

These resources are provided as a starting point for families in the community. It is not a comprehensive list of community resources and it does not represent an endorsement by the district.

Pelham Resource Guide

***Compiled by Pelham School District Social
Worker, Amy Wales, MSW
(Last updated 12/2021)***

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 or <http://nh.childcareaware.org>

Boys and Girls Club of Salem
3 Geremonty Drive
Salem, NH 03079
603-898-7709
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

[About Us](#)[Programs](#)[Get Involved](#)[Events](#)[Membership](#)[Registration](#)

Early Bird & After-School Enrichment Program (Transportation)

The Boys & Girls Club of Greater Salem offers before and after school transportation services for Club members in grades K-8. Children in grades K-5 attending Salem, NH public schools have the option to register for transportation from the Club to school in the morning and/or from school to the Club upon dismissal in the afternoon. Children in grades K-8 attending Pelham or Windham public schools and the Birches Academy (Salem, NH) have the opportunity to register for transportation to the Club from school in the afternoon.



** Please note that any child registered for after school transportation whom is not yet in the 1st grade must also be enrolled in our Extended Day Preschool program.*

** Soule school students under the age of 8 years old do not have the option of being bussed to the Club/taking part in the after school drop-in program as they must attend our Satellite after school program.*

The forms below must be completed and submitted before your child is considered registered for either of our transportation offerings.

- [2016-2017 Early Bird Registration](#)
- [2016-2017 After School Registration](#)

The Early Bird (before school care) Program costs \$175 (due on the 15th of the month prior to service) monthly and includes transportation from the Club to Salem, NH public schools in the morning. The program runs from the first through the last day of school in Salem, NH. Attendees are professionally supervised and will participate in a wide variety of morning activities. A light breakfast snack will also be provided. (Participants can arrive at the Club any time after 6:30am - members MUST be at the Club by 7:30am).

- All paperwork is required – your child's registration will not be considered complete until the Club is in possession of each of the necessary forms filled out in their entirety. Please note that we also need a copy of your child's most recent physical examination on file if he or she is not yet in the 4th grade and will be participating in the Early Bird program as it is licensed through the State of NH).

The After School Enrichment/Transportation Program costs \$150 (due on the 15th of the month prior to service) monthly and includes transportation to the Club from school each afternoon that Salem, NH schools are in session. The program will commence on Tuesday, 9/6/16. A daily nutritious snack and drink, homework assistance, and small group activities will be offered upon arrival to the Club. All programming is monitored by skilled and trained staff. (Buses typically arrive at the Club between 3:20pm and 3:45pm – please plan accordingly for pickup).

Enrollment in the Early Bird and/or After School Transportation program provides members with several enrichment benefits including attendance on select holidays which the Club is open, Teacher In-Service, and School Vacation days free of charge and transportation to school on days which there is a Delayed Opening (Salem public school students only).

***The Boys & Girls Club of Greater Salem follows the Salem, NH school district calendar and its services operate accordingly.**

Monthly fees will remain fixed rates regardless of frequency of attendance.

A written notice of cancellation is required at least two weeks in advance or participants will continue to be billed and held responsible for payment.

Inappropriate behavior while waiting for, riding on, or departing a Boys & Girls Club vehicle may result in suspension from or termination of transportation and membership privileges.

For your convenience, we offer automatic billing through your credit card institution or bank.

We accept cash, checks, and credit/debit cards as a form of payment. Unfortunately, we are unable to accept money orders at this time. Returned checks will result in a \$25 convenience fee being placed on the account.

[About Us](#)

[Programs](#)

[Get Involved](#)

[Events](#)

[Membership](#)

[Registration](#)

3 Geremonty Drive
Salem, NH 03079
(603) 893-7709
fax (603) 893-4181
info@salemibgc.org

Follow Us



[Careers](#) [Privacy Policy](#) [Donor Bill of Rights](#)

Copyright © 2017 • Boys & Girls Club of Greater Salem, NH



Pelham School Age Child Care

Where a Child can find a home away from home!

Proudly serving the Pelham Community for 27 Years!

Pelham School Age Child Care

61 Marsh Road

Pelham, NH

603-635-9733

[Home](#) [About PSACC](#) [Contact PSACC](#)

[Summer Calendar of Events](#)

[Summer 2017 Calendar of Events](#)

Want to receive emails from PSACC?

[Sign Up Now](#)

[Newsletters](#)

[May](#)

[June](#)

[Breakfast & Snack Calendar](#)

[May](#)

[June](#)

[Our Handbook & Forms](#)

[Newsletters](#)

[Snack Calendar](#)

[Enrollment / Waiting List](#)

[Rates](#)

[Hours & Days of Operation](#)

[Inclement Weather & Closing Procedures](#)

Our Philosophy

Pelham School Age Child Care provides a safe, affordable place for children to go when parents are working or otherwise unavailable. The program creates a unique opportunity within an informal learning environment to enhance a child's self-esteem and individuality. A variety of developmentally appropriate activities are provided to include a balance of structured and unstructured time as well as staff-directed and child-initiated experiences. A range of activity options includes outdoor play, sports, arts and crafts, games, help with homework, cooking, films (G and PG rated), and free-time. Pelham School Age Child Care is committed to providing quality care for the children of Pelham where a child can find a "home away from home."

Who We Serve

Pelham School Age Child Care provides before and after school programs as well as summer child care programs to students of Pelham Elementary, Pelham Memorial and children who are residents of Pelham and attend Saint Patrick's School.

[Home](#) | [About PSACC](#) | [Contact PSACC](#)

[Our Handbook & Forms](#) | [Newsletters](#) | [Snack Calendar](#) | [Enrollment / Waiting List](#) | [Rates](#) | [Hours & Days of Operation](#) | [Inclement Weather & Closing Procedures](#)

Copyright © 2017 Pelham School Age Child Care. All rights reserved.

Pelham, NH - 603-635-9733

designed by: [CamBec Website Design](#)

Allergists

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

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

Live Your Amazing Life Without Limits! Allergy Symptom Free

**Holistic. Effective.
Painless.**



Do you suffer from symptoms associated with allergies that you just can't get rid of? Are you tired of sleepless nights, the miserable suffering during the day? Are you sick of the sneezing, coughing, wheezing, itching and pain? At Advanced Allergy Centers we can help. We are proud to offer three state of the art technologies designed to eliminate or dramatically reduce the symptoms associated with allergies and sensitivities. Our techniques are non-invasive, holistic and completely safe for all age groups.

Symptoms often related to allergies and sensitivities:

IBS

Hay Fever

Rashes

Migraines

Mood Swings

Eczema

Fatigue

Asthma

Acid Reflux

Chronic Sinusitis

ADD / ADHD

Our Technologies

[Advanced Allergy Therapeutics or AAT](#)

[Bio-Energy Balancing](#)

[EMOTOX Treatments](#)

[AURA PTL II](#)

[Celicore](#)

[Flower Essences](#)

[MLS Laser Treatment](#)

Getting Started

Please print and complete the New Patient Paperwork prior to arriving for your first visit.

Initial visit: New patients will need to call the office to schedule an appointment so we can email/send you the new patient paperwork and any special instructions in advance.

Follow up visits: can be booked on line or calling the office to schedule.

How much does it cost? We do have a number of options which will be explained to you on your first visit.

Cancellation Policy

ALLERGY BUCKS PROGRAM

**At Advanced Allergy Centers, we do not diagnose, treat or cure.
Only a licensed physician in the U.S. can claim to do that.
We do not take the place of your physician.**



© 2017 Advanced Allergy Centers of New England. All rights Reserved.

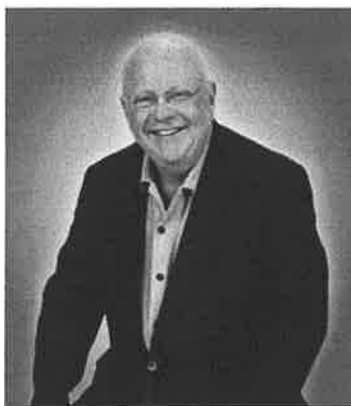
Web Design by  **Savor Technology**



ABOUT US

Since 1975, our practice has offered General Internal Medicine (Primary Care) and Allergy, Asthma and Immunology (Specialty Care). Internal Medicine care is offered for ages 12 and up. Allergy, Asthma and Immunology specialty care is offered to all age groups. All practitioners are Board Certified. We offer the unique Rainbow Asthma Home Care Program, which has received praise for dramatically reducing asthma hospitalizations, emergency room visits, and costs. We subspecialize in complete asthma care for all age groups.

Immune deficiency diseases are part of the practice of allergy, asthma and immunology. We also specialize in recognizing the presence of immune deficiency diseases, and together with our colleagues in Boston, provide comprehensive services in this regard.



Thomas F Johnson, MD,
FACP, FAAAAI, FACAAI

In an effort to create a better medical home for our family of patients we have expanded both our staff and our areas of medical treatment. Specialties such as diabetic care, and adult and children food allergies can now be found under our roof. We also have added the Niox Mino Asthma treatment program to our services.

We accept and participate in most insurance programs, offer financing of services to those requiring it, and accept most major credit cards as methods of payment. Appointments are generally available within a day or two and acute care is same day service by appointment and walk in.

Handicap accessible (first floor location). Evening hours are available.

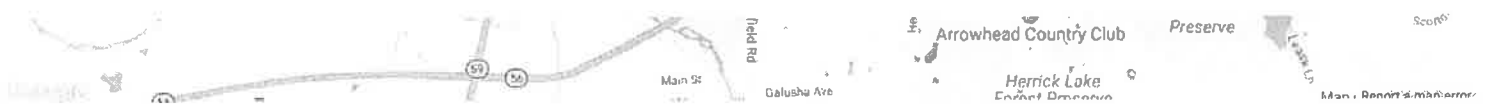


& Immunology P.C.

Phone 978-683-4299

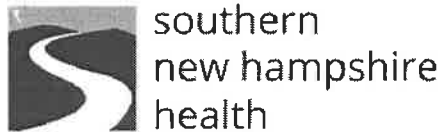
Address 555 Turnpike St.
North Andover, MA 01845

Boston, Cambridge, Lawrence, Methuen, and surrounding communities.



© 2017 New England Allergy Asthma and Immunology P.C.

Website Design by Big Data



Our Services

Our Locations

Billing and Insurance

Visiting Southern NH Medical Center

Find a Doctor

Make an Appointment

Patient Portal

Pay Bill

Home / Our Locations / Practice Locations / Specialty Care Practices

Southern New Hampshire Asthma & Allergy

(603) 577-3065

[Schedule an Appointment at this Practice](#)

Monday: 8:00am - 7:00pm
Tuesday: 8:00am - 6:00pm
Wednesday: 8:00am - 5:00pm
Thursday: 7:00am - 5:00pm
Friday: 8:00am - 4:30pm
closes in 4 hours

Meet Our Providers

Breathe easy under our care.

We're dedicated to caring for adults and children with asthma, allergies and immunodeficiency. Our goal is to help you successfully manage and control your condition to enjoy a full, active life.

[Learn more about our practice >](#)

Patient Information

- [Make an Appointment](#)
- [After-Hours Care](#)
- [Prescription Refills](#)
- [Referrals](#)
- [Patient Portal](#)



Contact Us

Telephone: (603) 577-3065
Fax: (603) 577-3066

Nashua

Monday: 8:00 am - 7:00 pm
Tuesday: 8:00 am - 6:00 pm
Wednesday: 8:00 am - 5:00 pm
Thursday: 7:00 am - 5:00 pm
Friday: 8:00 am - 4:30 pm

Hudson

Tuesday: 8:00 am - 4:30 pm

Thursday: 8:00 am - 4:30 pm

Addresses:

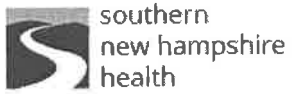
280 Main Street, Suite 441

Nashua, NH 03060

Primary Care of Hudson

300 Derry Road

Hudson, NH 03051



[Home](#) | [Language Assistance](#) | [Terms of Use](#) | [HIPAA](#) | [Sitemap](#) | [Employee Login](#)



Alternative Medicine

Alternative Medicine

New England Integrative Medicine

23 Stiles Road, Unit 210

Salem, NH 03079

603-458-6579

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



Home Meet Dr. Klasman Naturopathic Medicine Treatments Appointments Links Contact Us

Conditions Commonly Treated

- Women's Health Issues:
 - Menopausal Support
 - Bio-Identical Hormone Replacement Therapy (BHRT)
 - Hormonal Imbalances
 - PMS
 - Cervical Dysplasia
 - Polycystic Ovary Syndrome (PCOS)
 - Breast Health
- Weight Loss
- Detoxification
- Gastrointestinal Issues
 - IBS (Irritable Bowel Disease)
 - Constipation
 - Reflux
 - Gastritis
 - Ulcers
 - Celiac Disease
- Headaches
- Anxiety
- Depression
- Thyroid Imbalances
- Fibromyalgia
- Chronic Fatigue
- Acute and Chronic Infections
- Lyme Disease
- Sinus Infections
- Allergies
- Cardiovascular Health & Disease Prevention
- Hypertension
- High Cholesterol
- Osteoporosis
- Arthritis
- Muscle or Joint Pain

Restoring Health Naturally

Natural Medicine of NH, with convenient locations in Nashua and Salem, NH, offers Naturopathic healthcare services for your entire family. As a licensed Naturopathic Doctor, **Dr. Lisa Klasman** is dedicated to helping each of her patients achieve optimal health, not just the absence of disease.

Dr. Klasman concentrates on whole-patient wellness and focuses on assessing and treating the underlying cause of her patients' conditions in order to restore the body to a state of health. She utilizes primarily natural treatments that are custom tailored to each patient's individual needs. Dr. Klasman's holistic approach also places a strong emphasis on prevention and self-care as a means of maintaining and promoting health.

Restoring Health Naturally.

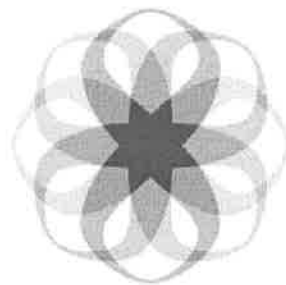


- Chronic Pain
- Vertigo

Natural Medicine of NH, LLC

SALEM OFFICE
54 Stiles Rd, Suite 108
Salem, NH 03079
603-912-5118

NASHUA OFFICE
154 Broad Street, Suite 1532
Nashua, NH 03063
603-809-2620



NEW ENGLAND INTEGRATIVE MEDICINE

[HOME](#) [INTEGRATIVE MEDICINE](#) [WHO CAN BENEFIT](#)
[PATIENT INFORMATION](#) [FAQS](#) [EVENTS](#) [ABOUT](#)
[CONTACT](#)

INTEGRATIVE MEDICINE

Integrative medicine is the joining of healing practices from ancient tradition and modern evidence-based science. A doctor of integrative medicine incorporates knowledge from several disciplines and uses both conventional and alternative methods to facilitate the body's innate healing response. Here at NEIM, we join medicines from Eastern and Western traditions, providing Naturopathic Medicine, Traditional Chinese Medicine & Acupuncture, Homeopathy, Botanical Medicine,

Nutrition, and Pharmacology. With the capabilities of modern science, NEIM also provides a variety of laboratory services.

NATUROPATHIC MEDICINE Holistic medicine, treating the body, mind, and spirit

- Utilizing safe, but effective therapies to restore health and to prevent disease
- Naturopathic Doctors are trained in both Eastern and Western medicines. They can diagnose and treat disease, can provide primary care services, can order lab tests, and if needed, prescribe certain medications.

Principles of Naturopathic Medicine

- **The Healing Power of Nature (Vis Medicatrix Naturae):** Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic doctors act to identify and remove obstacles to

healing and recovery, and to facilitate and augment this inherent self-healing process.

- **Identify and Treat the Causes (Tolle Causam):** The Naturopathic Doctor seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.
- **First Do No Harm (Primum Non Nocere):** Naturopathic doctors follow three guidelines to avoid harming the patient:
 - Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat;
 - Avoid when possible the harmful suppression of symptoms; and
 - Acknowledge, respect, and work with individuals' self-healing process.
- **Doctor as Teacher (Docere):** Naturopathic doctors

educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.

- **Treat the Whole**

Person: Naturopathic doctors treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic doctors encourage individuals to pursue their personal spiritual development.

- **Prevention:** Naturopathic doctors emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness.

TRADITIONAL CHINESE

Traditional Chinese Medicine (TCM) is a form of Eastern Medicine and

MEDICINE AND ACUPUNCTURE

originated in ancient China thousands of years ago. This type of medicine involves using diet, herbs, acupuncture, and cupping to help prevent and treat disease. It is based on the concept of Yin and Yang and how imbalances between these cause illness and lead to disease. Our doctors uses TCM and Acupuncture to help bring the body back into balance to help treat and prevent disease.

Many conditions can benefit from TCM and acupuncture, such as:

1. Pain (acute and chronic)
2. Sleep disorders (e.g. insomnia)
3. Digestive disorders (e.g. constipation, diarrhea, irritable bowel disease/syndrome)
4. Fatigue
5. Menstrual disorders or irregularities
6. Sexual dysfunction
7. Migraines and other headaches
8. Weight loss
9. Addiction
10. Colds/flu

We are now offering an Acupuncture Happy Hour, every last Monday of the month* from 2:30 PM-3:30 PM.

Registration is required as space is limited. Cost is \$30 per person, \$50 per couple (friend, family, or spouse. This is great for those who would like to learn more about acupuncture and to experience how it can help your health.

*exceptions are May 22nd and December 18th, due to holidays

HOMEOPATHY

Homeopathy was founded by Samuel Hahnemann in Germany around the end of the 18th century. It is based on two main concepts, “like cures like” and “law of minimum dose.”

Homeopathic remedies are prescribed based on signs and symptoms and given in a very small dose. It was discovered that the smaller the dose, the more potent it is. Remedies are made from substances like plants, minerals, and animals, and then go through hundreds and hundreds of dilutions. They are given to help guide and stimulate the Vis Medicatrix

Naturae. They are most commonly given as a sugar pellet to be dissolved under the tongue. Remedies are very easy to take and safe enough for children and in pregnancy.

Homeopathy can help with chronic and acute illnesses, including grief and trauma.

BOTANICAL MEDICINE

Botanical Medicine is the Western term for medicinal herbs. It is used in the East and West and is where pharmaceuticals originated. Many plants found on Earth contain ingredients that are very healing to the body and mind. Botanical Medicine can help with cuts and bruises, but can also help with digestion, pain, mood, energy, sleep, and much more. This can be a much safer and more effective way of treatment when compared to pharmaceuticals. Commonly given in a dried form in capsules or liquid form in a tincture.

Dr. Yang often creates a custom tincture for her patients to address

specific needs.

NUTRITION

Hippocrates once said, “Let thy food be thy medicine.” Food is medicine and what you eat is important for restoring health and preventing disease. Improving the diet can help prevent the need for medications and can increase quality of life. Since each person is different, one diet may not be appropriate for everyone. Dr. Yang takes the time to make recommendations for a diet that is right for you.

If you are looking for a diet to help with weight loss, Dr. Yang can create a plan for you, but she can also do an evaluation to see if there is anything going on that would hinder weight loss. If the body is not healthy and not working optimally, metabolism slows down and the body has a hard time letting go of excess weight. When the body is healthy and it is getting proper nutrition, it will be at a normal body weight.

Cleansing and Detoxification is a common practice in Naturopathic Medicine. Using certain foods and if needed, supplements, it is possible to stimulate the body's own ability to detox and to remove toxins that have accumulated over the years. It is also a great way to identify any food allergies or sensitivities.

Food allergies are becoming more common and should not be ignored. Eating a food that the body is reacting to leads to an increase in inflammation, which can be damaging to the body. Food allergies have been correlated with digestive symptoms, joints pains, headaches, skin rashes, fatigue, and even behavioral disorders such as ADHD/ADD.

MAYAN UTERINE MASSAGE

Mayan uterine massage is a traditional Mayan healing technique that primarily addresses female reproductive concerns. The technique involves the use of massage and gentle physical alignment of the uterus, which can support female pelvic health. Mayan uterine massage can also be incorporated into Naturopathic Medicine by

using other treatment options such as Botanical Medicine, Acupuncture, and Homeopathy. Common conditions treated with the use of Mayan uterine massage include menstrual cramps, heavy or irregular menstruation, low back pain as well as infertility. There are some contraindications to this technique and based on your initial visit we can decide if Mayan uterine massage is right for you!

BIO THERAPEUTIC DRAINAGE

This highly effective and safe treatment modality involves the use of homeopathic combination remedies known as UNDA Numbered Compounds. The main goal of Biotherapeutic Drainage is to gently detox the body at a cellular level and enhance the body's natural ability to remove toxic metabolic waste without exerting excessive force on our organ systems of elimination. Upon your initial appointment, a thorough intake will be conducted in order to prescribe the appropriate drainage remedies for you. Typical prescription includes 3 combination remedies that are aimed to address the core issue or cause of disease. Biotherapeutic Drainage can be used to treat many different acute and chronic conditions including: fatigue, headaches,

acne, pain, allergies, digestive disorders and many more!

GEMSTONE THERAPY

Gemstone Therapy is an energetic therapy that can be used to restore overall health and wellbeing. Simply, it is based on the theory that all matter, including the various tissues of the human body, is composed of atoms possessing different types of vibration or frequencies. This results in numerous subtle energies found throughout life. It is also believed that unhealthy or diseased tissue tends to function at different frequencies. Therefore, gemstones can be used to transmit energy or manipulate sub-optimal frequencies of unhealthy tissue and restore it back to homeostasis. Each gemstone possesses different frequencies and can be used for different health conditions such as fatigue, headache, depression or anxiety, digestive issues, and so much more. In Naturopathic Medicine, Gemstone Therapy is a useful adjunctive treatment that can promote physical, emotional, and spiritual well being. Your doctor will discuss with you whether this therapy will add benefit to your treatment.

PHARMACEUTICALS

*including
compounding
pharmacy*

Naturopathic Doctors can prescribe certain medications, such as hormones, antibiotics, and medications for high blood pressure, high cholesterol, and diabetes. This also allows Naturopathic Doctors to take patients off medications. The goal of treatment is to restore health and minimize the need for medication. Often as the body becomes healthier, medications can be weaned off and only be used for emergency purposes. Pharmaceuticals are used only if necessary and is typically not the only form of treatment.

LAB TESTING

1. Routine blood tests
2. Food and environmental allergy testing
3. Comprehensive stool testing
4. Nutrient testing
5. Special testing to evaluate different types of toxicities
6. Salivary hormone testing (e.g. adrenal hormones and sex hormones)
7. Genetic testing (e.g. mTHFR)

8. Small Intestinal Bowel Overgrowth (SIBO) testing

And much more.

PHYSICAL EXAM

- Routine physical exams
(including female & male exams)
- Traditional Chinese Medicine
Tongue & Pulse examination
- Exams needed to help the doctor
understand a person's symptoms
 - Examples: listening to the
heart and lungs, looking in
the ears, nose, and throat,
palpating the
abdomen, checking reflexes
or signs of the nervous
system, etc.

© New England Integrative Medicine. All rights
reserved, 2016. Contact us.

Follow us on Facebook »

Anger Management

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

*There may be scholarships available if needed.



[home](#) [about us](#) [programs & services](#) [events calendar](#) [get involved](#) [make a gift now](#) [news & media](#) [contact us](#)

- > Teen Information for Parenting Success (TIPS)
- > Greater Derry Family Outreach (GDFO)
- > Families on the GO (FOG)
- > GED PREP
- > Greater Derry Juvenile Diversion (GDJD)
- > Take Control
- > Challenge
- > YES
- > UR Parents
- > Community Service Learning Opportunities (CSLO)
- > Parenting Education Classes
- > Foster Care Program
- > Community Resources

Take Control Workshop

An adolescent wellness service that includes Anger Management for Youth.

Do you know of a teen that seems to feel frustrated, overwhelmed or angry? Would you like to see a teen in your life have less conflict at home, school or with friends? Take Control is a workshop designed to help youth respond better to conflict.

It empowers adolescents to recognize:

- > when they are angry
- > what makes them upset
- > how to resolve conflict constructively

Take control also educates youth about the effect of anger on their lives, their family's lives and all of their life environments. Please email Cheryl Fruin or call her at 437-8477 x15 for a class schedule..

Non-Refundable Registration fee: \$100.00 - Download Registration Form >

After you have completed the registration form and have been added to the program you may pay here via Paypal.

Buy Now



Join Our Email List

Email:

Privacy by SafeSubscribeSM

Take Control has been successfully providing youth in Greater Derry with empowerment strategies since 1996.

Empower the youth in your life to make responsible life decisions.

Facilitated by the Adolescent Wellness Program, a program of The Upper Room, A Family Resource Center.

Generously funded by Granite United Way , Alexander Eastman Foundation and Londonderry Rotary Club

© Copyright 2010 The Upper Room. All Rights Reserved.

[home](#) | [about us](#) | [programs & services](#) | [events calendar](#) | [get involved](#) | [make a gift now](#) | [news & media](#) | [contact us](#)

Behavior Support Services

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

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.careneth.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

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

Average ER Wait Time

7 mins Parkland Medical Center
as of 12:44pm today (</service/about-er-wait-times/>)

Patient Information

☰ Sub Menu

Parkland Medical Center provides an unsurpassed level of care for the best patient outcomes. Your positive patient experience begins with resources highlighted here. Get detailed information for patients and families from our Parkland Patient Guide.

- [Download Our Parkland Patient Guide](/util/forms/Patient-Handbook-2013.pdf) (</util/forms/Patient-Handbook-2013.pdf>) (7.2 MB)

Registration

Check in at the hospital Registration Desk on the day of your procedure. For your convenience and to speed up the check-in process, you can [preregister online](/patients-and-visitors/patient-information/preregister-online.dot) (</patients-and-visitors/patient-information/preregister-online.dot>) for a screening mammogram and for your scheduled procedures. If you prefer, our registration representatives can assist you with preregistration when you call **(888) 327-8882**.

When checking in, your registration representative will photocopy your insurance and photo identification cards and ask you to verify information and sign all necessary forms, including:

- Consent to receive services
- Authorization to bill insurance
- Acknowledgement of billing policies for the services provided

You may be asked for a list of your current medications and to provide a copy of any advance directives, if you have them.

Parking

You'll find convenient, complimentary parking for hospital patients and visitors in the hospital's main parking lot across from the main entrance to the hospital. Handicapped parking is available in the lot.

Preparing for Your Visit

- Find the information you need to [prepare for your visit](/patients-and-visitors/preparing-for-your-visit/) (</patients-and-visitors/preparing-for-your-visit/>) – outpatient or inpatient – including what to bring, transferring your medical records and preparing for a procedure.
- Know your [rights and responsibilities](/patients-and-visitors/patient-rights-and-responsibilities/) (</patients-and-visitors/patient-rights-and-responsibilities/>) as a Parkland Medical Center patient.
- Plan ahead. Learn about [advance care planning and end-of-life decisions](/patients-and-visitors/visitor-information/advance-care-planning-and-end-of-life-decisions.dot) (</patients-and-visitors/visitor-information/advance-care-planning-and-end-of-life-decisions.dot>).
- Get information on our [team of hospital professionals](/patients-and-visitors/visitor-information/hospital-medical-team.dot) (</patients-and-visitors/visitor-information/hospital-medical-team.dot>) who work together to deliver the best possible treatment and outcomes during your stay with us.
- If directed to, make a list of your current medications—including vitamins, herbs and over-the-counter medications—to bring with you. Get a [Personal Medication Record form](/util/forms/Personal-Record.pdf) (</util/forms/Personal-Record.pdf>).
- Find out about our range of [amenities for patients and visitors](/patients-and-visitors/patient-information/amenities-for-patients-and-visitors.dot) (</patients-and-visitors/patient-information/amenities-for-patients-and-visitors.dot>).

Preparing for Your Return Home

When your doctor decides you're ready to leave the hospital, you'll receive a discharge order with instructions for follow-up care, such as medication, dietary requirements and your next scheduled appointment with your doctor. You'll also stop by the hospital cashier to settle your account. Then, you'll be escorted by a hospital representative to your waiting transportation. You may want to arrange with a family member or friend to take you home.

Case Management & Social Services

Coping with an extended hospital stay or an emergency can be difficult. Our Case Management/Social Services Department can help you with the personal side of medical care. Our case managers act as advocates for patients and their families and can arrange for a variety of support services. We're available to help you and your family with discharge planning and to coordinate follow-up care, if needed, when you leave the hospital. We're also here for you when you need crisis intervention.

If you have a problem or concern while you're in the hospital, call extension 2262 to speak to one of our case managers. From outside the hospital, call (603) 421-2262.

Health Resources

Our [online Health Library \(/hl/\)](#) gives you the information you need to take charge of your health. Search medical conditions and procedures, as well as the latest health news.

Patient Safety

We continually strive to ensure the highest level of patient safety at Parkland Medical Center—using best practices, advanced technology and increased patient involvement in healthcare decisions. Review our [commitment to patient safety \(/patients-and-visitors/patient-rights-and-responsibilities/patient-safety.dot\)](#).

Billing, Insurance & Financial Information

Learn more about [billing, insurance and other financial services \(/patients-and-visitors/billing-and-insurance.dot\)](#), including estimated costs for medical services and how to pay your hospital bills.

Contact Us

Call our **Consult-A-Nurse®** team 24/7 at **(877) 642-2362** to find a specialist, schedule an appointment and learn more about services at Parkland Medical Center.

Preregistration

Phone: (888) 327-8882

Mon - Fri: 8:00am - 8:00pm

Outpatient Registration

Phone: (603) 421-2281

Mon - Fri: 6:30am - 8:00pm

Sat: 8:00am - 12:00pm

Central Scheduling

Phone: (603) 421-2458

Mon - Fri: 8:00am - 6:00pm

Admissions

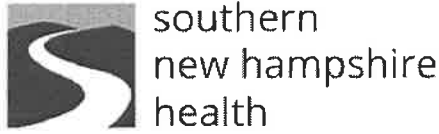
Phone: (603) 421-2153

7 days a week - 24 hours a day

Preoperative Testing

Phone: (603) 432-1500, ext. 3390

Mon - Fri: 9:30am - 3:30pm



Our Services

Our Locations

Billing and Insurance

Visiting Southern NH Medical Center

Find a Doctor

Make an Appointment

Patient Portal

Pay Bill

Home / Our Services / Maternity

The Birth Place

Your Comfort and Peace of Mind is Our Priority

The Birth Place at Southern New Hampshire Medical Center is designed with family in mind, including spacious, private rooms that are filled with natural light and all the comforts of home.

We want your baby's birth to be a special experience. We provide a warm and caring environment where you and your family can feel at ease. Our beautiful surroundings include spacious and private birthing suites for labor, delivery, recovery, and post-partum (after birth) stay.

When it comes to labor and delivery, we do things your way. Your comfort and peace of mind are important to us. In-suite amenities include:

- A comfortable sleeping couch for Dad or a guest
- Private shower and whirlpool tub
- Kitchenette and small dining area
- Room service meals and housekeeping services when it's convenient for you
- Specialized operating rooms for those needing a Cesarean birth
- Advanced technology if you need a Cesarean section to deliver your baby
- A Level III Newborn Intensive Care Unit (NICU)

To help you stay comfortable during labor, we have many strategies from using the Jacuzzi and birthing ball, to supportive positions.

Experienced Team

Our team includes doctors, experienced specialty nurses, certified nurse midwives, neonatal nurse practitioners, certified lactation (breastfeeding) consultants, childbirth and parenting educators, nutritionists, and social service providers. We all work together to make your experience comforting and personal.

Schedule a Tour

We include a tour of The Birth Place in some of our childbirth classes. You can also schedule a tour by [registering online](#) or calling (603) 577-2560

Find a Provider

Find a provider for your prenatal care at one of our practices:

The Birth Place

The Birth Place
Southern NH Medical Center
8 Prospect Street
Nashua, NH 03060
Telephone: (603) 577-2560



404.
That's
an error.

The



An inside look at the Birth Place!

Clothing

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



PELHAM GOOD NEIGHBOR FUND

People Helping People Since 1969

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#)

Contact the Pelham Good Neighbor Fund



The **Pelham Good Neighbor Fund** was established in 1969 by Pelham residents who wanted to provide food and financial assistance for their less fortunate neighbors. Since the fund was started, over 2,700 residents have received assistance with either their heating oil, electricity, food, rent, transportation and other household expenses.

Currently, there is a core committee of 15 active members who volunteer their time to help our neighbors in need 52 weeks a year.

Our fund is made possible by the generosity of our neighbors

Pelham Good Neighbor Fund

PO Box 953
Pelham, NH 03076

info@pelhamgoodneighborfund.org

How can you help?

Click Here to make your donation.

On-line Donations now available.

Do you need assistance?

Click Here for our contact information.

We sponsor fund-raising events as well as food drives.

Click here for more details.

To Volunteer your Time, please call 508-2898

To Donate money to the Pelham Good Neighbor Fund, click here

If you are a resident of Pelham and are looking for assistance with heat, electricity, food, rent and other household expenses, please call one of the following telephone numbers:

To Apply for Assistance

call: 508-2898, 635-2089, 508-8131 or 893-1713

We respect your privacy. Any and all information collected by our group will be kept strictly confidential. Any information you give to the Pelham Good Neighbor Fund will be held with the utmost care.

Pelham Good Neighbor Fund • Pelham, NH

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#) |
 [Privacy Policy](#) |
 [Site Map](#)

If you have any issues with this website, please [click here](#) to contact our web designer, Thank you.

This site is voluntarily Designed, Maintained & Hosted by:
[CamBec Website Design](#)

Search



Pelham

NEW HAMPSHIRE

[Home](#)

[Boards](#)

[Departments](#)

[Document Center](#)

[Minutes & Agendas](#)

[Quick Links](#)

[Find It Fast](#)



[Home](#) » [Departments](#)

Town Administrator

The Town Administrator is the Liaison between the Board of Selectmen and the Town departments and Community. Reporting directly to the five-member Board, the Town Administrator is responsible for the day-to-day activities of the Town departments and buildings. All department heads report directly to the Administrator.

The Town Administrator resides in the Selectmen's office at 6 Village Green. In the Selectmen's office, there is also the Finance Department to include Human Resources functions.

Staff Contacts

Name	Title	Phone
Brian McCarthy	Town Administrator	(603) 508-3074
Diane Hurd	Human Resources Coordinator	(603) 635-8233
Jean Olson	Town Accountant	603-635-8233
Charlene Takesian	Treasurer	603-635-8233
Dawn Holdsworth	Welfare Administrator	603-635-8233
Brian Demers	IT Administrator	603-635-8233
Susan Landry	Bookkeeper	603-635-8233

Contact Info

Hours of Operation:

Office Hours: Monday - Friday 8AM to 4PM

Phone:

(603) 508-3074

Fax:

Fax #:(603) 635-8274

Address:

Selectmen's Office

6 Village Green

Pelham, NH 03076

United States

See map: [Google Maps](#)

News

PRESS RELEASE: The Town of Pelham has updated their contractor hourly rate for its snow removal/plowing operations.

Winter Parking Ban and Trash Can Notice is In Effect

Press Release - Town of Pelham 2019 Tax Rate Set

Pelham Stormwater Management - MS4 page is now available on our website.

Independence Day Celebration and Fireworks Display

Town of Pelham, NH
6 Village Green, Pelham, NH 03076 | (603) 635-8233

Contact the Webmaster
Disclaimer
Government Websites by CivicPlus®

[Login](#)

Dentist
and
Orthodontist

Dentists and Orthodontists

This website maintains updated free and reduced dental care resources in 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

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

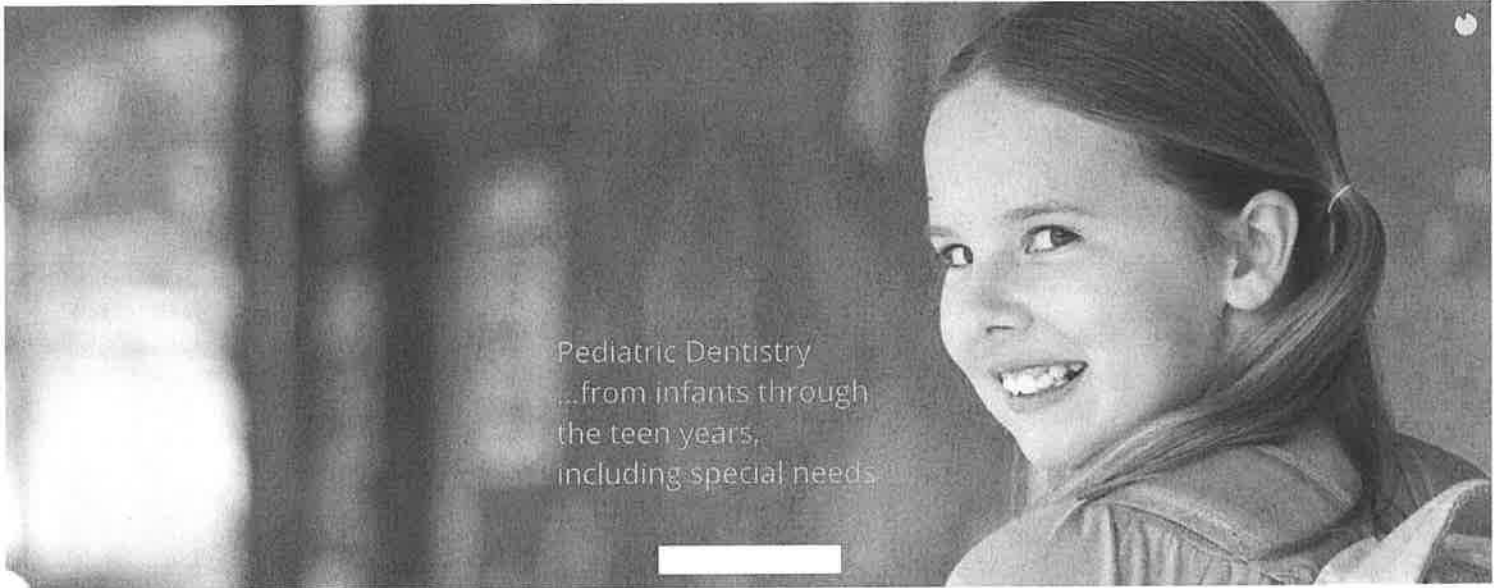
603-434-1586

Call 603-635-1166 | 100 Bridge Street | Pelham, NH 03076
Call 603-718-8587 | 76 Allds Street | Nashua, NH 03060



Collins Dentistry For Children

- Home
- Choose a Pediatric Dentist
- Meet Dr. Nilfa
- Meet Our Orthodontist
- Nashua Office
- Insurance Help Desk
- First Visit
- For Teens
- Office Procedures
- Parent's Corner
- Contact Us
- Sponsors & Events



Now Accepting Patients at our Pelham Office

[REQUEST AN APPOINTMENT](#)



Orthodontic Treatment Info

Your smile is a Window. Your smile is your greeting to the world. It's also a window to an important part of your dental health - the alignment of your teeth.

