NH 03301	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.
NeighborWorks Greater Manchester 626-4663 www.nwgm.org	20 Merrimack St. Manchester	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.
Lutheran Social Services 224-8111 www.lssne.org		Provides a broad range of social services for older adults, new Americans, children and families, the disabled, and the homebound.
Salvation Army 627-7013 www.use.salvationarmy.org/manchester	121 Cedar Street Manchester	Comprehensive assistance, youth services, spiritual formation, and senior services.
Goffstown Salvation Army Deb Urella: 623-4605		
Insurance Assistance 1-800-852-3416	NH Dept of Insurance	Consumer Hotline.
Refugees 271-6361 barbara.seebart@nh.gov	State Refugee Coordinator, NH Office of Energy and Planning	Offering instruction in English, employment counseling, social services, health case management and immigration and legal services.

Landlord/tenant, consumer, bankruptcy 225-3350	Franklin Pierce Law Center Practice Clinic	
NH Legal Assistance 668-2900 www.nhla.org		A non-profit law firm offering a wide array of legal services in civil matters to seniors and eligible low-income persons.
Landlord/tenant, consumer, bankruptcy 225-3350	Franklin Pierce Law Center Practice Clinic	
NH Bar Association 224-6942 www.nhbar.org	NH Pro Bono: 1-800-639-5290 The Dove Project: 224-6942	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.
NH Victim's Assistance Commission 271-1284	NH Department of Justice	Helps innocent victims of violent crime with expenses directly related to crime injuries.
Pet Neutering 271-3697	NH Department of Agriculture	Reduced cost if you qualify

Family Referrals – See also General and Legal referrals

<p>Goffstown Area Deployed/Military Family Support <u>Goffstown Area Deployed Family Support</u> on Facebook</p> <p>Sandy Whipple, (603) 497-2102 goflib@goffstown.lib.nh.us and www.goffstownareadeployedfamilysupport.blogspot.com <u>Veterans Count</u> contact Daisy Wojewoda dwojewoda@easterseals.org 603-621-3579</p> <p><u>NH Transition Assistance Advisor</u></p>	<p>Goffstown Public Library 2 High St. Goffstown, NH 03045</p>	<p>Providing community support to families currently engaged in the deployment cycle from the towns of Goffstown, New Boston, and Dunbarton.</p> <p>For any active or veteran service member and family. Resources range from counseling to childcare.</p> <p>For any active or veteran service member and</p>
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Lisa Aldridge, lisa.aldridge1@us.army.mil 603-225-1309		family.
Domestic Violence and Sexual Assault 625-5785, 668-2299 www.nhcadv.org	YWCA Crisis Service	24 hour crisis line
Free reconstructive face and neck surgery 1-800-842-4546		For victims of domestic violence who have suffered disfiguring injuries.
Give back a smile program 1-800-773-4227		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.
Child & Family Services 518-4208 1-800-640-6486 www.cfsnh.org		A nonprofit agency providing an array of social services to strengthen family life and address needs of children.
Childcare 668-2330 www.dhhs.nh.gov	NH Health & Human Services	State government agency providing services for individuals, children, families and seniors related to health, safety and well-being.
School Breakfast/Lunch 271-3494	NH Department of Education	
Services for Adults with Disabilities 271-4680 http://www.dhhs.nh.gov/foryou/disabilities.htm	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.
Services for Children and Adults with Disabilities 623-8863 www.nheasterseals.com	Easter Seals 555 Auburn Street Manchester, NH 03103	Provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

Senior Referrals – See also General Referrals and Prescription Assistance

ServiceLink 644-2240 www.nh.gov/servicelink		A statewide network of locally administered community-based resources for seniors, adults with disabilities and their families.
Medicare & Medicaid Prescription Program 1-800-633-4227 www.medicare.gov/pdphome.asp		The U.S. Government official website for Medicare prescription drug coverage.
Social Security 641-2195 www.socialsecurity.gov	2 Wall Street Suite 301, Manchester, NH 03101	Retirement benefits, disability benefits, supplemental security, Medicare and survivors benefits.

