

# Pelham School District Resource Guide 2020-2021

## After School Programs

Southern New Hampshire Services, Inc.  
Child Care Aware® of New Hampshire  
A Statewide Child Care Resource and Referral Program of Southern New Hampshire Services  
Providing Child Care Resource and Referral Services for New Hampshire

Main Toll Free Phone Line: 1-855-393-1731

**Emergency Child Care Lines: Ext. 2528 or Ext. 2533 or (603) 578-1386, ext. 2528 or ext. 2533**

Child Care Referral & Consultation Line: Ext. 2531 or (603) 578-1386, ext. 2531

Training & Technical Assistance/Help Line: Ext. 2532 or (603) 578-1386, ext. 2532

Bilingual Support Line: Ext. 2528 or (603) 578-1386, ext. 2528

Program Manager Line: Ext. 2530 or (603) 578-1386, ext. 2530

Fax: (603) 578-1736

[www.snhs.org](http://www.snhs.org) or <http://nh.childcareaware.org>

Boys and Girls Club of Salem

3 Geremonty Drive

Salem, NH 03079

603-898-7709

[www.salembgc.org](http://www.salembgc.org)

Nashua PAL (Police Athletic League)

52 Ash Street

Nashua, NH 03060

603-594-3733

<http://www.nashuapal.com/wordpress/>

Nashua PAL Athletic Programs

52 Ash Street

Nashua, NH 03060

603-594-3733

<http://www.nashuapal.com/wordpress/programs/athletic-programs/>

Nashua PAL Boxing

52 Ash Street

Nashua, NH 03060

603-883-5478

(one time fee of \$13)

Pelham Parks and Recreation (school year and summer programs)

6 Village Green

Pelham, NH 03076

603-635-2721

603-635-6952 (July and August only)

<https://www.pelhamweb.com/pelham-parks-and-recreation/pages/catalog-of-recreation-programs>

Pelham School Aged Child Care  
Pelham Elementary School  
61 Marsh Road  
Pelham, NH 03076  
603-635-9733  
[www.psacc-nh.org](http://www.psacc-nh.org)

## **Allergists**

Advanced Allergy Treatment Center

202 South Main Street

Salem, NH 03079

603-894-0656

<https://www.advancedallergytreatment.com/>

New England Allergy

19 Main Street

Suite 201

Salem, NH 03079

978-683-4299

Toll Free: 1-855-NE-ALLERGY

\*Other locations in North Andover, Newburyport, Lowell (MA) and Hampstead, Hooksett (NH)

[www.newenglandallergy.com](http://www.newenglandallergy.com)

Southern NH Asthma and Allergy (2 locations one also in Hudson)

19 Tyler Street Suite # 104

Nashua, NH 03060

603-577-3065

[www.snhhealth.org/our-locations/practice-locations/specialty-care/southern-new-hampshire-asthma-allergy](http://www.snhhealth.org/our-locations/practice-locations/specialty-care/southern-new-hampshire-asthma-allergy)

## **Alternative Medicine**

New England Integrative Medicine

23 Stiles Road, Unit 210

Salem, NH 03079

603-458-6579

[www.newenglandintegrative.com](http://www.newenglandintegrative.com)

Natural Medicine of NH, LLC (2 locations)

54 Stiles Road Suite 108

Salem, NH 03079

603-912-5118

AND

154 Broad Street, Suite 1532

Nashua, NH 03063

603-809-2620

[www.naturalmedicineofnh.com](http://www.naturalmedicineofnh.com)

## **Anger Management (Teens)**

Take Control Workshop (\$100)

The Upper Room: A Family Resource Center

36 Tsienneto Road

Derry, NH 03038

603-437-8477

Contact: Cheryl Fruin

[www.urteachers.org](http://www.urteachers.org)

\*There may be scholarships available if needed.

## **Behavior Support Services**

South Bay Community Services ( Multiple Locations 5 closes)

A.Lowell Early Childhood Services

148 Warren Street

Lowell MA 01852

Phone: 978-452-1736

B.Lowell Day Services

22 Old Canal Drive

Lowell MA 01851

Phone: 978-674-5400

C.Lowell Mental Health Clinic

22 Old Canal Drive

Lowell MA 01851

Phone: 978-453-6800

D.Lawrence Early Childhood Services

370 Merrimack Street

Lawrence MA 01843

Phone: 978-620-0290

E.Lawrence Mental Health Clinic

360 Merrimack Street

Lawrence MA 01843

Phone: 978-688-4830

Milestones Pediatric Therapy Center

58 Hawthorne Drive

Bedford, NH 03110

Phone:(603) 232-5922

Center for Life Management

103 Stiles Road

Salem, NH 03079

Phone: (603) 434-1577

10 Tsienneto Road

Derry, NH 03038

Phone: (603) 434-1577

Compass Innovative Behavior Strategies

44 Franklin St Nashua, NH 03064

Phone- (603) 488-5008

## **Childbirth and Pregnancy**

CareNet New Hampshire (2 locations)  
50 Bridge St #307, Manchester, NH 03101  
Manchester: 603- 623-1122