[LEARN MORE](#)



Request an Appointment

Dr. Nilfa would love to meet you and your teeth! Call today to schedule an appointment for your child, or use our short online form today. Just click below.

FILL OUT FORM



Insurance Help Desk

Collins Dentistry for Children accepts NH Medicaid and Masshealth Dental, as well as numerous private insurance plans, to promote dental health for kids.

LEARN MORE



Choose a Pediatric Dentist

Pediatric dentist and specialist in child dentistry, Dr. Nilfa Collins, D.M.D. serves the greater Pelham, New Hampshire and Lowell, Massachusetts communities. Collins Dentistry for Children accepts NH Medicare and Masshealth Dental programs, as well as numerous private insurance plans, to promote dental health for children. Call today to schedule an appointment for your child. Dr. Nilfa would love to meet you and your teeth!

Why a Pediatric Dentist?

Pediatric dentists, or pedodontists specialize in the treatment of children's dental disease. Pediatric dentists focus on making children feel comfortable with dentistry, assist in the prevention of dental and periodontal disease, and restore and maintain primary and permanent teeth. Pediatric dentistry emphasizes the establishment of trust and confidence between children and their dentists with an emphasis on teaching preventative dental habits to children in an effort to make dental visits pleasant for our young patients.

Our office hours are: M-F 8:00 to 5:00 and Saturday 8:00 to 12:00. Emergencies seen by appointment. Se Habla Espanol.

Nashua 718-8587

Pelham 635-1166



Collins Dentistry Chunkys Commercial v1

from Earl Studios



**Office hours: M-F 8:00 to 5:00
& Saturday 8:00 to 12:00.**

**Emergencies by appointment.
Se Habla Espanol.**

ALWAYS SOMETHING FOR CHILDREN AT COLLIN'S DENTISTRY FOR CHILDREN



UMass Lowell Riverhawks
[read more here](#)



Manchester Monarchs Games
[read more here](#)



Lowell Spinners Games
[read more here](#)

WE ACCEPT CARECREDIT & MAJOR CREDIT CARDS

[Ask Us About Available Finance Programs](#)

CareCredit



CONTACT US

Collins Dentistry for Children
Pediatric Dentist

100 Bridge Street, Pelham, NH 03076
Tel: (603) 635-1166

76 Ailds Street, Nashua, NH 03060
Tel: (603) 718-8587

Email us

Like Us on Facebook



Developmental Disabilities

Developmental Disabilities

Community Crossroads
8 Commerce Drive Unit 801
Atkinson, NH 03811
603-893-1299

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



State of NH Resources

YEAHnh.org. "YEAHnh.org is a first of its kind resource in NH because it was created exclusively for teens and young adults. The beauty of this website is that it's a place for young people to access information, resources and inspiration as they begin to take the necessary steps to the life they dream for themselves." - Robin deAlmeida, Marketing & Outreach, New Hampshire Family Voices. Informational Flyer

Sunset Hill Educational Institute, whose mission is to help young people and individuals with physical disabilities discover their inner strengths so they may lead positive fulfilling lives. <https://www.facebook.com/pages/Wheelchair-Health-In-Motion/276980972415882>

The **Take Control of Your Health Series** is a set of resources to educate teens and young adults about taking an active role in managing their healthcare. The four card set covers the topics of managing appointments, medications, health insurance and health information. Each subject card outlines how to get started, important facts and what questions to ask to get the information needed to become more independent. Download them here: <http://nhfv.org/how-we-can-help/publications/>

NH Services and Supports. NH DHHS has recently deployed a new website designed to be a resource for people looking for information about services and supports in New Hampshire.

Next Steps New Hampshire helps students, parents and educators work together to plan for life after high school. This website is filled with information to directly address the transition questions and needs of each of these three different audiences. The site also includes a Transition IEP Requirements Tool and print resources.

Autism Resources for Families Flyer

Treble Chorus of New England brings together youths of all abilities. **My Own Voice** is their newest choir. Started as a pilot program in 2012 to make choral music accessible to all, My Own Voice is a program for children and young adults with needs. The successful pilot resulted in a full-season program available to all. Choristers from Concert Choir and Schola provide mentoring support. **My Own Voice** is run for two eight-week sessions and rehearses for 75 minutes on Tuesday nights from 6:15-7:30 pm. For more information: <http://www.treblechorusne.org>

Cinemagic Sensory Friendly Movies Cinemagic theaters play sensory friendly movies once a month at 10am on a Saturday for people with disabilities. What makes it 'sensory' is they leave the lights on and lower the volume of the movie and viewers are free to move about and talk. Visit their website for more! <http://cinemagicmovies.com/news.asp>

Maintaining Healthy Teeth and Gums

Cinemagic Sensory Friendly Movies. Cinemagic theaters play sensory friendly movies once a month at 10am on a Saturday for people with disabilities. What makes it 'sensory' is they leave the lights on and lower the volume of the movie and viewers are free to move about and talk. Visit their website for more!

Interacting with Autism, a video resource.

Starting POINTS for New Hampshire Parents is an online community for families of children with disabilities. It provides for information, networking, training, and support so that parents can learn, share, and connect about how they can support the educational and developmental needs of their children.

Peer Projects - "Peer Projects" offers a range of services including Relationship Development Intervention® (RDI®). RDI is a family centered approach that works to develop social competence in children by fostering dynamic thinking and dynamic communication. Visit their website for more information about RDI Therapy and other services.

It Takes a Village - When you are struggling to make ends meet, it is hard to remember that you are not alone. There are many groups and services that can help you, and the programs listed here may be helpful to you and your family.

Area Urgent Care Facilities

Resources for Coping - Help for Children, Youth, Parents, and Providers' Reactions to the Sandy Hook Shootings and Other Disasters or Traumatic Events

NH Housing Authority Housing Presentation

Rhythms of Grace, "Worship and Faith Formation for Children and Families with Special Needs" - Rhythms of Grace is a sensory friendly, innovative and non-denominational program designed to meet the spiritual needs of children and their families living with autism spectrum disorders and other special needs.

Help for Difficult Times - USA.gov has launched "Help for Difficult Financial Times" to highlight government resources that can make your life easier during tough times. Some of the most popular resources are: Government Benefits and Financial Assistance, Mortgage Payment Assistance, Low-Cost or Free Health Insurance Options, Find a Job and Manage your Debt.

Autism Society of New Hampshire

NH Alternate Learning Progression Assessment (NHALPS)

NH Department of Health and Human Services

NHDDC - New Hampshire Developmental Disabilities Council

People First of New Hampshire

NH Challenge - New Hampshire Challenge Website
 NH Government - aka "Webster"
 P2PNH - Parent to Parent of New Hampshire
 Disability Rights Center - Protection and Advocacy System for New Hampshire
 NH Coalition on Domestic Violence & Sexual Assault
 REDC - Rockingham Economic Development Corporation
 NH Family Voices - Families And Friends Speaking on Behalf of Children with Special Health Care Needs
 Special Individuals, Brothers & Sisters
 Community Support Network, Inc.
 Developmental Services Quality Council
 New Hampshire Statewide Independent Living Council (SILC)
 Granite State Independent Living (GSIL)
 NH Assistive Technologies (ATECH)
 NH Governor's Commission on Disability

National Resources

Navigating Government Benefits & Employment: A Guidebook for Veterans with Disabilities
 The ARC of the United States
 Center for START Services
 NICHCY - National Information Center for Children & Youth with Disabilities
 HUD - Housing & Mortgages for People with Disabilities

Especially for Families

Complex Child Magazine - Lots of great articles and resources including topics such as GI/Nutrition, Respiratory, Developmental, Orthopedic, Neuromuscular and Neurological Disorders and Therapies, Urology and Nephrology, Infections and Immunity, Metabolic, Genetic, and Congenital Disorders, Pain and Palliative Care, Other Specialties, Education, Insurance and Medicaid, Advocacy and Disability, and Caregiving
 Provider Agencies
 Play Among The Stars Theater Group based in Salem, NH
 Teen Dating Violence and Sexual Assault
 FinAid - Financial Aid information (Post Secondary)
 Pacer - Parent Advocacy Coalition for Educational Rights
 Peterson's - For information on colleges in general, but also for students with special needs
 Starlight Children's Foundation of New England
 Ride-Away Handicap Equipment Corporation

© 2017 Community Crossroads. 8 Commerce Drive Unit 801, Atkinson, NH 03811 Phone: 603-893-1299. All rights reserved.

DHHS Home > Division of Community Based Care Services >

Bureau of Developmental Services

The Bureau of Developmental Services (BDS) is committed to joining communities and families in providing opportunities for citizens to achieve health and independence. In partnership with consumers, families, and community based service networks, BDS affirms the vision that all citizens should participate in the life of their community while receiving the supports they need to be productive and valued community members.



To achieve this vision, BDS takes a leadership role in developing the network of supports and resources that will make community presence and participation a reality for every eligible person who chooses community based services and whose treatment professionals have determined that community supports are appropriate.

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities.


BDS is comprised of a main office in Concord and 10 designated non-profit area agencies that represent specific geographic regions of NH. [Area Agency catchment area listing](#). All direct services and supports to individuals and families are provided in accordance with contractual agreements between BDS and the Area Agencies. Supports include:



- Service coordination,
- Day and vocational services,
- Personal care services,
- Community support services,
- Early Supports and Services and Early Intervention,
- Assistive technology services; and
- Specialty services and flexible family supports including respite services and environmental modifications.

Our Mission

The developmental services system will join with local communities to support individuals of all ages with developmental disabilities or acquired brain disorders and their families to experience as much freedom, choice, control and responsibility over the services and supports they receive as desired.

 Adobe Acrobat Reader format. You can download a free reader from Adobe (<http://get.adobe.com/reader/>).

can manage challenging behaviors. Our ABA program provides behavior therapy to develop language, communication, play, social interaction, and daily living skills. We tailor our in-home ABA services to fit the family's schedules and needs, offering flexibility and choices. Our school services provide the flexibility to deliver services at school and also during pre and post school activities.

Functional Behavior Assessments (FBA)

Functional Behavioral Assessment (FBA) is a systematic process based on applied behavior analysis that seeks to identify the problem behavior of an individual to determine the function or purpose of the behavior. The assessment involves observation of the individual in their natural environment, data analysis, completing checklists and rating forms, and interviews with the parents, caregivers, and/or staff. The gathered information is utilized to maximize the effectiveness and develop interventions to teach acceptable alternatives to the problem behavior using Discrete Trail Training (DTT), Natural Environment Training (NET), Verbal Behavior (VB) and other techniques.

This service attempts to identify the purpose or function of an individual's behavior. A BCBA will observe the individual and conduct interviews with their team and family in order to identify the function of the behavior. Once a function is identified, recommendations are made to help reduce inappropriate or concerning behaviors, and increase appropriate replacement behaviors.

School Consultations

Gateways Autism Center Board Certified Behavior Analysts (BCBAs), are available to schools for consultation in the areas of supports training needed for students with a diagnosis on the autism spectrum, as well as other disabilities and behavioral issues. We also conduct functional assessments to develop appropriate intervention plans for students at-risk for restrictive placement. After an initial assessment, the BCBA provides support and strategies to improve language, social, adaptive and/or academic skills for the student in the least restrictive environment possible. We also provide school staff training in the principles of Applied Behavioral Analysis (ABA) to effectively deliver the services needed.

Parent Education and Support

We offer in-home and on-site training that gives parents tools to more effectively teach their children using Applied Behavior Analysis (ABA) techniques. Our staff provides strategies and techniques to help structure your child's day, create sensory rich activities, develop self-help skills, and practice social skills. Parent involvement in the training is critical to the success and effectiveness of the program.

Practicums

Gateways Autism Center Board Certified Behavior Analysts offer aspiring behavior analysts and assistant behavior analysts the opportunity to receive the supervision and practicum needed to complete their graduate work and hands-on experience required for board certification.

Payment Options

Services are covered by most insurance plans. Payment can also be made through private pay, Medicaid or school contracts.

Contact Us

If you want more information, or would like to book an initial consultation, please contact us at:

Phone: 603) 882-6333

Fax: (603) 459-2783

autism@gatewayscs.org

◀ HOME

144 Canal Street ~ Nashua, NH 03064 ~ 603-882-6333 ~ info@gatewayscs.org

© 2014 Gateways Community Services ~ All rights reserved.
My Gateways Privacy Policy ~ We Care About Your Privacy

Domestic and Sexual Violence

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

Child Advocacy and Protection Program (CAPP)

Dartmouth Hitchcock

2300 Southwood Drive

Nashua, NH 03060

603-577-4400

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

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

YWCA Crisis Service

72 Concord Street

Manchester, NH 03101

603-625-5785

*Crisis Line: 603-668-2299

www.ywcanh.org

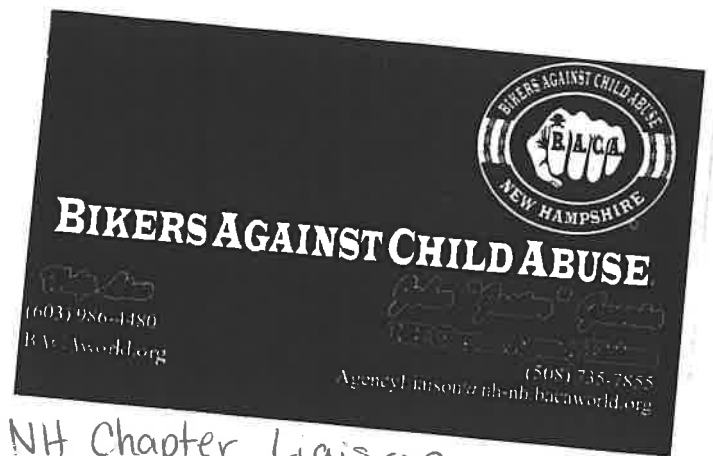
Bikers Against Child Abuse (B.A.C.A)

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.

- [Home](#)
- [ABOUT](#)
 - [MISSION](#)
 - [FAQ'S](#)
 - [State Nonprofit Disclosures](#)
- [NEWS](#)
- [CONTACT](#)
 - [Contact International Board](#)
 - [Contact North American Continental Board](#)
 - [Contact European Continental Board](#)
- [DONATE](#)
- [CHAPTERS](#)



NH Chapter Liaison
 John "Jester" Guerin
 508-735-7855

MISSION

B.A.C.A. Mission Statement

Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.

How B.A.C.A. Works

B.A.C.A. International, Inc. (B.A.C.A.) is organized with a central contact person to receive calls from referring agencies and individuals. A recognized, authorized agency with which the child has had contact determines that the child is still frightened by his or her environment. The agency representative contacts B.A.C.A., or refers the individual to contact B.A.C.A. and the name and address of the child is given to our B.A.C.A./Child Liaison. The Liaison verifies that the case has been reported and the authorities have been contacted, and the case is being processed within the system. The Liaison contacts the family and an initial ride is organized to meet the child at their home or in some other location where the child will feel comfortable. The B.A.C.A. chapter rides to meet the child and he/she is given a vest with a B.A.C.A. patch sewn on the back. The child is free to wear the vest or not, and we support their decision. The child is also given bumper stickers, and other gifts that are generally donated by the public. These initial visits generally last about a half an hour.

Following this initial contact, the child is given the name and number of two B.A.C.A. Members residing geographically closest to them, who then become the child's primary contacts. Prior to becoming the primary contacts for the child, the bikers are cleared for participation by passing an extensive background check, have ridden with the Chapter for at least a year, and have received special instructions from the Licensed Mental Health Professional. Anytime the child feels scared and feels the need for the presence of his new B.A.C.A. family, the child may call upon these bikers to go to the child's house and provide the necessary reassurance to feel safe and protected. B.A.C.A. Members and supporters also support the children by: providing escorts for

them if they feel scared in their neighborhoods; riding by their homes on a regular basis; supporting the children at court and parole hearings; attending their interviews, and; staying with the children if they are alone and frightened. The B.A.C.A. Members never go to the child's house alone and never without the knowledge or permission of the parents. Our Mission is not to be permanently engaged as the child's power. Our Mission is to help the children and their families learn how powerful they can be. Our presence will be available as long as the child needs us. B.A.C.A. also holds other functions for the children such as Bar-B-Ques, and parties.



Level 1 Intervention

“Levels of intervention are only performed as indicated in Countries where it is permitted by that Country’s governing laws.”

Will consist of the organization deploying a ride, uniting as many B.A.C.A. Members as are able to attend. We will ride as a group to the child’s house where the parent(s) / Guardians will be present to assist us in presenting the child with a patch, stickers, and a photograph of the child with his/her new biker family. If the child is afraid, it is our hope the child will use the photograph as a comfort to convey the message “I am not alone, and you don’t want to mess with my family.”



Level 2 Intervention

“Levels of intervention are only performed as indicated in Countries where it is permitted by that Country’s governing laws.”

If Level one is not sufficient to deter further abuse or harassment, several B.A.C.A. Members will be sent for further exposure. This group of B.A.C.A. Members will create a presence at the home of the child, being visible at times when the family might be the most vulnerable. The purpose of B.A.C.A.’s presence is to deter further abuse and to protect the children and the family, if necessary.



Our Court Appearances

We also attend court with our wounded friends. The sole purpose for our physical presence is to assist the child in being less intimidated and frightened, and subsequently give an accurate testimony regarding his/her abuse. If the child requests our presence in the courtroom, the parent or guardian for the child must petition the child’s attorney, who then will intercede on behalf of the child to the presiding Judge. Absolutely no physical confrontation of the perpetrator will be tolerated by B.A.C.A., and anyone acting in such a manner will be acting outside of the scope of B.A.C.A. and will be held completely and solely accountable for his/her actions. When possible, the two bikers assigned to the child as his/her primary contacts should be in attendance. Given that it is not always possible for the primary contact bikers to be in attendance, a petition may be made to the general membership for their attendance and support. A listing of the court dates and times will be kept and updated on the B.A.C.A. hotline at all times.



B.A.C.A. Creed

Adapted from “The Fellowship of the Unashamed”

I am a Member of Bikers Against Child Abuse. The die has been cast. The decision has been made. I have stepped over the line. I won't look back, let up, slow down, back away, or be still.

My past has prepared me, my present makes sense, and my future is secure. I'm finished and done with low living, sight walking, small planning, smooth knees, colorless dreams, tamed visions, mundane talking, cheap giving, and dwarfed goals.

I no longer need pre-eminence, prosperity, position, promotions, plaudits, or popularity. I don't have to be right, first, tops, recognized, praised, regarded, or rewarded. I now live by the faith in my works, and lean on the strength of my brothers and sisters. I love with patience, live by prayer, and labor with power.

My fate is set, my gait is fast, my goal is the ultimate safety of children. My road is narrow, my way is rough, my companions are tried and true, my Guide is reliable, my mission is clear. I cannot be bought, compromised, detoured, lured away, turned back, deluded, or delayed. I will not flinch in the face of sacrifice, hesitate in the presence of adversity, negotiate at the table of the enemy, ponder at the pool of popularity, or meander in the maze of mediocrity.

I won't give up, shut up, let up, until I have stayed up, stored up, prayed up, paid up, and showed up for all wounded children. I must go until I drop, ride until I give out, and work till He stops me. And when He comes for His own, He will have no problem recognizing me, for He will see my B.A.C.A. backpatch and know that I am one of His. I am a Member of Bikers Against Child Abuse, and this is my creed.

Founder of Bikers Against Child Abuse, Inc.

Categories

- [B.A.C.A. News](#)

| [HOME](#) | [ABOUT](#) | [NEWS](#) | [CONTACT](#) | [CHAPTERS](#) |

Bikers Against Child Abuse, Inc. is a tax exempt 501 (C) (3) corporation.

B.A.C.A.®, Bikers Against Child Abuse®, the Fist Logo and Breaking the Chains Logo are registered trademarks of Bikers Against Child Abuse, Inc.

Copyright © 2019 - Bikers Against Child Abuse, Inc. - All Rights Reserved

Please research all fund raising conducted under the name of Bikers Against Child Abuse, Inc. (B.A.C.A.®).

All merchandise is offered in exchange for a cash donation.

Chapter Web Administrators make every attempt to ensure links to other web sites do not contain offensive material.

However, links on other web sites cannot be controlled therefore B.A.C.A.® assumes no responsibility for such offensive links.



B.A.C.A. was founded by a Licensed Clinical Social Worker, Registered Play Therapist/Supervisor and part-time faculty member at Brigham Young University.

The majority of his twenty plus years of practice was spent in the treatment of abused children.

He was acutely aware that the "System" offered much in the way of helping a child's healing process, yet, there were still shortcomings and limitations to keeping the children safe.

Even with court involvement to protect children from further abuse by the issuance of the protective orders and the removal of perpetrators from neighborhoods, it is physically impossible for law enforcement officials to provide protection for these children twenty-four hours a day, indefinitely. Child perpetrators are fully aware of this and continue to find ways to access and further harm their victims. There are cases that do not meet the basic requirements of the rules of evidence, and are summarily closed. Too, there are children who have obviously been abused and are too frightened to provide enough evidence for the cases to be pursued.

Many children who are abused do not qualify for therapy funding, even though research proves that therapy has successfully helped children cope with the after-effects of abuse. Children who feel safe and protected are more capable and likely to tell the truth regarding their abuse. Threats made by an abuser are offset by the presence of dedicated and protective bikers that have now become family.

B.A.C.A.®
International, Inc.
New Hampshire
Chapter

PO Box 131
 Goffstown, NH 03045
 (603) 986-4480
 PublicRelations@nh-nh.bacaworld.org

Mission Statement

BIKERS AGAINST CHILD ABUSE.

(B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.



BIKERS AGAINST
CHILD ABUSE.®



Empowerment

B.A.C.A.®

Makes A Difference

A four-year independent study by professionals in the field has revealed that B.A.C.A. children achieve a statistical significance in:

- 🔧 Improved Self Confidence
- 🔧 Diminished Regretful Behavior
- 🔧 Increased Feeling of Safety
- 🔧 Empowerment to Testify
- 🔧 Better Communication
- 🔧 Reduced Feelings of Guilt
- 🔧 Decreased Negative Behaviors
- 🔧 A Sense of Belonging, Acceptance and Independence: and Much More

This greatly contributes to expediting the overall healing of the child in many levels, so their fear is quickly replaced with confidence. This child's study was published in the *International Journal of Evaluation and Program Planning* and can be found in its entirety on the B.A.C.A. website.

Repayers of the Children™

Two B.A.C.A. members are assigned as the child's primary contacts. They will remain in close contact with the child. B.A.C.A. supports each child based upon their individual needs. Some of these services may include: physical presence at the home, visiting the child at school, therapy needs, etc...

B.A.C.A. is available to accompany your child to court and parole hearings.

B.A.C.A. maintains funds to aid with the cost of children's therapy when other assistance has been exhausted.

After the Initial Visit

B.A.C.A. offers continuing support.

Help Line
1.866.711.ABUSE
BACAWorld.org



Introducing B.A.C.A.®

You hear a rumble in the distance. You feel the ground trembling beneath your feet, and then you see them: B.A.C.A...

They park their motorcycles and introduce themselves. With a short ceremony a child is welcomed into the B.A.C.A. family. Within a few minutes bonds are formed between a child in need and their new family. Another child will now be empowered by the support B.A.C.A. brings to his/her life.

B.A.C.A. takes a firm stand against all forms of child abuse.





Bridges is a nonprofit organization that provides free and confidential services to victims and survivors of domestic violence, sexual assault, teen dating violence, child sexual abuse, elder abuse, stalking, and harassment. We provide crisis intervention, emergency shelter, court advocacy, support groups, and education and outreach to both women and men.

Bridges is supported by the United Way and is a member of the New Hampshire Coalition Against Domestic and Sexual Violence.



Bridges Hope Tour

Call 603-889-0858 x214 to arrange a tour of our agency and find out more about what we do.

Contact Us

24 hour support line:
603-883-3044

We accept collect calls.

Interpreters are available in 140 languages through the Language Line.



ROSEBUSH

FUND

[Learn more about The Rosebush Endowment Fund](#)

This website was last updated on October 24, 2016.

Copyright © 2017 Bridges. All rights reserved. [Contact Webmaster](#)

Child Advocacy and Protection Program

The Child Advocacy and Protection Program (CAPP) is a multidisciplinary program created to help evaluate and treat suspected victims of child maltreatment.

CAPP team members conduct inpatient and outpatient, urgent and routine, multidisciplinary evaluations of children who are suspected victims of physical abuse, sexual abuse, and/or neglect.

We conduct these evaluations at the request of medical professionals within and outside of CHaD and at the request of child protective services (CPS) social workers or police investigators. We work closely with all members of the multidisciplinary team.

The main CAPP office is in Lebanon, NH. CAPP clinics are located at Dartmouth-Hitchcock in Concord, Dover, Lebanon, and Nashua, NH. CAPP also provides medical services in Manchester and Exeter, NH.

Other CAPP activities include:

- State and regional coordination of services for abused children
- Child abuse prevention activities
- Medical-legal case reviews at the request of Child Protective Services (CPS) social workers, police investigators, and attorneys
- Expert testimony when required
- Ongoing training regarding child maltreatment to teachers, health care professionals, attorneys, police investigators and CPS social workers
- Child abuse research
- Direct support to Child Advocacy Centers in New Hampshire and Vermont

Contact Us

Concord, Lebanon, NH
Phone: (603) 653-3658
Fax: (603) 653-6050

Dover, Exeter, Manchester, NH
Phone: (603) 658-1972

Nashua, NH
Phone: (603) 577-4400

Copyright © 2017 Dartmouth-Hitchcock. All rights reserved

Ear Nose and Throat

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



NEW ENGLAND ENT & Facial Plastic Surgery

• N. Andover • Haverhill • Ayer • Salem, NH
f Call Us Today | 978.685.7550

HOME

SERVICES

OUR STAFF

LOCATIONS & HOURS

CONTACT

FOR PATIENTS

PATIENT PORTAL



The area's largest and most experienced center for:

SINUS & ALLERGY

Comprehensive medical and surgical care for your allergy and sinus problems.

HEARING & BALANCE DISORDERS

Specialized care and hearing aid options to fit your budget.

SNORING & SLEEP APNEA

In-office treatments and surgical procedures to help you breathe better.

HEAD & NECK AND THYROID SURGERY

Expert diagnosis and surgical management close to home.

FACIAL PLASTICS & COSMETIC SERVICES

Offering the full breadth of Facial Plastics and Reconstructive Surgery.

Welcome - New England ENT & Facial Plastic Surgery

New England ENT & Facial Plastic Surgery is a group of Board Certified Otolaryngologists who offer comprehensive, specialized care in the field of ear, nose and throat disorders in all age groups, ranging from infants and children, to adults and senior citizens. Our physicians specialize in various surgical procedures of the head and neck, as well as facial cosmetic surgery, and also provide non-surgical care for ear, nose and throat illnesses.

We offer state of the art diagnostic and treatment procedures in a wide range of services including sinus, allergy, hearing, balance, voice, swallowing, pediatric, thyroid and parathyroid disorders, as well as cancers of the head and neck. We also provide the full range of Facial Plastics, from aesthetic and reconstructive surgery to non-surgical treatments such as injectables and laser treatments.

Our surgeons have academic affiliations at tertiary care centers in Boston, and work alongside their colleagues at Massachusetts Eye and Ear Infirmary, Tufts Medical Center and Boston Children's Hospital to provide you with the highest level of specialty care in the region.

Testimonials - What Our Patients Are Saying

"My experience with New England ENT has been very positive. Gail Tarbox (Audiologist) has aided me in the selection and fitting of my

Spotlight Service - Hearing Aids

You may have hearing loss, and not even be aware of it. People of all ages experience gradual hearing loss, often due to the natural aging process or long exposure to loud noise.

Take our quiz to see if treatment is right for you.

[HEARING LOSS QUIZ](#)

The *Audiology Center*
at New England ENT & Facial Plastic Surgery



Spotlight Service - Rhinoplasty

We are pleased to introduce the addition of the Facial Plastics Center, specializing in Rhinoplasty, under the direction of dual board-certified surgeon, Dr. Ryan Scannell!

Being dual board-certified in ENT and Facial Plastics and Reconstructive Surgery, Dr. Scannell is uniquely qualified in Rhinoplasty, which is one of his special interests.

hearing aids. I've found her to be very knowledgeable and professional,

and I recommend her highly if you are considering hearing aids. Her counseling with regards to my loss of hearing and on the use of the hearing aids were most helpful to me."--FS Jr.

"I became a patient in July 2012 at the request of my primary care physician. From the first visit, my wife and I felt completely at ease and Dr. Shah's demeanor and concern for my well-being was the basis for the trust that is needed in a Dr/Patient relationship. Of course, with a throat cancer diagnosis, the questions were endless. We were provided with answers we could understand. While some of the answers may not have been what I wanted to hear, there was never a doubt that the suggested course of action was the best for my situation. Now, 14 months later, I find my faith in Dr. Shah well placed as I have had clean scans and exams during my follow up care with him. It pleases me to offer this short note as my appreciation and recommendation."--J.B

[READ MORE](#)



[LEARN MORE](#)

Locations - Get Directions



Our Affiliates - Quick Links



[View larger map](#)

Google

Map data ©2017

SALEM, NH

© 2017 New England ENT & Facial Plastic Surgery

[Privacy](#) | [Disclaimer](#) | [Design by docWebTRC.com](#)

North Andover Office
198 Mass Ave.
North Andover, MA 01845

Haverhill Office
1 Park Way
Haverhill, MA 01830

Ayer Office
198 Groton Road
Ayer, MA 01432

Salem, NH Office
14 B Keewaydin Drive
Salem, NH 03079

Eating Disorders

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

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>

*I Thank you for everything-I am
to especially for believing in me
when I couldn't believe in myself
tha Sometimes that was what
convinced me to keep trying even
for when I felt hopeless
to see your smiling faces, and your*

LEAVE US A REVIEW!



Local online marketing and local SEO by LocalVox.

Eating Disorders are About so Much More Than Just Food



Many people are familiar with the common forms of eating disorders, including anorexia and bulimia, but for the most part, they are vastly uneducated on these disorders. To receive effective treatm... read more >>

Cambridge Eating Disorder Center offers eating disorder treatment programs.

3 Bow Street,
Cambridge, MA 02138

info@CEDCmail.com

1(617)547-2255 (phone)

1(617)547-0003 (fax)

[Home](#) [About CEDC](#) [MA Location](#) [NH Location](#) [FAQ](#) [Families](#) [Education](#) [Resources](#) [Contact Us](#)

[Website Design](#) by [Affordable Web Design](#)

The Center for Eating Disorders Management, Inc.



[ABOUT US](#) | [SERVICES](#) | [PROGRAMS](#) | [LINKS](#) | [TESTIMONIALS](#) | [FAQs](#) | [CONTACT US](#)

SPECIALIZED MEDICAL, NUTRITIONAL, AND PSYCHOLOGICAL SERVICES
for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder

The D.O.V.E. Outpatient Treatment Program

The D.O.V.E. Program, which provides state of the art care in the context of a highly professional and therapeutic environment.

[LEARN MORE](#)

Let us show you around...



If you'd like to get an idea of what we're all about please take a look at this quick video about our center, inside and out.

Are you suffering from an eating disorder?

Take our anonymous quiz, to help you determine if you might need to see a mental health professional.

[LEARN MORE](#)

Philosophy of Care

The major goals in a multi-disciplinary team approach to treatment are:

- To help individuals improve and restore their physical, nutritional, psychological, and spiritual well-being
- To help individuals and their families understand how eating disorders develop, and provide families with education and skills to support their loved one as she (he) recovers from an eating disorder.
- To help individuals with eating disorders "find their own voice", and replace disordered eating and exercise behaviors with healthier ways to express their feelings and needs, as well as cope with stress.

Eating Disorders:

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>

WHO WE ARE

Eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder and OSFED (other specified feeding or eating disorder).

Anyone can develop an eating disorder regardless of gender, age, race, ethnicity, culture, size, socioeconomic status or sexual orientation.

Through increased awareness, early intervention and improved access to treatment, we can confront these serious illnesses and provide those in need with essential programs and services.

NATIONAL EATING DISORDERS ASSOCIATION

165 West 46th Street
Suite 402
New York, NY 10036
212-575-6200
info@nationaleatingdisorders.org

For information, resources and to get involved, visit:

www.nationaleatingdisorders.org

The National Eating Disorders Association (NEDA) supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

As the leading not-for-profit organization in the United States advocating on behalf of and supporting those affected by eating disorders, NEDA's lifesaving programs reach millions every year.

Eating disorders are not fads, phases or lifestyle choices—they are real, complex medical and psychiatric illnesses that can have serious consequences for health, relationships and overall quality of life.

NATIONAL EATING DISORDERS ASSOCIATION



WHAT ARE THE WARNING SIGNS OF AN EATING DISORDER?

- Preoccupation with weight, food, calories, dieting and/or body image.
- Development of abnormal secretive, extreme or ritualized food or eating habits.
- Withdrawal from usual friends and activities.
- Evidence of binge eating, such as the disappearance of a large amount of food.
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, self-induced vomiting, periods of fasting, or laxative, diet pill or diuretic abuse.
- Compulsive or excessive exercising.
- Discoloration or staining of the teeth.
- Feelings of isolation, depression, anxiety or irritability.

The signs listed may indicate an eating disorder, but they are not all-inclusive. If you are concerned about someone, but they are not demonstrating these warning signs, speak with them or seek the guidance of a professional.

RECOVERY IS POSSIBLE.

HELP IS AVAILABLE.

For information, resources and to get involved, visit: www.nationaleatingdisorders.org

CONTACT HELPLINE

Call or chat for resources and treatment options.

800-931-2237

www.nationaleatingdisorders.org/helplinechat

info@nationaleatingdisorders.org

WHAT IS AN EATING DISORDER?

WHAT IS AN EATING DISORDER?

Eating disorders are real, complex medical and psychiatric illnesses that can have serious consequences for health, productivity and relationships. They are caused by both genetic and environmental factors.

Eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and OSFED (other specified feeding or eating disorder), are bio-psychic-social diseases—not fads, phases or lifestyle choices.

People struggling with an eating disorder often become obsessed with food, body image and/or weight. These disorders can be life-threatening if not recognized and treated appropriately. The earlier a person receives treatment, the greater the likelihood of full recovery.

NATIONAL EATING DISORDERS ASSOCIATION
165 West 46th Street, Suite 402
New York, NY 10036
212-575-6200





Information & Referral

HELPLINE

800.931.2237



NEDA

Feeding hope.

National Eating Disorders Association

NEED SUPPORT? WE'RE HERE FOR YOU.



For 24/7 crisis support text:

“NEDA” to 741741



Find resources and treatment options at:

myneda.org/help



Take a confidential screening at:

myneda.org/screening



National Eating Disorders Helpline:

800.931.2237

Emergency Support

Search 



Pelham

NEW HAMPSHIRE

[Home](#) [Boards](#) [Departments](#) [Document Center](#) [Minutes & Agendas](#)

[Quick Links](#) [Find It Fast](#)



[Home](#) » [Departments](#)

Town Administrator

The Town Administrator is the Liaison between the Board of Selectmen and the Town departments and Community. Reporting directly to the five-member Board, the Town Administrator is responsible for the day-to-day activities of the Town departments and buildings. All department heads report directly to the Administrator.

The Town Administrator resides in the Selectmen's office at 6 Village Green. In the Selectmen's office, there is also the Finance Department to include Human Resources functions.

Staff Contacts

Name	Title	Phone
Brian McCarthy	Town Administrator	(603) 508-3074
Diane Hurd	Human Resources Coordinator	(603) 635-8233
Jean Olson	Town Accountant	603-635-8233
Charlene Takesian	Treasurer	603-635-8233
Dawn Holdsworth	Welfare Administrator	603-635-8233
Brian Demers	IT Administrator	603-635-8233
Susan Landry	Bookkeeper	603-635-8233

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.

Contact Info

Hours of Operation:

Office Hours: Monday - Friday 8AM to 4PM

Phone:

(603) 508-3074

Fax:

Fax #:(603) 635-8274

Address:

Selectmen's Office

6 Village Green

Pelham, NH 03076

United States

See map: [Google Maps](#)

News

PRESS RELEASE: The Town of Pelham has updated their contractor hourly rate for its snow removal/plowing operations.

Winter Parking Ban and Trash Can Notice is In Effect

Press Release - Town of Pelham 2019 Tax Rate Set

Pelham Stormwater Management - MS4 page is now available on our website.

Independence Day Celebration and Fireworks Display

Town of Pelham, NH
6 Village Green, Pelham, NH 03076 | (603) 635-8233

Contact the Webmaster
Disclaimer
Government Websites by CivicPlus ®

[Login](#)



PELHAM GOOD NEIGHBOR FUND

People Helping People Since 1969

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#)

Contact the Pelham Good Neighbor Fund



The **Pelham Good Neighbor Fund** was established in 1969 by Pelham residents who wanted to provide food and financial assistance for their less fortunate neighbors. Since the fund was started, over 2,700 residents have received assistance with either their heating oil, electricity, food, rent, transportation and other household expenses.

Currently, there is a core committee of 15 active members who volunteer their time to help our neighbors in need 52 weeks a year.

Our fund is made possible by the generosity of our neighbors

Pelham Good Neighbor Fund

PO Box 953
Pelham, NH 03076

info@pelhamgoodneighborfund.org

How can you help?