Youth and Teen Referrals

211 Dial 211 www.211nh.org		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.
Office of Youth Services – Manchester 624-6470 www.manchesternh.gov/website/Departments/YouthServices/tabid/191/Default.aspx	1045 Elm Street Suite 204 Manchester, NH 03101	The City of Manchester Office of Youth Services helps all young people by providing effective solutions to a variety of challenges encountered by youth and their families. Resources include: Alcohol Screening , Child and Family Services , Manchester Alliance for the Mentally Ill (NAMI NH) , Parent Information Center , The Council for Disability Rights
Allard Center YMCA 497-4663 www.gmfymca.org/goffstown/index.php	116 Goffstown Back Road Goffstown, NH 03045	hundreds of fun programs for kids, teens, adults, families and seniors all under one roof
Medical Youth Explorers at Elliot Hosp 663-4567 www.elliethospital.org/programs/medical_explorers.html		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.
Goffstown Police Explorers 497-4858 www.goffstownpoliceexplorers.com	Goffstown Police Explorers 326 Mast Road Goffstown, NH 03045	A program for fourteen- to twenty-year-old students 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.
NH Teen Institute 889-1090 www.nhteeninstitute.org	112 West Pearl Street Nashua, NH 03060	Our mission is to empower NH teens to lead healthy lifestyles and create stronger communities through community-focused

		prevention and leadership workshops.
Crispin's House, Inc. 497-3499 www.crispinshouse.org	P.O. Box 411 Goffstown, NH 03045	Crispin's House continues to serve youths in the Goffstown area through a number of programs designed to help kids make positive choices. By providing education, positive role models and leisure time activities under safe, supervised conditions, we have been able to reach a number of youths in the area. Programs include: VolunTEENS, Parenting Programs, Court Diversion, Dreamcatchers
Goffstown High School 497-4841 www.goffstown.k12.nh.us/ghs	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.
Big Brothers Big Sisters of Greater Manchester 669-5365 www.bbbsmanchester.org	25 Lowell Street Suite 201 Manchester, NH 03101	For more than 40 years, Big Brothers Big Sisters of Greater Manchester has been helping our community's 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.
UpReach Therapeutic Riding Center, Inc. 497-2343 www.upreachtrc.org	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.
NH Teen Hotline 668-4111 1-877-583-TEEN (8336) www.suicidehotlines.com/newhampshire	The Mental Health Center of Greater Manchester	Crisis Hotline 24 hours/7days <i>Teen Hotline</i>
Teen Health Clinic 668-6629 http://www.childhealthservices.org/teenclinic.html	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.
Manchester Boys & Girls Club 625-5031 www.mbgcnh.org	555 Union Street Manchester, NH 03104-4840	Reaches out to all youth, with special concern given to those in at-risk situations.
Makin' it Happen 622-6116 www.makinithappen.org	200A Zachary Rd Manchester, NH 03109-5607	Coalition is a non-profit organization dedicated to serving youth using a unique, challenging, and proven approach to building

		positive attitudes in youth
YWCA Manchester 625-5785 www.YWCAnh.org	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.
Youth Empowerment Program 626-7941 http://snhshome.homestead.com/youthempowermentprogram.html	49 Manchester Street Manchester, NH 03101	Free training for youth age 18 – 21 in job training, academics, mentoring, work readiness skills, and more.
Child and Family Services Street Outreach Program 518-4000 www.cfsnh.org/pages/programs/TeenServices/streetOutreach.html	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
Girls at Work 345-0392 www.girlswork.org	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.
4H 641-6060 http://extension.unh.edu/4H/4H.htm	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.
Goffstown Parks and Recreation 497-3003 www.goffstown.com/parks-and-recreation		Our department strives to provide a positive, enjoyable community experience through all our traditional and non-traditional activities and facilities.
Boy Scout Troop #99 497-8093 www.mv.com/org/troop-99/		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 Promise of Scouting . Activities include the

		Klondike Derby, merit badge workshops, camping, hikes, backpacking, plus much more.
Girl Scouts of the Green and White Mountains 627-4158 www.girlscoutsgwm.org	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.
Goffstown Public Library 497-2102 www.goffstownlibrary.com/teens	2 High Street Goffstown	Teen page is under development.
Whipple Free Library 487-3391 www.whipplefreelibrary.org	2 Central Square New Boston	A free and open access point for expanding knowledge, sharing ideas and building community.
Dunbarton Public Library www.dunbartonnh.org	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.
Partners in Health 641-1090 or 622-3781 http://www.nhiph.dartmouth.edu/connect.html	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.