AND

110 Main St, Nashua, NH 03060  
Nashua: 603-883-1122

<https://www.carenetnh.org/free-services>

Programs offered until baby is 6 months old

Manchester Community Health Center **\*Must have baby at Elliot Hospital in Manchester**

145 Hollis Street  
Manchester, NH 03101  
603-626-9500 ext. 6  
Contact: Ann (Nurse)

<https://www.mchc-nh.org/primary-care-prenatal>

MotherBaby Nourishment  
61 Essex Avenue  
Haverhill, MA 01832  
978-397-5979

Nashua Lamprey Health Care  
22 Prospect Street  
Nashua, NH 03060  
603-883-1626

Parkland Medical Center  
1 Parkland Drive  
Derry, NH 03038  
603-432-1500 (General Hospital)  
603-421-2064 (Childbirth and Lactation)  
[www.parklandmedicalcenter.com](http://www.parklandmedicalcenter.com)

St. Joseph's Hospital Childbirth Center  
172 Kinsley Street  
Nashua, NH 03060  
603-595-3162  
<https://www.stjosephhospital.com/services/childbirth-center/childbirth-center>

The Birth Place  
Southern NH Medical Center  
8 Prospect Street  
Nashua, NH 03060  
603-577-2560  
[www.snhhealth.org/our-services/maternity/the-birth-place](http://www.snhhealth.org/our-services/maternity/the-birth-place)

## Clothing

**\*\*\*Please check the resource closet at the elementary school first!!!!**

Pelham Good Neighbor Fund  
603-508-2898  
Contact: Frank Sullivan  
<http://www.pelhamgoodneighborfund.org/>

Upper Room Compassionate Ministry  
36 Tolles Street  
Nashua, NH 03064  
603-595-2039

Calvary Bible Christian Church RENEW  
145 Hampstead Road  
Derry, NH 03038  
603-434-1516

\*\* Free clothing and shoes. There is a limit the amount of clothing each month. They have community days where you can get free clothing. Community days Thursday 9am-11am 2nd Wednesday of the month 6:30pm-8 and the 2nd Saturday of the month 8am-10:30am. Call to ensure community days have not changed  
If you cannot wait for a community day, the social worker can arrange additional time to obtain clothes.

Marion Gerrish Community Center  
39 W Broadway  
Derry, NH 03038  
603-434-8866  
<https://www.mgccderrynh.org/thrift-shop/>

\* Clothing and household needs are very affordable. The hours are Monday and Saturday 9am-4pm and Tuesday through Friday 9am- 7pm. They are closed on Sundays.

### **If other resources will not cover-**

Scott McGilvary Children's Fund  
Educator or school staff can apply and work with resource directly on behalf of child  
<https://www.smcfnh.org/apply.html>

Veteran Support- Contact the school social worker or Ernie or Brenda St. Pierre at 434-2197. They can help with some costs associated with veterans (ie: replacing a boiler in a home, rent, bills), ect



## Dentists and Orthodontists

This website maintains updated free and reduced dental care resources in New Hampshire

[https://www.freedentalcare.us/st/new\\_hampshire](https://www.freedentalcare.us/st/new_hampshire)

Lowell Community Health Center

101 Jackson Street

Lowell, MA

978-937-9700

<https://www.freedentalcare.us/li/lowell-community-hc>

LCHC is a sliding scale service. Following the directions in the link or call to see what you need to obtain free or reduce fee care.

Collins Dentistry for Children

100 Bridge St

Pelham, NH 03076

603-635-1166

[www.collinsdentistry.com](http://www.collinsdentistry.com)

Rockingham Pediatric Dentist

32 Stiles Road Suite 207

Salem, NH 03079

603-898-8611

<https://www.rockinghampediatricdental.com/>

Simply Orthodontist (3 locations)

Derry, Hudson, and Pelham

100 Bridge Street

Pelham, NH 03076

603-869-7254

HAAS Dental

4 Manchester Ave

Derry, NH 03038

603-434-1586

## **Developmental Disabilities**

Community Crossroads

8 Commerce Drive Unit 801

Atkinson, NH 03811

603-893-1299

[www.communitycrossroadsnh.org](http://www.communitycrossroadsnh.org)

Gateways Community Services

144 Canal Street

Nashua, NH 03064

603-882-6333

<http://www.gatewayscs.org>

NH Department of Health and Human Services (DHHS)