Click Here to make your donation.

On-line Donations now available.

Do you need assistance?

Click Here for our contact information.

We sponsor fund-raising events as well as food drives.

Click here for more details.

To Volunteer your Time, please call 508-2898

To Donate money to the Pelham Good Neighbor Fund, click here

If you are a resident of Pelham and are looking for assistance with heat, electricity, food, rent and other household expenses, please call one of the following telephone numbers:

To Apply for Assistance

call: 508-2898, 635-2089, 508-8131 or 893-1713

We respect your privacy. Any and all information collected by our group will be kept strictly confidential. Any information you give to the Pelham Good Neighbor Fund will be held with the utmost care.

Pelham Good Neighbor Fund • Pelham, NH

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#) |
 [Privacy Policy](#) |
 [Site Map](#)

If you have any issues with this website, please [click here](#) to contact our web designer, Thank you.

This site is voluntarily Designed, Maintained & Hosted by:
[CamBec Website Design](#)

Eye Care

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

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

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>

8 Stiles Rd. Salem, NH · 603-890-8821

SALEM VISION CENTER



- HOME
- EYECARE
- EYEWEAR
- INSURANCE
- CONTACT
- SCHEDULE EXAM

Contact

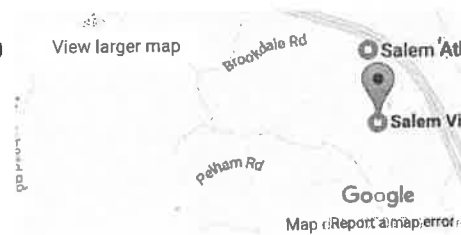
salemvisioncenternh@gmail.com

(603) 890 - 8821

8 Stiles Rd Salem, NH, 03079

[Schedule an Exam](#)

Salem Vision Center © 2016



Windham Family Eye Care (/)

[Home \(/\)](#)

[Our Practice \(/our-practice.html\)](#)

[Our Services \(/our-services.html\)](#)

[Patient Forms \(/patient-forms.html\)](#)

[Eye Care Articles \(/eye-care-articles.html\)](#)

[Location \(/location.html\)](#)

Windham Family Eye Care

58 Range Rd
Suite 12
Windham, NH 03087

Located directly next door to Mobil/McDonald's. We are located within The Country Shoppes.

Phone: 603-893-1500
Fax: 603-952-4981
e-mail us (<mailto:Ishanley60@yahoo.com>)

Hours:
Mon, Tue, Thu 9:00 am - 5:00 pm
Wed 11:00 am - 7:00 pm
Fri 11:00 am - 4:00 pm



Contact Us

Windham Family Eye Care
58 Range Rd
Suite 12
Windham, NH 03087
Phone: 603-893-1500

Office Hours

Mon 9:30 am - 5:00 pm
Tue 9:30 am - 5:00 pm
Wed 10:00 am - 6:00 pm
Thu 9:30 am - 5:00 pm
Fri CLOSED DURING SUMMER

[Notice of Privacy Practices \(/privacy-notice\)](#)
[Website by Eyefinity \(<http://eyefinity.com>\)](#)

Family Medicine

Family Medicine

Dartmouth Hitchcock Nashua

2300 Southwood Drive

Nashua, NH 03063

603-577-4000

www.dartmouth-hitchcock.org

Derry Medical Center

6 Tsienneto Rd #100

Derry, NH 03038

(603) 537-1300

www.derrymedicalservices.com

Pelham Healthcare Associates

49 Atwood Road

Pelham, NH 03076

603-635-2802

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

Family Support Services

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, santos@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

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

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 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

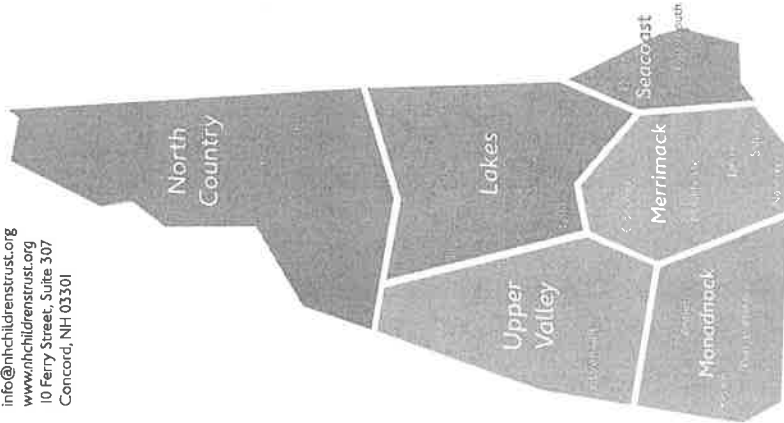
Veteran Support- Contact the social worker or Ernie St. Pierre or Brenda St. Pierre at 434-2197. They can help with some costs associated with veterans (ie: replacing a boiler in a home, rent, bills), etc.

NH FAMILY RESOURCE CENTERS INTERACTIVE EMERGENCY CONTACT LIST

Family Support New Hampshire
 P.O. Box 1544
 Concord, NH 03102
 FSNHweb@gmail.com
 www.fsnh.org



(603) 224-1279
 info@nhchildrenstrust.org
 www.nhchildrenstrust.org
 10 Ferry Street, Suite 307
 Concord, NH 03301



THE FAMILY RESOURCE CENTER
 Serving Coos County & N. Grafton County
 123 Main St.
 Gorham, NH 03581
 Main & Referral: (603) 466-5190
 Emergency On-Call: (603) 773-4057
 FamilySupport@frc123.org
 www.frc123.org
 Available during normal business hours and by appointment.

CHILDREN UNLIMITED INC.
 Serving Carroll County
 182 Main St.
 Conway, NH 03818
 Main & Referral: (603) 442-6356, ext. 111
 Emergency On-Call: (603) 681-8676
 Dross@childrenunlimitedinc.org
 www.childrenunlimitedinc.org
 Available during normal business hours and 24 hour availability for existing clients.

FAMILY RESOURCE CENTER OF CENTRAL NH
 Serving the Lakes Region
 719 North Main St.
 Laconia, NH 03246
 Main & Referral: (603) 524-8811
 erin.pattengill@lucics.org
 www.lucics.org/family-resource-center
 Available during normal business hours.

LAKES REGION FAMILY CENTER COMMUNITY ACTION PROGRAM
 Serving Belknap County
 121 Belmont Rd.
 Laconia, NH 03246
 Main: (603) 528-5334
 Head Start: (603) 528-5334
 HFA: (603) 528-5334, ext. 125
 Food Pantry: (603) 524-5512
 Emergency On-Call: (603) 856-9104
 FreemanTooth@BM-Cap.org
 www.bm-cap.org
 Available during normal business hours.

WHOLE VILLAGE FAMILY RESOURCE CENTER
 Serving Grafton County & Town of New Hampton
 258 Highland St.
 Plymouth, NH 03264
 Main & Referral: (603) 556-3720
 www.graftoncounty-laurel-wald-gramite-united-way-illustated/village-village
 Available during normal business hours.

GREATER TILTON AREA FAMILY RESOURCE CENTER
 Serving Tilton, Northfield, Franklin, Sanbornton & surrounding towns
 5 Prospect St.
 Tilton, NH 03276
 Main & Referral: (603) 286-4255
 www.gafrc.com
 Available during normal business hours.

COMMUNITY ACTION PARTNERSHIP OF STRAFFORD COUNTY
 Serving Strafford County
 577 Central Ave.
 Dover, NH 03820
 Main: (603) 435-2500
 Child & Family Services: (603) 435-2500, ext. 8108
 Emergency On-Call: (603) 435-2500
 pgurcscn@straffordcap.org
 www.straffordcap.org
 Available during normal business hours.

FAMILIES FIRST HEALTH AND SUPPORT CENTER
 Serving Rockingham County
 100 Campus Dr., Suite 12
 Portsmouth, NH 03801
 Main: (603) 422-8209—CFSS, Partners in Health & help with Special Education
 Emergency On-Call: (603) 742-7084
 phake@familiesfirsthealth.org
 www.familiesfirsthealth.org/family-programs
 Available during normal business hours.

EASTER SEALS CHILD DEVELOPMENT AND FRC
 Serving Greater Manchester
 435 S. Main St.
 Manchester, NH 03102
 Main & Referral: (603) 666-5982
 knckennedy@eastersealsnh.org
 www.easterseals.com/nh/our-programs/
 child-development-center
 Available during normal business hours.

THE UPPER ROOM A FAMILY RESOURCE CENTER
 Serving Southern NH & Rockingham County
 36 Tiskeneto Rd.
 Derry, NH 03038
 Main: (603) 437-8477 ext. 10
 buguggieberg@urteachers.org
 www.urteachers.org
 Available during normal business hours.

SALEM FAMILY RESOURCES
 Serving the Greater Salem Area
 24 School St.
 Salem, NH 03079
 Main & Referral: (603) 898-5493
 cjury@salemfamilyresources.org
 www.salemfamilyresources.org
 Available during normal business hours.

WAYPOINT: A FAMILY AND COMMUNITY RESOURCE CENTER
 Serving Hillsborough County (not including Manchester)
 113 West Pearl St.
 Nashua, NH 03060
 Main: (603) 518-4390
 Referral: (603) 518-4390
 hvreferrals@waypointnh.org
 www.waypointnh.org
 Available during normal business hours.

Serving City of Manchester
 464 Chestnut St.
 Manchester, NH 03105
 Main: (603) 518-4000
 Referral: (603) 518-4390
 hvreferrals@waypointnh.org
 www.waypointnh.org
 Available during normal business hours.

Serving Merrimack County
 103 North State St.
 Concord, NH 03301
 Main: (603) 518-4000
 Referral: (603) 518-4390
 hvreferrals@waypointnh.org
 www.waypointnh.org
 Available during normal business hours.

FAMILY CONNECTIONS CENTER
 Serving all families with a NH incarcerated parent
 PO Box 14
 Concord, NH 03802
 Main: (603) 771-1926
 kristina.tooth@dcn.hk.gov
 www.nhdoj.gov/childcare
 Available during normal business hours.

TLC FAMILY RESOURCE CENTER
 Serving Sullivan & Lower Grafton Counties
 109 Pleasant St.
 Claremont, NH 03743
 Main & Referral: (603) 542-1848
 Emergency On-Call: (603) 230-5859
 stephanie@tlcfamilyrc.org
 www.tlcfamilyrc.org
 Available during normal business hours.

THE CENTER FOR RECOVERY
 Serving Sullivan & Lower Grafton Counties
 1 Pleasant St.
 Claremont, NH 03743
 Main & Referral: (603) 287-7127
 Emergency On-Call: (603) 558-7017
 Dan@tlcfamilyrc.org
 tlcfamilyrc.org/tlccenter
 Available during normal business hours.

HEALTHY STARTS AT HCS
 Serving Southwestern NH
 317 Marlboro St.
 Keene, NH 03431
 Main & Referral: (603) 352-2153
 pmaine@hcservices.org
 www.hcservices.org/healthystarts
 Available during normal business hours.

THE GRAPEVINE FAMILY AND COMMUNITY RESOURCE CENTER
 Serving Hillsborough County (E. Monadnock Region)
 4 Alken St.
 Antrim, NH 03440
 Main & Referral: (603) 588-2620
 melissag@grapevinehcs.org
 www.grapevinehcs.org
 Available during normal business hours.

THE RIVER CENTER FAMILY AND COMMUNITY RESOURCE CENTER
 Serving E. Monadnock Region (Petersborough & surrounding towns)
 9 Vose Farm Rd., Suite 115
 Petersborough, NH 03458
 Main & Referral: (603) 924-6800
 On-Call Emergency: (603) 562-5238
 www.rivercenterhcs.org
 Available during normal business hours.

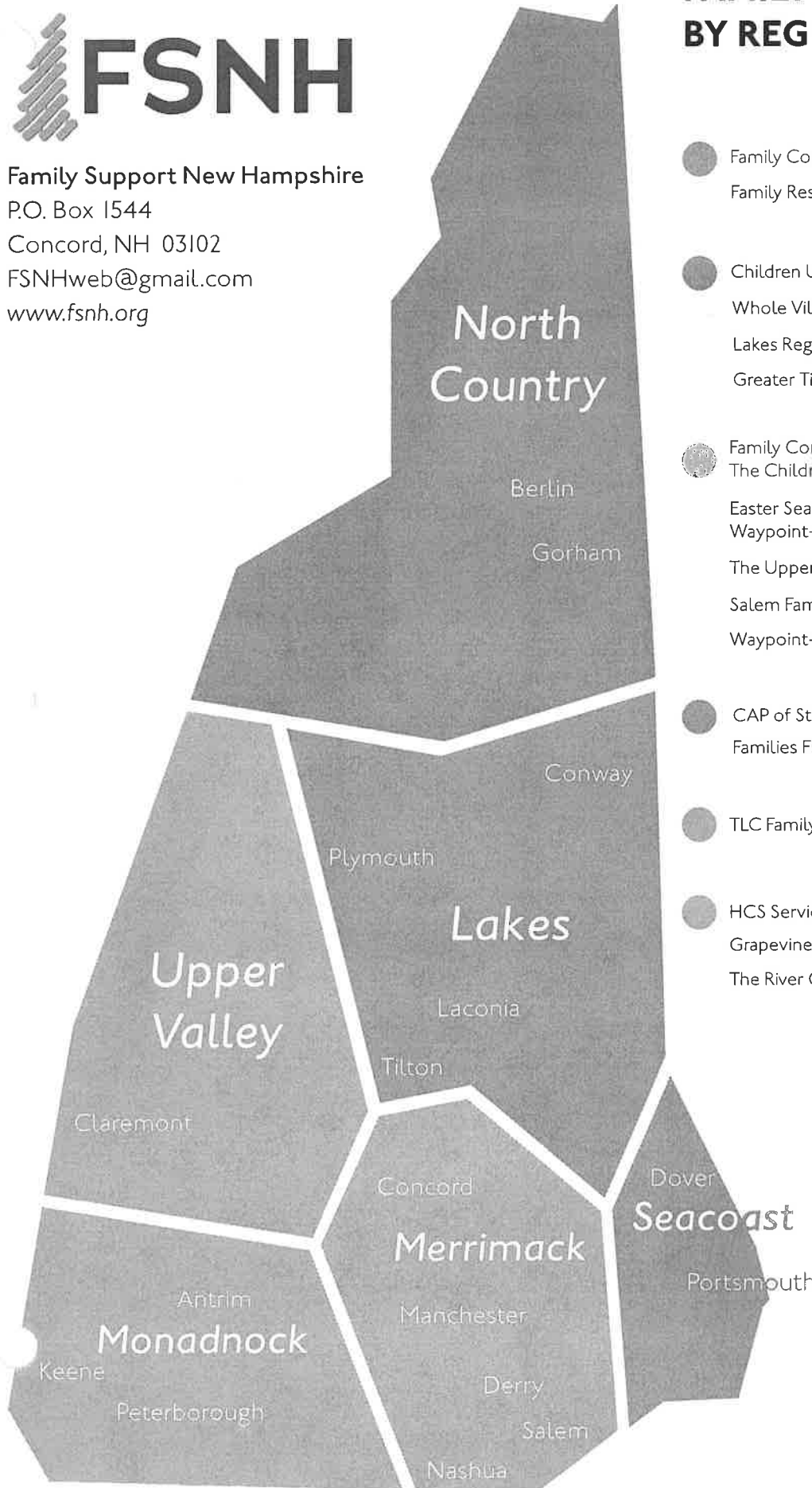


The information on this format, document and how frequent under a Consent with the State of New Hampshire. Disparities of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.



Family Support New Hampshire
 P.O. Box 1544
 Concord, NH 03102
 FSNHweb@gmail.com
 www.fsnh.org

NEW HAMPSHIRE FAMILY RESOURCE CENTERS BY REGION



- Family Connections Center—**Berlin**
 Family Resource Center—**Gorham**
- Children Unlimited Inc.—**Conway**
 Whole Village Family Resource Center—**Plymouth**
 Lakes Region Community Services—**Laconia**
 Greater Tilton Area Family Resource Center—**Tilton**
- Family Connections Center—**Concord**
 The Children's Place and Parent Education Center—**Concord**
 Easter Seals Child Development and FRC—**Manchester**
 Waypoint—**Manchester**
 The Upper Room—**Derry**
 Salem Family Resources - Success by Six—**Salem**
 Waypoint—**Nashua**
- CAP of Strafford County—**Dover**
 Families First—**Portsmouth**
- TLC Family Resource Center—**Claremont**
- HCS Services—**Keene**
 Grapevine Family & Community Resource Center—**Antrim**
 The River Center—**Peterborough**

New Hampshire Children's Trust
 (603) 224-1279
 info@nhchildrenstrust.org
 www.nhchildrenstrust.org





NEW HAMPSHIRE FAMILY RESOURCE CENTERS BY REGION

New Hampshire Children's Trust
(603) 224-1279
info@nhchildrenstrust.org
www.nhchildrenstrust.org
10 Ferry Street, Suite 307, Concord, NH 03301

Family Resource Centers (FRCs) are open to the public and seek to strengthen families by promoting health, wellbeing, self-sufficiency and positive parenting through support and education. Each center is uniquely positioned to serve its community, offering a range programs and services including but not limited to parenting classes, parent-child groups, early learning centers, play groups, kinship navigation, assistance with tax preparation, information and referral, after school assistance and other programs to meet specific community needs.

To locate your nearby Family Resource Center (FRC), find the FRC in or nearest your town or county.

FAMILY CONNECTIONS CENTER, BERLIN
138 East Milan Road
Berlin, NH 03570
(603) 752-0397
www.nh.gov/nhdoc/fcc

THE FAMILY RESOURCE CENTER
123 Main St.
Gorham, NH 03581
(603) 466-5190
www.frc123.org

CHILDREN UNLIMITED INC.
182 Main St.
Conway, NH 03818
(603) 447-6356
www.childrenunlimitedinc.org

**WHOLE VILLAGE
FAMILY RESOURCE CENTER**
258 Highland St.
Plymouth, NH 03264
(603) 536-3720
www.graniteuw.org/our-work/granite-united-way-initiatives/whole-village

LAKES REGION COMMUNITY SERVICES
719 North Main St.
Laconia, NH 03246
(603) 524-8811
<https://www.lrcs.org>

**GREATER TILTON AREA
FAMILY RESOURCE CENTER**
5 Prospect St.
Tilton, NH 03276
(603) 286-4255
www.gtafr.com

**COMMUNITY ACTION PARTNERSHIP
OF STRAFFORD COUNTY**
PO Box 160
Dover, NH 03821
(603) 435-2500
www.straffordcap.org

**FAMILIES FIRST HEALTH
AND SUPPORT CENTER**
100 Campus Drive Suite 12
Portsmouth, NH 03801
(603) 422-8209
www.familiesfirstseacoast.org

FAMILY CONNECTIONS CENTER, CONCORD
PO Box 14
Concord, NH 03802
(603) 271-2255
www.nh.gov/nhdoc/fcc

EASTER SEALS CHILD DEVELOPMENT AND FRC
435 S. Main St.
Manchester, NH 03102
(603) 666-5982
www.easterseals.com/nh/our-programs/child-development-centers

**THE UPPER ROOM - A FAMILY
RESOURCE CENTER**
36 Tsienneto Rd.
Derry, NH 03038
(603) 427-8477
www.urteachers.org

**SALEM FAMILY RESOURCES -
SUCCESS BY 6**
24 School St.
Salem, NH 03079
(603) 898-5493
www.salemfamilyresources.org

**WAYPOINT: A FAMILY AND
COMMUNITY RESOURCE CENTER**
Locations:
113 West Pearl Street
Nashua, NH 03060
(603) 518-4211

464 Chestnut Street
Manchester, NH 03105
(603) 518-4292

103 N State Street
Concord, NH 03301
(603) 518-4210
www.waypointnh.org

TLC FAMILY RESOURCE CENTER
109 Pleasant St.
Claremont, NH 03743
(603) 542-1848
www.tlcfamilyrc.org

HEALTHY START AT HCS
312 Marlboro Street
Keene, NH 03431
(603) 352-2253
www.hcsservices.org/healthy-starts

**THE GRAPEVINE FAMILY AND
COMMUNITY RESOURCE CENTER**
4 Aiken St.
Antrim, NH 03440
(603) 588-2620
www.grapevინeh.org

**THE RIVER CENTER FAMILY AND
COMMUNITY RESOURCE CENTER**
9 Vose Farm Rd. Suite 115
Peterborough, NH 03458
(603) 924-6800
www.rivercenter.us



Supporting Child and Family Wellbeing during the COVID-19 Emergency

July, 2020 - We all have a collective responsibility to make sure kids are healthy, safe, and thriving – especially during challenging times. Parents and other caregivers are their children’s most important protectors and may need extra support during the COVID-19 pandemic. We encourage you to check in with caregivers and children you interact with to ask how they’re doing and what they need. Lending an ear and helping families access available supports can go a long way to keeping families well.



NH Department of Health & Human Services
Division for Children, Youth & Families

Thank you for doing your part to support New Hampshire’s children and families!

Check in with Families in your Community to see how you can help

It is important to remind caregivers and children that you are there to help, not judge them. If a child raises a concern, consider if you can safely follow-up with their caregiver. Validate that this is a difficult time, everyone is struggling, and that support is still available. See page 2 for a list of resources you can connect families with based on their needs.

Questions you might ask Parents/Caregivers

- Is now a good time to talk? If not, is there a better time?
- Now is a difficult, stressful time for everyone. How are you? Are you okay and safe? Is there anything you need?
- We all need support right now. Who are the supports in your life? Are you able to connect with them right now?
- Since the COVID-19 emergency started, what’s changed for your family? Has anything been more of a struggle? Are you facing new worries or needs?
- Is everyone in your family able to get what they need to get by (for example, you can ask the family about food, housing, income/employment, safety, education, health, heat, internet, etc.)?
- Do you need help connecting to _____? (see page 2 for local resource suggestions based on family’s needs)

Questions you might ask Children

- How is virtual learning working for you? How is it affecting you? Your family? Do you need help with anything?
- How are things going at home for you and your family? Are you feeling okay? Are you worried about anything?
- What do you like most about staying at home? What do you like least? Why?
- What was the best part of your day? What was the hardest part of your day?
- Who is taking care of you? What are they doing? Who makes sure you have everything you need?
- Who do you feel safe talking to about needs or worries? Do you have a way to talk to that person right now?
- If you were stranded on a desert island, what would you need? Are those things in your house right now?
- What did you have to eat for breakfast today? Yesterday?
- What are the rules in your house? What happens when someone breaks a rule? (Sibling, pet, mom, dad?)
- How is everyone getting along? Is anyone having a hard time? Are you worried about anyone? Why?
- Ask the child to describe a typical day – what they eat, who makes the food, where do they play, who comes to or leaves the house and when, do they have electricity, etc.?
- *To follow up, ask open-ended questions:* Tell me more about that. . . What happened next? What is happening right now?

To learn more about how to talk to children about COVID-19:

- NH Children’s Trust: <https://www.nhchildrenstrust.org/covid-19>
- SAMHSA: <http://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Common Resources that may be needed during the COVID-19 Emergency

General support <i>(When in doubt start here!)</i>	<ul style="list-style-type: none"> ❖ 2-1-1: Directs to all information and supports available during COVID-19. Call 2-1-1 or visit www.211nh.org. ❖ Family Resource Centers: FRCs act as a “front-door” to services—they provide many supports directly and help families navigate to whatever else they might need. Find a local FRC: www.nhchildrenstrust.org/local-services. ❖ Waypoint Warm Line: Free guidance and support for parents/caregivers. Call: 1-800-640-6486 M-F, 8:30-4:30.
Financial & other Assistance	<ul style="list-style-type: none"> ❖ Unemployment Insurance Benefits have been expanded during COVID-19: Call NH Employment Security at 603-271-7700 or visit www.nhes.nh.gov/ to assess eligibility and get further instructions, e.g. call times. ❖ Cash and other Assistance: For Cash and other state assistance, visit https://nheasy.nh.gov/#/ or call 1-800-852-3345. Visit www.dhhs.nh.gov/dfa/covid19-changes.htm for temporary eligibility and program changes.
Food & Nutrition	<ul style="list-style-type: none"> ❖ Food Pantries: NH Food Bank’s list of local agencies: www.nhfoodbank.org/need-food/agency-list. ❖ NH Food Access Map: Crowd-sourced listing of food resources during COVID-19: bit.ly/nhfoodaccessmap. ❖ WIC: Nutrition support for pregnant women, new mothers, children 0-5. Services remain accessible by telephone only. More info: www.dhhs.nh.gov/dphs/nhp/wic/index.htm or 1-800-942-4321. ❖ Food Stamps (SNAP): Visit https://nheasy.nh.gov/#/ or call 1-844-275-3447.
Housing	<ul style="list-style-type: none"> ❖ 2-1-1: Directs to most available housing supports, including the new NH Housing Relief Program (www.capnh.org) designed to support those in need of housing assistance as a result of COVID-19. ❖ Municipal Welfare Offices: Contact your local municipal welfare office to inquire about available housing and other supports: www.nhmunicipal.org/municipal-directory. Call ahead for current operations. ❖ NH Legal Aid: Offers legal information and referrals for housing and other concerns at https://nhlegalaid.org.
Crisis Support	<ul style="list-style-type: none"> ❖ Domestic Violence Helpline: 24/7 help at 1-866-644-3574 or www.nhcadv.org for free, confidential support. ❖ Crisis Text Line: Text 741741 or visit crisistextline.org for free, 24/7 support from a trained Crisis Counselor. ❖ NAMI: For information on a variety of crisis and mental health supports visit www.naminh.org/resources-2/covid-19 or call (800) 950-6264 M-F, 10am- 6pm. For 24/7 crisis support text "NAMI" TO 741741.
Substance Use	<ul style="list-style-type: none"> ❖ NH Doorways: Call 2-1-1 for information on substance use disorder treatment, or visit www.thedoorway.nh.gov.
Child Care	<ul style="list-style-type: none"> ❖ ChildCare Aware: Visit nh.childcareaware.org for information on childcare support and resources.
COVID-19	<ul style="list-style-type: none"> ❖ NH DHHS: Visit www.nh.gov/covid19 or call 2-1-1 for COVID-19 related guidance and resources.

Look out for children’s and families’ safety

- ❖ **If you have any concerns that a child or caregiver is in immediate danger, call 911.**
- ❖ **If you suspect that a child is being abused or neglected, you must call DCYF at 1-800-894-5533.** DCYF Central Intake can determine whether DCYF involvement is warranted, or if other community supports are more appropriate.

Examples of when you might follow-up for more information or call DCYF with a concern include:

- Anything the caregiver or child told you raised concerns for the child’s safety
- The child OR caregiver has concerning injuries or unexplained bruises, welts, or cuts
- The caregiver appears to be under the influence to the extent they could not care for their child
- You observe evidence of illicit substance use in the home (e.g., drug paraphernalia) or other hazards that could lead to child injury/illness (e.g., weapons in reach, extremely unsanitary conditions)
- The child looks or behaves significantly differently than is typical for them or would be reasonably expected
- The child is frequently missing school (and the school has exhausted every reasonable effort to address barriers to learning and support the family, e.g. helping with internet access, calling emergency contacts or neighbors)
- You are repeatedly unable to get in touch with the family (unrelated to barriers like internet, phone access) AND are seriously worried for their safety (e.g. prior safety concerns due to domestic violence or substance use)

Apoyo del bienestar de los niños y las familias durante la emergencia por el COVID-19

Julio de 2020 - Todos tenemos la responsabilidad colectiva de asegurarnos de que los niños se encuentran sanos, seguros y en un buen crecimiento, especialmente durante tiempos difíciles. Los padres y otros cuidadores son los protectores más importantes de los niños y pueden necesitar apoyo adicional durante la pandemia del COVID-19. Lo animamos a que se comunique con los cuidadores y los niños con los que interactúa para preguntarles cómo les va y qué necesitan. Escuchar a las familias y ayudarlas a acceder a los apoyos disponibles puede ser útil para que se encuentren bien.



NH Department of Health & Human Services
Division for Children, Youth & Families

¡Gracias por contribuir y ayudar a los niños y las familias de New Hampshire!

Comuníquese con las familias de su comunidad para ver cómo puede ayudar

Es importante recordarles a los cuidadores y niños que usted está ahí para ayudar, no para juzgarlos. Si un niño plantea una queja, considere si puede hacer un seguimiento seguro con su cuidador. Tenga en cuenta que este es un momento difícil, todos tienen problemas y ese apoyo aún está disponible. Vea la lista de recursos con los que puede conectar a las familias según sus necesidades en la página 2.

Preguntas que puede hacer a los padres/cuidadores

- ¿Es un buen momento para hablar? De no ser así, ¿hay un momento mejor?
- Estamos en un momento difícil y estresante para todos. ¿Cómo se encuentra? ¿Está bien y a salvo? ¿Hay algo que necesite?
- En este momento todos necesitamos ayuda. ¿Quiénes lo apoyan? ¿Puede comunicarse con ellos ahora mismo?
- ¿Qué ha cambiado para su familia desde que comenzó la emergencia por el COVID-19? ¿Hay algo que se haya vuelto más complicado? ¿Tiene nuevas preocupaciones o necesidades?
- ¿Todos en su familia pueden acceder a todo lo que necesitan para vivir? (Por ejemplo, puede preguntar a la familia sobre alimentos, vivienda, ingresos/empleo, seguridad, educación, salud, calefacción, Internet, etc.)
- ¿Necesita ayuda para comunicarse con _____? (vea la página 2 para obtener sugerencias de recursos locales según las necesidades de la familia)

Preguntas que puede hacer a los niños

- ¿Cómo te va con el aprendizaje virtual? ¿Cómo te está afectando? ¿Y a tu familia? ¿Necesitas ayuda con algo?
- ¿Cómo marchan las cosas en casa para ti y tu familia? ¿Te sientes bien? ¿Hay algo que te preocupe?
- ¿Qué te gusta más de quedarte en casa? ¿Qué te gusta menos? ¿Por qué?
- ¿Cuál fue la mejor parte de tu día? ¿Cuál fue la peor parte?
- ¿Quién te está cuidando? ¿Qué está haciendo? ¿Quién se asegura de que tengas todo lo que necesitas?
- ¿Con quién sientes seguridad para hablar sobre tus necesidades o preocupaciones? ¿Tienes manera de hablar con esa persona ahora mismo?
- Si estuvieras varado en una isla desierta, ¿qué necesitarías? ¿Tienes esas cosas en tu casa ahora mismo?
- ¿Qué comiste en el desayuno hoy? ¿Y ayer?
- ¿Cuáles son las reglas de tu casa? ¿Qué ocurre cuando alguien rompe una regla? (Hermano, mascota, mamá, papá).
- ¿Cómo se llevan todos? ¿Hay alguien que esté pasando por un mal momento? ¿Te preocupa alguien? ¿Por qué?
- Pídale al niño que describa un día típico —lo que come, quién cocina, dónde juega, quiénes vienen o se van de la casa y cuándo, si tiene electricidad, etc.—.
- *Para hacer un seguimiento, haga preguntas abiertas.* Cuéntame más sobre eso... ¿Qué ocurrió después? ¿Qué ocurre ahora?

Para saber más sobre cómo hablar con los niños sobre el COVID-19:

- Children's Trust de New Hampshire: <https://www.nhchildrenstrust.org/covid-19>
- SAMHSA: <http://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Recursos comunes que pueden necesitarse durante la emergencia por el COVID-19	
Apoyo general <i>cuando esté en duda, comience aquí!</i>	<ul style="list-style-type: none"> ❖ 2-1-1: Orientación sobre toda la información y apoyos disponibles durante la pandemia del COVID-19. Llame al 2-1-1 o visite www.211nh.org. ❖ Centros de recursos para la familia: Los centros de recursos para la familia funcionan como una "puerta de entrada" a los servicios: proporcionan muchos apoyos de manera directa y ayudan a las familias a conseguir lo que necesitan. Encuentre un centro de recursos para la familia: www.nhchildrenstrust.org/local-services. ❖ Línea de ayuda de Waypoint: Orientación y ayuda gratuitas para padres y cuidadores. Llame: 1-800-640-6486 de lunes a viernes de 8:30 a 4:30.
Asistencia financiera y para otros asuntos	<ul style="list-style-type: none"> ❖ Se han expandido los beneficios del seguro de desempleo durante la pandemia del COVID-19: Llame a Seguridad Laboral de New Hampshire (New Hampshire Employment Security) al 603-271-7700 o visite www.nhes.nh.gov/ para evaluar su elegibilidad y obtener más instrucciones, por ejemplo, el horario de atención. ❖ Dinero y otra asistencia: Para acceder a dinero en efectivo u otra asistencia estatal, visite https://nheasy.nh.gov/#/ o llame al 1-800-852-3345. Visite www.dhhs.nh.gov/dfa/covid19-changes.htm para saber sobre la elegibilidad temporal y los cambios en el programa.
Alimentos y nutrición	<ul style="list-style-type: none"> ❖ Bancos de alimentos: Lista de agencias locales New Hampshire Food Bank: www.nhfoodbank.org/need-food/agency-list. ❖ Mapa de acceso a alimentos de New Hampshire: Lista de colaboración abierta de recursos de alimentos para la pandemia del COVID-19: bit.ly/nhfoodaccessmap. ❖ Programa Mujeres, Bebés y Niños (WIC): Apoyo nutricional para mujeres embarazadas, madres primerizas y niños de 0 a 5 años. Se accede a los servicios únicamente por teléfono. Más información: www.dhhs.gov/dphs/nhp/wic/index.htm o al 1-800-942-4321. ❖ Cupones para alimentos (SNAP): Visite https://nheasy.nh.gov/#/ o llame al 1-844-275-3447.
Vivienda	<ul style="list-style-type: none"> ❖ 2-1-1: Dirige a los apoyos de vivienda más disponibles, incluyendo el nuevo Programa de ayuda de vivienda de NH (www.capnh.org) diseñado para apoyar a aquellos que necesitan asistencia de vivienda debido al COVID-19. ❖ Oficinas de bienestar municipal: Comuníquese con su oficina local de bienestar municipal para consultar sobre vivienda disponible y otras ayudas: www.nhmunicipal.org/municipal-directory. Llame con antelación para las operaciones actuales. ❖ NH Legal Aid: Ofrece información legal y recomendaciones para vivienda y otros asuntos en https://nhlegalaid.org.
Apoyo en caso de crisis	<ul style="list-style-type: none"> ❖ Línea de ayuda por violencia doméstica: Obtenga ayuda las 24 horas, todos los días, al 1-866-644-3574 o visite www.nhcadsv.org para obtener apoyo gratuito y confidencial. ❖ Línea de mensajes de texto para crisis: Envíe un mensaje de texto al 741741 o visite crisistextline.org para obtener apoyo gratis las 24 horas, todos los días, por parte de un asesor para crisis capacitado. ❖ Alianza Nacional sobre Enfermedades Mentales (NAMI): Para obtener información sobre distintos apoyos por crisis y salud mental, visite www.naminh.org/resources-2/covid-19 o llame al (800) 950-6264 de lunes a viernes, de 10 a. m a 6 p. m. Para obtener apoyo por crisis las 24 horas, todos los días, envíe "NAMI" al 741741.
Consumo de sustancias	<ul style="list-style-type: none"> ❖ Programas Doorway de New Hampshire: Llame al 2-1-1 para obtener información sobre el tratamiento para trastorno por consumo de sustancias, o visite www.thedoorway.nh.gov.
Servicios de cuidado infantil	<ul style="list-style-type: none"> ❖ ChildCare Aware: Visite nh.childcareaware.org para obtener información sobre apoyo y recursos de cuidados infantiles.
COVID-19	<ul style="list-style-type: none"> ❖ Departamento de Salud y Servicios Humanos de New Hampshire: Visite www.nh.gov/covid19 o llame al 2-1-1 para obtener orientación y recursos relacionados con el COVID-19.

Cuide la seguridad de los niños y las familias

- ❖ Si le preocupa que un niño o cuidador esté en peligro inmediato, llame al 911.
- ❖ Si sospecha que un niño está siendo maltratado o descuidado, debe llamar a la División para Niños, Jóvenes y Familias (DCYF) al 1-800-894-5533. La unidad central de la DCYF puede determinar si se requiere su ayuda o si otras ayudas de la comunidad son más apropiadas.

Entre los ejemplos de cuándo hacer un seguimiento de una situación para obtener más información o llamar a la DCYF por su preocupación, se incluyen:

- Algo que el cuidador o niño le hayan dicho que hiciera que le preocupara la seguridad del niño.
- El niño o el cuidador tienen lesiones preocupantes o moretones, golpes o cortes inexplicables.
- El cuidador parece estar bajo los efectos de alguna sustancia, de modo tal que no puede cuidar al niño.
- Observa pruebas de consumo ilícito de sustancias en el hogar (por ejemplo, parafernalia relacionada con las drogas) u otros peligros que podrían lesionar al niño o hacer que enferme (por ejemplo, armas al alcance o pésimas condiciones sanitarias).
- El niño luce o se comporta significativamente diferente a lo que es usual o sería razonable esperar.
- El niño falta a clase con frecuencia (y la escuela ha hecho todo lo posible para superar los obstáculos de aprendizaje y apoyar a la familia, por ejemplo, ayudar con el acceso a Internet, llamar a contactos de emergencia o vecinos).
- No puede contactarse con la familia en varias ocasiones (aparte de los obstáculos de Internet y el teléfono) Y realmente le preocupa su seguridad (por ejemplo, por preocupaciones previas por violencia doméstica o consumo de sustancias).

APPLICATION FOR ASSISTANCE

Welcome to the Department of Health & Human Services (DHHS), Bureau of Family Assistance (BFA)

To apply for the programs and services we offer, you must fill out this *Application for Assistance*, then have an interview, and give us proof of your household circumstances. Please read all of the information given to you, and answer all of the questions as best as you can. **Do not answer anything that you do not understand.** If you need help in filling out this *Application*, tell us. **You have the right to immediately file your Application as long as it contains the applicant's name and address and the signature of a responsible household member or the household's authorized representative.** However, we will be able to more quickly figure out if you can get benefits if you complete the entire *Application*. If you only want Supplemental Nutrition Assistance Program (SNAP formerly Food Stamp) benefits and are completing the full *Application*, please complete every Section except Section I.