Food and Supplies

Goffstown Network Inc Food Pantry 497-3433 www.goffstownnetwork.org	7 North Mast Street Goffstown	Open Wednesdays 6 – 8 pm Saturdays 10 am – noon. Food assistance for residents of Goffstown, Dunbarton and New Boston.
Food Stamps/SNAP: Supplemental Nutrition Assistance Program (USDA) 1-800-852-3345 x 4238 www.fns.usda.gov/snap/		SNAP helps put healthy food on the table. Check website to find participating grocers in your area. 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: www.fns.usda.gov/fns/
WIC: NH Women Infant and Children (USDA) 1-800-WIC-4321 (1-800-		Nutrition education and nutritious foods for pregnant women, new mothers, infants and preschool children.

942-4321), 271-4545 www.dhhs.nh.gov/dphs/nhp/wic/index.htm		
CSFP: Commodity Supplemental Food Program (USDA) 271-4546 http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm	Nutrition and Health Promotion Section NH Dept. of Health & Human Services	Low-income pregnant and breastfeeding women, other new mothers up to one year postpartum, infants, children up to age six, and elderly people at least 60 years of age. Note: Participants in WIC may not participate in CSFP, and vice versa.
NH Food Bank 669-9725 www.nhfoodbank.org		Wide variety of nutrition programs for agencies, families and individuals. Website includes a list of food pantries in New Hampshire.
Soup Kitchen 668-1877 www.newhorizonsfornh.org	New Horizons	Dinner for over age 50 at 3 PM daily; over age 18 at 4:30 daily.
Senior Meals Programs 647-4470 Meals on Wheels 424-9967 www.mealsonwheelsnh.org	Southern NH Services	Hot meals delivered to seniors and homebound disabled persons, and meals served in group locations such as The Meeting House in Goffstown.
www.freegroceriescenter.com		\$250 grocery card free
Angel Food Ministries 603-436-8815 or 603-988-2671 www.angelfoodministries.com		Varied monthly menus, fresh fruit, allergen-free foods and meat or seafood available; \$60/food for \$30; Food Stamps/EBT card accepted.
Serve New England 1-800-603-4855		Volunteer 2 hrs/month in exchange for ability to purchase grocery, frozen meat and fresh produce at 50% discount (no limits) accept Food Stamps/EBT card. Call for locations.

Clothing

Community Clothing Center 497-2003 www.goffstowncommunityclothing.org	9 North Mast Street Goffstown	Open Tuesdays 11 – 2 pm Wednesdays 6 – 8 pm and Saturdays 10 am - noon
Dress for Success 224-8683 520-8852	111 S. Main St. Concord	Helps low-income women make a tailored transition in to work force.
Family OutFITters Thrift Store	394 Second St. Manchester	Hours: M-Sat 9-6; Th & F 9-8. Furniture, house wares, clothing.

641-6691 www.familyoutfitters.org		
Family OutFITters Thrift Store Boutique 219-0027 www.familyoutfitters.org	5 Market Lane, Concord	Hours: Tu-Sat 10-6 Specializing exclusively in upscale women's clothing and accessories.