Bureau of Developmental Services

129 Pleasant Street

Concord, NH 03301

603-271-5034

[www.dhhs.nh.gov/dcbcs/bds/index.htm](http://www.dhhs.nh.gov/dcbcs/bds/index.htm)

## **Domestic and Sexual Violence**

Bridges: Domestic and Sexual Violence Support  
33 East Pearl Street  
Nashua, NH 03060  
603-889-0858

**\*24 Hour Support Line: 603-883-3044**

[www.bridgesnh.org](http://www.bridgesnh.org)

Child Advocacy and Protection Program (CAPP)  
Dartmouth Hitchcock  
2300 Southwood Drive  
Nashua, NH 03060  
603-577-4400

[www.chadkids.org/child-advocacy.html](http://www.chadkids.org/child-advocacy.html)

Granite State Children's Alliance  
2 Wellman Avenue Suite 140  
Nashua, NH 03064  
603-889-0321

[www.cac-nh.org](http://www.cac-nh.org)

### **National Hotlines**

**Domestic Violence Hotline: 1-800-799-SAFE (7233)**

**RAINN (Sexual Assault Hotline): 1-800-656-HOPE (4673)**

New Hampshire Coalition Against Domestic and Sexual Violence

**Domestic Violence or Stalking Hotline: 1-866-644-3574**

**Sexual Assault Hotline: 1-800-277-5570**

New Hampshire State Police  
Family Services Unit  
10 Hazen Drive  
Concord, NH 03305  
603-271-2663

[www.nh.gov/safety/divisions/nhsp](http://www.nh.gov/safety/divisions/nhsp)

YWCA Crisis Service  
72 Concord Street  
Manchester, NH 03101  
603-625-5785

**\*Crisis Line: 603-668-2299**

[www.ywcanh.org](http://www.ywcanh.org)

Bikers Against Child Abuse (B.A.C.A.)  
Help Line 603-986-4480  
BACAworld.org

This organization can support families and children in many ways. The abuse needs to be officially documented through DCYF or the police.

## **Ear Nose and Throat (ENT)**

Andover Ear, Nose and Throat Center

23 Stiles Road

Salem, NH 03079

978-685-7550

\*Other locations in North Andover, Haverhill, Ayer

[www.newenglandent.com](http://www.newenglandent.com)

## **Eating Disorders**

Cambridge Eating Disorder Center of New Hampshire Location (CEDC)

105 Loudon Road

Concord, NH 03301

603-715-5150

<http://www.eatingdisordercenter.org/new-hampshire/>

Center for Eating Disorders Management Inc.

360 Route 101 Unit 10 Pine Tree Place

Bedford, NH 03110

603-472-2846

[www.cedm-inc.com](http://www.cedm-inc.com)

Klarman Eating Disorder Center

\*Only for women ages 16-26

115 Mill Street

Belmont, MA 02478

617-855-3410

<https://www.mcleanhospital.org/programs/klarman-eating-disorders-center>

NAMI: National Alliance on Mental Illness

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Eating-Disorders>

National Eating Disorders Awareness

<http://nedawareness.org/>

National Institute on Mental Health

<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

Reflections Eating Disorders

Part of Parkland Medical Center

31 Stiles Road

Suite 1500

Salem, NH 03079

603-890-2724

Director: Justin Looser

<https://parklandmedicalcenter.com/service/reflections-eating-disorders-treatment-center>

## **Emergency Support (Clothing, Food, Health Insurance, Rent, Utilities)**

Dawn Holdsworth, Welfare Administrator

Town of Pelham

6 Village Green

Pelham, NH 03076

603-508-3092

Pelham Good Neighbor Fund

603-508-2898

Contact: Frank Sullivan

<http://www.pelhamgoodneighborfund.org/>

\*assistance with heat, electricity, food, rent and other household expenses

Veteran Support- Contact the social worker or Ernie St. Pierre or Brenda St. Pierre at 434-2197. They can help with some costs associated with veterans (ie: replacing a boiler in a home, rent, bills), etc.

## **Eye Care**

Lions Club  
603-235-9373  
Contact: Susan Tisbert  
Support with Glasses

Salem Vision Center  
8 Stiles Road  
Salem, NH 03079  
603-890-8821  
[www.salemvisioncenter.com](http://www.salemvisioncenter.com)

Tallman Eye Associates (2 locations)  
62 Brown Street  
Haverhill, MA 01830  
978-688-6182  
AND  
505 West Hollis Street  
Nashua, NH 03060  
<http://www.tallmaneye.com/>

Windham Family Eye Care  
58 Range Rd  
Windham, NH 03087  
603-893-1500  
[www.windhamfamilyeye.com](http://www.windhamfamilyeye.com)