BFA assistance is based on your income. Some BFA programs may also look at the cash value of things that you own, your "assets," when figuring out if you qualify for a program we offer.

SNAP (formerly Food Stamps) Benefits

The Supplemental Nutrition Assistance Program (SNAP) helps low-income people buy the food they need for good health. You will need to have an interview with a DHHS worker to see if you are eligible for this program. Your SNAP benefits are based on the date of application, which is the date your completed application is received by the District Office. If you are a resident of an institution who is jointly applying for SSI and SNAP benefits prior to leaving the institution, the filing date of your application is your date of release from the institution. With identification, you may get emergency SNAP benefits within 7 calendar days if:

- you have less than \$150 in monthly gross income and no more than \$100 in liquid resources;
- you have shelter costs that are higher than your gross income and liquid resources; **or**
- you are a migrant or seasonal farm worker who is destitute as defined in 7 CFR 273.10(e)(3).

Social Security Numbers (SSN)

The Federal Privacy Act of 1974 as amended, requires that we tell you the laws that allow us to ask for the SSN of each person requesting assistance, whether you are required to give them to us, and what we will do with them. SSNs are required for the following programs. After each program is the law or regulation that requires us to ask for these SSNs:

- FANE: 42 USC 405(c)(2), 45 CFR 205.52, RSA 167:4-c, & RSA 167:79,iii(h).
- SNAP: RSA 167:4-c, Food and Nutrition Act of 2008 (formerly Food Stamp Act), as amended, 7 USC 2011-2036, 7 CFR 273.2(b)(4)(i), & 7 CFR 273.6.
- Medical Assistance and other financial assistance: RSA 167:4-c, Section 2651 of PL 98-369, 42 CFR 435.910, 42 CFR 435.920, & 42 USC 1320b-7.

Each person who wants assistance from the above programs must provide an SSN or apply for an SSN at

the Social Security Administration (SSA). Members of your household who do not want to apply for benefits do not need to provide an SSN. Giving us an SSN is optional for persons who are not applying for assistance. Giving us an SSN can save you time and money getting needed verifications.

If you are applying only for some members of your family, such as a parent applying for Medical Assistance just for a child, you only have to give us the child's SSN or apply for an SSN for your child. Your child's eligibility for medical coverage will not be affected if you only give us your child's SSN.

If an SSN is not provided for each person who is applying for the listed programs, your application may be denied or you may get less benefits. If someone wants help getting an SSN, call 1-800-772-1213 or visit socialsecurity.gov. TTY: 1-800-325-0778.

Applicants who only want Child Care do not have to provide an SSN, but if SSNs are provided, it may help shorten the eligibility verification process.

We ask for SSNs so we can verify identity, other benefits received, earned and unearned income, and resource information you give us. It will be shared and verified with:

- federal, state, and local entities;
- offices within DHHS as allowed by federal law;
- employment and unemployment databases;
- the Internal Revenue Service and SSA;
- contracted third parties;
- financial entities; and
- other computer matching programs.

The information will be used:

- to figure out if you are eligible or continue to be eligible for the assistance you requested;
- to figure out the amount of your benefits or errors in your eligibility or benefits; and
- in an investigation of suspected abuse of program law or rules.

It may be disclosed to Federal and State agencies for official examination, and to law enforcement officials

VISIT WWW.NHEASY.NH.GOV TO APPLY ONLINE!

for the purpose of apprehending persons fleeing to avoid the law. If a SNAP claim arises against your household, the information on this application, including all SSNs, may be referred to Federal and State agencies, as well as private claims collection agencies, for claims collection action.

We do not give SSNs or any other information regarding non-applicants to the US Citizenship and Immigration Services (USCIS), or any other agency not directly connected with programs and/or services offered by DHHS.

Emergency Medicaid for Non-Citizens

Emergency Medicaid may be available to certain non-citizens, regardless of their immigration status, to cover some emergency services, including labor and delivery. **Social Security Numbers are not needed to apply for Emergency Medicaid.**

Citizenship & Identity

You must declare and prove the citizenship or non-citizenship status of each household member applying for assistance. Non-citizens applying for assistance, except Emergency Medicaid, must provide USCIS documentation of qualified alien status. USCIS documentation will be verified and non-citizen status of applicant household members will be subject to verification through the submission of information from the application to USCIS, and the submitted information received from USCIS may affect eligibility and benefits.

Third Party Insurance or Medical Payments

If you are applying for Medical Assistance, receipt of such assistance is an assignment to DHHS of your rights to all third party insurance or medical payments without anyone having to sign any other form. All available parties must be billed and all resulting payments must be applied to the cost of medical care before DHHS will pay. Also, if you receive a settlement or an award from a liable third party, you must pay DHHS back for related medical services we paid. RSA 167:14-a

Benefits Received in Error

You are required to pay back any benefits or services received in error, regardless of whether you made a mistake in the information you provided, or failed to provide, to us. If you get SNAP, you must also pay back any benefits you received in error if we made a mistake in processing your case.

Financial or Medical Child Support

If you are applying for TANF cash payments, your receipt of such assistance is an assignment to DHHS of your rights to financial child support. Without signing any other form, you give DHHS the right to collect and keep financial child support payments made on behalf of your children who receive assistance. RSA 161-C:22 DHHS collects and keeps the support to partially offset the amount of cash assistance paid to you. If support payments are equal to or more than the amount we give you, your cash assistance case will be closed and the support payments sent to you.

Receipt of Children's Medicaid is an assignment of medical child support rights. This means that you must cooperate with DHHS to establish and enforce medical child support for your children. Medical child support usually means health insurance provided by the absent parent, but can also be an ongoing dollar amount paid by the other parent to allow you to buy health insurance for your children.

If you receive money to purchase medical insurance, this money will be kept by the State if you receive Medicaid for your child and will be used to pay back the state and federal governments. If paternity is not established for any of your children who are getting Medicaid, you must also cooperate with DHHS to legally establish paternity.

The assignment of support rights is a requirement. Your rights and responsibilities and the penalty for refusal without a good reason, will be explained to you when you meet with your District Office worker.

Begin Date for Medicaid Eligibility

Your Medicaid eligibility generally begins on the day that you meet all the requirements for the program you applied for, including the resource limit.

AGENCY USE ONLY

This is your record of application and will be filled out by a Department of Health and Human Services worker and returned to you. BFA has received

a completed application for _____ from _____ on _____

District Office

Signature of Worker

APPLICATION FOR ASSISTANCE

A. Please tell us about who you are and where you live.

Full Legal Name: _____ Primary Language: _____
 Current Place of Residence: Own home Nursing Facility Adult Family Home Assisted Living
 Congregate Housing Homeless Hospital Hotel/Motel Residential Care Facility Other
 Street Address: _____ Mailing Address: _____
 (if different)
 City/State/Zip: _____
 Home Phone: _____ Work Phone: _____ Cell/Message: _____
 E-Mail Address: _____ I do not have an E-Mail address
 Does anyone in your family have Medicare Part A or B? Y N
 Why do you need our help? _____

Information Supplier: _____
 (if different from applicant) Name Address Phone #

B. Please tell us about the people you live with. Start with yourself and list ALL of the people living with you. You do not have to give the Social Security Number or citizenship status of any individual who is not applying for assistance.

Full Legal Name	SSN	DOB	Relation to you	U.S. Citizen?	Student (Yes or No. If Yes, put grade too)	RID (BFA Use Only)
1.			SELF	<input type="checkbox"/> Y <input type="checkbox"/> N		
2.				<input type="checkbox"/> Y <input type="checkbox"/> N		
3.				<input type="checkbox"/> Y <input type="checkbox"/> N		
4.				<input type="checkbox"/> Y <input type="checkbox"/> N		
5.				<input type="checkbox"/> Y <input type="checkbox"/> N		
6.				<input type="checkbox"/> Y <input type="checkbox"/> N		

C. I want to apply for: (TYPES OF ASSISTANCE REQUESTED)

ALL PROGRAMS Cash SNAP (Food Stamps) Child Care
 Home and Community-Based Care (HCBC) Medicare Savings Programs (MSP) [QMB/QWDI/SLMB/SLMB135]
 Nursing Facility (NF) Services - Facility Name: _____
 Medical Assistance – if you need Medical Assistance for a child, pregnant women, or parent/caretaker relative of a child, you must also complete the insert entitled *Medical Assistance for Children, Pregnant Women, and Parent/Caretaker Relatives Insert*

D. The following information is collected to be sure that everyone is served fairly without regard to race, color, or national origin. Your answers are voluntary. The information provided will not affect your eligibility or benefit amount. For ethnicity, please select one response. For race, please select all that apply.

Ethnicity: Are you Hispanic or Latino? Yes No
 Race: Are you: White? Y N Asian? Y N Native Hawaiian or Other Pacific Islander? Y N
 Black or African American? Y N American Indian or Alaskan Native? Y N

AGENCY USE ONLY:				Forms Given:	725	177
RFA#	Case #					
Cash	OPEN	CLOSE	DENY	DATE:	DO:	
SNAP	OPEN	CLOSE	DENY	DATE:	DO:	
**A	OPEN	CLOSE	DENY	DATE:	DO:	
/MCPW	OPEN	CLOSE	DENY	DATE:	DO:	
Child Care	OPEN	CLOSE	DENY	DATE:	DO:	
EBT Card Status:	None	Active	Bad Address	Deactivated/Cancelled	Undelivered	

E. Please tell us about all income for everyone in your home.	G. Your Expenses:
Your Wages: \$ _____ <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-Weekly <input type="checkbox"/> Monthly	Rent (monthly): \$ _____
Other Wages: \$ _____ <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-Weekly <input type="checkbox"/> Monthly	Mortgage (monthly): \$ _____
Her Wages: \$ _____ <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-Weekly <input type="checkbox"/> Monthly	Lot Rent/Condo Fee (monthly): \$ _____
Has anyone recently lost a job? <input type="checkbox"/> Yes <input type="checkbox"/> No	Taxes (yearly): \$ _____
If yes, who? _____ When? ____/____/____	Dependent Care: \$ _____
SSA/SSDI: \$ _____ Spousal Support: \$ _____	Medical Expenses: \$ _____
SSI: \$ _____ Unemployment: \$ _____	Cost of doing business: \$ _____
VA: \$ _____ Child Support: \$ _____	Have you gotten more than \$20 in fuel assistance in this or the past 12 months? <input type="checkbox"/> Yes <input type="checkbox"/> No
Pension: \$ _____ Other: \$ _____	Do you pay for the following utilities separate from your rent or mortgage?
F. Please tell us about all assets for everyone in your home.	Heat: <input type="checkbox"/> Yes <input type="checkbox"/> No
Checking/Savings: \$ _____ Other Chk/Save: \$ _____	Phone: <input type="checkbox"/> Yes <input type="checkbox"/> No
Stocks/Bonds/CD's: \$ _____ IRA: \$ _____	Electric: <input type="checkbox"/> Yes <input type="checkbox"/> No
Your or Your Spouse's Annuity: \$ _____ Other Assets: \$ _____	Other: <input type="checkbox"/> Yes <input type="checkbox"/> No
Trusts: \$ _____ Life Insurance: \$ _____	
Vehicle (Yr/Mdl): _____ Vehicle (Yr/Mdl): _____	

H. Please answer all questions.

1. Are you a migrant or seasonal farm worker? Yes No
2. **Have you or anyone in your household received SNAP (Food Stamp) assistance for this month?** Yes No
3. Are you currently living in a shelter for battered individuals? Yes No
4. **Is anyone in your household blind or disabled?** Yes No
5. Have you sold or transferred property in the last 5 years? Yes No

Is anyone in your household currently receiving assistance from another State? Yes No
If yes, which State? _____ **What kind of assistance?** _____

I. Do you only want SNAP (Food Stamps)? If so, you can skip to Section J now. If you want cash, medical or child care help, please answer all questions in this Section before proceeding to Section J.

1. Is anyone in your household pregnant or has anyone given birth in the last 3 months? Yes No
2. **Do you have any unpaid medical bills from the past 3 months that you would like help paying?** Yes No
3. If you are applying for Financial Assistance to Needy Families (FANF), is the father's name blank or "not stated" on the birth certificate for any of your children? Yes No
4. **If applying for FANF, how many absent parents?** _____
5. Do you or any other household member have health insurance other than Medicaid? Yes No
If yes, name of Insurer? _____ Policy Number: _____

J. Signatures

I CERTIFY, UNDER PENALTY OF PERJURY, THAT I HAVE REVIEWED THIS INFORMATION ON THIS APPLICATION, INCLUDING ANY INFORMATION INDICATED ON THE INSERT; IT IS TRUE AND COMPLETE TO THE BEST OF MY KNOWLEDGE, INCLUDING THE INFORMATION CONCERNING CITIZENSHIP AND ALIEN STATUS OF THE MEMBERS APPLYING FOR ASSISTANCE. I UNDERSTAND A FULL FINANCIAL AND MEDICAL ELIGIBILITY INTERVIEW MAY NEED TO BE CONDUCTED BEFORE MY ELIGIBILITY CAN BE DETERMINED.

Applicant Signature

Date

Signature of Person Helping the Applicant

Date

Relationship to Applicant

I withdraw my application for: Cash Medical Assistance SNAP (Food Stamps) Child Care HCBC/NF MSP

Signature

Date

I certify that I have given the above individual(s) the opportunity to review this application. I also certify that I have provided a copy of this form, if one was requested.

Printed Name & Signature

Title/Agency

Date

APPLICATION: YOUR RIGHTS AND RESPONSIBILITIES

Time Limits

You can only receive Financial Assistance to Needy Families for 60-months in your lifetime. Months you received this assistance while you were a child do not count towards the lifetime limit. Your time limit begins when you receive benefits as an adult. **There is no time limit on State Supplement Programs, Medical Assistance, SNAP (Food Stamp) benefits, or child care assistance.**

Administrative Appeal

You or someone representing you may request an Administrative Appeal if you are not satisfied with any decision regarding eligibility made by DHHS. You may be represented by an attorney, yourself, or another person, such as a relative or friend, at an Administrative Appeal. DHHS will not pay for the cost of any legal services, but there are free and reduced cost legal services available in NH. An Administrative Appeal may be requested either verbally or in writing by contacting a District Office or DHHS, 105 Pleasant Street, Concord, NH 03301-6521. Telephone (603) 271-4292 or 1-800-852-3345 ext 4292; TDD Access: Relay NH 1-800-735-2964 or 711.

Quality Control

Your case may be selected for a quality control or other governmental review. Such a review entails an in-depth investigation into your household's financial or medical situation, living arrangements and other circumstances. We may be contacting banks, employers, companies, merchants, child care providers, and other appropriate sources, concerning your household and statements you made to DHHS. **Failure to cooperate in these reviews could result in the loss of your benefits.**

Reporting Changes

You will be required to periodically complete a review of your circumstances. Your cash, child care, and SNAP (Food Stamp) case could be closed, and/or your eligibility for Medical Assistance may be affected, if you do not completely fill out the form and return it by the due date and participate in a personal interview, if required.

If you only get SNAP (Food Stamp) benefits and you have a 4, 5, or 6-month eligibility period, you only need to report those changes in household circumstances that would place your household's income above 130% of the poverty level.

If you receive cash, child care, Medical Assistance, or if your SNAP eligibility period is not 4, 5, or 6 months, then you must notify the Department within 10 calendar days after the change happens for changes in factors that affect eligibility, such as:

- source of income;
- hours worked by a household member;

- amount of income of any member in your household;
- all household changes, such as marriage, divorce, new baby, child leaves, etc.;
- child care provider;
- resources (e.g., cash, stocks, bonds, or money in a bank or savings account);
- receipt of any lump sum payment or settlement;
- residence, or shelter costs; or
- dependent care costs, child support payments or medical deductions, or other changes that may affect the amount of your household's benefits.

Protection of Medical Assistance for Social Security Beneficiaries

If you are receiving cash assistance under the OAA, ANB, or APTD program, and a Social Security cost-of-living increase or this increase combined with an increase in other income makes you ineligible for financial assistance, you may still be entitled to Medical Assistance under the Pickle Amendment policy.

Once you begin receiving Medical Assistance under the Pickle Amendment, future Social Security cost-of-living increases will not affect your eligibility. However, other changes in your circumstances can still make you ineligible for Medical Assistance.

If you are eligible to receive money payments under one of the above programs, but choose not to receive a payment, you will **NOT** be entitled to this protection of your Medical Assistance under the Pickle Amendment.

Notice to Immigrant Families

If you get help with health care or SNAP, it will not affect your immigration status. If you or members of your family used or received Medicaid or SNAP, it will not affect your or your family members' ability to become U.S. citizens.

However, if you get cash assistance such as TANF or help with the cost of nursing home care, it might create problems with becoming a U.S. citizen, especially if the benefits are your family's only income. Before you apply, you may want to talk with an agency that helps immigrants with legal questions or contact the US Citizenship and Immigration Services (USCIS).

ATTENTION!

Anything you tell or give to us will be verified:

- at the federal, state and local levels; and also
- through collateral contacts and/or computer matching with other electronic verification tools such as, but not limited to, USCIS, IEVS, Vital Records, SSA, financial institutions, & employment databases.

We do this to confirm your eligibility for our programs and determine your benefits. If any information we get from using these sources doesn't match the information you provided to us, you may be denied assistance, your benefits may change, and you may be subject to criminal prosecution for knowingly providing false information. Any member of your household who breaks any of these rules on purpose can be prohibited from participating in the cash assistance, child care assistance, and SNAP (Food Stamp) programs for periods ranging from one year to permanently. In the SNAP (Food Stamp) Program, you can also be fined up to \$250,000, imprisoned up to 20 years, or both, and will be subject to prosecution under the applicable state and federal laws for violations of the Food Stamp Act. If you are convicted, the court may also bar you from participating in the program for another 18 months, in addition to the sentence you receive.

DO NOT

- **Do not** give false information or hide information to get or continue to get benefits.
- **Do not** trade or sell SNAP benefits (Food Stamps) to anyone who is not authorized to use them for your household.
- **Do not** use FS benefits to buy ineligible items.
- **Do not** use any benefits your household was not entitled to receive.
- **Do not** give your EBT Card PIN out to anyone.
- **Do not** use child care services paid for by DHHS, for employment-related activities not approved by DHHS.
- **Do not** use your EBT card or cash from your EBT card at stores in which more than 50% of visible inventory is alcohol, or that primarily engage in body piercing, branding, or tattooing, gaming establishments, cigar, pipe, smoke, or tobacco stores/stands/shops, most marijuana dispensaries, or businesses in which more than 50% of visible inventory being sold or rented is adult-oriented entertainment.
- **Do not** try to buy food with your FS benefits unless you have your EBT card with you at the time you buy the food. You may not buy food on 1 day and pay for it with your EBT FS benefits on another day.

Identity & Residence

An individual who DHHS has determined has made or is convicted of having made a fraudulent statement or representation with respect to the identity or place of residence in order to receive multiple benefits at the same time will be ineligible for financial assistance and SNAP (Food Stamp) benefits for 10 years.

Trafficking SNAP Benefits (Food Stamps)

Any person who is found guilty in a court of law:

- Of trading of a controlled substance in exchange for FS benefits, will be prohibited from participating in the FS Program for 24 months for the 1st offense and permanently for the 2nd offense.
- For the trading of ammunition, firearms, or explosives in exchange for FS benefits, or of any trafficking in FS

benefits of more than \$500, will become permanently ineligible for FS benefits.

- For buying or selling FS benefits will be suspended from the FS Program for 1 year for the 1st offense, 2 years for the 2nd offense, and permanently for the 3rd.

Medical Assistance Fraud

Section 1128B of the Social Security Act provides federal penalties for fraudulent acts and false reporting in connection with your application for or receipt of Medical Assistance benefits.

A person may be prosecuted in Federal Court for deliberate statements that are known to be false and which affect eligibility for any benefit or payment under the Medical Assistance program.

A person may also be prosecuted for concealing or failing to disclose any event that affects their right to any benefit or payment, or its conversion to a use other than intended. The law also provides a penalty for a kickback, bribe, or rebate in connection with the furnishing of Medical Assistance.

Conviction of an offense could result in loss of Medical Assistance benefits for a period not to exceed 1 year. Penalties are fines up to \$25,000 or imprisonment for not more than 5 years, or both.

Intentional False Statements/Program Violations (IPV)

Any person who intentionally makes a false statement or misrepresents his or her circumstances or intentionally fails to disclose the receipt of property, wages, income or resources or any change in circumstances that would affect his or her initial or continued eligibility for assistance may be found guilty of violating state law. The penalties are: a class A felony where the value of the monetary award or goods or services exceeds \$1,000; a class B felony where the value exceeds \$100; and a misdemeanor where the value does not exceed \$100. RSA 167:17-b and 17-c.

Anyone who commits an intentional program violation (IPV) in the SNAP (Food Stamps) cannot get these benefits for 12 months for the 1st violation, 24 months for the 2nd violation, and permanently for a 3rd IPV.

APPLICATION SUMMARY: STATEMENTS OF UNDERSTANDING

INITIALS

All Programs

I certify that I have read "Your Rights and Responsibilities," and I understand them. _____

I understand that DHHS will keep my eligibility and case information confidential and only persons involved in administering DHHS' programs or as otherwise permitted by Federal regulations or State law will review it. _____

I understand that despite other rules of confidentiality, names of children in SNAP (Food Stamp) and/or FANF households are required to be released to schools so that they may be determined automatically eligible for Free School Meals. _____

I understand that I must provide proof of: my household situation, what I have written on the application, and what I have told DHHS. _____

I understand that the information I have provided will be verified by collateral contacts and/or Federal, State, and local officials and that if any information is found to be incorrect or false, or if I have deliberately withheld information related to my receipt of assistance, now or in the future, I may lose my benefits and may be prosecuted for fraud. _____

I understand that my signature below and/or on the application authorizes DHHS and any contracted third party to obtain verification that I or anyone in my assistance group (AG) meet the eligibility requirements for assistance, and authorizes release of such information to DHHS. My authorization to release information to DHHS remains in effect for as long as I or anyone in my AG receives any kind of DHHS assistance. _____

I understand that my signature below and/or on the application permits DHHS and any contracted third party entity to verify my income, identity, and assets, and the income, identity, and assets of any other person whose income, identity, and assets are required to determine eligibility for the assistance I am requesting. Failure to give permission to conduct these verifications or revoking permission to conduct these verifications will result in denial or termination of assistance. _____

Cash & SNAP (Food Stamp) Programs

I certify that if I applied for FANF, the Domestic Violence Option has been explained to me, and I understand it. _____

I certify that if I applied for FANF, I got written information about the treatment of lump sum income. _____

I understand that my receipt of TANF cash assistance is an assignment to DHHS of each recipient's rights to child and spousal support. _____

I understand that if I get cash assistance from DHHS, the cash I get could cause my FS benefits to end or be reduced. I also understand that if this happens, I will not get advance notice of this change. _____

I understand that to get a cash payment from any BFA program, I must be eligible to get that cash every day of the entire payment period. If I am not eligible for cash at any time during that payment period, I understand that a cash payment will not be issued to me. _____

I understand that in NH, if anyone in my household is fleeing to avoid prosecution of a felony crime, or is violating conditions of probation or parole, that person will be ineligible to get cash or FS benefits until that individual has satisfied his/her legal obligations with respect to the felony crime or probation or parole violations. My signature below is my sworn statement that no one in my household at this time is fleeing felony prosecution or violating conditions of probation or parole. _____

I understand that the use of my Electronic Benefits Transfer (EBT) card for FS or cash benefits is controlled by my 4-digit Personal Identification Number (PIN), that I am responsible for the security of my EBT card and PIN, and that EBT benefits will not be replaced if someone else uses my card after I have activated it. _____

I understand that my EBT card or cash from my EBT card cannot be used at stores in which more than 50% of visible inventory is alcohol, or that primarily engage in body piercing, branding, or tattooing, gaming establishments, or cigar, pipe, smoke, or tobacco stores/stands/shops, most marijuana dispensaries, or businesses in which more than 50% of visible inventory being sold or rented is material considered adult-oriented entertainment per RSA 650:1,III, and that if I use my EBT card or cash from my EBT card at one of these places, I will be sanctioned with a cash penalty, per RSA 167:7-b and He-W PART 608. _____

PLEASE INITIAL AND SIGN THE BACK!

NONDISCRIMINATION STATEMENT

This institution is prohibited from discriminating on the basis of race, color, national origin, disability, age, sex and in some cases religion or political beliefs.

The U.S. Department of Agriculture also prohibits discrimination based on race, color, national origin, sex, religious creed, disability, age, political beliefs or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State); found online at: SNAP Hotline.

To file a complaint of discrimination regarding a program receiving Federal financial assistance through the U.S. Department of Health and Human Services (HHS), write: HHS Director, Office for Civil Rights, Room 515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201 or call (202) 619-0403 (voice) or (800) 537-7697 (TTY).

This institution is an equal opportunity provider.

DECLARACIÓN DE NO-DISCRIMINACIÓN

Se prohíbe a esta institución discriminar sobre la base de raza, color, nacionalidad, discapacidad, edad, sexo y, en algunos casos, creencias religiosas o políticas.

El Departamento de Agricultura de los EE. UU. también prohíbe la discriminación por motivos de raza, color, nacionalidad, sexo, credo religioso, discapacidad, edad, creencias políticas, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: [How to File a Complaint](#), y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; o

(3) correo electrónico: program.intake@usda.gov.

Para obtener información adicional relacionada con problemas con el Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés), las personas deben comunicarse con el número de línea directa USDA SNAP Hotline al (800) 221-5689, que también está disponible en español, o llame a los números de [información/líneas directas de los estados](#) (haga clic en el vínculo para ver una lista de los números de las líneas directas de cada estado) que se encuentran en línea en: [SNAP Hotline](#)

Para presentar una denuncia de discriminación relacionada con un programa que recibe asistencia financiera federal a través del Departamento de Salud y Servicios Humanos de los EE. UU. (HHS, por sus siglas en inglés), escriba a: HHS Director, Office for Civil Rights, Room 515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201, o llame al (202) 619-0403 (voz) o al (800) 537-7697 (sistema TTY).

Esta institución es un proveedor que ofrece igualdad de oportunidades.

IT TAKES A VILLAGE

When you are struggling to make ends meet, it is hard to remember that you are not alone. There are many groups and services that can help you – a whole village of them! The programs listed here may be helpful to your family. We've listed contact information for most of them, but if you need help finding one of the programs, or if you have any questions, call 1-844-275-3447 (1-844-ASK-DHHS).

MEDICAL

NH Medication Bridge Program - Helps people get needed medications.

603-415-4297

<http://www.healthynh.com/medication-bridge.html>

HAVEN – Services for victims of domestic and sexual violence.

1-603-994-SAFE (7233) [24-hour confidential hotline]

www.havennh.org/

HOUSING

NH Housing Finance Authority Assisted Housing Division - Helping families find affordable housing in NH.

800-439-7247 **TDD Line for the Hearing Impaired:** (603) 472-2089

www.nhhfa.org/

Homeless Outreach Intervention

800-852-3345 ext. 9196 **TDD Access Relay** (800) 735-2964

www.dhhs.nh.gov/dcbcs/bhhs/homelessness.htm

NH Office of Energy & Planning – Helps struggling families pay for heat.

603-271-8317 or (603) 271-2685

<http://www.nh.gov/oep/energy/programs/fuel-assistance/index.htm>

LEGAL AID

NH Legal Assistance – Offers low- or no-cost legal help to low-income families and seniors.

www.nhla.org/

Berlin

800-698-8969

Portsmouth

800-334-3135

Concord

800-921-1115

Manchester

800-562-3174

Claremont

800-562-3994

EMPLOYMENT

NH Employment Security – Helping people find work and file for benefits.

800-266-2252 TDD Access: Relay NH 1-800-735-2964

www.nh.gov/nhes/

FAMILY

2-1-1 NH – Connects people for free to services available in their community.

By state, dial toll-free **2-1-1** or 866-444-4211 **TTY Number:** 603-634-3388

www.211nh.org/

Al-Anon / Alateen

603-369-6930

www.nhal-anon.org

Alcoholics Anonymous

800-593-3330

www.nhaa.net/

Child and Family Services – Provides help for families and children.

800-640-6486

www.cfsnh.org/

Child Care Aware of NH – Educates and supports families about child care.

855-393-1731 Ext. 31

<http://nh.childcareaware.org/>

Consumer Credit Counseling Services – Helps families manage money, pay bills, and save.

800-550-1961

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

Domestic Violence Hotline – Serving victims of domestic violence.

866-644-3574

<https://www.nhcadv.org/member-programs.html>

Food Pantries – Provides food to needy families.

603-669-9725

<http://www.nhfoodbank.org/Agency-Listings.aspx>

Meals On Wheels – Delivers meals to homebound individuals.

<http://mealcall.org/us/>

Narcotics Anonymous – Focuses on addiction and recovery.

888-624-3578

<http://gsana.org>

NH Community Loan Fund – Helps low-income families save for a home, college, or to start a business.

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

NH State Veterans Council – Helps veterans and dependents get benefits.

800-622-9230 **TDD Access:** Relay NH 1-800-735-2964

www.nh.gov/nhveterans/

Pet Neutering Referrals – Helps low-income pet owners with the costs of spaying or neutering their pet.

(603) 271-3697

Relay Services for the Hearing Impaired

800-735-2964 or 711

Service Link – Help for elders, adults with disabilities, and their families.

866-634-9412

www.servicelink.nh.gov/index.htm

Social Security Administration (SSA) Provides benefits to disabled, retired, and surviving family members.

800-772-1213 TTY: 800-325-0778

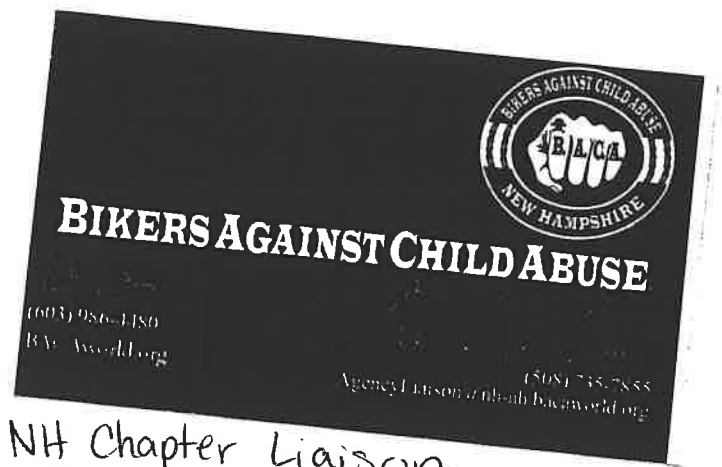
www.ssa.gov/

Women, Infants & Children (WIC) – Provides education and food to pregnant women, mothers, & children.

800-942-4321 **TDD Access Relay** (800) 735-2964

www.dhhs.nh.gov/dphs/nhp/wic/index.htm

- [Home](#)
- [ABOUT](#)
 - [MISSION](#)
 - [FAQ'S](#)
 - [State Nonprofit Disclosures](#)
- [NEWS](#)
- [CONTACT](#)
 - [Contact International Board](#)
 - [Contact North American Continental Board](#)
 - [Contact European Continental Board](#)
- [DONATE](#)
- [CHAPTERS](#)



NH Chapter Liaison
 John "Jester" Guerin
 508-735-7855

MISSION

B.A.C.A. Mission Statement

Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.

How B.A.C.A. Works

B.A.C.A. International, Inc. (B.A.C.A.) is organized with a central contact person to receive calls from referring agencies and individuals. A recognized, authorized agency with which the child has had contact determines that the child is still frightened by his or her environment. The agency representative contacts B.A.C.A., or refers the individual to contact B.A.C.A. and the name and address of the child is given to our B.A.C.A./Child Liaison. The Liaison verifies that the case has been reported and the authorities have been contacted, and the case is being processed within the system. The Liaison contacts the family and an initial ride is organized to meet the child at their home or in some other location where the child will feel comfortable. The B.A.C.A. chapter rides to meet the child and he/she is given a vest with a B.A.C.A. patch sewn on the back. The child is free to wear the vest or not, and we support their decision. The child is also given bumper stickers, and other gifts that are generally donated by the public. These initial visits generally last about a half an hour.

Following this initial contact, the child is given the name and number of two B.A.C.A. Members residing geographically closest to them, who then become the child's primary contacts. Prior to becoming the primary contacts for the child, the bikers are cleared for participation by passing an extensive background check, have ridden with the Chapter for at least a year, and have received special instructions from the Licensed Mental Health Professional. Anytime the child feels scared and feels the need for the presence of his new B.A.C.A. family, the child may call upon these bikers to go to the child's house and provide the necessary reassurance to feel safe and protected. B.A.C.A. Members and supporters also support the children by: providing escorts for

them if they feel scared in their neighborhoods; riding by their homes on a regular basis; supporting the children at court and parole hearings; attending their interviews, and; staying with the children if they are alone and frightened. The B.A.C.A. Members never go to the child's house alone and never without the knowledge or permission of the parents. Our Mission is not to be permanently engaged as the child's power. Our Mission is to help the children and their families learn how powerful they can be. Our presence will be available as long as the child needs us. B.A.C.A. also holds other functions for the children such as Bar-B-Ques, and parties.

Level 1 Intervention

“Levels of intervention are only performed as indicated in Countries where it is permitted by that Country's governing laws.”

Will consist of the organization deploying a ride, uniting as many B.A.C.A. Members as are able to attend. We will ride as a group to the child's house where the parent(s) / Guardians will be present to assist us in presenting the child with a patch, stickers, and a photograph of the child with his/her new biker family. If the child is afraid, it is our hope the child will use the photograph as a comfort to convey the message “I am not alone, and you don't want to mess with my family.”

Level 2 Intervention

“Levels of intervention are only performed as indicated in Countries where it is permitted by that Country's governing laws.”

If Level one is not sufficient to deter further abuse or harassment, several B.A.C.A. Members will be sent for further exposure. This group of B.A.C.A. Members will create a presence at the home of the child, being visible at times when the family might be the most vulnerable. The purpose of B.A.C.A.'s presence is to deter further abuse and to protect the children and the family, if necessary.

Our Court Appearances

We also attend court with our wounded friends. The sole purpose for our physical presence is to assist the child in being less intimidated and frightened, and subsequently give an accurate testimony regarding his/her abuse. If the child requests our presence in the courtroom, the parent or guardian for the child must petition the child's attorney, who then will intercede on behalf of the child to the presiding Judge. Absolutely no physical confrontation of the perpetrator will be tolerated by B.A.C.A., and anyone acting in such a manner will be acting outside of the scope of B.A.C.A. and will be held completely and solely accountable for his/her actions. When possible, the two bikers assigned to the child as his/her primary contacts should be in attendance. Given that it is not always possible for the primary contact bikers to be in attendance, a petition may be made to the general membership for their attendance and support. A listing of the court dates and times will be kept and updated on the B.A.C.A. hotline at all times.

B.A.C.A. Creed

Adapted from “The Fellowship of the Unashamed”

I am a Member of Bikers Against Child Abuse. The die has been cast. The decision has been made. I have stepped over the line. I won't look back, let up, slow down, back away, or be still.

My past has prepared me, my present makes sense, and my future is secure. I'm finished and done with low living, sight walking, small planning, smooth knees, colorless dreams, tamed visions, mundane talking, cheap giving, and dwarfed goals.

I no longer need pre-eminence, prosperity, position, promotions, plaudits, or popularity. I don't have to be right, first, tops, recognized, praised, regarded, or rewarded. I now live by the faith in my works, and lean on the strength of my brothers and sisters. I love with patience, live by prayer, and labor with power.

My fate is set, my gait is fast, my goal is the ultimate safety of children. My road is narrow, my way is rough, my companions are tried and true, my Guide is reliable, my mission is clear. I cannot be bought, compromised, detoured, lured away, turned back, deluded, or delayed. I will not flinch in the face of sacrifice, hesitate in the presence of adversity, negotiate at the table of the enemy, ponder at the pool of popularity, or meander in the maze of mediocrity.

I won't give up, shut up, let up, until I have stayed up, stored up, prayed up, paid up, and showed up for all wounded children. I must go until I drop, ride until I give out, and work till He stops me. And when He comes for His own, He will have no problem recognizing me, for He will see my B.A.C.A. backpatch and know that I am one of His. I am a Member of Bikers Against Child Abuse, and this is my creed.

Founder of Bikers Against Child Abuse, Inc.

Categories

- [B.A.C.A. News](#)

| [HOME](#) | [ABOUT](#) | [NEWS](#) | [CONTACT](#) | [CHAPTERS](#) |

Bikers Against Child Abuse, Inc. is a tax exempt 501 (C) (3) corporation.

B.A.C.A.®, Bikers Against Child Abuse®, the Fist Logo and Breaking the Chains Logo are registered trademarks of Bikers Against Child Abuse, Inc.