Shelter

New Horizons 668-1877 www.newhorizonsfornh.org	199 Manchester St. Manchester	For men and women 18 and over seeking shelter.
Angie's Shelter at New Horizons 668-1877 www.hewhorizonsfornh.org ;	199 Manchester St. Manchester	Residence designed to transition homeless women to self-sufficiency.
The Way Home 644-0180 www.thewayhomeNH.org	214 Spruce St. Manchester	Non-profit organization geared to helping low income households obtain affordable housing.
The Homeless Hotline 1-800-852-3388 www.homeless.us/homeless-hotline		Provides assistance, education, health, programs, shelter and VA resources.
Families in Transition 641-9441 www.fitnh.org	122 Market St. Manchester	Non-profit offering assistance to individuals or families who are homeless or in jeopardy of becoming homeless.
Welcome Home 222-7128	286 Concord St., Manchester	
Child & Family Services 518-4208 1-800-640-6486 www.cfsnh.org		Provide referral service for people currently in shelters and a transitional program for homeless 18 to 21 years of age.
National Runaway Switchboard 1-800-RUN-AWAY		Referrals to shelters for teens.
Bureau of Elderly and Adult Services 1-800-351-1888 www.dhhs.nh.gov/dcbcs/beas	NH State Department of Health and Human Services 129 Pleasant St. Concord	Social worker assistance for housing, transportation, meals, homemaking services.
Veterans Administration 624-4366 www.visn1.med.va.gov		Referral resource for homeless Veterans

Fuel, Electric, Phone, Utilities

<p>Southern New Hampshire Services 647-4470 1-800-322-1073 www.snhs.org</p>		<p>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</p>
<p>NH Public Utilities Commission 271-2431 1-800-852-3793 www.puc.nh.gov</p>		<p>Provides information and assistance to NH residents regarding utilities, and hearings on utility shut-offs.</p>
<p>Safelink Wireless & Lifeline 1-800-SafeLink www.SafeLink.com</p>		<p>Provides a free cell phone and airtime each month for income-eligible customers.</p>
<p>Fairpoint Communications 1-866-984-2000; www.fairpoint.com</p>		<p>Lifeline & Link-Up services; discounted service to low-income customers.</p>

Prescription Assistance, Health & Dental Care and Health Insurance See also senior specific referrals

Prescription Assistance

<p>Meds for Manchester and Medication Bridge Program 663-8752 663-6333 626-2626</p>	<p>Ask-a-Nurse Catholic Medical Center</p>	<p>Medication assistance programs assist those of all ages who are without prescription insurance and income eligible.</p>
<p>Partnership for Prescription Assistance 1-888-477-2669 www.pparx.org</p>		<p>Helps qualifying patients who do not have prescription drug coverage.</p>

Health Care

<p>NH Health Access Network 225-0900 bcameron@healthynh.com</p>		<p>CMC and Elliot hospitals helps low income people in NH who do not have enough health insurance or enough money to pay for hospital care, doctors' visits, or other</p>
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		medical care.
Catastrophic Illness Program 1-800-351-1888 www.dhhs.gov/dcbcs/beas/catastrophic	129 Pleasant Street, Concord	State funded program designed to provide financial assistance to individual adults with specific medical conditions. \$2,500 per client per year.
Child Health Services 668-6629 www.childhealthservices.org		A medical home for at-risk children and adults.
Manchester Community Health Center 626-9500 www.mchc-nh.org		Primary healthcare and more is available to all regardless of age, economic status, national origin, disability, ethnicity, creed or sexual orientation.
Mental Health Center of Greater Manchester 668-4111 http://www.mhcgmm.org		Provides a wide range of mental health services to individuals and families; programs to people of all ages, aimed at restoring health and improving quality of life.
“Nurse Is IN” 663-6535	CMC	Open Clinics
West Side Neighborhood Health Center 663-5382		Primary Care for adults and children with limited income.
VA Medical Benefits Package 1-877-222-8387 Prescription Program 624-4366 x6771 or 1-800-892-8384 x6771 www.visn1.med.va.gov or va.gov/health eligibility/covered services/standard benefits		Veterans, certain Dependents & Survivors. Provides health care services to all enrolled veterans.
Healthcare for the Homeless 663-8718 www.catholicmedicalcenter.org/mobile-community-health-team	CMC	Provides health clinics at New Horizons, Families In Transition and outreach on the streets.
Breast and Cervical Cancer Program 626-2626 www.catholicmedicalcenter.org/breast/breast-cervical-cancer-screening	CMC	Free screenings for women who meet certain requirements.
Catholic Medical Center 626-2626 www.catholicmedicalcenter.org		Financial assistance programs ensure that all are able to receive medically necessary services. <ul style="list-style-type: none"> ■ Breast and Cervical Care Program.626.2626 ■ Community Education and Wellness.626.2626 ■ Fertility Care™.663.8706 ■ Health Care for the Homeless .663.8718 ■ Meds for Manchester .663.6333 ■ New Hampshire ServiceLink.1.866.634.9412 ■ Parish Nurse Program.663.8002 ■ Poisson Dental Facility.663.6226 ■ Prime Time.663.6333 or 1.800.223.2040