### **If other resources will not cover-**

Scott McGilvary Children's Fund  
Educator or school staff can apply and work with resource directly on behalf of child  
<https://www.smcfnh.org/apply.html>

## **Family Medicine**

Dartmouth Hitchcock Nashua  
2300 Southwood Drive  
Nashua, NH 03063  
603-577-4000  
[www.dartmouth-hitchcock.org](http://www.dartmouth-hitchcock.org)

Derry Medical Center  
6 Tsienneto Rd #100  
Derry, NH 03038  
(603) 537-1300  
[www.derrymedicalservices.com](http://www.derrymedicalservices.com)

Pelham Healthcare Associates  
49 Atwood Road  
Pelham, NH 03076  
603-635-2802  
[www.pelhamhealthcareassociates.com](http://www.pelhamhealthcareassociates.com)

Pelham Medical Center  
33 Windham Road  
Pelham, NH 03076  
603-635-5400  
[www.snhhealth.org/our-locations/medical-centers/pelham-medical-center](http://www.snhhealth.org/our-locations/medical-centers/pelham-medical-center)



## Family Support Services

Waypoint (formally Child and Family Services)

\*Pelham is served by the Nashua office, however, CFS will utilize Manchester staff for other services\*

113 West Pearl Street

Nashua, NH 03060

603-518-4295

Contact: Carrie Santos, [santosc@waypointnh.org](mailto:santosc@waypointnh.org)

\*Can support the family in home with parenting support and resource support

Salem Family Resources- Success By 6

24 School Street

Salem, NH 03079

603-898-5493 or email [info@salemfamilyresources.org](mailto:info@salemfamilyresources.org)

Parenting support through playgroups. Kinship services for the adults and children. They have home safety equipment available (while supplies last)

The Upper Room: A Family Resource Center

36 Tsienneto Road

Derry, NH 03038

603-437-8477

There are several parent support groups and services. One service is in home support through Greater Derry Family Outreach. There is also a specific group for Teen parents and pregnant teens (TIPS) through The Upper Room ask for Janis Lily

[www.urteachers.org](http://www.urteachers.org)

Bikers Against Child Abuse (B.A.C.A)

Help Line 603-986-4480

[BACAWorld.org](http://BACAWorld.org)

This organization can support families and children in many ways at no cost to the family and is a national organization. The abuse needs to be officially documented through DCYF, court, or the police. Brochures in resource guide as well as the NH chapter liason's contact information. Should the family (or child) move, the child's case will be transferred.

Apply for medical, food stamps, and cash assistance in three ways

1. Go to the local DHHS office and fill out a paper application. (For Pelham it is Southern office 26 Whipple Street Nashua, NH Monday-Friday 8am-4pm 603-883-7726)
2. Go online and apply at <https://nheasy.nh.gov/>
3. If you need help applying call member services at 1866-769-3085 (TDD/TTY 1-855-742-0123)

You will need social security numbers and other personal information of all members who are applying. If you need additional help please contact the social worker. Application found in this section of the resource guide or in the office

Social Security

\*Information on applying for social security for a parent, elderly dependant, and/or a child in this section

Veteran Support- Contact the social worker or Ernie St. Pierre or Brenda St. Pierre at 434-2197. They can help with some costs associated with veterans (ie: replacing a boiler in a home, rent, bills), etc.

## Food

Food Pantry of Pelham at St. Patrick's Parish  
12 Main Street  
Pelham, NH 03076  
Food Pantry: 603-635-7592  
Parish Office: 603-635-3524  
Director: Cheryl Brunelle [cdbrunelle@comcast.net](mailto:cdbrunelle@comcast.net) or 603-635-3610  
[www.stpatricks-pelham.com/food-pantry](http://www.stpatricks-pelham.com/food-pantry)

Food Stamps  
Department of Health and Human Services of Southern NH  
3 Pine Street Extension Suite Q  
Nashua, NH 03060  
603-883-7726

The Upper Room: A Family Resource Center  
food pantry on Mondays 11-1  
36 Tsienneto Road  
Derry, NH 03038  
603-437-8477

Nashua Soup Kitchen and Shelter  
2 Quincy Street  
Nashua, NH 03061  
603-889-7770  
[www.nsk.org](http://www.nsk.org)

Pelham Good Neighbor Fund  
603-508-2898  
Contact: Frank Sullivan  
<http://www.pelhamgoodneighborfund.org/>

WIC (Women, Infants and Children)  
1-800-942-4321  
<https://www.dhhs.nh.gov/dphs/nhp/wic/>

Scott McGilvary Children's Fund  
Educator or school staff can apply and work with resource directly on behalf of child  
<https://www.smcfnh.org/apply.html>

Veteran Support- Contact the social worker or Ernie St. Pierre or Brenda St. Pierre at 434-2197. They can help with some costs associated with veterans (ie: replacing a boiler in a home, rent, bills), etc.