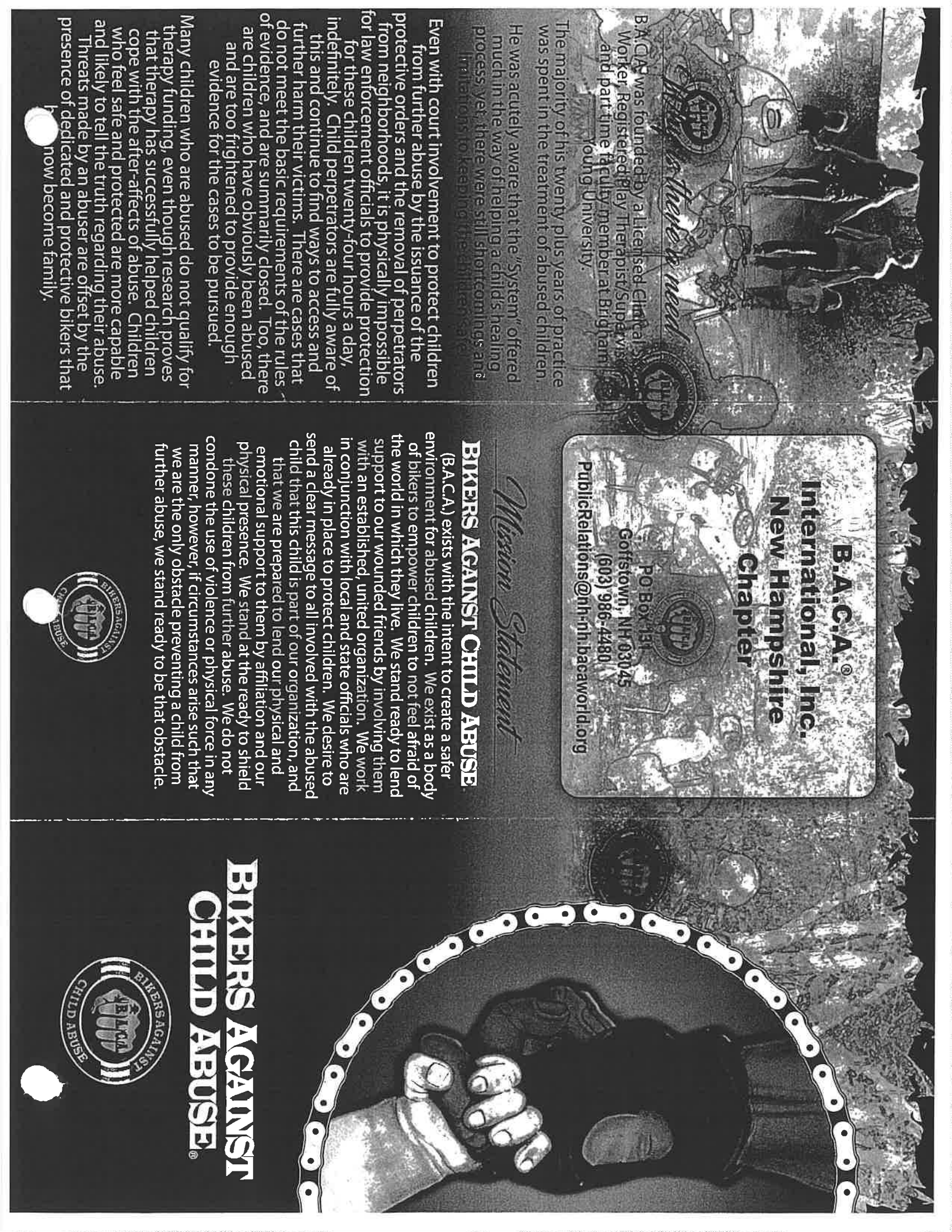
Copyright © 2019 - Bikers Against Child Abuse, Inc. - All Rights Reserved

Please research all fund raising conducted under the name of Bikers Against Child Abuse, Inc. (B.A.C.A.®).

All merchandise is offered in exchange for a cash donation.

Chapter Web Administrators make every attempt to ensure links to other web sites do not contain offensive material.

However, links on other web sites cannot be controlled therefore B.A.C.A.® assumes no responsibility for such offensive links.



B.A.C.A. was founded by a licensed Clinical Social Worker, Registered Play Therapist/Supervisor, and part-time faculty member at Brigham Young University.

The majority of his twenty-plus years of practice was spent in the treatment of abused children.

He was acutely aware that the "System" offered much in the way of helping a child's healing process; yet, there were still shortcomings and limitations to keeping the children safe.

Even with court involvement to protect children from further abuse by the issuance of the protective orders and the removal of perpetrators from neighborhoods, it is physically impossible for law enforcement officials to provide protection for these children twenty-four hours a day, indefinitely. Child perpetrators are fully aware of this and continue to find ways to access and further harm their victims. There are cases that do not meet the basic requirements of the rules of evidence, and are summarily closed. Too, there are children who have obviously been abused and are too frightened to provide enough evidence for the cases to be pursued.

Many children who are abused do not qualify for therapy funding, even though research proves that therapy has successfully helped children cope with the after-effects of abuse. Children who feel safe and protected are more capable and likely to tell the truth regarding their abuse. Threats made by an abuser are offset by the presence of dedicated and protective bikers that now become family.

B.A.C.A.®
International, Inc.
New Hampshire
Chapter

PO Box 131
Goffstown, NH 03045
(603) 986-4280
PublicRelations@nh-nh.bacaworld.org

Mission Statement

BIKERS AGAINST CHILD ABUSE

(B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.

BIKERS AGAINST
CHILD ABUSE®



Empowerment



Makes A Difference

A four-year independent study by professionals in the field has revealed that B.A.C.A. children achieve a statistical significance in:

- Improved Self-Confidence
- Diminished Regretful Behavior
- Increased Feeling of Safety
- Empowerment to Testify
- Better Communication
- Reduced Feelings of Guilt
- Decreased Negative Behaviors
- A Sense of Belonging, Acceptance and Independence

Introducing B.A.C.A.
You hear a rumble in the distance. You feel the ground trembling beneath your feet, and then you see them: B.A.C.A. They park their motorcycles and introduce themselves. With a short ceremony a child is welcomed into the B.A.C.A. family. Within a few minutes bonds are formed between a child in need and their new family. Another child will now be empowered by the support B.A.C.A. brings to his/her life.

B.A.C.A. takes a firm stand against all forms of child abuse.

This greatly contributes to expediting the overall healing of the child in many ways, so their fear is quickly replaced with confidence. This curious study was published in the *International Journal of Evaluation and Program Planning* and can be found in its entirety on the B.A.C.A. website.



1.866.71.VA.BUSE
BACAWorld.org

After the Initial Visit

Two B.A.C.A. members are assigned as the child's primary contacts. They will remain in close contact with the child. B.A.C.A. supports each child based upon their individual needs. Some of these services may include: physical presence at the home, visiting the child at school, therapy needs, etc.

B.A.C.A. is available to accompany your child to court and parole hearings. B.A.C.A. maintains funds to aid with the cost of children's therapy when other assistance has been exhausted.

Repeens of the Children™

Food

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 or 603-635-3610
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

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.

Nutrition Nuggets

- Choice of fresh fruits and vegetables are offered every-day
- We offer whole grain pizza, rolls and other whole grain rich bread items
- Low fat or fat free flavored milk available every-day
- We served 183,549 Lunches from Sept 2015 thru June 2016
- Pelham is a member of the NH Buying Group representing 38 school districts and nearly 75,000 students to ensure great pricing and quality.
- Our goal is to serve high quality, nutrient dense foods that students enjoy.

Contacts

Nutrition Service Director
Kelly Rambeau
635-7384
krambeau@pelhamsd.org

Elementary School Manager
Linda Kubit
635-7384
lkubit@pelhamsd.org

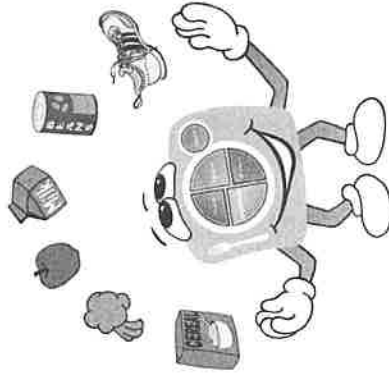
Middle School Manager
Laura Taylor
635-3947
ltaylor@pelhamsd.org

High School Manager
Kim Kubit
635-2115
kkubit@pelhamsd.org

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, sex, gender identity, religion, reprisal and where applicable, political beliefs, marital status, familial or parental status or sexual orientation. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Pelham Nutrition Service

Eat Healthy, Grow Healthy



61 Marsh Road
Pelham, NH 03076
635-7384

Website:
www.pelhamsd.org

Nutrition Service 101

The Pelham Nutrition Service Department provides a nutritious lunch and milk for students on a daily basis. The meals we plan must meet the US Department of Agriculture's nutrition and sanitation guidelines which comply with the US Dietary Guidelines. We work each day to provide the freshest and most nutrient dense meal that the children will enjoy. Our team is committed to making lunch fun and enjoyable for each child.

During the school year we have various promotions for the students which include taste testing new items, vegetable of the day, Ms. Vegetable, nutrition trivia and holiday theme days.

We continually research ways to become increasingly environmentally friendly, which includes minimizing our waste, maximizing recyclable items, composting in our kitchens and evaluating the use of earth conscious products.

The following information will provide you with more details about the various facets of our program.

We always welcome feedback from students and parents. If you have any ideas, questions, concerns, please contact us at 635-7384 or you can visit our website at www.pelhamdsd.org.

We now offer Hot Breakfast at the Memorial and High School!

Have a great school year!

The Nutrition Service Team

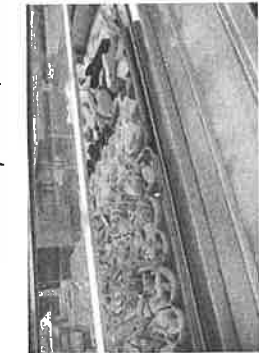


Pizza on whole wheat crust is a popular meal.

The Lunch Line

Each student has a Nutrition Service debit account which they use to purchase lunch (includes milk), a Cart item at the Middle and High School or a milk to go with their lunch brought from home. When your child is purchasing lunch, he/she will either use an identification card at the Elementary School or an ID number at the Middle and High School.

Lunch menus are planned guidelines per the USDA requirements. Each day we offer a Menu Meal or Pick a Lunch at the Elementary School, Menu Meal or a Sub/Salad Meal at the Middle School and at the High School we offer a pasta or chicken meal everyday along with a special meal. To see a complete monthly list of our menu choices please look on our website for a menu reflecting each school.



Fruits & Veggies

All Meals include choices of vegetables, fruits/juices and milk providing an array of healthy options. The children must choose a minimum of 3 food groups or they can take items from all the 5 food groups. One of the necessary 3 items MUST be a fruit or vegetable in order for the meal to be reimbursable. By allowing the children these choices, it helps to ensure they will eat what they take as well as reducing waste. If a fruit or vegetable is not taken the non-reimbursable price must be charged.

Payment

We accept cash, check and or money order which can be sent to school with your child at any time. Please be sure to put your child's full name with payment, the more information the better. If you have multiple students within the district you can send in one payment, but you MUST include the student's name and which school they attend.

We offer free online Nutrition Service accounts at <http://www.k12paymentcenter.com/k12paymentcenter>. The online account can be monitored at your [default.aspx](http://www.k12paymentcenter.com/default.aspx). The online account can be monitored at your convenience and set to send email reminders when an account balance is getting low. You may also see your child's lunch purchase history. Please contact the Nutrition Service Office to get your child's identification number needed to set up

the account. Credit card payments are accepted through the online account. There is a transaction fee paid to MealsPlus. This fee is not retained by the School District.

Forgot to Send Money?

Don't worry, we will provide your child with a lunch. As stated in the Pelham School District Policy "If an elementary student's account becomes \$4.00 past due, they will not be able to purchase an extra milk or water. The parent/guardian will be notified by the office that the account must be paid in full. If a middle school student's account is past due for 2 meals, the child will be offered the alternate meal until the account is paid in full. High school students will not be allowed to charge, but will be offered an alternate meal. An alternate meal consists of a sandwich, fruit, vegetable and milk. Alternate meals are charged to your child's account at the regular meal price. Please note: that if a student's account is negative at any point at the high or middle school they may NOT purchase a Cart item; only complete meals. Alternate meal are available to all students on a daily basis, regardless of account balance.

What's the Balance of the Account?

Notices are sent home every Friday at the elementary school with a low balance reminder if your child's account has a remaining balance of \$10.00 or less or your child's account is negative. At all three schools both phone calls and emails to parents are done on a weekly basis for those students accounts that are negative. Bills of those students who owe \$8.00 or more are mailed home on Friday. K12 Payment center is a great resource to use when it comes to keeping track of students account. Through this site you can see your child's purchase history and set up text or email alerts when you are getting low

Free & Reduced Price Meals

Each year, the Nutrition Service Program makes applications available for families who may have a need for free or reduced price meals. These applications are located in the school main office or online at www.pelhamdsd.org, under the nutrition services section. All information is kept confidential. Students receiving these benefits are not identified in the lunch line or at any time. Families can apply for this benefit at any time throughout the school year.

Allergic?

If your child has a food allergy and he/she would like to purchase lunch, please contact the Nutrition Service Department and the school nurse. There is a specific form that must be completed. Once the form is submitted a plan will be developed to accommodate the child's unique situation.



- HOME
- ADVOCACY
- ANNUAL FUNDRAISERS
- BACKPACK PROGRAM
- COMMUNITY HAPPENINGS
- CONTACT US
- DONATE
- EMPLOYMENT OPENINGS
- GET INVOLVED VOLUNTEER
- GET INVOLVED & HELP
- HISTORY
- LINKS OF INTEREST
- NSKS AWARDS
- NSKS NEWSLETTERS
- PROGRAMS - WHAT WE DO
- PROGRAMS - SEASONAL
- STAFF AND BOARD
- WISH LIST

Nashua Soup Kitchen & Shelter • 2 Quincy Street • Nashua • NH • 03061-3116
Mailing address: Nashua Soup Kitchen & Shelter • PO Box 3116 • Nashua • NH • 03061-3116

Mailing address:

**Nashua Soup Kitchen & Shelter, Inc.
PO Box 3116
Nashua, NH 03061-3116**

NSKS physical address is 2 Quincy Street, Nashua

Our Business Office Hours are Monday-Friday, 9AM - 5PM

**If you call after hours,
please use the extension listed after
the name of the person you are trying to reach. Thank you.**

Telephone:

(603) 889-7770

Fax: (603) 889-2347

Phone Extensions and E-Mail addresses:

Executive Director, Michael Reinke **Ext. 111**

michael@nsk.org

Financial and Facilities Manager, Erika Cross MacDonald **Ext. 110**

erika@nsk.org

Program Director, Olga Cruz **Ext. 112**

olga@nsk.org

Data Entry/Newsletter changes, Lee Newcomb **Ext. 113**

lee@nsk.org

Social Worker/Hispanic Advocate/Rental Assistance, Juana Fields **Ext 115**

juana@nsk.org

Kitchen Manager, Shane Sullivan **Ext 116**

shane@nsk.org

Education & Employment Advocate, Donna Marceau **Ext. 117**

donna@nsk.org

Social Worker/Political Advocate, Alyssa Walker **Ext. 120**

alyssa@nsk.org

Community Outreach Manager, Carol Weeks **Ext. 121**

carol@nsk.org

Program Coordinator – Nashua Meals for Kids, Emma MacDonald **Ext. 132**

To VOLUNTEER **Ext. 134**

volunteer@nsk.org

Phone: (603) 889-7770

Fax: (603) 889-2347

[Map your way to the Nashua Soup Kitchen. Click here.](#)

2 Quincy Street, Nashua, NH 03060

Directions to the shelters:

Please call the office if you need to get to the shelters.



PELHAM GOOD NEIGHBOR FUND

People Helping People Since 1969

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#)

Contact the Pelham Good Neighbor Fund



The **Pelham Good Neighbor Fund** was established in 1969 by Pelham residents who wanted to provide food and financial assistance for their less fortunate neighbors. Since the fund was started, over 2,700 residents have received assistance with either their heating oil, electricity, food, rent, transportation and other household expenses.

Currently, there is a core committee of 15 active members who volunteer their time to help our neighbors in need 52 weeks a year.

Our fund is made possible by the generosity of our neighbors

Pelham Good Neighbor Fund

PO Box 953
Pelham, NH 03076

info@pelhamgoodneighborfund.org

How can you help?

Click Here to make your donation.

On-line Donations now available.

Do you need assistance?

Click Here for our contact information.

We sponsor fund-raising events as well as food drives.

Click here for more details.

To Volunteer your Time, please call 508-2898

To Donate money to the Pelham Good Neighbor Fund, click here

If you are a resident of Pelham and are looking for assistance with heat, electricity, food, rent and other household expenses, please call one of the following telephone numbers:

To Apply for Assistance

call: 508-2898, 635-2089, 508-8131 or 893-1713

We respect your privacy. Any and all information collected by our group will be kept strictly confidential. Any information you give to the Pelham Good Neighbor Fund will be held with the utmost care.

Pelham Good Neighbor Fund • Pelham, NH

[Home](#) |
 [About PGNF](#) |
 [Fundraising Events](#) |
 [Seasonal Events](#) |
 [How To Donate](#) |
 [Contact Us](#) |
 [Other Community Services](#) |
 [Privacy Policy](#) |
 [Site Map](#)

If you have any issues with this website, please [click here](#) to contact our web designer, Thank you.

This site is voluntarily Designed, Maintained & Hosted by:
[CamBec Website Design](#)

Search 



Pelham

NEW HAMPSHIRE

[Home](#) [Boards](#) [Departments](#) [Document Center](#) [Minutes & Agendas](#)

[Quick Links](#) [Find It Fast](#)



[Home](#) » [Departments](#)

Town Administrator

The Town Administrator is the Liaison between the Board of Selectmen and the Town departments and Community. Reporting directly to the five-member Board, the Town Administrator is responsible for the day-to-day activities of the Town departments and buildings. All department heads report directly to the Administrator.

The Town Administrator resides in the Selectmen's office at 6 Village Green. In the Selectmen's office, there is also the Finance Department to include Human Resources functions.

Staff Contacts

Name	Title	Phone
Brian McCarthy	Town Administrator	(603) 508-3074
Diane Hurd	Human Resources Coordinator	(603) 635-8233
Jean Olson	Town Accountant	603-635-8233
Charlene Takesian	Treasurer	603-635-8233
Dawn Holdsworth	Welfare Administrator	603-635-8233
Brian Demers	IT Administrator	603-635-8233
Susan Landry	Bookkeeper	603-635-8233

Contact Info

Hours of Operation:

Office Hours: Monday - Friday 8AM to 4PM

Phone:

(603) 508-3074

Fax:

Fax #:(603) 635-8274

Address:

Selectmen's Office

6 Village Green

Pelham, NH 03076

United States

See map: [Google Maps](#)

News

PRESS RELEASE: The Town of Pelham has updated their contractor hourly rate for its snow removal/plowing operations.

Winter Parking Ban and Trash Can Notice is In Effect

Press Release - Town of Pelham 2019 Tax Rate Set

Pelham Stormwater Management - MS4 page is now available on our website.

Independence Day Celebration and Fireworks Display

Town of Pelham, NH
6 Village Green, Pelham, NH 03076 | (603) 635-8233

Contact the Webmaster
Disclaimer
Government Websites by CivicPlus®

Login



St. Patrick Church

PELHAM, NEW HAMPSHIRE

TEL: (603) 635-3525



FOOD PANTRY OF PELHAM AT ST. PATRICKS PARISH

Responsibility, Service, Compassion and Partnership

The Food Pantry of Pelham at St. Patricks Parish is a nonprofit charitable organization comprised of a network of partners who are committed to ending food insecurity for those who live, worship and work in the Pelham Community. (Mission Statement)

The Food Pantry is open Tuesday evening from 6:30 to 7:30 and Wednesday afternoon from 1:00 to 3:00 and is located at the edge of the back parking lot on the parish campus at 12 Main Street in Pelham.

The Food Pantry provides service to people who live in Pelham or are otherwise associated with the town through work or worship.

Supported by strong community and parish networks, the Food Pantry provides basic, nonperishable food items, bread, meat, and dairy products on a weekly basis. Personal care items, household supplies and special items are available on a rotating basis according to inventory.

The program is overseen by St. Patricks Parish operating under the 501(c) 3 classification of the Diocese of Manchester.

The Food Pantry has a 5 member governance team, is staffed by approximately forty volunteers and is protected by the Bill Emerson Good Samaritan Food Donation Act.

Donations of food, supplies and money from individuals, families and organizations are received on an on-going basis. Local drives and events during the year help restock many of the Pantry's supplies. In addition to the food and supplies received through donations, money received is used to purchase meat and dairy products and to supplement high demand items that are packaged for weekly distribution. The Food Pantry is also a member agency of the New Hampshire Food Bank, a program of NH Catholic Charities, which enables us to pick up food at no cost or for a nominal fee.



For assistance:

If you are a Pelham resident in need of assistance please stop by on Tuesday evenings 6:30-7:30 or Wednesday afternoons 1:00-3:00 p.m. to fill out an application.

A valid ID or other proof of residence is required for all household members recorded on the application and those listed must reside in Pelham on a full-time basis. A non-resident may be eligible if current Pelham employment or church attendance can be verified. Upon approval of the application, clients may visit weekly and must adhere to Food Pantry guidelines.

To donate:

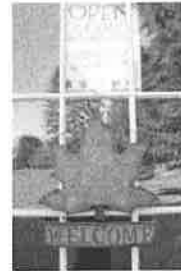
Goods: Nonperishable food items, produce, household supplies, and personal care products may be donated at any time. A special area for drop-offs is located at the middle door of the Food Pantry. There are also drop-off areas at the First Congregational Church and Hannaford Supermarket.

Items we use every week:

- Macaroni & Cheese
- Ramen Noodles (No cups)
- Juice
- Peanut Butter
- Crackers
- Tuna
- Cereal
- Canned Fruit
- Canned Vegetables

UPCOMING EVENTS

Check out all of our **INCREDIBLE** upcoming events! [Click Here](#) to find information.



BULLETIN

[Click here](#) to view our Bulletins News of the Week for St. Patrick Parish!

Electronic Giving
Click Here To Give Now



Just For Families

Catholic Links

- Baked Beans
- Canned Pasta, Soup
- Instant Potatoes
- Rice, Stuffing
- Pasta (No Lasagna or large shells)
- Prepared Spaghetti Sauce
- Pudding & Jell-O
- Chips, Pretzels, Popcorn
- Cake & Brownie Mixes
- Cookies
- Paper Towels
- Toilet Paper

Please contact Cheryl Brunelle at cdbrunelle@comcast.net or 603 635 3610 If you have perishable items such as meat or dairy products to donate.

We **cannot** accept toys, clothing, books, appliances, furniture or house-wares.

Money: Cash donations can be brought to the St.Patricks Parish office at 12 Main Street Pelham NH 03076 or to the Food Pantry when staff is present. Please do not mail cash.

Checks may be made payable to the Food Pantry of Pelham at St. Patricks Parish and can be mailed or brought to the Food Pantry or St.Patricks Parish office at 12 Main Street Pelham NH 03076.

Electronic Giving: To use a credit card or bank transfer, click on the Online Giving icon to create an account and choose your giving options. Online Electronic Giving is very safe. Your personal information is kept secure by Vanco Services, LLC – an established and highly regarded company that serves more than 11,000 churches and non-profit organizations. You may close this account at any time.

Contact information:

Food Pantry: 603 635 7592 Tuesday 6:30 – 7:30 p.m. & Wednesday 1:00 – 3:00 p.m.
 Parish Office: 603 635 3525
 Director: Cheryl Brunelle cdbrunelle@comcast.net or 603 635 3610

The generosity and goodwill of the community at large is vital to our mission to serve Pelham residents who are struggling with financial instability or experiencing food insecurity. Our success is truly dependent upon the involvement, backing and help of those around us. Thank you for your support; it is greatly appreciated.



St. Patrick Parish Rectory Office – 12 Main Street – Pelham, NH 03076 – (603) 635-3525 Fax: (603) 635-3919 – General E-mail

Proudly Designed and Hosted by John Patrick Publishing Company

DHHS Home > Division of Public Health Services >

Women, Infants & Children Nutrition Program

(<http://www.signupwic.com>) The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong.

How to Apply for WIC Services

Find a WIC clinic closest to you at www.signupWIC.com (<http://www.signupwic.com>), or call the State WIC Agency at 1-800-942-4321; OR

You can now use an online WIC Pre-screening Tool to see if you are eligible for WIC services. The Tool asks several questions about residential and income eligibility for WIC services. Visit the USDA's WIC Program at www.fns.usda.gov/wic (<http://www.fns.usda.gov/wic/>) and click on the "Am I Eligible?" banner on the page. As you proceed through the tool, you will also be able to see which WIC agency in NH to call for an appointment.

Women, Infants & Children Nutrition Program provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong through the NH WIC Program. The WIC Program has locations statewide and income eligible families are encouraged to apply. WIC Nutrition Services also administers other health and nutrition programs.

WIC Food Packages Time for a Change: WIC families receive more variety and healthier choices in their food items, including fresh, frozen, and canned fruits and vegetables, whole grains, and infant foods.

Commodity Supplemental Food Program (CSFP) a nutrition education program that provides free food and nutrition information to promote good health for seniors age 60 and over.

Breastfeeding Promotion and Support a public awareness effort to increase awareness of the benefits of breastfeeding for both a mother and an infant as well as to provide resources and support to women breastfeeding.


Locations

NH WIC and CSFP Local Agencies 

WIC Nondiscrimination Statement


In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf) , (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html (http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

 Adobe Acrobat Reader format. You can download a free reader from Adobe (<http://get.adobe.com/reader/>).

 Adobe Flash format. You can download a free player from Adobe (<http://www.adobe.com/support/flashplayer/downloads.html>).



WE
HELP
MOMS
RULE.

WIC gives you:

- Healthy food
- Breastfeeding support
- Nutrition tips

SIGN UP NOW

WIC WOMEN, INFANTS, & CHILDREN

USDA is an equal opportunity provider, employer, and lender.
© 2016 National WIC Association. WIC is a registered trademark
of the U.S. Department of Agriculture. All rights reserved.

Grief and Loss

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

Contact: Eleanor Owen

www.hhhc.org

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

Local, Regional & National Resources for Bereaved Children & Teens



Home Health & Hospice Care

NH Programs

Good Grief (Home Health & Hospice Care of Merrimack, NH) This program has existed for over 25 years in southern NH. It currently serves elementary and middle school children, K-8. Sessions meet bi-weekly from September to June. Registration is required. To register, contact Eleanor.Owen@hhhc.org or call 603-420-1914.

Teen Topics (Home Health & Hospice Care of Merrimack, NH) is a program for high school students meeting monthly throughout the academic year. Each session has a topic and an activity related to the topic. To register, contact Eleanor.Owen@hhhc.org or call 603-420-1914.

Regional Child Loss Centers

The Children's Room, Arlington, MA www.childrensroom.org

The Center for Grieving Children, Portland, ME www.cgcmaine.org

National Websites

www.childrengrieve.org (National Alliance for Grieving Children)

www.dougy.org (The Dougy Center in Portland, Oregon)

www.compassionatefriends.org Provides support for families who have experienced the loss of a child. Local chapters in Nashua and Manchester. Local contact: www.tcfmanchester.org

www.grievingstudents.com Specific to grief in the school setting

Camps

Camp Comfort Zone, 3 day weekend camp for bereaved children and teens. www.comfortzonecamp.org

Camp Erin, Camp Erin is the largest nation-wide network of free bereavement camps for children and teens. www.moyerfoundation.org/programs/camperin.aspx

Circle of Tapawingo, Sweden, Maine and Circle of Fleur de Lis, Fitzwilliam, NH, overnight, free, 6 day camp for girls ages 9-14 who have experienced the loss of a parent. www.circlecamps.org

Manitou Experience, overnight, free, 6 day camp for boys ages 9-16 who have lost a parent or sibling. www.manitouexperience.org

Outward Bound, outdoor, adventure based program for grieving teens: www.outwardbound.org/group-programs/grieving-teens

To be connected with therapists who have experience in grief and loss, contact Lisa Woods at 603-420-1919 or Lisa.Woods@hhhc.org or Eleanor Owen at 603-420-1914 or Eleanor.Owen@hhhc.org for a referral list.



Home Health
& Hospice Care

Good Grief Program

Your Partner in Life's Journey...

Helping Children Cope with the Loss of A Loved One



- Provides age appropriate support to elementary and middle school children grieving the loss of a loved one.
- Offers bereaved children the opportunity to develop coping skills in a safe and trusting environment.
- Creative, activity-based, bi-weekly program facilitated by trained volunteers.

"No child here wants to be part of this awful loss club, but here they are safe to express themselves, be sad, have fun and they are completely accepted and understood by their peers as every child here has experienced a huge loss." — Parent of an Good Grief participant.

Sessions held on Thursday evenings

Pre-registration required | New Participants enter in Fall and Winter

For more information or to register, please contact Eleanor Owen,
Good Grief Coordinator at Home Health & Hospice Care
603-420-1914 or email Eleanor.Owen@hhhc.org

Hospitals

Hospitals

Catholic Medical Center

100 McGregor Street

Manchester, NH 03102

603-668-3545

www.catholicmedicalcenter.org

Elliot Hospital

1 Elliot Way

Manchester, NH 03064

603-663-4567

www.elliotohospital.org

Lawrence General Hospital

1 General Street

Lawrence, MA 01841

www.lawrencegeneral.org

Lowell General Hospital

295 Varnum Avenue

Lowell, MA 01854

978-937-6000

www.lowellgeneral.org

St. Joseph's Hospital

172 Kinsley Street

Nashua, NH 03060

603-882-3000

www.stjosephhospital.com

Housing

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

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

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
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

Nashua Soup Kitchen and Shelter

2 Quincy Street

Nashua, NH 03061

603-889-7770

www.nsk.org

New Hampshire Coalition to End Homelessness

22 Market Street

Manchester, NH 03101

603-641-9441 ext 251

www.home4hope.com

New Hampshire Housing/Section 8 Housing

www.nhhfa.org

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

New Horizons (Manchester, NH)

Emergency Housing, Shelter

603-668-1877

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/>



Programs

Transition From Crisis to Self-Sufficiency

Our programs are designed to complement each other as we provide a holistic approach to helping those in need. Each program is designed to help empower people to make permanent life changes while still providing assistance with immediate basic needs. We believe that providing the path to self-sufficiency is the first step to helping families achieve independence. Our service area varies by program, but in general encompasses the Greater Nashua, New Hampshire area.

- Transformational Housing for single mothers and children
- Housing Stability Program which includes:

Security Deposit Assistance to help families obtain a permanent, secure residence

Rent & Utility Assistance to help with back rent and utilities after a crisis

Rapid Rehousing for those needing long-term case management to stabilize
Permanent Housing for families who are at 60% of Area Median Income

- Financial Literacy to help families understand basic household finances and sound money management practices
- Holiday Santa Program to bring toys and warm clothing to children in need

Your Gift Matters



Our work to provide vital services and programs to families in need would not be possible without you. Learn how your gifts of money, time or in-kind donations can help us to change lives in our community.

DONATE

Stay Connected

Contact Us

Main Office Address:

7 Concord Street
Nashua, NH 03064

Hours:

Monday - Thursday
(8:30 a.m. - 4:30 p.m.)

Phone:

603.886.2866



© Copyright 2020. Front Door Agency. All Rights Reserved.

Website part of MESH LiveBuild Network

Search



Pelham NEW HAMPSHIRE

[Home](#) [Boards](#) [Departments](#) [Document Center](#) [Minutes & Agendas](#)

[Quick Links](#) [Find It Fast](#)



[Home](#) » [Departments](#)

Town Administrator

The Town Administrator is the Liaison between the Board of Selectmen and the Town departments and Community. Reporting directly to the five-member Board, the Town Administrator is responsible for the day-to-day activities of the Town departments and buildings. All department heads report directly to the Administrator.

The Town Administrator resides in the Selectmen's office at 6 Village Green. In the Selectmen's office, there is also the Finance Department to include Human Resources functions.

Staff Contacts

Name	Title	Phone
Brian McCarthy	Town Administrator	(603) 508-3074
Diane Hurd	Human Resources Coordinator	(603) 635-8233
Jean Olson	Town Accountant	603-635-8233
Charlene Takesian	Treasurer	603-635-8233
Dawn Holdsworth	Welfare Administrator	603-635-8233
Brian Demers	IT Administrator	603-635-8233
Susan Landry	Bookkeeper	603-635-8233

Contact Info

Hours of Operation:

Office Hours: Monday - Friday 8AM to 4PM

Phone:

(603) 508-3074

Fax:

Fax #:(603) 635-8274

Address:

Selectmen's Office

6 Village Green

Pelham, NH 03076

United States

See map: [Google Maps](#)

News

PRESS RELEASE: The Town of Pelham has updated their contractor hourly rate for its snow removal/plowing operations.

Winter Parking Ban and Trash Can Notice is In Effect

Press Release - Town of Pelham 2019 Tax Rate Set

Pelham Stormwater Management - MS4 page is now available on our website.

Independence Day Celebration and Fireworks Display

Town of Pelham, NH
6 Village Green, Pelham, NH 03076 | (603) 635-8233

Contact the Webmaster
Disclaimer
Government Websites by CivicPlus ®

[Login](#)



PELHAM GOOD NEIGHBOR FUND

People Helping People Since 1969

[Home](#) | [About PGNF](#) | [Fundraising Events](#) | [Seasonal Events](#) | [How To Donate](#) | [Contact Us](#) | [Other Community Services](#)

Contact the Pelham Good Neighbor Fund



The **Pelham Good Neighbor Fund** was established in 1969 by Pelham residents who wanted to provide food and financial assistance for their less fortunate neighbors. Since the fund was started, over 2,700 residents have received assistance with either their heating oil, electricity, food, rent, transportation and other household expenses.

Currently, there is a core committee of 15 active members who volunteer their time to help our neighbors in need 52 weeks a year.

Our fund is made possible by the generosity of our neighbors

Pelham Good Neighbor Fund

PO Box 953
Pelham, NH 03076

info@pelhamgoodneighborfund.org

How can you help?

Click Here to make your donation.

On-line Donations now available.

Do you need assistance?

Click Here for our contact information.

We sponsor fund-raising events as well as food drives.

Click here for more details.

To Volunteer your Time, please call 508-2898

To Donate money to the Pelham Good Neighbor Fund, click here

If you are a resident of Pelham and are looking for assistance with heat, electricity, food, rent and other household expenses, please call one of the following telephone numbers:

To Apply for Assistance

call: 508-2898, 635-2089, 508-8131 or 893-1713

We respect your privacy. Any and all information collected by our group will be kept strictly confidential. Any information you give to the Pelham Good Neighbor Fund will be held with the utmost care.

Pelham Good Neighbor Fund • Pelham, NH

[Home](#) | [About PGNF](#) | [Fundraising Events](#) | [Seasonal Events](#) | [How To Donate](#) | [Contact Us](#) | [Other Community Services](#) | [Privacy Policy](#) | [Site Map](#)

If you have any issues with this website, please [click here](#) to contact our web designer, Thank you.

This site is voluntarily Designed, Maintained & Hosted by:
[CamBec Website Design](#)

Insurance

(Medicaid and
Supplemental- Need or
Disability Based)

Insurance (Medicaid and Supplemental- Need or Disability Based)

Apply for NH medicaid 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.

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

New Hampshire Healthy Families

2 Executive Park Drive

Bedford, NH 03110

1-866-769-3085

www.nhhealthyfamilies.com

Well Sense Health Plan

1-877-957-1300

www.wellsense.org

DHHS Home > Division of Family Assistance >

Eligibility - Children's Medical Assistance

It is the goal of DHHS and the Division of Family Assistance to ensure that each child in NH has access to quality health care. We do this by working in partnership with the medical and dental insurers, hospitals, community health centers, healthcare providers, schools and social service agencies across the state.

Children's Medicaid (CM): provides free health and dental coverage for children up to age 20 with net income no higher than 196% of the federal poverty levels (FPL). I would like to **apply!**

Expanded Children's Medicaid (Expanded CM): provides free health and dental coverage for children up to age 19 with net income higher than 196% of the FPL but no higher than 318% of the FPL. I would like to **apply!**

Children with Severe Disabilities (CSD): special coverage for disabled children up to age 20 with income no higher than 196% of the FPL. The disabled child does not have to be living with a parent or relative to receive this coverage. I would like to **apply!**

Home Care for Children with Severe Disabilities (HCCSD): for severely disabled children up to age 19 whose medical disability is so severe that they qualify for institutional care but who are being cared for at home. Only the income and resources of the disabled child are counted towards eligibility for this program. Commonly known as the "Katie Beckett" option. I would like to **apply!**

Financial Eligibility

Eligibility for medical assistance is based on household size and income. Income includes any income earned from working or self-employment, and unearned income such as child support (for HC-CSD only), alimony, unemployment, Veteran's benefits (for HC-CSD only), or Worker's Compensation benefits, or any income received on a regular basis.

Non-financial Eligibility

Age: Your child must be under the age of 19 or 20, depending upon the program.

Residency: Your child must be a NH resident.

Citizenship: Your child must be a US citizen or an eligible qualified noncitizen.

Social Security Number: Your child's SSN must be provided.



Adobe Acrobat Reader format. You can download a free reader from Adobe (<http://get.adobe.com/reader/>)

LGBTQA

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

Manchester Outright
669 Union Street
Manchester, NH 03104
603-537-7004
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
<http://www.apeacefulbalance.com/nh-mental-health-counseling-services/transgender-counseling-and-support/>

Trans Students
www.transstudent.org



- HOME
- ABOUT
- SERVICES
- GET INVOLVED
- OUTREACH
- CONTACT
- DONATE
- AMETHYST CABARET FUNDRAISER

CONTACT

[Home](#) [CONTACT](#)

To search type and hit enter...

Hours of Operation

Monday: 8:30am to 8:00pm
 Tuesday through Thursday: 8:30am to 5:30pm
 Friday: 8:30am to 4:30pm

To schedule an appointment or for more information please call:
 1-855-502-3858 (Toll free)
 1-603-225-2739 (Local calls)

Directions

We are located at 38 South Main Street in Concord New Hampshire, on the corner of Thompson and South Main Streets. The Health Center is a white house-like building with a hedge facing the sidewalk. Metered parking is available in front of the building.

For directions please call us or use [google maps](#) to input your location to our address.



Equality Health Center

Make An Appointment

38 S Main Street
 Concord, NH 03301

Phone: 1-855-502-3858 (Toll free)

Phone: 1-603-225-2739 (Local calls)



GET EMAIL UPDATES

Type your email address

[LEARN MORE](#)

[COALITION](#)

[VOICES](#)

[TAKE ACTION](#)

[NEWS](#)

[ABOUT](#)



About Freedom New Hampshire

Freedom New Hampshire is a nonpartisan coalition working to educate people about what it means to be transgender and the unique hardships that transgender people face—and to grow support for legislation (#TransBillNH) to explicitly protect transgender Granite Staters from discrimination under the law.