Elliot Hospital 663-4567 www.elliithospital.org		Medical care is offered to all who have limited income.
Free Mammograms & Pap Tests 1-800-852-3345 X 4931	NH DHHS	Free exams for those who qualify.

Health Insurance

Healthy Kids Program 1-877-464-2447 668-2330 www.nhhealthykids.com	NH DHHS	Provides access to affordable, quality health and dental coverage to uninsured children and teens in New Hampshire.
NH Health Coverage Tools & Resources 800 234-1317 www.coverageforall.org/states/newhampshire_health-coverage.htm		To help residents find and enroll in a health coverage program.
Health Care Reform www.healthcare.gov		This site has information by category (Seniors, Families, etc.) on federal health care reform.

Dental Care

Small Smiles 627-8800	8 Vinton Street Manchester	Children's Dental Services
Easter Seals Dental Clinic 621-3482 www.nh.easterseals.com	55 Auburn Street, Manchester	Provides a dental home to local children who lack access to treatment. Children given preference.
Dental Assistance-Medicaid Recipients Only 1-800-852-3345 x 4344 or x 8069		
NH Technical Institute Dental Clinic 603-271-7160 www.nhtidentalclinic@ccsnh.edu		Clinic appointments; M, W & F, 8:30 a.m. & 1:00 p.m. Sept-1st Wk Dec; & mid January - last week in April; closed during holidays, semester breaks & vacations. Dental reception office open year round 8:00 a.m. to 4:30 p.m. M-F during the regular school session. Summer hours: mid May - the end of August: 8:00 a.m. to 4:00 p.m.
Poisson Dental Facility 626-2626 www.catholicmedicalcenter.org/poisson-dental-facility	CMC	Offers much-needed dental treatment and preventive care to the uninsured and underinsured population in Greater Manchester.
Oral surgery 625-8462 www.elliithospital.org/physicia	Elliot Hospital	Care for patients with problem teeth, wisdom teeth and facial pain.

Transportation

Good News Garage (Lutheran Social Services) 669-6937 877 400-6065 www.goodnewsgarage.org	325 Merrill Street Manchester, NH 03103	If you are a TANF (Temporary Assistance for Needy Families) or Families at Work client in the State of New Hampshire you may qualify and apply for a Good News Garage car, truck or van.
Manchester Transit Authority 623-8801 http://www.mtabus.org/		Busses serve Pinardville Area.

Jobs, Job Training and Personal Education Programs

Consumer Credit Counseling Service 1-800-327-6778		Free Counseling for household budgeting.
NH Cooperative Extension 641-6060 http://extension.unh.edu/	Goffstown Office	Free classes in household budgeting, parenting, and managing income/debt.
NH Dept of Employment Security 627-7841 x 300	Hanover Street, Manchester, NH	Workforce Investment Act –vocational assessment & job training programs are available through SNHS @ NH Dept of Employment Security. Leanne.H.Topolosky@nhes.nh.gov
NH Food Bank 669-9725 www.nhfb.org		Provides training for food industry jobs.
College grants www.directorynh.com/nheducation-instruction/nhloans.html		
Manchester Community Resource Center 647-8967 www.mcrcnh.com	177 Lake Avenue Manchester	Provides employment and education programs and services to get you working.

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