## **Grief and Loss**

Friends of Aine  
146 Lowell Street  
Manchester, NH 03104  
603-669-1120

<http://www.friendsofaine.com/>

Home Health and Hospice Care  
7 Executive Park Drive  
Merrimack, NH 03054  
603-883-3941

Conta

ct: Eleanor Owen

[www.hhbc.org](http://www.hhbc.org)

**Good Grief Program** (elementary and middle school students) **Teen Topics** (high school students)

## **Hospitals**

Catholic Medical Center

100 McGregor Street

Manchester, NH 03102

603-668-3545

[www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

Elliot Hospital

1 Elliot Way

Manchester, NH 03064

603-663-4567

[www.elliothospital.org](http://www.elliothospital.org)

Lawrence General Hospital

1 General Street

Lawrence, MA 01841

[www.lawrencegeneral.org](http://www.lawrencegeneral.org)

Lowell General Hospital

295 Varnum Avenue

Lowell, MA 01854

978-937-6000

[www.lowellgeneral.org](http://www.lowellgeneral.org)

St. Joseph's Hospital

172 Kinsley Street

Nashua, NH 03060

603-882-3000

[www.stjosephhospital.com](http://www.stjosephhospital.com)

## **Housing**

211 in New Hampshire  
PO Box 211  
Manchester, NH 03105  
1-866-444-4211 or 211 on any phone in New Hampshire  
[www.211nh.org](http://www.211nh.org)

Bridge House (speciality with Veterans)  
260 Highland Street  
Plymouth, NH 03264  
603-536-7631

Daybreak Shelter  
19 Winter Street, Lawrence, MA  
978-975-4547

Families in Transition  
122 Market Street  
Manchester, NH 03101  
603-641-9441  
Emergency Housing Contact: Kylie  
[www.fitnh.org](http://www.fitnh.org)

Friends Emergency Housing: (families only, no singles)  
30 Thompson St  
Concord , NH 03301  
603-228-1462  
Contact: Laurie

Harbor Homes  
45 High Street  
Nashua, NH 03060  
603-882-3616  
[www.harborhomes.org](http://www.harborhomes.org)  
Emergency Housing: Contact Julie at 603-882-5241

Lowell Transitional Living Center  
193 Middlesex Street,  
Lowell, MA  
978-458-9888

Manchester Homeless Assistance Line  
1-877-606-5173

McKenna House Emergency Housing (singles only)  
101 South Fruit Street  
Concord, NH 03301

603-228-2505

[www.concord.salvationarmy.org/concord/mckenna-house-shelter](http://www.concord.salvationarmy.org/concord/mckenna-house-shelter)

Nashua Soup Kitchen and Shelter

2 Quincy Street

Nashua, NH 03061

603-889-7770

[www.nsk.org](http://www.nsk.org)

New Hampshire Coalition to End Homelessness

22 Market Street

Manchester, NH 03101

603-641-9441 ext 251

[www.home4hope.com](http://www.home4hope.com)

New Hampshire Housing/Section 8 Housing

[www.nhhfa.org](http://www.nhhfa.org)

<http://www.nhhfa.org/section-8-housing>

New Horizons (Manchester, NH)

Emergency Housing, Shelter

603-668-1877

[www.newhorizonsnh.org](http://www.newhorizonsnh.org)

The Front Door Program

7 Concord Street

Nashua, NH 03064

Monday through Thursday 8:30-4:40

603-886-2866

<https://www.frontdooragency.org/programs/>

Pelham Good Neighbor Fund

603-508-2898

Contact: Frank Sullivan

<http://www.pelhamgoodneighborfund.org/>

## **Insurance (Medicaid and Supplemental- Need or Disability Based)**

Apply for NH medicaid in three ways.

4. Go to the local DHHS office and fill out a paper application. (For Pelham it is Southern office 26 Whipple Street Nashua, NH Monday-Friday 8am-4pm 603-883-7726)
5. Go online and apply at <https://nheasy.nh.gov/>
6. If you need help applying call member services at 1866-769-3085 (TDD/TTY 1-855-742-0123)

You will need social security numbers and other personal information of all members who are applying. If you need additional help please contact the social worker.