Together with faith leaders, businesses large and small, law enforcement, community advocates, schools, and grassroots supporters, Freedom New Hampshire seeks to build a groundswell of support for #TransBillNH, and make the case that discrimination has no place in the Granite State.





Contact Us

Address: PFLAG-NH, PO Box 957, Concord NH 03302
[Click here to contact us via e-mail.](#)

The Helpline

For immediate assistance, dial 211 (a clearinghouse run by the United Way). A human will answer the phone and will direct you to the right contact person within PFLAG-NH. They will ask you a few questions before they transfer you to us.

The Council

The PFLAG-NH Council meets quarterly to conduct the business of PFLAG-NH so that individual support groups can do what they do best: provide support, education, and advocacy. The 2015 Council is listed in the table below, along with contact information. We welcome any PFLAG-NH member to join us.

Name	Title(s)	Town	Contact
Jordan Mikayla Goodwin	Keene support group	Keene	603-313-8737 E-mail Jordan
Paul Belyea	Concord support group	Dunbarton	603-774-3843 E-mail Paul
Christen Bustani	At-large member	Bridgewater	E-mail Christen
Gerri Cannon	Transgender representative; Seacoast support group	Somersworth	603-321-7844 E-mail Gerri
Rebecca Griffin Above the Line Accounting LLC	Treasurer	Dover	207-459-8962 E-mail Rebecca
Leela Guild	Council Chairperson	Plymouth	603-960-1394

E-mail
Leela

Margie Lindsley

Database admin

Concord

E-mail
Margie

Jeremy Winnick

Webmaster

Concord

603-229-
1381
E-mail
Jeremy



TG-NH

Transgender New Hampshire

Connect (<http://www.transgender.org>)[HOME \(/\)](#)[ABOUT \(/ABOUT.HTML\)](#)[RESOURCES \(/RESOURCES.HTML\)](#)[CONTACT \(/CONTACT.HTML\)](#)

R

Resources

A main goal of TGNH is to help people find comprehensive resources that will be trans-supportive and helpful toward meeting their needs. Here are some helpful trans-affirming resources in New Hampshire (and beyond). The resources on this list have been added based on the recommendations of people who are trans* or transgender, allies, and/or the individuals who represent each resource. The compilation of these resources is a community-wide effort, and personal recommendations help everyone to find the resources they are looking for. If you would like to recommend additional resources or a modification/feedback about a resource already listed, please contact us (<http://www.tg-nh.org/contact.html>).

Feel free to share widely by putting a link to this webpage on your website / resource list, social media, etc. If you share, copy, or use all or parts of our information below, please give a reference to TGNH (Transgender New Hampshire). Thanks!
(Updated: 8/31/2017)

| [Legal](#) | [Support Groups](#) | [Therapists](#) | [Endocrinologists](#) | [Medical Clinics & Physicians](#) | [Electrolysis](#) | [Media & E-Newsletters](#) |
| [Organizations](#) | [Education](#) | [Homelessness](#) | [Communities of Faith & Religion](#) |

Crisis & Suicide Hotlines

The Trevor Project (<http://www.thetrevorproject.org/>) offers crisis support to LGBTQ people via phone call, text, or online chat. 866-488-7386 (tel:8664887386) (Phone available 24 hours a day, 7 days a week)
Online instant messaging (click here) (<http://www.thetrevorproject.org/pages/get-help-now>) available 7 days a week between 3 - 9pm Eastern Time
Text "Trevor" to 202-304-1200 available Wednesdays - Fridays between 3 - 9pm Eastern Time

National Suicide Prevention Lifeline (<http://www.suicidepreventionlifeline.org/>)
1-800-273-TALK (tel:8002738255)
1-877-778-CARL (tel:8777782275)

Fenway LGBT Helpline (<http://fenwayhealth.org/care/wellness-resources/help-lines/>) available Monday - Saturday 5 - 10pm (suicide / crisis, and comprehensive resource support).
Adults 25+: 617-267-9001 (tel:6172679001)
Youth 25 & Under: 800-399-7337 (tel:8003997337)

Trans Lifeline (<https://www.translifeline.org/>)
877-565-8860 (tel:8775658860)

^Top

Legal

GLBTQ Legal Advocates and Defenders (GLAD) (<http://www.glad.org/>)
Info about (<http://www.glad.org/rights/publications/c/newhampshire>) the rights of LGBTQ people and people living with HIV in NH (<http://www.glad.org/rights/publications/c/newhampshire>)
800-455-4523 (tel:8004554523)
Contact (<http://www.gladanswers.org/>)

American Civil Liberties Union of New Hampshire (<http://aclu-nh.org/>)
18 Low Avenue
Concord, NH 03301
603-225-3080

(tel:6032253080) New Hampshire Commission for Human Rights (<https://www.nh.gov/hrc/>)

2 Industrial Park Drive
 Concord, NH 03301
 603-271-2767 (tel:6032712767)
 Contact (<https://www.nh.gov/hrc/contactus.html>)

^Top

Medical / Health Clinics & Physicians

Merrimack Valley Region

Equality Health Center (<http://www.equalityhc.org/>)
 38 South Main Street
 Concord, NH 03301
 603-225-2739 (tel:6032252739)
 Email (<mailto:info@equalityhc.org>)

Dr. Jennifer Madden's Family Practice
 (<http://www.jenniferemadden.com/>)
 3 Northern Blvd, Suite 3A
 Amherst, NH, 03031
 603-769-3308 (tel:6037693308)

Lakes Region

Dr. Mary-Catherine Gennaro, DO
 16 Hospital Rd.
 Plymouth, NH 03264
 603-236-6240

Dartmouth-Sunapee Region

Adolescent & Adult Transgender Clinic
 (http://www.dartmouth-hitchcock.org/endo/transgender_clinic.html)
 Dartmouth Hitchcock Medical Center
 1 Medical Center Drive
 Lebanon, NH 03756
 603-650-8630 (tel:6036508630)

^Top

Endocrinologists

Merrimack Valley Region

Dr. Nancy Charest (<http://www.dartmouth-hitchcock.org/findaprovider.html#/provider/11147from=search-by-name>)
 Pediatric Endocrinologist
 4 Elliot Way #105
 Manchester, NH 03103
 603-695-2500 (tel:6036952500)

Monadnock Region

Dr. Lara J. Levin, MD
 Division of Endocrinology
 Dartmouth Hitchcock-Keene
 590 Court Street
 Keene, NH 03431
 603-354-6570 (tel:6033546570)
 Email (<mailto:llevin@cheshire-med.com>)

Lakes Region

Dr. Barrett L. Chapin, MD
 (<http://www.laoniaclinic.com/meet-our-team/physician-details.aspx?number=3>)
 Laconia Clinic
 724 Main Street
 Laconia, NH 03246
 603-524-5151 (tel:6035245151)

Dartmouth-Sunapee Region

Dr. Benjamin Boh
 Endocrinologist
 Adolescent & Adult Transgender Clinic
 (http://www.dartmouth-hitchcock.org/endo/transgender_clinic.html)
 Dartmouth-Hitchcock Medical Center
 1 Medical Center Drive
 Lebanon, NH 03756
 603-650-8630 (tel:6036508630)

^Top

Therapists

Seacoast Region

Deborah Emery-Gigliotti, MS, LCMHC
Mindful Healing Counseling Service
(<http://www.nhcounselor.com/>)
One Old Dover Road, Unit #6
PO Box 7404
Rochester, NH 03839
603-433-3070 (tel:6034333070)
Email (<mailto:degmindfulhealing@gmail.com>)

Dr. Hadassah Ramsay, Psy.D. (<http://www.drhramsay.com/>)
20 Madbury Road #2
Durham, NH 03824
603-866-1865 (tel:6038661865)
Email

(<mailto:drhramsay@gmail.com>)Jeanne Allen, MSW, LICSW
(<http://exetercounseling.com/our-therapists/jeanne-allen/>)
13 Jenkins Court
Durham, NH 03824
603-778-7433 (tel:6037787433)
Email (<mailto:jallen@exetercounseling.com>)

Dr. Donna Melillo, Ph.D.
17 Main Street
Durham, NH 03824
603-868-1241 (tel:6038681241)

Merrimack Valley Region

Dr. Anne Boedecker, Ph.D (<http://www.sitbyme.com/>).
Bow, NH 03304
603-226-2230
Email (<mailto:ALBPHD@aol.com>)

Jennifer Bois, LCMHC, MLADC
(<http://www.apeacefulbalance.com/>)
A Peaceful Balance Counseling Services
154 Broad St, Suite 1511
Nashua, NH 03063
603-577-5551 x 2
Email (<mailto:apeacefulbalance@gmail.com>)

Dr. Paul Cody, Ph.D.
Equality Health Center (<http://www.equalityhc.org/>)
38 South Main Street
Concord, NH 03301
603-225-2739

Blair Ambrose, LICSW
(http://www.fullspectrumwellness.com/bio_Blair_Ambrose.html)
55 S. Commercial Street
Manchester, NH 03101
603-296-0830

Lakes Region

Dr. Nancy Strapko, Ph.D.
85 Main Street
Plymouth, NH 03264
603-536-1306

Vermont

Darcy Gingerich, MEd, LCMHC, LADC (<http://www.brattlebororetreat.org/programs/anna-marsh-clinic-adults>)
Anna Marsh Clinic, Brattleboro Retreat
1 Anna Marsh Lane
Brattleboro, VT 05302
802-258-4341

800-RETREAT
Email (<mailto:dgingerich@brattlebororetreat.org>)

Kit McCann, LMFT (<http://www.tradeportcounseling.com/>)
Tradeport Counseling
200 International Drive, Suite 157
Portsmouth, NH 03801
603-777-6385 (tel:6037776385)
Email

(<mailto:kit.tcma@gmail.com>)Dr. Teresa Johnson, Ph.D.
NH Seacoast Counseling
(<http://www.nhseacoastcounseling.com/>)
5 Market Street, Suite 3
Portsmouth, NH 03801
603-865-1934 (tel:6038651934)
Email (<mailto:teresa@nhseacoastcounseling.com>)

Kathryn Driscoll, MSW
35 Mill Pond Road
Portsmouth, NH 03904
603-436-2372 (tel:6034362372)

Dr. Julie Marsden, Psy.D
(<http://www.counselingcenter.com/>). (location in Nashua also)
24 Front Street #304
Exeter, NH 03833
603-883-0005 (tel:6038830005)

Deb Horton (<http://www.debhortoncounseling.com/>)
10 Ferry St #305 (The Concord Center)
Concord, NH 03301
603-303-4626 (tel:6033034626)
Email (<mailto:Debhortonlicsw@gmail.com>)

Rev. Dr. Leanne Tigert, DMin (<http://www.leannetigert.com/>)
18 N. Main St, #201
Concord, NH 03301
603-224-1162
Email (<mailto:ltigert@comcast.net>)

Dr. Julie Marsden, PsyD
(<http://www.counselingcenter.com/>) (location in Exeter also)
1 Main Street
Nashua, NH 03060
603-883-0005

The Center for Eating Disorder Management, Inc.
(<http://www.cedm-inc.com/>) (Therapists for eating disorders are trans-friendly)
360 Route 101, Unit 10
Bedford, NH 03110
603-472-2846

Support Groups

Merrimack Valley Region

Teen Transplorations
 (http://www.apeacefulbalance.com/nh-mental-health-counseling-services/transgender-counseling-and-support/)
 (Youth Ages 12 – 18)
 2nd Wednesday of every month
 5:30 – 6:45pm
 154 Broad St, Suite 1511
 Nashua, NH 03063
 Email (mailto:transplorations@gmail.com)

Family Transplorations
 (http://www.apeacefulbalance.com/nh-mental-health-counseling-services/transgender-counseling-and-support/)
 (Parents and Family of Trans* People)
 2nd Wednesday of every month
 7:00 – 8:15pm
 154 Broad St, Suite 1511
 Nashua, NH 03063
 Email (mailto:transplorations@gmail.com)

Adult Beginning/Early Transition Transplorations
 (http://www.apeacefulbalance.com/nh-mental-health-counseling-services/transgender-counseling-and-support/)
 (Ages 18 & Up)
 3rd Wednesday of every month
 6:30 – 7:45pm
 154 Broad St, Suite 1511
 Nashua, NH 03063
 Email (mailto:transplorations@gmail.com)

SAGES (Sexuality and Gender Expression Spectrum)
 LGBT Support Group
 Concord, NH
 Email (mailto:sagesconcord@gmail.com)

Manchester TransFusion
 Adult trans individuals and their allies
 5:00 – 7:00pm
 Every 2nd and 4th Sunday of the month
 Unitarian Universalist Church of Manchester
 Email (mailto:val.michael.phoenix@gmail.com)

(mailto:nhmentalhealth@aol.com)PFLAG NH – Concord
 Chapter (http://www.pflagnh.org/support-groups)
 3rd Sunday of each month from 3:00–5:00pm
 Wesley United Methodist Church,
 79 Clinton Street, Concord NH
 603–529–2863
 Email (mailto:sgconcord@pflagnh.org)

Tri-Ess New England (http://triessnewengland.org)
 2nd Saturday of each month
 Derry, NH
 Email for meeting info (mailto:tsne@triessnewengland.org)

(mailto:sgconcord@pflagnh.org)Lakes Region
 Lakes Region Outright
 (http://lakesregionoutright.webs.com/)(LGBTQ Youth, Ages
 24 & Under)
 Franklin, NH
 603–998–1384
 Email (mailto:briansboynnton@gmail.com)

PFLAG NH – Lakes Region Chapter

Seacoast Region

Transgender Outreach
 (Open to Trans/NB & Friends/Family/Allies)
 2nd Saturday of every month
 7:00 – 9:00pm
 First Church Congregational
 63 South Main Street
 Rochester, NH 03867
 Email (mailto:long.ellie@gmail.com)

Seacoast Outright (http://seacoastoutright.org/)
 (LGBTQ Youth, Ages 21 & Under)
 Fridays 7–9pm
 P.O. Box 842
 Portsmouth, NH 03801
 Email (mailto:jessd@seacoastoutright.org)

PFLAG NH – Seacoast Chapter
 (http://www.pflagnh.org/support-groups)
 1st Thursday of each month from 6:00–8:00pm
 First Church Congregational
 63 S. Main Street, Rochester NH
 603–321–7844
 Email (mailto:sgseacoast@pflagnh.org)

Monadnock Region

PFLAG NH – Keene Chapter
 (http://www.pflagnh.org/support-groups)
 1st Tuesday of each month
 7:00–9:00pm
 Keene Public Library
 60 Winter Street, Keene NH
 603–313–8737
 Email (mailto:sgkeene@pflagnh.org)

LGBTQIA Community and Connection Group
 Ages 18+ (Open to the community)
 1st & 3rd Wednesdays of each month
 5:30 – 7:00pm
 Antioch University Couple and Family Therapy Institute
 149 Emerald Street, Suite 9
 Keene, NH 03431
 603–283–2156
 Email (mailto:familytherapy.ane@antioch.edu)

Dartmouth–Sunapee Region

Upper Valley Gender Support Group
 Meets every other Wednesday
 White River Junction, VT
 Email (mailto:upper.valley.gender.group@gmail.com)

Upper Valley Rainbow Connection
 (http://www.uppervalleyrainbowconnection.com/)
 LGBTQI social group
 Email (mailto:uvrainbowconnection@gmail.com)

Trans/GNC support group
 Claremont, NH
 Email (mailto:deadeighties@gmail.com)

(<http://www.pflagnh.org/support-groups>)

Currently, there is no PFLAG support group in the Lakes Region area. For more info, contact Paula Spink at 603-528-1714 or Email (<mailto:sglakesregion@pflagnh.org>)

PFLAG NH - Plymouth Chapter

(<http://www.pflagnh.org/support-groups>)

Currently, there is no PFLAG support group in the Plymouth area. For more info, contact Carol Perkins at 603-536-3823 (tel:6035363823) .

Trans Laconia (<https://translaconia.org/>)

Currently, this group is not meeting. For more info, e (<mailto:contact@translaconia.org>)mail (<mailto:contact@translaconia.org>)

^Top

Organizations

State-wide

TransPosition Vocal Ensemble is NH's Trans/Ally chorus. We are here to give Trans singers a place to raise their voices and help make NH's Trans community more visible in a positive way. Anyone who loves to sing and identifies as Trans (including genderqueer, non-binary, etc.) or wants to support a Trans friend or loved one. You don't have to be a "good" singer and your voice doesn't have to fit into a traditional range. Rehearsals: Sunday evenings 7:00 - 9:00 pm at the Unitarian Universalist Church of Manchester (669 Union Street). For more information, email Mike Phoenix. (<mailto:val.michael.phoenix@gmail.com>)

PFLAG NH (<http://www.pflagnh.org/>) (Parents, Friends, Allies)

Rainbow Resources (<http://www.rainbowresources-nh.org/>)
26 South Main Street, Box 181
Concord, NH 03301
800-750-2524
Email (<mailto:webmistress@rainbowresources-nh.org>)

Freedom New Hampshire
(<http://www.freedomnewhampshire.org/>)

Rights & Democracy NH
(<https://www.facebook.com/RightsNH/>)

NH Coalition for Transgender Equality
(<http://www.facebook.com/NHCTE>)

(<mailto:newhampshire@chapters.glsen.org>)

Monadnock Region

ActingOut (<http://www.actingoutimprov.org/>)
Keene, NH 03431
Phone: (603) 355-3040, ext. 107
Email (<mailto:actingout@mfs.org>)

^Top

Education Resources & Student Organizations

GLSEN NH (<https://www.glsen.org/chapters/newhampshire>) works to make schools safe for LGBTQ students in K-12.
PO Box 3511
Concord, NH
603-369-6686 (tel:6033696686)
Email (<mailto:newhampshire@chapters.glsen.org>)

University of New Hampshire (<http://www.unh.edu/safezones/useful-resources>)

Southern NH University (<http://www.snhu.edu/student-experience/campus-experience/student-services/office-of-diversity-programs>)

Keene State College (<http://www.keene.edu/campus/diversity/ksc-pride/>)

Plymouth State University

Dartmouth College (<https://www.dartmouth.edu/~opal/swag/index.html>)

New Hampshire Technical Institute (NHTI) (<https://www.nhti.edu/student-life/student-involvement/student-organizations>)

Colby-Sawyer College (<http://colby-sawyer.edu/news-archive/1-CRT-rating.html>)

~~<http://www.tg-nh.org/resources.html>~~

^Top

Homelessness

NH Coalition to End Homelessness (<http://www.home4hope.com/index.cfm>)

Transgender Roommates and Housing

TGRH on Facebook (<https://www.facebook.com/pages/Transgender-Roommates-and-Housing-TGRH-Public-Page/344864725526187>)

TGRH on Yahoo Groups (http://groups.yahoo.com/neo/groups/transgender_roommates_and_housing/info)

Transgender Housing Network (<http://www.transhousingnetwork.com/>)

^Top

Media & E-Newsletters

Trans NH Magazine (<http://www.transnhmagazine.com/>) is a free online monthly magazine created for and by transgender and gender non-conforming residents of NH and their allies. Click here to view current and past issues. (<http://www.transnhmagazine.com/current-issue.html>)

The OUTBOARD (<http://www.skiffco.com/outboard>) is a biweekly e-newsletter of local LGBTQ events and resources around the Seacoast NH area and beyond. Sign up for this e-newsletter here (<http://skiffco.us14.list-manage.com/subscribe?u=e3092e090260ff2ba9d599cc9&id=c5c9e5de5b>),

(<http://skiffco.us14.list-manage.com/subscribe?u=e3092e090260ff2ba9d599cc9&id=c5c9e5de5b>) or view past issues on the archive page here (<http://us14.campaign-archive2.com/home/?u=e3092e090260ff2ba9d599cc9&id=c5c9e5de5b>).

^Top

Communities of Faith & Religion

Monadnock Region

Keene Unitarian Universalist Church (<http://www.kuuc.org/>)

69 Washington Street

Keene, NH 03431

Phone: (603) 352-1719

Email (<mailto:office@kuuc.org>)

Lakes Region

Starr King UU Fellowship (<http://starrkingfellowship.org/>)

101 Fairgrounds Road

Plymouth, NH 03264

Phone: (603) 536-8908

Email (<mailto:admin@starrkingfellowship.org>)

Plymouth Congregational UCC (<http://www.uccplymouth.org/>)

4 Post Office Square

Plymouth, NH 03264

Phone: (603) 536-2626

Email (<mailto:office@uccplymouth.org>)

^Top

Electrolysis, Hair Stylists, etc

Salon K (<http://www.salonkconcord.com/>) and Permanent Makeup by Kae (<https://www.permanentmakeupbykae.com/>)
 18 Pleasant Street
 Concord, NH 03301
 603-225-0099 (tel:6032250099)
 Email (<mailto:kae@salonkconcord.com>)

Always Beautiful Electrolysis
 (<http://www.electrolysisnh.com/>)
 90 Washington Street, Suite 208
 Dover, NH
 603-742-0471
 Email (<mailto:info@electrolysisnh.com>)

Joann Dostie-Trojano
 Electrolysis Associates
 111 Loudon Road
 Concord, NH 03301
 603-224-3741

Lakes Region

Joann Dostie-Trojano
 Joann's Electrology
 370 Union Avenue
 Laconia, NH 03246
 603-528-3026

Shirley Hale
 Concord Electrolysis (<http://concordelectrolysis.com/>)
 4 Wall Street
 Concord, NH 03301
 603-225-4625
 Email (<mailto:nhelectrolysis@yahoo.com>)

Londonderry Electrolysis
 (<http://www.londonderryelectrolysis.com/>)
 25 Nashua Road (Route 102)
 Building A, Suite 5
 Londonderry, NH 03053
 603-432-3323
 Email (<mailto:londonderryelectrolysis@gmail.com>)

[^Top](#)

National & International Resources

National Center for Transgender Equality (<http://transequality.org/>)

National LGBTQ Task Force (<http://thetaskforce.org/>)

TransMentors International (<http://www.transmentors.org/online-support-groups.html>)

Trans Youth Family Allies (<http://www.imatyfa.org/>)

CREATE A FREE WEBSITE

POWERED BY

--Transgender counseling and support ▼

Transgender counseling and support

Home (<http://www.apeacefulbalance.com/>) / Mental Health Counseling Services (<http://www.apeacefulbalance.com/nh-mental-health-counseling-services/>) / Transgender counseling and support

Transplorations Support Groups

All Transplorations support group meetings are facilitated by Jennifer Bois, CMHC, MLADC, ICAADC, and are held at the office of Jennifer Bois, A Peaceful Balance Counseling Services, 154 Broad St, Suite 1511 Nashua, NH 03063. No registration required. For more information, email Jennifer Bois at apeacefulbalance@gmail.com (<mailto:apeacefulbalance@gmail.com>) or call Jennifer at (603) 577-5551, extension 2. Please visit Jennifer's Transplorations Facebook page. (<https://www.facebook.com/pages/Transplorations/303797439782989>)

Beginning/Early Transition Adult Group (18 & up)

Meets: third Wednesday of every month

Time: 6:30 to 7:45 p.m.

Teen Group (12-18 yrs)

Meets: second Wednesday of every month

Time: 5:30 to 6:45 p.m.

Group: Family Group (Partners & Parents)

Meets: second Wednesday of every month

Time: 7:00 – 8:15 p.m.

Mental Health

Mental Health

Alliance Counseling Service

59 Stiles Road Suite 203

Salem, NH 03079

603-952-4630

www.alliancecounselingservices.net

Castle CREATE (Center for Expressive Arts, Therapy and Education)

141 Union Street

Manchester, NH 03103

603-625-0010

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

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

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

National Suicide Prevention Lifeline

1-800-273-8255

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

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

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, santos@waypointnh.org

www.waypointnh.org

“

He knows now that he can talk to me, he can come to me, he can trust me.... And he really truly believes that; in the beginning, he didn't. Big difference to the little boy who was afraid.”

Anonymous Caregiver

CPP May Help When

- Children have been through scary or painful events such as loss of a loved person, separation, serious medical procedures, abuse, or violence at home or in the community
- Children show difficult behaviors
- Children have a change in placement or caregivers
- Family members have physical health or mental health difficulties
- Caregivers would like help with parenting and improving parent-child relationships

NH CPP Project Director:
Cassie Yackley, Psy.D., PLLC

cassieyackleypsyd@gmail.com
www.cassieyackleypsyd.com
cathleen.yackley@keene.edu

For more information about CPP please visit:

www.childparentpsychotherapy.com
www.nhchildparentpsychotherapy.com

Who We Are

NH Child-Parent Psychotherapy (CPP) nationally "rostered" providers who have completed an 18-month long rigorous training with a certified trainer in CPP which includes: seven in-person trainings, intensive consultation, and peer-to-peer learning within and across organizations.

Participating Agencies:

- Community Partners
- Families in Transition (Manchester)
- Greater Nashua Mental Health Center
- Mental Health Center of Greater Manchester
- Monadnock Family Services
- Riverbend Community Mental Health
- Seacoast Mental Health Center
- Waypoint NH
- West Central Behavioral Health
- Rostered Providers:
- Melony Williams (TLC Family Resource Center)
- Karen Lofgren (Community Bridges)
- Jenessa Deleault (Counseling Associates of MA & NH)
- Cathy Brings (Norcross Counseling Associates)
- Kelly Corson (Warren Street Counseling)
- Mirella Maggi (Dartmouth Hitchcock Psychiatry)

Our Mission

Providing services that help young children and families recover and heal after stressful and traumatic events





What is CPP?

Therapy for young children from birth through age 5 and their parents/caregivers

- Supports family strengths and relationships
- Helps families heal and grow after stressful experiences
- Respects family and cultural values



What Happens During CPP

We work together in three stages:

1. Getting to Know the Child & Family

We spend time meeting alone with parents/caregivers to understand the family's

- Needs and challenges
- Strengths and values
- History and experiences

If needed, we connect families to resources and services

We make a plan for how CPP will help your family

2. Addressing Families' Needs

We usually meet once a week with the parent/caregiver and child

If old enough, we first help children understand

- Who we are
- Why they are coming
- What we will do together

We often use toys because young children show feelings and thoughts through play

We may meet alone as adults

We help parents/caregivers and children to

- Understand each other
- Talk and play about difficult experiences
- Respond to difficult feelings and behaviors
- Create a family story that leads to healing

3. Wrapping Up & Planning for the Future

We celebrate changes families have made

We talk about how parents/caregivers made changes happen

We consider how endings and goodbyes may bring up different feelings

We talk about what will be needed in the future



CPP Studies Involving Diverse Families Show

Improvements in Children's

- Mood
- Problem behaviors
- Learning
- Trauma symptoms
- Biological stress response (cortisol)

Improvements in Parents'

- Mood
- Parenting stress
- Trauma symptoms
- Partner relationship

Improvements in Parent-Child Relationship Quality

“

You are the only one that explained how trauma is affecting my daughter and I'm so grateful.”

Adoptive Mother to her CPP Therapist

FAST Forward

Families and Systems Together

- FAST Forward helps New Hampshire children and youth with serious emotional disorders and their families by:
 - 1) Increasing community services and supports for their family
 - 2) Keeping children in their homes (out of psychiatric hospitals, residential treatment centers, juvenile detention centers)
- This program is family-driven & youth-guided, so family members make all the decisions with the support of their team. The family & youth have a voice and choice on everything.
- Focus is to identify and build on the family strengths: a family-led team which look at the challenging behaviors of the youth and the strengths and supports that the family can call on. The team reviews what is causing the behavior and how to address the youth's needs.
- The FAST Forward program uses a wraparound approach – the family chooses a team of people that will help support them.
- We respond to each family's unique cultural values and beliefs.
- This is a great opportunity for families in NH to help keep their children home and build supports and services within their community.
- Currently to be eligible for FAST Forward children and youth must be:
 - Medicaid eligible
 - From age six to young adults transitioning out of school, foster care, or state placements
 - Experiencing difficulties in day-to-day life due to a diagnosis of serious emotional disturbance
 - At risk of multi-agency involvement (includes out of home placement in a residential treatment facility, psychiatric hospital, or juvenile justice facility)

For more information:

Contact Adele Gallant, FAST Forward Manager at

systemofcare@dhhs.state.nh.us

603-271-4371

www.nh4youth.org/fast-forward

FAST Forward



Many New Hampshire children, youth, and families who experience difficulties in day-to-day life due to serious emotional disturbances end up being moved out of their homes. They are often put into residential treatment facilities, psychiatric hospitals, juvenile justice facilities, or daytime programs that take them out of their schools and communities. Despite the best intentions and hard work of families and providers, services are difficult to navigate and are fragmented into uncoordinated systems.

Families and Systems Together

New Hampshire has begun to make big strides to address these challenges with a new approach. The **FAST Forward** program – Families and Systems Together – is designed to serve youth with serious emotional disturbances and their families, whose needs aren't met by traditional service streams and programs.

The FAST Forward program is...

- Working with a team using a wraparound process to coordinate care
- Providing unconditional support and individualized flexible programming with a “do what it takes” attitude
- Offering an enhanced array of services, including short-term respite care, and soon to include mobile crisis teams
- Using a “system of care” approach that is family driven, youth guided, community based, and culturally and linguistically competent
- Making sure our youth with the most difficult emotional and substance use issues are connected with the appropriate supports within their community

Family and Youth Driven

Family is at the core of FAST Forward's work. Family members have a voice in describing their needs and strengths, and a choice in identifying services and their supports. Families take a leadership role in their families' care as well in policy, planning, and evaluation of the overall system.

Youth voice is needed and valued, as youth are full participants in planning their care.

Community Based & Culturally Competent

Services are home- and community-based: keeping youth in their homes and schools is a priority.

FAST Forward honors the culture and beliefs of each family served through this program.

Federally-Funded

FAST Forward is pleased to have begun working with families in July 2014. In October of 2016, NFI North, Inc. (<http://www.nfinorth.com/>) (NFI), a subsidiary of North American Family Institute, Inc., assumed operations and expanded resources. NFI develops community-based services for children, youth, families, and adults. NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. NFI continues to provide the highest level of service to families and youth to ensure success.

Referrals are being accepted from families and providers for children and youth who:

- Are Medicaid eligible
- Are aged six or older or who are young adults transitioning out of school, foster care, or state placements
- Experience difficulties in day-to-day life due to a diagnosis of serious emotional disturbance
- Are at risk of multi-agency involvement (includes out of home placement in a residential treatment facility, psychiatric hospital, or juvenile justice facility)

FAST Forward staff and partners have been trained in the nationally recognized and evidence-supported NH Wraparound Practice and will be working to build up the network of wraparound partners.

Our vision: a comprehensive statewide system of care that supports children and youth in their homes, schools, and communities.


For more information please contact Daryll Tenney (<mailto:Daryll.Tenney@dhhs.nh.gov>) of the Bureau for Children's Behavioral Health at 603-271-5075.

Fast Forward Resources

Wraparound Overview (http://nh4youth.org/sites/default/files/attachments/page/nfi_fast_forward.pdf)

Attachments:

 [nfi_fast_forward.pdf](http://nh4youth.org/sites/default/files/attachments/page/nfi_fast_forward.pdf) (http://nh4youth.org/sites/default/files/attachments/page/nfi_fast_forward.pdf)

 [clc_training_brochure.pdf](#)

(http://nh4youth.org/sites/default/files/attachments/page/clc_training_brochure_0.pdf)

Latest

[Blog \(/news/blog\)](/news/blog)

[Events \(/news/events\)](/news/events)

[Facebook \(http://www.facebook.com/nh4youth\)](http://www.facebook.com/nh4youth)

Our Impact

[Workgroups \(/collaborative/workgroups\)](/collaborative/workgroups)

[Grants and Projects \(/collaborative/grants\)](/collaborative/grants)

Resources

[Modules \(/resources/modules\)](/resources/modules)

[Webinars \(/resources/webinars\)](/resources/webinars)

[Research \(/resources/research\)](/resources/research)

[Issue Briefs \(/resources/issue-briefs\)](/resources/issue-briefs)

[Sign In \(/user\)](/user) | [Contact Us \(mailto:cbhc@new-futures.org?Subject=Website Inquiry\)](mailto:cbhc@new-futures.org?Subject=Website%20Inquiry)

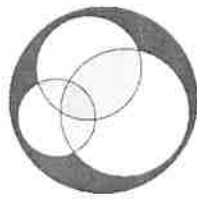


© 2014 NH Children's Behavioral Health Collaborative

The development of this website was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

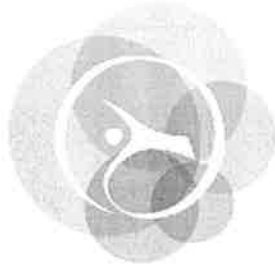
website by Primal Media (<http://www.primalmedia.com/>)

NFI's mission is to Inspire and Empower people to reach their full potential so they can live successfully within their home and community.



NFI North, Inc.

*Inspiring people to reach their full potential
and live successfully in their community*







**NH Children's
Behavioral Health
Collaborative**

Creating a unified system of care

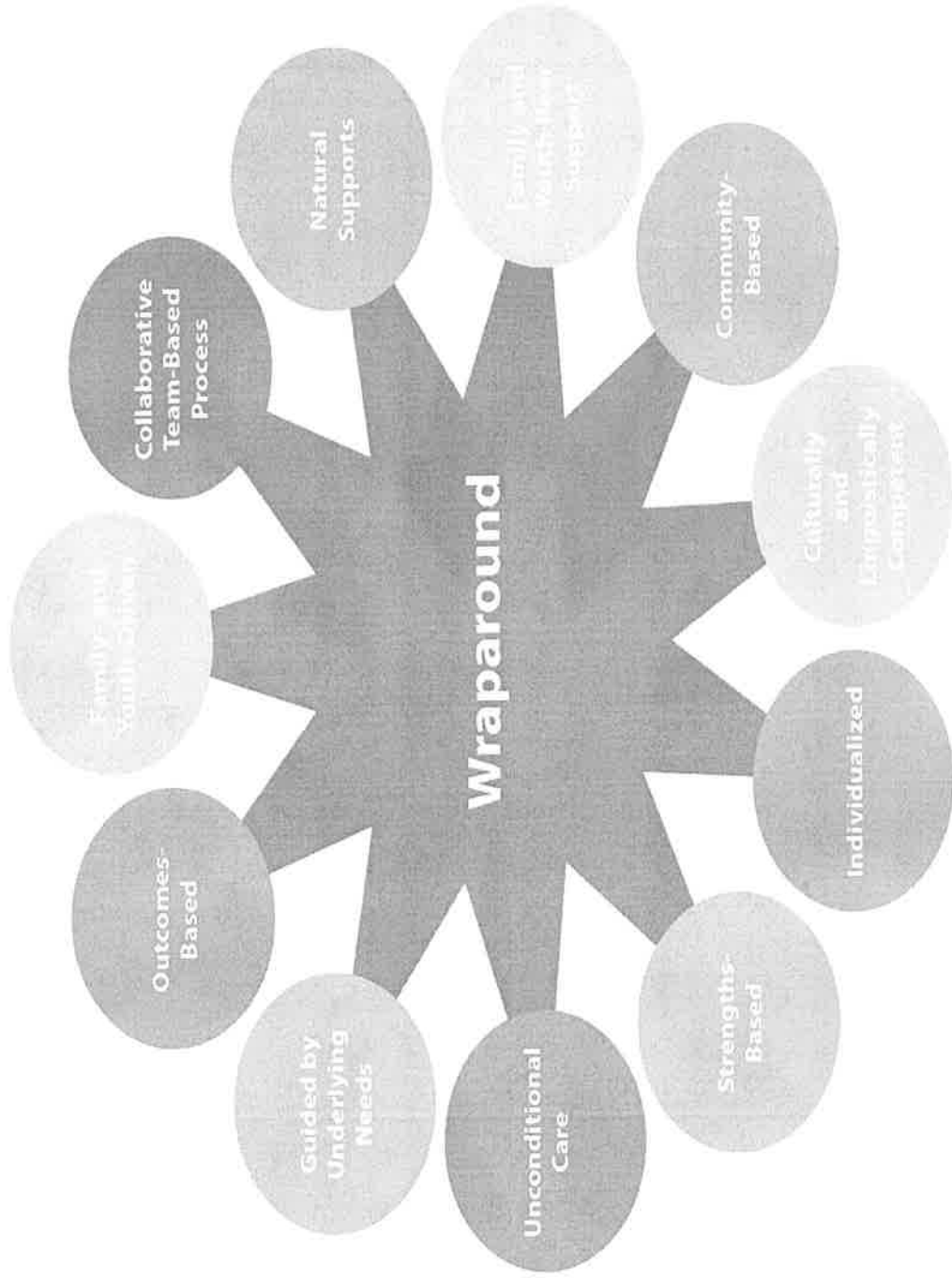
Wraparound Facilitator/Care Coordinators provide family-centered planning and facilitation, develop plans of care driven by the strengths and needs of the child, youth and family/primary caregiver, obtain targeted support services, and monitor the provision and outcomes of the plan, so that the child or youth and family can be successful at home, at school and in the community.

To be effective, the Wraparound Facilitator/Care Coordinators will;

-  **Work with children/youth in their homes and communities;**
-  **Incorporate the entire family and their natural supports in the planning process;**
-  **Focus on the child's and family's strengths; and**
-  **Demonstrate cultural and linguistic competence.**

NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community.

Wraparound Principles



NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community.

FAST Forward Partners

Our Partners



**NH Children's
Behavioral Health
Collaborative**



**NH Department of Health
and Human Services**

Institute on Disability/UCED



**University of
New Hampshire**



NFI North, Inc.
*Inspiring people to reach their full potential
and live successfully in their community*

**ANTIOCH
UNIVERSITY**
NEW ENGLAND



NAMI
National Alliance on Mental Illness
New Hampshire

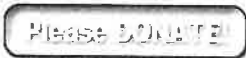


**GRANITE STATE
FEDERATION OF FAMILIES**
For Children's Mental Health

Contact Information:

For more program information: Jennifer Altieri, FAST Forward Program Director, (603) 575-5667,
JenniferAltieri@nafi.com, www.nfinorth.com

To make a referral: Daryll Tenney, Bureau for Children's Behavioral Health, (603) 271-5075,
Daryll.Tenney@dhhs.nh.gov



Family Counseling

FAMILY COUNSELING

RELATED SERVICES

PARENT ED & SUPPORT GROUPS

PARENTING PLUS

FAMILY RESOURCES CENTERS

HOME VISITING (HEALTHY FAMILIES)

SUBSTANCE ABUSE TREATMENT



COUNSELING

Child and Family Services provides therapeutic counseling for children, youth and adults, couples and families. Our treatment model is strengths-based, solution-focused, short-term, and family-centered.