Disability Benefits through NH (for adults)

Social Security Administration

1-800-772-1213

<https://secure.ssa.gov/iClaim/dib>

Disability Benefits through NH (for children under 18)

Social Security Administration

1-800-772-1213

<https://www.ssa.gov/disabilityssi/apply-child.html>

Home Care for Children with Severe Disabilities (HCCSD or “Katie Beckett”)

Department of Health and Human Services (DHHS), Children's Medicaid Unit

129 Pleasant Street

Concord, NH 03301

1-877-464-2447

[www.dhhs.nh.gov/ombp/medicaid/nhmedicaid-children.htm](http://www.dhhs.nh.gov/ombp/medicaid/nhmedicaid-children.htm)

New Hampshire Healthy Families

2 Executive Park Drive

Bedford, NH 03110

1-866-769-3085

[www.nhhealthyfamilies.com](http://www.nhhealthyfamilies.com)

Well Sense Health Plan

1-877-957-1300

[www.wellsense.org](http://www.wellsense.org)

## **LGBTQA**

Equality Health Center  
38 South Main Street  
Concord, NH 03301  
603-225-2739  
<http://equalityhc.org>

Freedom New Hampshire  
<https://www.freedomnewhampshire.org/>

Gender Spectrum  
[www.genderspectrum.org](http://www.genderspectrum.org)

Manchester Outright  
669 Union Street  
Manchester, NH 03104  
603-537-7004  
[manchesteroutright@yahoo.com](mailto:manchesteroutright@yahoo.com)  
<https://www.manta.com/c/mx488ln/manchester-outright>

PFLAG  
PO Box 957  
Concord, NH 03302  
<http://www.pflagnh.org/>

Transgender New Hampshire  
\*Legal, Medical, Therapy etc.  
<http://www.tg-nh.org/resources.html>

Transplorations Support Groups (Teens 12-18, 18+ and Family Groups)  
A Peaceful Balance  
154 Broad Street Suite 1511  
Nashua, NH 03063  
603-577-5551 ext 2  
Contact: Jennifer Bois (she also does individual and family counseling for Transgender people)  
Email: [apeacefulbalance@gmail.com](mailto:apeacefulbalance@gmail.com)  
<http://www.apeacefulbalance.com/nh-mental-health-counseling-services/transgender-counseling-and-support/>

Trans Students  
[www.transstudent.org](http://www.transstudent.org)



## **Mental Health**

Alliance Counseling Service  
59 Stiles Road Suite 203  
Salem, NH 03079  
603-952-4630

[www.alliancecounselingservices.net](http://www.alliancecounselingservices.net)

Castle CREATE (Center for Expressive Arts, Therapy and Education)  
141 Union Street  
Manchester, NH 03103  
603-625-0010  
[www.castlecreate.com](http://www.castlecreate.com)

Center for Life Management (Community Mental Health Center for Pelham)  
10 Tsienneto Road  
Derry, NH 03038  
OR  
103 Stiles Road Salem, NH 03079  
603-434-1577  
**\*Emergency Services available 24/7: 603-434-1577 Option 1**  
[www.centerforlifemanagement.org](http://www.centerforlifemanagement.org)

Counseling Center of Nashua (3 locations)  
50 Nashua Road Suite 305  
Londonderry, NH  
603-432-3033  
AND  
148 Coolidge Ave  
Manchester, NH 03102  
Phone:603-627-3111  
AND  
1 Main Street  
Nashua, NH 03064  
603-883-0005  
[www.counselingcenter.com](http://www.counselingcenter.com)

Greater Nashua Mental Health Center  
7 and 15 Prospect Street  
Nashua, NH 03060  
Information: 603-889-6147  
Intake department: 603-402-1574  
[www.gnmhc.org](http://www.gnmhc.org)

**National Suicide Prevention Lifeline**  
**1-800-273-8255**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

New England Pastoral Institute  
15 Ermer Rd. Suite 215  
Salem, NH 03079

603-890-6767

<http://www.nepastoral.org>

Partners in Family Wellness

15 Ermer Rd. Suite 206 and 208

Salem, NH 03079

603-898-3388

[www.partnersinfamilywellness.com](http://www.partnersinfamilywellness.com)

Private Insurance Coverage

\*Call the 800 number on the back of your/your child's insurance card to find out about benefits and providers in your area

Salem Psychological Associates

87 Stiles Road Suite 106

Salem, NH 03079

603-893-7700

[www.salempsychoassociates.com](http://www.salempsychoassociates.com)

Waypoint (formally Child and Family Services)

\*Pelham is served by the Nashua office, however, CFS will utilize Manchester staff for other services\*

113 West Pearl Street

Nashua, NH 03060

603-518-4295

Contact: Carrie Santos, [santosc@waypointnh.org](mailto:santosc@waypointnh.org)

[www.waypointnh.org](http://www.waypointnh.org)

## **Occupational Therapy**

OT Works 4 Kidz, LLC

3 Industrial Drive Unit 1

Windham, NH 03087

603-870-0078

[www.otworks4kidz.com](http://www.otworks4kidz.com)

## **Orthopedics and Sports Medicine**

Essex Orthopaedics and Optima Sports Medicine

16 Pelham Road/Route 97 Suite 1

Salem, NH 03079

603-898-2244 and 603-894-1111

[www.essexortho.net](http://www.essexortho.net)

## **Parenting Support (for teen parents and adult parents)**

Easter Seals

Child Development Center, Family Resource Center, Family Centered Early Supports & Services  
435 South Main Street

Manchester, NH

603-666-5982

[www.easterseals.com/nh](http://www.easterseals.com/nh)

Family Resource Center of Greater Nashua (Located at The Boys and Girls Club in Nashua)

47 Grand Avenue

Nashua, NH 03060

603-883-0523 ext 215

Contact: Lori Fowler

[www.nhchildrenstrust.org/agency/family-resource-center-of-greater-nashua-at-the-boys-and-girls-club](http://www.nhchildrenstrust.org/agency/family-resource-center-of-greater-nashua-at-the-boys-and-girls-club)

NAMI (National Alliance On Mental Illness) New Hampshire Parent Support Group

St. Joseph School of Nursing (Kinsley Street and Woodward Ave) Nashua, NH 03060

2nd and 4th Tuesday of each month/ No charge

603-465-3319

Contact: Pam Banks

[www.naminh.org/find-support/familiesfriends-of-children/parent-support-groups](http://www.naminh.org/find-support/familiesfriends-of-children/parent-support-groups)

Parenting Plus Program (Home/community based support)

Waypoint (formally Child and Family Services)

113 West Pearl Street

Nashua, NH 03060

603-518-4390

Contact: Carolyn George

Parent Information Center

54 Old Suncook Road

Concord, NH 03301

603-224-7005

[www.picnh.org](http://www.picnh.org)

Pelham Parents Support Group

1st Thursday of each month during the school year

Pelham Public Library

24 Village Green

Pelham, NH 03076

Contact: Diane Andrews via the Pelham Parents Outreach Group on Facebook

UR Parents Support Group

The Upper Room: A Family Resource Center

36 Tsienneto Road

Derry, NH 03038

603-437-8477

There is also a specific group for Teen parents and pregnant teens (TIPS) through The Upper Room ask for Janis Lily

[www.urteachers.org](http://www.urteachers.org)

## **Pediatrics**

Elliot Pediatrics

5 Industrial Drive Unit B

Windham, NH 03087

603-685-0150

[www.elliotohospital.org/website/elliot-pediatrics-at-windham.ph](http://www.elliotohospital.org/website/elliot-pediatrics-at-windham.ph)

Londonderry Pediatrics

25 Buttrick Road

Londonderry, NH 03053

603-437-1003

[www.londonderrypediatrics.com](http://www.londonderrypediatrics.com)

Pelham Pediatrics @ Pelham Medical Center

33 Windham Road

Pelham, NH 03076

603-635-5400

[www.snhhealth.org/our-locations/medical-centers/pelham-medical-center](http://www.snhhealth.org/our-locations/medical-centers/pelham-medical-center)

## **Physical Therapists**

Dracut Rehab

1595 Bridge Street

Dracut, MA 01826

978-735-4479

[www.scacciapt.com](http://www.scacciapt.com)

SCACCIA Physical Therapy

32 Indian Rock Road #5

Windham, NH 03087

603-890-8541

[www.scacciapt.com](http://www.scacciapt.com)

## **Reproductive Health**

Family Planning Program

Department of Health and Human Services (Provided at 2 locations)

Manchester Community Health Center

1245 Elm Street

Manchester, NH 03104

603-629-9707

AND

Nashua Lamprey Health Care

Contact: Kristen DeLaRosa 603-816-7131

22 Prospect Street

Nashua, NH 03060

603-883-1626

<https://www.dhhs.nh.gov/dphs/bchs/mch/family.htm>

Planned Parenthood

4 Birch Street

Derry, NH 03038

603-434-1354

<https://www.plannedparenthood.org/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770>



## **Speech Therapists**

Clearly Speaking  
184 Mammoth Road Unit #5  
Londonderry, NH 03053  
603-926-3277  
[www.clearlyspeakingnh.com](http://www.clearlyspeakingnh.com)

Premier Speech Therapy  
80 Nashua Rd  
Londonderry, NH 03053  
603-548-2188  
[www.premierspeechtherapy.com](http://www.premierspeechtherapy.com)

Speech Therapy Solutions Inc.  
224 Main Street  
Salem, NH 03079  
603-893-8550  
[www.speechtherapysolutions.com](http://www.speechtherapysolutions.com)

## **Substance Abuse Treatment**

New Hampshire Addiction Crisis Line  
1-844-711-HELP (4357)  
24 hours per day/7 days per week