Appointments: Day and evening hours. Call 800-640-6486.

We can help with-

- Improving relationships
- Divorce adjustment
- Step-family adjustment
- Emotional concerns
- Stress, anxiety
- Challenging child behavior
- Problems in school
- Post-adoption adjustment
- Illness, grief, loss
- Anxiety, fears
- Addictive behavior
- Child-parent attachment
- PTSD; trauma

KEY FACTS MENTAL HEALTH

Call: 1-800-640-6486 or the office nearest you

Areas served:
 Concord - 224-7479
 Dover - 742-6052
 Exeter - 772-2756
 Manchester - 318-4150
 Warren - 607-5772
 Lebanon - 604-5835
 Lebanon - 298-1227
 Manchester - 318-4000

Fees
 Our agency provides a sliding fee scale, income and family size are considered when determining the exact portion of the fee.

Insurance Accepted Areas
 Anthem (NH & VT)
 Cigna
 Medicaid (NH)
 Medicaid (VT)
 Medicare (NH & VT)
 NH Healthy Families
 Tricare
 Tufts
 UMR
 Value Options
 Wellpoint

KNOW THE FIVE SIGNS! THE CHANGEDIRECTION MOVEMENT.

Child and Family Services is proud to support the goals of the CHANGEDIRECTION movement. The goal of the Campaign to Change Direction is to change the culture of mental health in America so that all of those in need receive the care and support they deserve. The Campaign encourages all Americans to pay attention to their emotional well-being – and it reminds us that our emotional well-being is just as important as our physical well-being. It is up to all of us to keep an eye on each other and pay attention to the Five Signs that may indicate that someone we know is in emotional distress.

Here are Five Signs that may mean someone is in emotional pain and might need help:



If you recognize that someone in your life is suffering, now what?

You connect, you reach out, you inspire hope, and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to help him- or herself. There are many resources in our communities. It may take more than one offer, and you may need to reach out to others who share your concern about the person who is suffering. If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

OUR STAFF

CULTIVATING MENTAL WELLNESS



15 Ermer Rd, Ste 208 & 206, Salem, NH
 (603) 898-3388



OUR SERVICES

COUNSELING

We provide evidenced-based psychotherapeutic intervention for individuals and families ages 4 to Adulthood. Psychotherapy includes assessment, treatment planning and monitoring. We offer goal-oriented treatment to reduce clients symptoms, manage behaviors, or aid in adjustment through skill-based and insight oriented therapy. It is imperative that counseling is a private, safe and supportive environment where thoughts and feelings can be shared and validated.

OUR EVIDENCED-BASED PRACTICES:

- Cognitive Behavioral Therapy (CBT)
- D2L Stewards of Children
- Dialectical Behavioral Therapy (DBT)
- Helping the Noncompliant Child
- Solution Focused Brief Therapy (SFBT)
- Trauma-focused Cognitive Behavioral Therapy (TF-CBT)

CONSULTATION

We offer case specific consultation to caregivers, physicians, schools, social service and other community agencies. We offer clinical supervision to individual practitioners and social service agencies. We are dedicated to offering educational workshops to our local community as requested.

COACHING

We offer coaching in the areas of parenting, self image, life transitions and interpersonal relationships. We offer professional coaching to businesses on burnout prevention, team building, and conflict resolution.

15 Exmer Road, Ste. 208 & 205, Salem, NH 03079 | Phone: (603) 898-3398

Website by Community Communications, Inc.

Attention: School Administration and Guidance:

As we start the school year, there is much uncertainty with the challenges COVID-19 presents. One thing is clear, mental health/emotional support will be important for children, parents, families and school staff as well.

The Center for Life Management continues to build on strong relationships and communication with our school administrations, guidance departments and key players within our school community. Our Children's Crisis Team, part of our 24/7 Emergency Services department, works to enhance access and create a sense of ease for both school professionals making referrals, students and families in obtaining emergency and safety assessments as swiftly as possible. This allows for quick access to the appropriate level of care, services, or a safe return to school.

Since the COVID-19 outbreak, CLM continues to provide in-office services while also expanding the use of telehealth via phone or video to provide our full scope of services including emergency service assessment, crisis intervention and ongoing supports and education.

When to call or refer to CLM Emergency Services?

Emergency Services provides assessment for anyone experiencing a mental health crisis such as:

- Overwhelming Panic or Anxiety
- Excessive Worry, Depression or Despair
- Non-suicidal Self-injury
- Thoughts of Harm to Self or Others
- Other Emotional or Mental Health Crisis

Reach 24/7 Emergency Services by calling 603-434-1577, option 1. CLM ES Clinicians are available to provide **crisis assessment via telehealth either by phone or video.** To access video telehealth CLM utilizes the Microsoft Teams platform which can easily be downloaded to desktop or by phone app.

Walk-in Crisis Assessment provided by **ES clinicians onsite available Monday-Friday, 8 am to 5 pm** at our **Derry office, 10 Tsienneto Road.** (We will keep you notified as hours are expected to expand.)

Crisis Stabilization is a short-term intervention that involves an intensive, comprehensive assessment and crisis planning for an individual who is remaining in the community, but is in a state of crisis or risk due to recent stressors and events. Quick stabilization of the individual's symptoms through therapeutic crisis planning and support is the primary goal of the intervention.

If I can be of assistance or answer any questions, please feel free to contact me at the number and email listed below.

Sincerely,



Kerry Ali, MS, MLADC, Director, Emergency Services

Direct Line: (603) 965-0633

kali@clmnh.org

Suicide Prevention

- Risk Factors
- Depression, Anxiety and other Mental Health conditions
- Substance use disorder
- Chronic pain
- Prior suicide attempt
- Family history of suicide
- Family violence, including physical and sexual abuse
- Access to firearms
- Exposure to suicidal behavior of others

Warning Signs

- Talking about wanting to die or kill oneself
- Making a plan or looking for a way to kill oneself, such as searching online
- Feeling empty, hopeless or like there is no reason to live
- Feeling trapped or in unbearable physical or emotional pain
- Talking about being a burden to others
- Withdrawing from family or friends, or feeling isolated
- Saying goodbye to loved ones, putting affairs in order

Our Mission

To promote the health and well-being of individuals, families and organizations.

We accomplish this through professional, caring and comprehensive behavioral health care services and by partnering with other organizations that share our philosophy.



10 Tsienneto Road, Derry NH

103 Stiles Road, Salem NH

603-434-1577 Option 1

CenterforLifeManagement.org

Suicide Prevention Resources

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line: Text 'HOME' to 741741

Suicide Prevention Resource Center

www.sprc.org

National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

If You or a Loved One
is Experiencing a
Mental Health Crisis



What to Expect when
Contacting CLM
Emergency Services



Emergency Services



Depending on each individual situation and need, Emergency Services may provide any one or a combination of the following services:

- **A Telephone Crisis Assessment** is a short assessment of the crisis and creation of a crisis plan to help an individual remain safe in the community when possible.
- **Family Consultation:** When a friend or family member has concerns regarding a person in crisis, CLM offers support and guidance to the friend or family to help them help their loved one in crisis.
- **CLM offers 24/7 Emergency Assessments** to individuals who may need higher levels of psychiatric or dual diagnosis treatment. Many assessments are completed at our office or via telehealth. (Minors require a parent or guardian on site to complete assessment).
- **Walk-in Crisis Assessment** is provided by ES clinicians onsite during business hours at our Derry office (only), 10 Tsienneto Road.

When to call 24/7 Emergency Services?

CLM Emergency Services provides assessment and support for individuals experiencing a mental health crisis such as:

- Overwhelming Panic or Anxiety
- Excessive worry, Depression or Despair
- Non-suicidal Self-injury
- Thoughts of Harm to Self or Others
- Other Emotional or Mental Health Crisis

If you have concerns about yourself, a loved one or a student who may be experiencing a mental health crisis, please call Emergency Services. We are able to do an assessment via telehealth by phone or video, or to schedule an in-office assessment when needed. It is also valuable to a thorough assessment to be able to collect observations and concerns from the referral source such as a family member, school or community contact.


To reach 24/7 Emergency Services, call: 603.434.1577, option 1



- **Crisis Stabilization** is an office-based, short-term intervention that involves an intensive, comprehensive assessment and crisis planning for an individual who is remaining in the community, but is in a state of crisis or risk due to recent stressors and events. Quick stabilization of the individual's symptoms through therapeutic crisis planning and support is the primary goal of this intervention.
- **Acute Brief Treatment** is an intensive, solution-focused therapy treatment that is completed within 8 sessions. ABT is for individuals assessed to be in acute stress/grief related to a specific event/crisis such as a sudden death of a loved one, sudden decline in health or awareness of a dire medical diagnosis, anxiety or change in mood as a result of a sudden life event such as loss of employment.

MA Mental
Health Resources

LOCAL OUTPATIENT MENTAL HEALTH AGENCIES

<p>Another Chance Therapy & Coaching 465 Nashua Rd # 6 Dracut, 978-735-4443 *Home-based Therapy*</p>	<p>Greater Lowell Psychiatric 73 Princeton St. Ste 203 N. Chelmsford, 978-256-6579 *Therapy & Psychiatry NO pediatric Psychiatry*</p>	<p>Pathways Counseling Associates 134 Middle St. Ste 304 Lowell, 978-937-2696 *Therapy only*</p>
<p>Arbour Counseling Services 10 Bridge Street Ste 300 Lowell, 978-453-5736 *Home-based Therapy*</p>	<p>Harvard Vanguard 228 Billerica Rd Chelmsford, 978-250-6240 *Must have PCP at HVMA* * No Pediatric Therapist* * No Adult Psychiatric Coverage*</p>	<p>Psychological Care Associates 321 Billerica Rd. # 1 Chelmsford, 781-646-0500 *Therapy & Psychiatry* * Does NOT accept Mass Health*</p>
<p>Arbour Counseling Services 599 Canal Street Ste 1 East Lawrence, 978-686-8202</p>	<p>Healing Springs Counseling 9 Central Street Lowell, 978-654-6650 *Therapy Only*</p>	<p>South Bay Mental Health 22 Old Canal Drive Lowell, 978-453-6800 Intake 508-427-5362 *Home Based Therapy* * Therapy only at this time*</p>
<p>Billerica Counseling Ctr, LLP 572 Boston Rd Ste 14 Billerica, 978-294-8975 *Therapy Only*</p>	<p>Lowell Community Health Center 161 Jackson Street Lowell, 978-937-9448</p>	<p>South Bay Mental Health 360 Merrimack Street Bldg 9, Door H Lawrence, 978-688-4830 Intake-508-427-5362 *Therapy & Psychiatry* * No Psych coverage for children under 7 years old*</p>
<p>Bridgewell Counseling 35 Market Street 3rd Fl Lowell, 978-459-0389</p>	<p>Meeting House Psychological Associates 1 Meeting House Rd Chelmsford, 978-256</p>	<p> Stoney Brook Counseling Center 2 Courthouse Lane, Ste # 3 Chelmsford, 978-275-9444 *Therapy & Psychiatry*</p>
<p>Bridgewell Counseling 7 Summer Street Bldg 19 Chelmsford, 978-256-1444</p>	<p>Mental Health Associates 99 Church Street Lowell, 978-458-6282 *Therapy only at this time*</p>	<p>Dr. Steven Moss, Clinical Psychologist 374 Concord Rd Billerica, 978-604-1236 *Therapy only* *Addiction expert* * Online Request for new patients*</p>

<p>Catholic Charities 70 Lawrence Street Lowell, 978-452-1421 Intake 978-774-6820</p>	<p>Merrimack Valley Trauma 7 Technology Drive Ste 204 N. Chelmsford 978-677-6191</p>	<p>Therapy Associates of Chelmsford 3 Courthouse Lane, Unit 8 Chelmsford, 978-710-7569 *Therapy only* *Accepts Medicare* *Does NOT accept Mass Health Standard*</p>
<p>Center for Family Development * 81 Bridge St. Lowell, 978-459-2306 *Therapy only*</p>	<p>MSPCC/Eliot Community Services 126 Phoenix Ave Lowell, 781-395-0632 (intake) *In home therapy only- limited capacity*</p>	<p>Think Counselling Services 14 Fletcher Street Ste 5 Chelmsford, 978-201-3377 *Therapy only*</p>
<p>Chelmsford Family Counseling * 73 Princeton St Ste 314 Chelmsford, 978-251-7806 *Therapy only*</p>	<p>NE Center for Healthy Minds 119 Russell St. Ste 30 Littleton, 978-679-1200 Neuropsych evaluation *Therapy & Psychiatry*</p>	<p>Wilmington Family Counseling 5 Middlesex Ave Ste 11 Wilmington, 978-658-9889 *Therapy & Psychiatry*</p>
<p>Dracut Counseling Professionals * 149 Pleasant St. Ste 200 Dracut, 978-222-9004 EXT 1 *Therapy only*</p>	<p>North Star Guidance Center 21 Glen Avenue Chelmsford, 978-256-0667 *Therapy only at this time*</p>	<p>Trauma & Family Integration Services 144 Merrimack St. Ste 302 Lowell, 978-677-7823 *Trauma focus* *Accepts MassHealth*</p>
<p>Family Associates of Merrimack Valley 201 Chelmsford Street Chelmsford, 978-256-1467 *Therapy only*</p>	<p><i>Counseling Associates of Dracut 14 Loon Hill Rd. (978) Dracut MA 934-9444</i></p>	

Occupational Therapy

Occupational Therapy

OT Works 4 Kidz, LLC

3 Industrial Drive Unit 1

Windham, NH 03087

603-870-0078

www.otworks4kidz.com



3 Industrial Drive Unit 3, Windham NH 03087

Telephone: (603) 870-0078

Fax: (603) 870-8134

Home

Why Us?

Directions/Contact Us

Who Pays?

What We Offer?

Resources

What is . . .

Occupational Therapy ?

Speech Therapy ?

Sensory Processing Disorder ?

Employment Opportunities

Why Come to Us ???

After years working with children with special needs, we recognized a growing need for child centered and family friendly therapy services for families in the Southern NH region. We are passionate about working with children and in 2007 we created OT Works 4 Kidz, LLC. We house well trained and nurturing occupational and speech therapists on our team and we strive to serve the community with the highest quality of care. We recognize that you are the expert on your child and we are merely tools to help your child better succeed at home, school and in the community.



Sincerely, Amy and Laurie

Amy Stafford, MS, OTR/L

Amy holds an undergraduate and masters degree in occupational therapy from the University of New England. She is a pediatric therapist with experience working in early intervention and private practice settings.

Laurie Gulla, MS, OTR/L

Laurie holds an undergraduate degree in occupational therapy from the University of New England and a masters degree in occupational therapy from the University of New Hampshire. She is a pediatric therapist with experience working in public schools and private practice settings.

Our staff includes occupational therapists and speech-language pathologists who are passionate about working with children. Our Occupational Therapists hold bachelors and master's degrees in Occupational Therapy, are licensed in the state of NH and MA and are certified to administer the sensory integration and praxis test (SIPT). They hold certification from the National Board for Certification in Occupational Therapy (NBCOT). They bring past and current experience from other settings including schools, early intervention, rehabilitation centers, hospitals, outpatient clinics and mental health facilities. They constantly further their knowledge with continuing education to ensure they are aware of the newest research and techniques available today. Areas of additional training include:

- ✓ Sensory Integration Theory and Treatment
- ✓ Behavioral Strategies
- ✓ Accommodations for the Classroom
- ✓ Handwriting Without Tears
- ✓ Autism Spectrum Disorders
- ✓ Visual Perceptual Abilities
- ✓ Learning Disabilities
- ✓ Low Tech Communication Devices
- ✓ First/Then Boards
- ✓ Video Modeling
- ✓ Basic Sign Language
- ✓ Developmental Delays
- ✓ MOVE
- ✓ SCAMPS
- ✓ CALM Instruction
- ✓ Classroom Yoga
- ✓ Functional Visual Skills
- ✓ Astronaut Training Program
- ✓ Oral Motor/Feeding
- ✓ Therapeutic Listening
- ✓ ALERT Program
- ✓ ADD/ADHD
- ✓ Downs Syndrome
- ✓ Cerebral Palsy

✓ Task Analysis
 ✓ The Ready
 Approach

Our Speech-Language Pathologists here at OT Works 4 Kidz are well trained and have years of experience in providing speech therapy to children. They are licensed in the state of NH and MA and hold the Certificate of Clinical Competence (CCC) from the American Speech, Language, and Hearing Association (ASHA). They are all very competent at what they do and are caring and nurturing people. Areas of additional training include:

- | | |
|-------------------|-----------------------|
| ✓ LiPS | ✓ Emotional |
| ✓ CPI | (Crisis |
| Prevention | handicaps |
| Intervention) | ✓ NonVerbal Based |
| ✓ Apraxia | Learning Disabilities |
| ✓ Autism Spectrum | ✓ Language Based |
| Disorders | Learning Disabilities |
| ✓ ADD/ADHD | ✓ Auditory |
| ✓ Executive | Processing Disorders |
| Functioning | ✓ Social Skills |
| | Groups |

*If you are a competent, dedicated, health care professional,
[please click here for a list of our current employment opportunities.](#)*

Orthopedics and Sports Medicine

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



- Home
- About Us
- Orthopaedic Services
- Therapy Services
- Providers
- Patient Resources
- Patient Stories
- Newsroom

Contact Us

For musculoskeletal injuries, joint pain or orthopaedic surgery, trust leading-edge care and three decades of excellence. You need not travel to the city or look any further than right here in your community at Essex Orthopaedics & Optima Sports Therapy.

We specialize in sports medicine, minimally invasive and arthroscopic surgery for shoulder, elbow, wrist, hip, knee, foot and ankle. We also have the advantage of a highly trained in-house physical therapy team that works with pre-and post-surgical patients, sports injuries and performance enhancement.

- Same-day or next-day appointments for urgent needs
- Major insurance plans, Medicare & Workers' Comp. accepted
- Visa, MasterCard & American Express welcome
- Physician on-call 24/7



Call today to receive top-quality care or visit our **Patient Portal** [HERE](#) to request an appointment!

Orthopaedics: **(603) 898-2244** • FAX: **(603) 898-2227**

Sports Therapy: **(603) 894-1111** • FAX: **(603) 894-1113**

Kate Gosselin, front desk supervisor, is just one of the smiling faces that will greet you when you visit us at Essex Orthopaedics & Optima Sports Therapy!

It's All About You

Essex Orthopaedics and Optima Sports Therapy recognize your needs are unique. So is our practice. Click [HERE](#) to find out what makes us the perfect fit for your orthopaedic and physical therapy needs.

Directions to Essex Orthopaedics & Optima Sports Therapy



[Click HERE](#) for driving directions.

Essex Orthopaedics

16 Pelham Road / Route 97
Suite 1
Salem, NH 03079
Tel: **(603) 898-2244**
FAX: **(603) 898-2227**



Orthopaedics Hours

Monday-Friday
8:30 am - 5:00 pm

Patient Portal

Enter [HERE](#)

Optima Sports Therapy

16 Pelham Road / Route 97
Suite 2
Salem, NH 03079
Tel: **(603) 894-1111**
FAX: **(603) 894-1113**

Optima Hours

Mon & Wed: 8:30 am - 9 pm
Tue & Thurs: 7 am - 9 pm
Fri: 7 am - 6 pm
Sat: 8 am - 12 pm *(Sat. hours based on patient need)*



Parenting Support

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

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

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

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

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



1.800.640.6486

WAYPOINT

Help Along the Way

PROGRAMS

HAPPENINGS

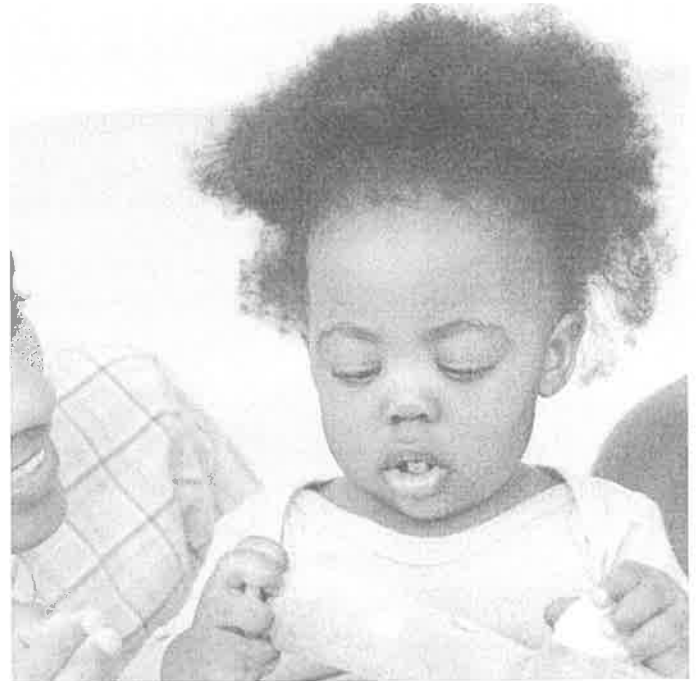
ABOUT

GIVE

JOBS

CHILD AND FAMILY SERVICES

Family Support Services



REGION

Most of Hillsborough, Rockingham and Merrimack Counties

Because children don't come with a "How to Raise Me" guidebook, Waypoint's Family Resource Centers offer an array of family support services for families with children ages 0-21. Services are designed to help your family through any type of challenge, whether it's first time parenting, making ends meet, parental substance misuse, housing or employment instability, child wellness, education, or emotional stressors. Services may be provided in the comfort of your family home, or anywhere else you feel comfortable in the community.

DURING PREGNANCY, our team home visitors offer support in the areas of:

ELIGIBILITY

Voluntary programs

- > Prenatal healthcare
- > Nutrition
- > Early childhood development

FEE

None to client

- > *Smoking cessation*
- > *Counseling*
- > *Family planning*
- > *Preparing for your new baby*
- > *Alcohol and drug prevention*
- > *Access to community resources*
- > *And anything else to optimize*

CONTACT

Carolyn George
(603) 518.4000



DURING EARLY YEARS, our team of nurses, parent educators and counselors offer support in areas of:

- > *Post-partum depression*
- > *Well baby care*
- > *Nutrition for mother and baby*
- > *Breast/bottle feeding*
- > *Screening for post-partum and maternal depression*
- > *Infant brain development*
- > *Early childhood development*

FORM(S)

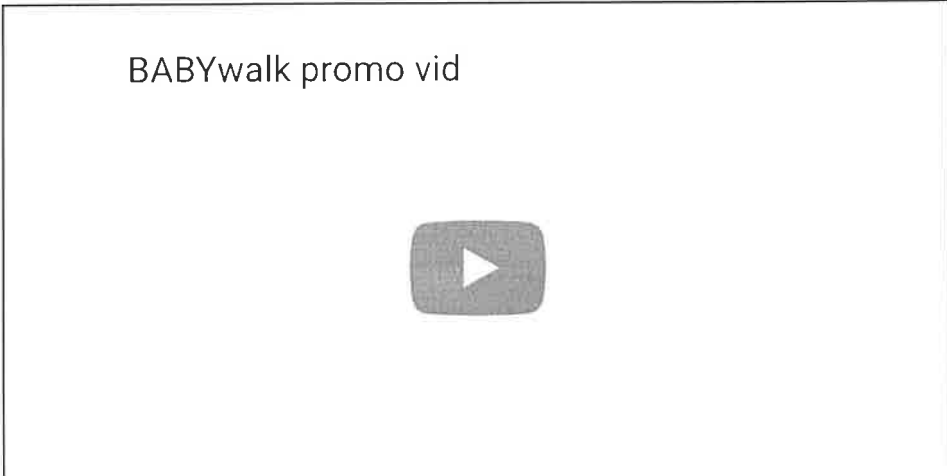
Referral Form

THROUGH SCHOOL YEARS and beyond, we'll work in partnership with you and your family to set and reach goals and answer any questions you may have along the way in the areas of:

- > *Effective parenting*
- > *Recreational activities*
- > *Appropriate discipline technique*
- > *Family planning and contraception*
- > *Life skills including education, work, and finding quality childcare*
- > *School behaviors*
- > *Child development*
- > *Securing a medical home (having a health/wellness plan in place)*

FURTHER RESOURCES:

- Family Support NH
- Parents as Teachers
- New Hampshire Home Visiting



FUNDING

*Federal
State
Local
Private grants*

PARTNERS

*The Upper Room
Concord Hospital
Riverbend
Concord ObGyn
Dartmouth Hitchcock OBGYN*

**464 Chestnut St.
P.O. Box 448
Manchester, NH 03105**

TEL (603) 518.4000

FAX (603) 668.6260

REGIONAL OFFICES


GIVE NOW

SEARCH

JOB

PRIVACY POLICY





About Us

Welcome to the Parent Information Center of NH



The Parent Information Center (PIC), a New Hampshire statewide family organization, strives to achieve positive outcomes for children and youth, with a focus on those with disabilities and special healthcare needs. This is achieved through its partnerships with families, educators, youth, professionals and organizations.

PIC is committed to the belief that:

- Families make the difference.
- When families, professionals and other partners are well-informed and have a shared commitment to work together, everyone benefits.
- As youth move toward adulthood, they have increasing ownership of their future.
- Every child can succeed and contribute as valued members of society.



The Parent Information Center and its various grant programs address a variety of key issues in order to help parents support their children's success in school and in life.

PIC is not a legal services agency and cannot provide legal advice or legal representation. The information provided by PIC is provided as a public service for general information only and is not a substitute for legal advice about the facts of your or your child's particular situation. In addition, the law is always changing, through actions of the courts, legislature and public agencies. If you have a problem or issue that requires legal advice, such advice should be obtained from an attorney.

The Parent Information Center
54 Old Suncook Road
Concord, NH 03301

(603) 224-7005
V/TDD (800) 947-7005 (N.H. only)
(603) 224-4365 (FAX)

Become a Member
Donate Now!

3

Please DONATE!



HOME PROGRAMS & SERVICES ADVOCACY NEWS & EVENTS GIVING JOBS CONTACT

HOME PROGRAMS & SERVICES FAMILY SUPPORT PARENTING PLUS



Family Support

PARENTING PLUS

RELATED SERVICES

- PARENTING PLUS
- PARENT AIDE
- PARTNERS IN HEALTH
- FAMILIES CONNECTING
- INTEGRATED HOME BASED SERVICES
- INTENSIVE FAMILY BASED SERVICES
- FOSTER CARE
- PERMANENCY SOLUTIONS & ISO
- PARENT EDUCATION
- RESIDENT SERVICES
- FAMILY RESOURCE CENTER
- HOME VISITING
- UPPER VALLEY SUPERVISED VISITATION CENTER

ADDITIONAL FAMILY SUPPORT RESOURCES



A great blog on Parenting.



FIND US

Statewide Headquarters:
 464 Chestnut St.
 P.O. Box 448, Manchester, NH 03105
 Toll Free: 800-640-6486
 Tel: 603-518-4000
 Fax: 603-668-6260
 Email: info@cfsnh.org
 Regional Offices

ABOUT THE PROGRAM

Parenting Plus offers families guidance and support that is designed to minimize stress and maximize a family's ability to succeed. Services are provided in the comfort of the family home. Families participate by choice, at no cost to them.

When families have too many stressors, Parenting Plus:

- Helps parents help their children
- Provides emotional support, encouragement and empowerment
- Offers practical solutions to help in managing family life

Where appropriate, Parenting Plus may provide:

- Child care opportunities
- Short-term overnight care

Families receive help with:

- Learning effective parenting skills
- Accessing community resources
- Learning healthy ways to express anger and frustration
- Resolving parent/child conflicts
- Setting realistic family rules
- Learning time management and organizational skills
- Learning about health and nutrition and safety
- Learning about budgeting finances

TESTIMONIALS

"This program has made such a big difference for my family...there is much more peace in our home now!" – Suzanne T.

"I thought I knew what I was doing disciplining my kids, but I learned so much about how to do it right with your program!" – Vicki L.

"Our support group gives me someone to talk to about parenting and to be able to get information from other people who have been through the same thing." – Alex E.

"As you know, it has been a difficult year for me and my family, but people like you have made it easier." – Greg R.

"I look forward to your weekly home visits and to all the new skills I learn to help my children." – Jenna C.

REFERRALS

Referrals are accepted from families themselves schools social service agencies pediatricians and hospitals family and mental health clinics Division of Children, Youth and Families.

To refer, call 1-800-640-6486

Community Partners: The Coe's Family Support Project; Gorham Family Resource Center, Littleton area; The Upper Room, Derry/Salem area; Families First, Seacoast area

KEY FACTS PARENTING PLUS

Contact:
 Lisa Anderson, program manager,
 andersonl@cfsnh.org
 1-800-640-6486

Areas Served
 Concord, Franklin,
 Manchester, Nashua,

Funding
 Parenting Plus is funded under an agreement with the State of New Hampshire Division of Children, Youth and Families.

Fees: None to client

Eligibility: Parenting Plus is a voluntary program for parents of children, birth - 21.
 Referral form

PROGRAMS BY AGE

- SERVICES FOR INFANTS/TODDLERS/YOUNG CHILDREN
- SERVICES FOR ADOLESCENTS/YOUTH/YOUNG ADULTS
- SERVICES FOR FAMILIES/PARENTS
- SERVICES FOR ELDERLY/ADULTS WITH DISABILITIES

SEARCH



[home](#) [about us](#) [programs & services](#) [events calendar](#) [get involved](#) [make a gift now](#) [news & media](#) [contact us](#)

- > Teen Information for Parenting Success (TIPS)
- > Greater Derry Family Outreach (GDFO)
- > Families on the GO (FOG)
- > GED PREP
- > Greater Derry Juvenile Diversion (GDJD)
- > Take Control
- > Challenge
- > YES
- > UR Parents
- > Community Service Learning Opportunities (CSLO)
- > Parenting Education Classes
- > Foster Care Program
- > Community Resources

UR Parents Support Group

A weekly support group for parents of teenagers. UR Parents is offered through the Adolescent Wellness Program. Empower yourself to learn more about your teenager!

Discussion, information and support for parents who face the challenges of raising teens in today's society.

Meetings are held every Thursday evening from 6:30 to 7:30 p.m. at The Upper Room, a Family Resource Center. Please call Cheryl Fruin at 437-8477 x15 for more information. Bring questions and concerns about your teen to this weekly discussion group.

Topics include:

- > lack of motivation
- > school related issues
- > defiant teen behaviors
- > Issues surrounding divorce
- > trust issues, coping with anger
- > family separation
- > teen safety
- > lying
- > teen sexuality

There is no registration or fee required.

UR Parents is facilitated by the Adolescent Wellness Program
a program of The Upper Room, a Family Resource Center.

Graciously funded by Granite United Way and Londonderry Rotary Club.

Join Our Email List

Email:

Privacy by SafeSubscribeSM

© Copyright 2010 The Upper Room. All Rights Reserved.

[home](#) | [about us](#) | [programs & services](#) | [events calendar](#) | [get involved](#) | [make a gift now](#) | [news & media](#) | [contact us](#)



[home](#)
[about us](#)
[programs & services](#)
[events calendar](#)
[get involved](#)
[make a gift now](#)
[news & media](#)
[contact us](#)

- > Teen Information for Parenting Success (TIPS)
- > Greater Derry Family Outreach (GDFO)
- > Families on the GO (FOG)
- > GED PREP
- > Greater Derry Juvenile Diversion (GDJD)
- > Take Control
- > Challenge
- > YES
- > UR Parents
- > Community Service Learning Opportunities (CSLO)
- > Parenting Education Classes
- > Foster Care Program
- > Community Resources

Join Our Email List

Email:

Privacy by SafeSubscribeSM

Teen Information for Parenting Success (TIPS) and Healthy Families America (HFA)

Are you a pregnant or parenting teen?

TIPS offers a place to learn more about what you can do.

We are a support and education program for expecting and young families.

Talk, Listen, Learn – Be Accepted.

Join us for...

- > A place to talk
- > A place where others are doing what you are doing
- > Get answers, get connected with resources
- > Learn about how to be a parent
- > Talk about what you will do
- > Get connected with resources that help you finish school, get a job, help you with housing information, and more

Services are free and confidential. If you are pregnant or a parent and you are 23 or under TIPS may be for you.

The program includes:

- > Weekly Meetings at School / set up through your guidance counselor or nurse
- > Weekly Evening Meetings Wednesday Evenings 5:00 - 7:00 PM childcare provided
- > Workshops - education, finances, jobs, baby care, WIC, literacy, baby development
- > Summer **Ice Cream Social AUGUST 2017**
- > Dads 101
- > Learn and Shop nights
- > Fun Family Events
- > Access to Food Pantry

TIPS Winter / Spring 2017 Calendar

Note: To protect you and your baby, TIPS will close due to extreme weather/school closings.

TIPS in The News:

- > TIPS Article in the Eagle Tribune April 12, 2012: N.H. has nation's lowest teen pregnancy rate

For more information and to register for a session, contact Janis Lilly, TIPS program coordinator at 603.437.8477 x12.

TIPS proudly thanks our funders: Bank of America, Oak Foundation for Child Health and Education, and The Women's Fund of NH , and many individual contributions.

Healthy Families America (HFA)

Pregnant and Looking For Resources? Talk to our Resource Specialist Today!

HFA is for any Rockingham County families who are expecting, or have recently given birth.

The program offers:

- > Parenting and child development information
- > Community resources and referrals
- > Connections to what you need
- > Opportunities to establish healthy parent-child relationships

To take advantage of this program, or to receive more information, contact Janis Lilly at 603.437.8477 x12.

Program is in partnership with Child and Family Services

© Copyright 2010 The Upper Room. All Rights Reserved.

[home](#) | [about us](#) | [programs & services](#) | [events calendar](#) | [get involved](#) | [make a gift now](#) | [news & media](#) | [contact us](#)

Pediatrics

Pediatrics

Elliot Pediatrics
5 Industrial Drive Unit B
Windham, NH 03087
603-685-0150

www.elliithospital.org/website/elliott-pediatrics-at-windham.ph

Londonderry Pediatrics
25 Buttrick Road
Londonderry, NH 03053
603-437-1003

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

Elliot Health System

[Login](#)

[Menu](#)

<https://www.mychart.org/mychartprd/default.asp>



Elliot Pediatrics at Windham

5 Industrial Drive Unit B
Windham, NH 03087

Phone: (603) 685-0150
Fax: (603) 685-0151

Hours: Monday through Friday: 8:00 a.m. to 5:00 p.m.

Welcome to Elliot Pediatrics at Windham

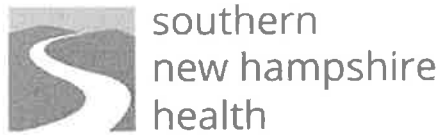
At Elliot Pediatrics at Windham, we are completely committed to the healthy growth and development of your child. We believe in partnering with families and working as a team to not only provide high quality healthcare for children, but to exceed expectations and deliver care in a convenient and compassionate way. We know that nothing is more important to you than the health of your children.

[Click here to visit our sister office \(Elliot Family Medicine at Windham\) \(elliott-family-medicine-at-windham.php\)](#)

Office Hours

Monday through Friday from 8 a.m. to 5 p.m.

Extended hours at Elliot Pediatrics After Hours (located at 275 Mammoth Rd Suite 1) Monday through Thursday until 9 p.m., Saturday from 8 a.m. to 4:30 p.m. and Sunday from 9 a.m. to 3 p.m.



Our Services

Our Locations

Billing and Insurance

Visiting Southern NH Medical Center

Find a Doctor

Make an Appointment

Patient Portal

Page B

Home / Our Locations / Medical Centers

Pelham Medical Center

(603) 635-5400

Pelham Medical Center
33 Windham Road
Pelham, NH 03076

Care for the entire family in one healthy location.

We provide comprehensive health care all in one convenient location. Our team of providers work together to help you get the care you need, where you need it.

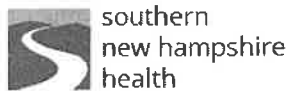
Family Medicine

Immediate Care

Internal Medicine

Lab

X-Ray



Physical Therapy

Physical Therapists

Dracut Rehab
1595 Bridge Street
Dracut, MA 01826
978-735-4479
www.scacciapt.com

SCACCIA Physical Therapy
32 Indian Rock Road #5
Windham, NH 03087
603-890-8541
www.scacciapt.com

Contact

WINDHAM CLINIC
(/CONTACT-WINDHAM-
NH/)

DERRY CLINIC
(/CONTACT-DERRY-
NH/)

DRACUT CLINIC
(/CONTACT-DRACUT-
MA/)

Dracut Physical Therapy in Dracut, MA

(978) 735-4479
(TEL:+19787354479)

SEND US A MESSAGE

FAX: (978) 735-4490

ADDRESS

1595 Bridge St, Dracut, MA 01826



Google

(https://maps.google.com/maps?
ll=42.676977,-71.30621&z=12&t=m&hl=en-
7US&g706&Arp&hl=en&map=112b17souMap&data=868017-0&pg)g)

HOURS

Monday: 7:00AM - 8:00PM

Tuesday: 7:00AM - 8:00PM

Wednesday: 7:00AM - 8:00PM

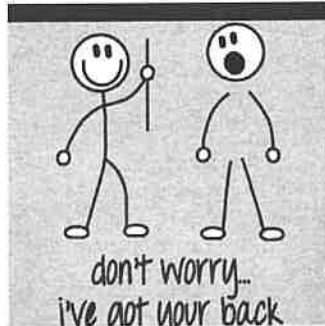
Thursday: 7:00AM - 8:00PM

Friday: 7:00AM - 5:00PM

Saturday: By appointment, as needed

Sunday: Closed

CLICK BELOW TO FOLLOW US ON INSTAGRAM!