Alliance Counseling Service  
59 Stiles Road Suite 203  
Salem, NH 03079  
603-952-4630  
[www.alliancecounselingservices.net](http://www.alliancecounselingservices.net)

Farnum Center  
140 Queen City Avenue  
Manchester, NH 03103  
603-244-3533  
[www.farnumcenter.org](http://www.farnumcenter.org)

Hampstead Hospital  
218 East Road  
Hampstead, NH 03841  
603-329-5311  
[www.hampsteadhospital.com/chemical\\_dependency](http://www.hampsteadhospital.com/chemical_dependency)

Heroin Addiction Treatment  
1-877-721-4573  
[www.heroin.net](http://www.heroin.net)

Keystone Hall  
615 Amherst Street  
Nashua, NH 03063  
603-881-4848  
[www.keystonehall.org](http://www.keystonehall.org)

New Hampshire Al-Anon (Help for Family and Friends of Alcoholics)  
603-369-6930  
[www.nhal-anon.org](http://www.nhal-anon.org)

New Hampshire Al-Ateen (Help For Teens around Alcoholics in the Family)  
1-888-425-2666  
[www.al-anon.org/for-atateen](http://www.al-anon.org/for-atateen)

New Hampshire Treatment Locator  
[www.nhtreatme.rnt.org](http://www.nhtreatme.rnt.org)

**\*If you are experiencing a medical emergency, please call 911 or if you or someone you know is experiencing a substance use or addiction-related crisis, call 1-844-711-HELP (4357).**

To access resources and ensure coverage through your Insurance Coverage

\*Call the 800 number on the back of your/your child's insurance card to find out about benefits and providers in your area

Salem Psychological Associates: Addictive Disorders Program  
87 Stiles Road Suite 106  
Salem, NH 03079  
603-893-7707  
[www.salempsychoassociates.com](http://www.salempsychoassociates.com)

The Youth Council (Teen Substance Abuse Treatment)  
112 West Pearl Street  
Nashua, NH 03060  
603-889-1090  
[www.theyouthcouncil.org](http://www.theyouthcouncil.org)

## **Transitional Living for Youth (18-21)**

Nashua Children's Home

Transitional Living Program

125 Amherst Street Nashua, NH 03064

603-821-7088

Contact: Lea Reilly

[lreilly@nashuachildrenshome.org](mailto:lreilly@nashuachildrenshome.org)

<https://nashuachildrenshome.org/transitional-living/>

\*NOT EMERGENCY HOUSING

Waypoint (Formally Child and Family Services)

\*Pelham is served by the Nashua office, however, CFS will utilize Manchester staff for other services\*

603-851-1230

Contact: Mandy Lancaster

[healdc@waypointnh.org](mailto:healdc@waypointnh.org)

\*Do not have to be involved with DJJS or DCYF. School can refer and parents can refer.

## **Urgent Care**

ConvenientMD Urgent Care

125 Indian Rock Road

Windham, NH 03087

603-890-6330

8am -8pm seven days per week

[www.urgentcarelocations.com/nh/windham/1748-convenientmd-urgent-care#get-directions](http://www.urgentcarelocations.com/nh/windham/1748-convenientmd-urgent-care#get-directions)

Pelham Medical Center

33 Windham Road

Pelham, NH 03076

603-635-5400 [www.snhhealth.org/our-locations/medical-centers/pelham-medical-center](http://www.snhhealth.org/our-locations/medical-centers/pelham-medical-center)

## **Women's Health**

Planned Parenthood

4 Birch Street

Derry, NH 03038

603-434-1354

<https://www.plannedparenthood.org/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770>

Parkland Medical Center (Women's Health and Wellness Department)

1 Parkland Dr

Derry, NH 03038

603-432-1500

[www.parklandmedicalcenter.com/service/womens-health-and-wellness](http://www.parklandmedicalcenter.com/service/womens-health-and-wellness)

Foundation OB/GYN

10 Prospect Street, Suite 402

Nashua, NH 03060

603-577-3131

<https://www.snhhealth.org/our-locations/practice-locations/specialty-care/foundation-ob-gyn>

Women's Health Associates of Derry

44 Birch Street Suite 200

Derry, NH 03038

603-421-2526

[www.womenshealthderry.com](http://www.womenshealthderry.com)

## **Youth Respite**

New Hampshire Children's Behavioral Health Collaborative

Fast Forward Program

603-271-5075

Contact: Daryll Tenney

[www.nh4youth.org/collaborative/grants-and-projects/fast-forward](http://www.nh4youth.org/collaborative/grants-and-projects/fast-forward)

Waypoint (formally Child and Family Services)

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113 West Pearl Street

Nashua, NH 03060

603-518-4295

Contact: Carrie Santos, [santosc@waypointnh.org](mailto:santosc@waypointnh.org)