LET'S GET SOCIAL

[http://](http://www.dracutphysicaltherapy.com) [https://](https://www.dracutphysicaltherapy.com) [http://](http://www.dracutphysicaltherapy.com)
physic

SCACCIA PHYSICAL THERAPY
32 INDIAN ROCK ROAD, #5,
WINDHAM, NH, 03087

DRACUT PHYSICAL THERAPY
1595 BRIDGE STREET,
DRACUT, MA, 01826

SCACCIA PHYSICAL THERAPY
@ THE COMPLETE ATHLETE
22 MANCHESTER RD, UNIT 3B

Reproductive Health

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>

Derry Health Center of Derry, NH

Operated by: [Planned Parenthood of Northern New England \(/planned-parenthood-northern-new-england\)](#)

We accept many insurance plans. If you don't have insurance, affordable coverage options may be available.

[View Accepted Health Insurance \(/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770#health-insurance\)](#)

Contact Info

VISIT US

4 Birch Street
Derry, NH 03038

([http://maps.google.com/?](http://maps.google.com/?daddr=4+Birch+Street,+Derry,+NH+03038,+USA+)
[daddr=4+Birch+Street,+Derry,+NH+03038,+USA+](http://maps.google.com/?daddr=4+Birch+Street,+Derry,+NH+03038,+USA+)

[Get Directions](#) (Derry+Health+Center))



CALL US

Phone: [603-434-1354](tel:603.434.1354) (tel:603.434.1354)

CALL NOW(TEL:603.434.1354)

Fax: 603-434-4290

SCHEDULE ONLINE

BOOK ONLINE

LANGUAGE

English; Interpretation by telephone available for other languages. We can arrange professional interpretation services for your visit at no cost.

Women's Health

Gynecological Care

Prenatal Care and Childbirth

Breast and Cervical Cancer Screening

Family Planning

We provide family planning services as needed to individuals of child bearing age. Services include:

- family planning counseling
- reproductive health exams
- pregnancy testing
- provision of emergency contraception
- STD/HIV screening and treatment

In addition to these services, we offer individual and community health education, as well as a number of birth control options to best fit your needs.



No Insurance? No Problem.

You will never be turned away because you don't have insurance.

[Learn More](#)



MY HEALTH Online Patient Portal

Access information and request services, all through one easy to use site.

[Learn More](#)



Your HealthCare Team

Our caring professional as a team to create your Medical Home.

[Learn More](#)



TEEN CLINIC

Teen Clinic

The Teen Clinic offers a full range of primary care services to teens from 14-20 years old. The Clinic is located at our Child Health Services MCHC location, 1245 Elm Street, Manchester, NH. Hours are Monday through Thursday, 8am – 12pm, 1pm – 4:30pm.

The Teen Clinic offers a safe, teen-focused environment. Our providers are skilled at helping with:

- Health education and routine health examinations
- Confidential family planning and birth control*
- Confidential testing and treatment for STIs (sexually transmitted infections)*
- Confidential, drop-in pregnancy testing Monday through Thursday, 8am – 12pm, 1pm – 4:30pm*
- Nutrition and weight concerns

**We offer confidential services unless there is concern you may harm yourself or others, or suspicion of someone harming you.*

Questions? Call Stephanie Prantis at 603.296.9209 or email sprantis@childhealthservices.org.

TO LEARN MORE ABOUT MCHC

[CLICK HERE](#)

Speech Therapy

Speech Therapists

Clearly Speaking
184 Mammoth Road Unit #5
Londonderry, NH 03053
603-926-3277
www.clearlyspeakingnh.com

Premier Speech Therapy
80 Nashua Rd
Londonderry, NH 03053
603-548-2188
www.premierspeechtherapy.com

Speech Therapy Solutions Inc.
224 Main Street
Salem, NH 03079
603-893-8550
www.speechtherapysolutions.com

LATEST NEWS

Call us at (603) 926-3277 and we'll fill you in on the latest happenings at Clearly Speaking!



Now scheduling year round social communication groups! (social-communication-group-therapy)

For more info, see our SSG page (social-communication-group-therapy) and our flyer (./downloads/social_groups_FB.pdf). → read more (social-communication-group-therapy)



10 Questions to Ask When Differentially Diagnosing Pediatric SSDs (10-questions-diagnosing-pediatric-SSDs)

Lisa's latest publication discussing how to diagnose Speech Sound Disorders (SSDs) → read more (10-questions-diagnosing-pediatric-SSDs)



May is Better Hearing & Speech Month (http://identifythesigns.org/)

(http://identifythesigns.org/) → read more (http://identifythesigns.org/)



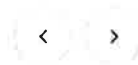
Celebrating our speech stars and spreading CAS awareness!

National Apraxia Day is May 14th, 2016. (http://www.apraxia-kids.org/wp-content/uploads/2013/01/BHSM_Factsheet1.pdf)



Congrats to one of our Clearly Speaking friends

Congratulations to one of our Clearly Speaking friends for an amazing week of work and success!!



“ The most important thing to remember is that early intervention is the most effective way to help your child. ”

MEET OUR STAFF

We all work exclusively with children. Feel free to call one of us at (603) 926-3277

Premier Speech Therapy LLC (index.php)

[Therapy \(speech-therapy-types.php\)](#)

[Insurance \(speech-therapy-insurance-info.php\)](#)

[About Us \(about-premier-speech-therapy-llc.php\)](#)

Building Blocks for Better Communication



Welcome to Premier Speech Therapy, LLC! We are committed to providing superior quality service to our clients in order to become an essential building block on your road to success.

We are optimistic that our services will incorporate the exclusive needs of each individual. We aim to be recognized by our clients as dedicated professionals, as well as contributing members of your family in order to ensure a positive outcome.

Download the [free resource \(speech-therapy-resource-booklet.pdf\)](#) lists for more information on what your child should be able to do from birth to age 6.

Contact Us

Office: 603-548-2188

Fax: 603-818-8704

lisa@premierspeechtherapy.com (<mailto:lisa@premierspeechtherapy.com>)

80 Nashua Road
Building B, Unit 4
Londonderry, NH 03053



We are accredited with Medicaid, Blue Cross/Blue Shield, Anthem, Harvard Pilgrim, Cigna, Aetna, Martin's Point and United Healthcare.

Private pay options available.

Speech

THERAPY SOLUTIONS, INC.



SALEM, NH (603) 893-8550

NORTH ANDOVER, MA (978) 794-1899

Contact Us

Thank you very much for your interest in our practice! We invite you to speak with us to learn more information about our services. We are happy to answer any questions you may have. We look forward to hearing from you.

Speech Therapy Solutions

224 Main Street Suite 2D
Salem, NH 03079
Phone:
(603) 893-8550
Fax: (603) 893-8680
E-mail: info@speechtherapysolutions.com



The Speech and Language Center

451 Andover Street, Suite 165
North Andover, MA 01845
Phone:
(978) 794-1899
Fax: (978) 794-4445
E-mail: info@speechtherapysolutions.com

Substance Misuse Treatment

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

Farnum Center
140 Queen City Avenue
Manchester, NH 03103
603-244-3533
www.farnumcenter.org

Hampstead Hospital
218 East Road
Hampstead, NH 03841
603-329-5311
www.hampsteadhospital.com/chemical_dependency

Heroin Addiction Treatment
1-877-721-4573
www.heroin.net

Keystone Hall
615 Amherst Street
Nashua, NH 03063
603-881-4848
www.keystonehall.org

New Hampshire Al-Anon (Help for Family and Friends of Alcoholics)
603-369-6930
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

New Hampshire Treatment Locator
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

The Youth Council (Teen Substance Abuse Treatment)

112 West Pearl Street

Nashua, NH 03060

603-889-1090

www.theyouthcouncil.org

Join a support group

Many schools have assistance programs that offer support groups for students who are living with alcohol or drug abuse in their families. These programs help with problem solving, and they give you the opportunity to meet other young people who are struggling with the same problems at home that you might face. They can help you see how others are able to have a good life in spite of what is happening at home.

Alateen is for you

Alateen is a group for teens who are affected by someone else's alcohol or drug use. It holds meetings, like a club, where young people share tips on how to make their lives easier when a family member drinks too much or uses drugs.

The meetings are sponsored by Al-Anon. You can find the location of meetings near you by looking in the phone book under Al-Anon or Alateen, or ask a youth minister, your school counselor, your doctor or another adult you trust to help you get to a meeting near you. You can also find out about Alateen at www.alateen.org or by calling toll-free at 1-888-425-2666.



If it is your friend's Mom or Dad who drinks too much

Don't walk away, and don't pretend you don't see it.

Things you can say that might help:

- It's not your fault that your parent drinks or uses drugs.
- You're not alone – lots of kids come from families where this is a problem.
- There are people who can help.

Things you can do:

- Tell your pastor or youth minister that you are worried about your friend.
- Be a good friend – include your friend in your activities and your family's fun.
- Encourage your friend to talk to a trusting adult.

More information is available

SAMHSA's Helpline for Alcohol and Drug Information 1-800-662-HELP
www.findtreatment.samhsa.gov

Alateen
1-888-425-2666
www.alateen.org

The National Association for Children of Alcoholics (NACoA)
www.nacoa.org

It Feels So Bad

It Doesn't Have To



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov



Does Your Mom or Dad drink too much?

Millions of youth like yourself worry about their parents drinking too much or using drugs. It's a big problem that happens in every kind of family, whether rich or poor, single parent, or traditional or blended family and families that attend places of worship.

When your parents have been drinking, do they:

- embarrass you?
- blame you for things you didn't do?
- do they break promises?
- drive under the influence?
- behave in confusing and unpredictable ways?

Your parent could be misusing or be addicted to alcohol or drugs. Addiction to alcohol or drugs is a disease. People with this disease often do things that are confusing and hurtful. They need help to stop the alcohol or drug use. Sometimes that help is through an alcohol or drug abuse program; sometimes it is through Alcoholics Anonymous or other self-help groups, which often meet in churches and synagogues. These groups have helped millions of Moms and Dads recover, regain their health, and begin to heal their families. Caring adults are available to help your Mom or Dad get the treatment and recovery support they need.

Things You Should Know

Lots of teens live in families with alcohol abuse or alcoholism — one in four. Many also live with parental drug abuse. You are not alone.

Addiction to alcohol or drugs affects all members of the family, even if only one person has this disease. This is why it is called a "family disease."

Nothing you have done has ever caused anyone else to drink too much or use drugs. It's not your fault. You need and deserve help for yourself.

You didn't Cause it

You can't Cure it

You can't Control it

but

You can

Take better Care of yourself by

Communicating your feelings

Making healthy Choices

Celebrating yourself

People with alcohol or drug addiction in their families are at greater risk of getting this disease when they choose to drink or use drugs. You can never get this disease if you don't drink or use drugs.

It is important for you to concentrate on finding help and support for yourself.

Take Care of Yourself

If you feel bad because your Mom or Dad is drinking too much or using drugs, there are steps you can take to make things better for yourself even though you cannot stop your parent from drinking or using.

Talk to a caring adult. There are many adults who will listen and help you deal with problems at home, even when it seems no one has noticed. Sometimes they are not sure if you want or need support and are waiting for you to say something first. Often a teacher, a counselor at school, a youth minister, a coach, doctor, nurse, friend's parent, grandparent, aunt or uncle is knowledgeable and anxious to help.

Families with alcohol or drug problems often try to keep it a secret. It is important to find caring adults who can help you. Talking to them really helps, and it is not being disloyal to your family if you seek help for yourself.

If you don't get the help you need from the first person you approach, it is important to reach out to another adult you can trust.

Get involved in youth programs. Join in activities offered through your church or synagogue, your school's extracurricular programs, or your community recreational departments. Here you can hang out with other young people, use your special talents and strengths and learn new skills while making friends and having fun.

It's Not Your Fault!

Hi!

Are you worried that your Mom or Dad drinks too much or uses drugs? You are right to be concerned—about their safety and health, about what will happen to you, about their embarrassing you or criticizing you unfairly, about breaking promises, about driving under the influence, and about lots of other things that create unpredictability and confusion. While you cannot stop your parent from drinking or using drugs, you can take steps to make things better for yourself.

Facts You Should Know...

One in four youth under age 18 lives in a family where a person abuses alcohol or suffers from alcoholism. Countless others are affected by a family member's use of drugs.

❖ **Remember:** You are **not** alone. Lots of teens are in your situation and it's important to deal with it.

Addiction to alcohol or drugs is a disease. When one member of the family has this disease, all family members are affected.

❖ **Remember:** It's not your fault; it's a disease. You didn't cause it, and you can't make it stop. You need and deserve help for yourself.

Young people with alcohol- or drug-addicted parents are **four times** more likely to become addicted if they choose to drink alcohol or use illegal drugs.

❖ **Remember:** You can't get addicted if you don't drink or use drugs.

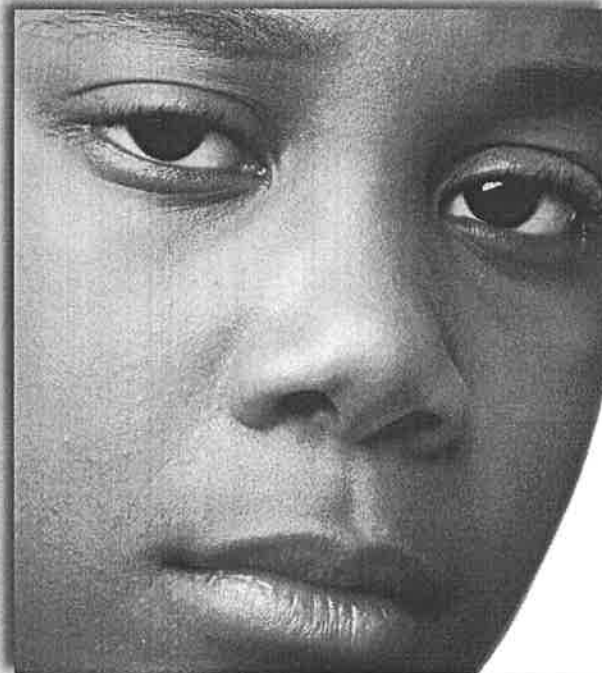
Take care of yourself...

Talk with an adult—

maybe a teacher, school counselor or nurse, friend's parent, doctor, grandparent, aunt or uncle, or neighbor—who will listen and help you deal with problems at home.

Join a support group—they're great places to meet other young people who are struggling with the same problems at home that you face. To find a local support group, talk to your school counselor or social worker.

❖ **Remember:** It is important to find caring adults who can help you. Talking to them really helps.



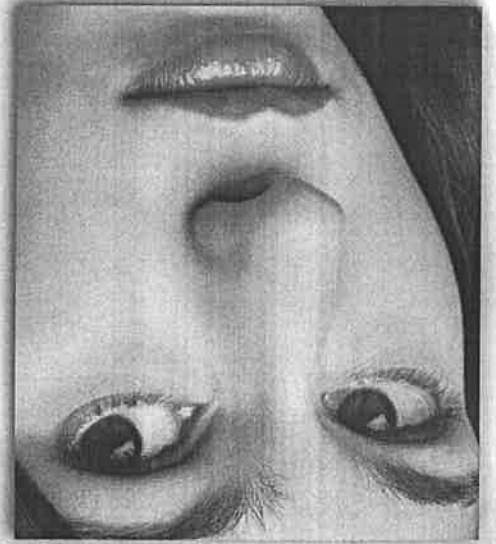
Remember The Seven Cs

I didn't	Cause it
I can't	Cure it
I can't	Control it
I can take better	Care of myself
by	Communicating my feelings,
Making healthy	Choices,
	Celebrating myself.

Get involved in activities at school and in the community where you can hang out with other young people, use your special talents and strengths and learn new skills while you are having fun.

❖ **Remember:** Even if the person with the disease doesn't get help, you can still get the help you need to feel better and to have a safe and productive life.

It's Not Your Fault!



You are not alone.

Lots of other teens like you are living in the confusion and chaos caused by alcoholism or drug use in the family.
You deserve help; ask for it!

For More Information
www.nacoa.org/kidspage.htm



www.nacoa.org

NACoA
National Association for Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895



National Youth
Anti-Drug Media Campaign

Alateen is a group for teens who are affected by someone else's alcohol or drug use. It holds meetings, like a club, where young people share tips on how to make their lives easier when a family member drinks too much or uses drugs. The meetings are sponsored by Al-Anon. You can find the location of meetings near you by calling the toll free number for Al-Anon/Alateen, 1-888-425-2666, or you can ask your school counselor, a clergy member, your doctor, or another adult you trust to help you find meetings near you. Another way to find out about Alateen is by logging onto their Web site at www.alateen.org.

Remember Alateen



Addiction affects the whole person

MENTALLY

- **Distorted thinking**
Consequences and causes get confused. A person may begin to think that they use because all these bad things keep happening to them, not that bad things keep happening because of their use.
- **Preoccupation with use**
Constantly thinking of using, getting over use, or planning their next use.
- **Set-ups and triggers**
- **Excuses and rationalizations**

PHYSICALLY

- **Neurochemical differences**
The way the brain works is literally changed
- **Craving**
Inconsistent ability to regulate one's use of alcohol and other drugs

EMOTIONALLY

- Consequences that occur as a result of a person's addiction and their inability to consistently control use lead to painful emotions

SPIRITUALLY

- A person begins to feel helpless, worthless and hopeless
Their sense of self, feeling of connectedness and meaning in life begin to deteriorate.

Characteristics of Addiction:

PRIMARY

- Does not result from another condition
- Must be addressed directly

CHRONIC

- Long-term

PROGRESSIVE

- Has a predictable course
- Gets worse the longer left unaddressed

FATAL

- People die from this disease; either as a direct result of it (ex: accidents, suicide) or through various diseases caused by it (ex: certain cancers, liver disease, heart disease)

Addiction is Highly Treatable

There are Many Pathways to Recovery

Individuals are unique; with specific needs, strengths, goals, health attitudes, behaviors, and expectations for recovery. **Recovery is a process** of change that permits an individual to make healthy choices and improve the quality of his/her life.

Recurrence, as with any chronic disease, is possible. Persons with addiction should develop plans to identify triggers and create solutions that will help them regain sobriety and strengthen recovery.

For more information:

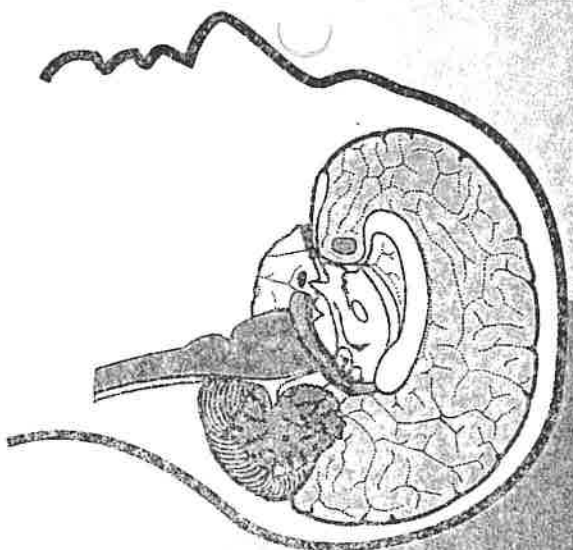
drugfree  .org

ADDICTION:

It's a

BRAIN

thing



NHBDAS

BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

NH DHHS' Bureau of Drug and Alcohol Services
105 Pleasant Street - Main Building, 3rd Floor
Concord, NH 03301
Tel: 800-804-0909 or 603-253-5110
www.drugfreeNH.org/buas

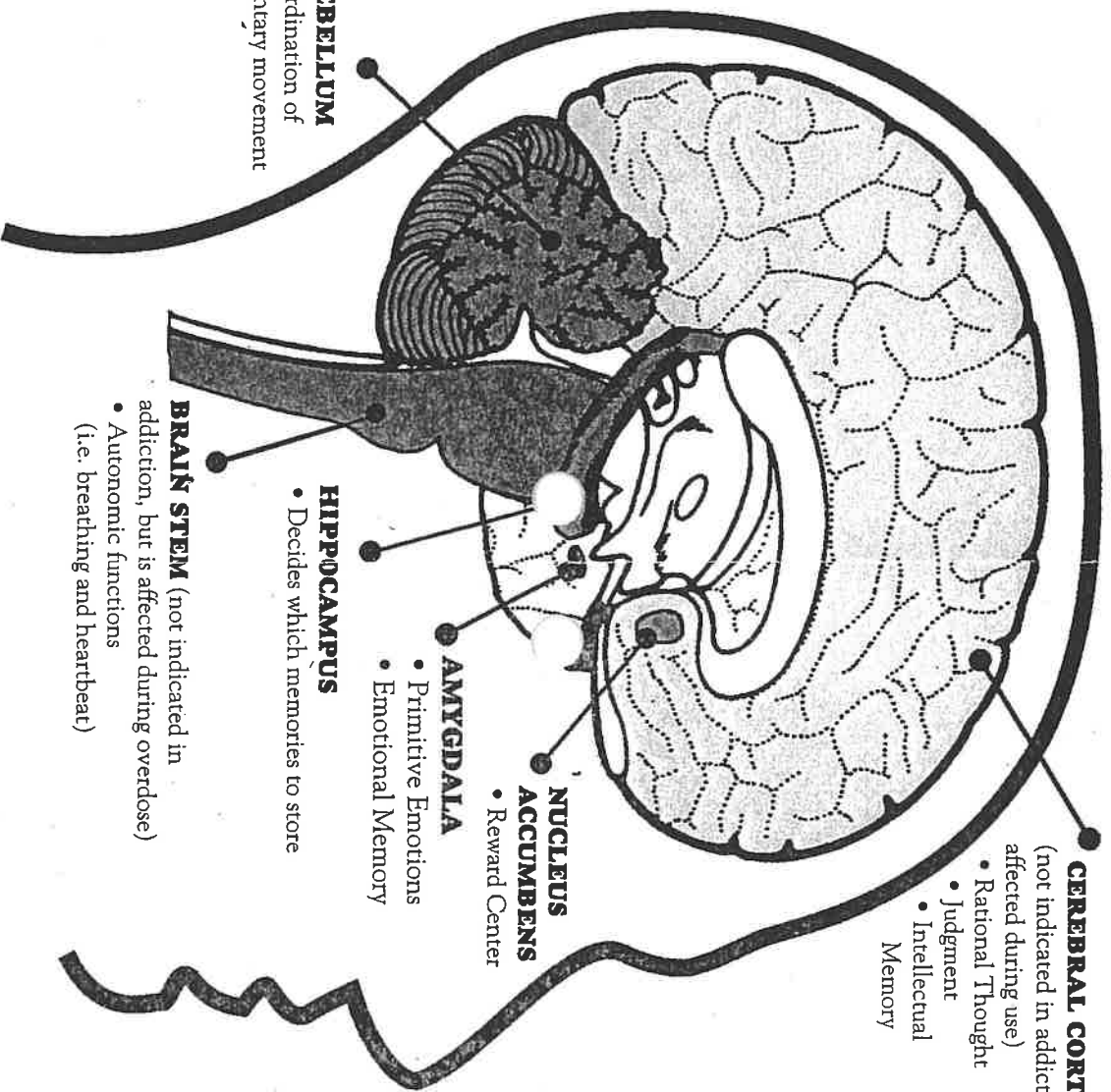
RECOVERY IS POSSIBLE

HOPES IS ESSENTIAL

Addiction Defined:

“... a disease of the brain... in the vulnerable brain, if you use drugs at a high enough dose, quickly enough and for long enough, you literally change the way the brain works, you change the way nerve cells communicate in such a way that you develop this compulsive, out of control use despite knowing that all kinds of terrible things can happen to you and despite even experiencing many of those things.”

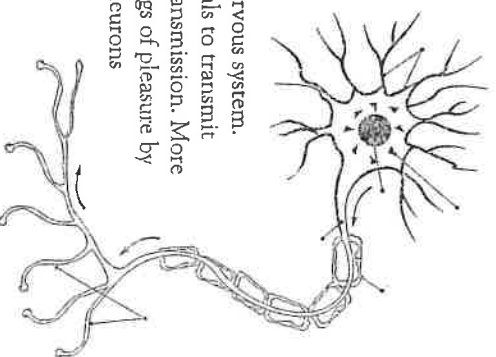
-Dr. Steven Hyman



Addiction is a disease that resides in the “old brain”, the meso- limbic system; including the nucleus accumbens, the amygdala, and the hippocampus. This is the part of the brain that has to do with survival instincts (fight/ flight) and is also where the seat of motivation lies. People with addiction feel that they “need” the drug in order to survive. It is no longer a question of liking the drug or wanting the drug. Addiction is “needing” the drug.

NEURONS

They use electrical and chemical signals to transmit information. Drugs interfere with neurotransmission. More specifically, drugs of abuse produce feelings of pleasure by altering neurotransmission by neurons in the reward system.



It is essential to convey hope and the possibility of recovery to people with addiction.



NH Alcohol and Drug TREATMENT LOCATOR

Find NH providers offering withdrawal management, assessments, outpatient counseling, residential treatment, recovery supports and other types of services for people experiencing problems with alcohol and other drug use, including addiction. An outpatient counseling program can help assess what type of care would be most appropriate if unsure about which treatment option is needed.

nhtreatment.org

Do You Or Someone You Know Struggle With Addiction or Substance Use?

Have questions about what to do next?

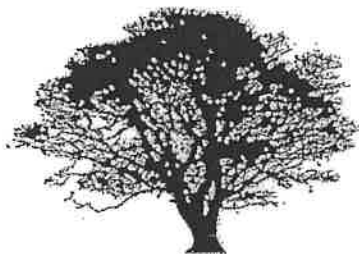
Your Recovery Is Our Priority!

Call the NH Statewide Addiction Crisis Line

1-844-711-HELP (4357)

hope@keystonehall.org





DOs and DON'Ts

If a Child Comes to You for Help . . .

The following list may help you prepare for and respond to a call for help.

DO develop and maintain a list of appropriate referrals to helping professionals. Knowing which organizations have resources to help children will make it easier to respond promptly when a child comes to you.

DO maintain a small library of current books, pamphlets, and reprints of articles on addiction-related problems that have been written for children. Many of these are available from the National Association for Children of Alcoholics (NACoA), Alateen, the National Clearinghouse for Alcohol and Drug Information (NCADI), and the National Council on Alcohol and Drug Dependence (NCADD). (See the "Resources" section at the back of this kit.)

DO make sure that the child understands three basic facts:

- First, he or she is not alone. There are more than 11 million children of alcoholics under the age of 18 in the United States. Countless others are affected by alcoholic or drug abusing parents, siblings, or other caregivers.
- Second, the child is not responsible for the problem and cannot control the parent's drinking behavior.
- Third, the child is a valuable, worthwhile individual.

DO follow through after the child asks for help. You may be the only person the child has approached. You might choose among several courses of action:

- Help the child "think through" all the sympathetic adults who play significant roles in his/her life (a favorite aunt or uncle, grandparent, minister, or school counselor) who might be able to help;
- Help the child contact a local Alateen group, where others who understand and share the problem of addicted parents are available for support;
- If your school has educational support groups, life skills groups or friendship groups for these children from troubled families, explain their benefits to the child and refer the child to the school person responsible for the program; and/or
- Refer the child to an appropriate helping professional.

DO be sensitive to possible cultural differences. If the child is from a different culture, learn about that culture, including family structure, customs, beliefs, and values. This knowledge may show you how you can most effectively help the child.

DO be aware that children of addicted parents may be threatened by displays of affection, especially physical contact.

DON'T act embarrassed or uncomfortable when the child asks you for help. Your reaction may discourage the child from seeking help and increase his or her sense of isolation and hopelessness.

DON'T criticize the child's alcohol or drug using parent or be overly sympathetic. The child may gain the greatest benefit just by having you listen.

DON'T share the child's problems with others who do not have to know. This is not only important for building trust; it also protects the child.

DON'T make plans with the child that you cannot keep. Stability and consistency in relationships are necessary if the child is to develop trust.

DON'T try to counsel the child unless you are trained and employed to do so. Refer the child to an appropriate helping professional in the school or community, or help the child contact a local Alateen group.

— Adapted from *It's Elementary: Meeting the Needs of High-Risk Youth in the School Setting*, published by the National Association for Children of Alcoholics (NACoA).

FAMILIES SHARING WITHOUT SHAME



Families Sharing Without Shame is an open meeting that provides parents the opportunity to voice their struggles, fears, tears and triumphs due to their child's/children's drug addiction, alcoholism and or recovery.

Concord Hospital
250 Pleasant St.
Concord, N.H. 03301

Thursday evenings 7-8:30 p.m. *(except holidays)*

5th floor, Suite 5410 Outpatient Psychiatric Service Dept., enter into the Patient Treatment area, 2nd rm on the left - Group Therapy room also known as the Fresh Start Group Therapy Rm.

Families Sharing Without Shame is a safe place where you won't feel alone, where there is no guilt or shame or blame.

www.families-sharing-without-shame.com

families-sharing-without-shame@concord.net

Phone - 603-568-0533



Messages for a Child of a Parent Addicted to Alcohol or Drugs

Talking about your worries at home is not being mean to your family.

- Sharing your feelings can help you feel less alone (for example, “When my parent drinks too much I feel sad/angry/confused, hurt/guilty/ashamed...”).

Get involved in enjoyable things at school or near home, such as the school band, softball, scouting, or other activities.

- Joining in activities you like is fun; it can help you set aside the problems at home, at least for a while; and you could learn new things about yourself and about how other people live their lives.

When you live with a parent who is addicted to alcohol or drugs, feeling afraid and alone is common.

- It is confusing to hate the disease of addiction at the same time that you love your parent. People often have these two different feelings at the same time and this is the way lots of kids feel about parents who have addiction.

Remember to have fun!

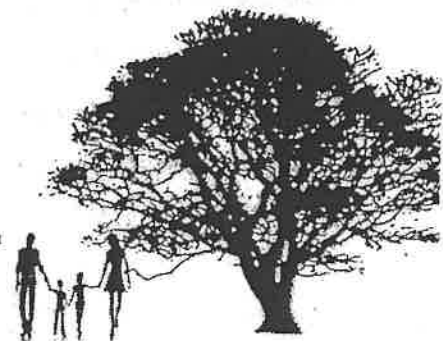
- Sometimes children from families with addiction worry so much that they forget to be “just a kid.” Find a way to let yourself have fun.

DON'T ride in a car when the driver has been drinking, if you can avoid it. It is not safe.

- Walk or try to get a ride with someone who has not been drinking. If your parents are going out to drink somewhere, try not to go with them. If you must get in a car with a drinking driver, sit in the back seat in the middle. Lock your door. Move anything on the back shelf onto the seat or floor. Put on your safety belt. Try to stay calm.

If your parent is an alcoholic, it doesn't mean that you will be.

- Most children of alcoholics do not become alcoholics themselves, although you must be careful, since children of alcoholics run the risk of alcoholism in their own lives.



Prime Signs

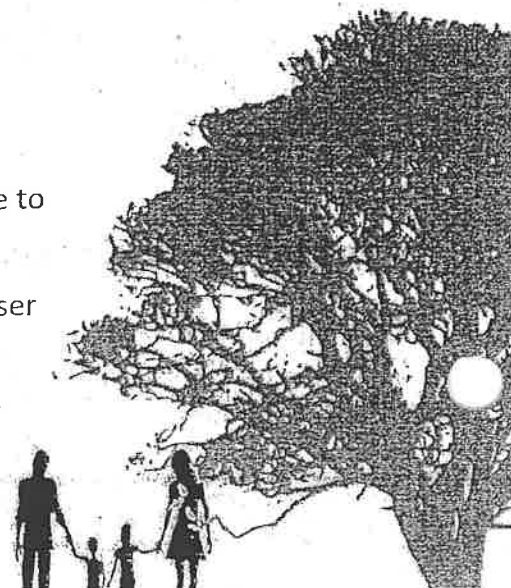
- A person develops high tolerance, meaning it takes more alcohol/drugs for the person to be noticeably affected by it, and the person can take larger quantities than “normal” persons
- A person has little or no hangover after a night of heavy drinking
- A person makes unplanned use of alcohol/drugs
- A person consistently loses control over use of alcohol/drugs
- A person has a blackout and cannot recall some or parts of events in the recent past when drinking/drug use has occurred
- A person is preoccupied with drinking/drug use and structures their activities so that there is access to using
- A person gulps drinks or drinks/uses drugs while alone
- A person uses alcohol/drugs against clear medical advice
- A person uses alcohol/drugs despite strong, identified related problems: family, job, legal, social, or physical problems.

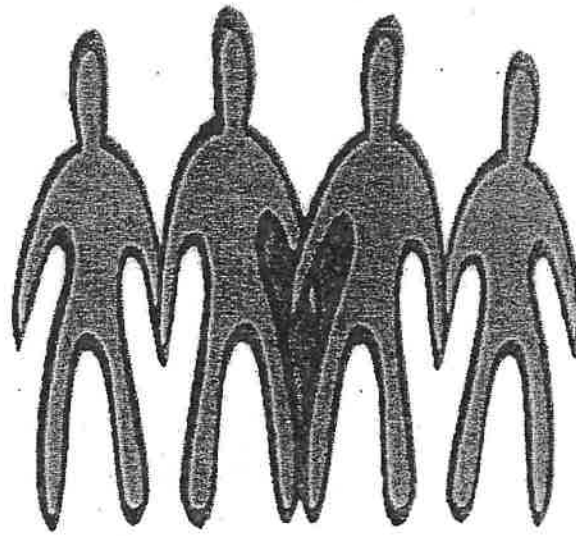
Other significant signs

- There is a conflict between alcohol/drug-related behavior and personal values
- Most of a person’s friends drink/use drugs heavily
- A person denies the extent of use or blames others for it
- A person rationalizes, excuses, or minimizes use
- A person has unusual “accidents” at work, at home, or while driving
- A person has driven a car while under the influence of alcohol/drugs, but has not necessarily been arrested for it
- The person has shame, guilt, or remorse about use

Signs within the family

- A family member feels guilty about a member’s drinking/drug use
- A family member begins to question his/her own clarity and stability due to problems with another member’s drinking/drug use
- The family’s thoughts and feelings revolve more and more around the user or problems related to use
- Family members feel alone, frightened, anxious, angry, tense, fearful, or frustrated much of the time; and, without outside assistance, they feel





Peer Support Groups for Parents of Children, Teens and Young Adults with Substance Use Issues

- Free**
- Confidential**
- Comprised of Peers**
- Respectful of others' views**
- Accepting of chemical dependency as a treatable disease of the brain**
- Always hopeful**

F.A.S.T.E.R. (Families Advocating Substance Treatment, Education & Recovery):

Canaan: Elena (603) 359-3321 or Doris (603) 306-6574

Derry: Denyce (603) 247-7322

Laconia: Nancy (603) 293-0960

Manchester: Susan/Patrick (603) 668-4859

Nashua: Sue (603) 568-5386

Peterborough: Sue (603) 244-0762 or Melinda (603) 239-4063

Seabrook: Chuck at Chucky's Fight (978) 423-1222

Independent Parent Support Groups:

Concord: Families Sharing Without Shame - Donna (603) 568-0533

Dover: Families Hoping and Coping - John (603) 969-1305 or Theresa (603) 509-7031

Farmington: Circle of Hope - Lynn (603) 817-6174 or Karen (603) 755-1345



**NH Children's
Behavioral Health
Collaborative**

Groups are supported by a contract with N.H. Department of Health and Human Services with funds from U.S.D.H.H.S. The groups are a program of The Children's Behavioral Health Collaborative with New Futures and are funded by a SAMHSA, System of Care Grant, through the Division of Children, Youth and Families.

REGIONAL PUBLIC HEALTH NETWORKS – PROGRAM AREA CONTACT LIST

<p>NORTH COUNTRY</p> <p>North Country Health Consortium 262 Cottage St., Suite 230 Littlaton, NH 03551-0348</p>	<p>Substance Misuse Prevention Coordinator Drew Brown 603-259-3700, X 240 DBrown@nchcnh.org</p> <p><i>North Country Prevention Network</i></p>	<p>Public Health Advisory Council (PHAC) Lead Nancy Frank 603-259-3700 X 223 nfrank@nchcnh.org</p>
	<p>Continuum of Care Facilitator Laura Hosley 603.259.3700 X 258 lhosley@nchcnh.org</p> <p><i>North Country Prevention Network</i></p>	<p>Emergency Preparedness Coordinator Amy Holmes 603-259-3700 X 228 aholmes@nchcnh.org</p>
<p>UPPER VALLEY</p> <p>Dartmouth Hitchcock Memorial Hospital 1 Medical Center Dr. Lebanon, NH 03756</p>	<p>Substance Misuse Prevention Coordinator Jacqui Baker 603-653-6817 Jacqui.baker@hitchcock.org</p> <p><i>ALL Together</i></p>	<p>Public Health Advisory Council (PHAC) Lead Alice Ely 603-523-7100 alice.ely@mvhi.org PO Box 102 Canaan, NH 03741</p>
	<p>Continuum of Care Facilitator Aita Romain 603-653-6861 Aita.romain@hitchcock.org</p> <p><i>All Together</i></p>	<p>Emergency Preparedness Coordinator Wes Miller 603-653-6859 d.wesley.miller@hitchcock.org</p>
<p>CENTRAL NH</p> <p>Mid-State Health Center 101 Boulder Point Dr. Suite 1 Plymouth, NH 03264-1130</p>	<p>Substance Misuse Prevention Coordinator Elizabeth Brochu 603-536-9793 ebrochu@cadyinc.org</p> <p><i>Communities for Alcohol & Drug-Free Youth 94 Highland Street, Plymouth, NH 03264</i></p>	<p>Public Health Advisory Council (PHAC) Lead Sharon Beaty 603-536-4099 X 1001 sbeaty@midstatehealth.org</p>
	<p>Continuum of Care Facilitator Deb Naró 603- 536-9793 dnaro@cadyinc.org</p> <p><i>Communities for Alcohol & Drug-Free Youth 94 Highland Street, Plymouth, NH 03264</i></p>	<p>Emergency Preparedness Coordinator. Angel Ekstrom 603- 536-4000 X 1390 aekstrom@midstatehealth.org</p>

REGIONAL PUBLIC HEALTH NETWORKS – PROGRAM AREA CONTACT LIST

<p>CARROLL COUNTY</p> <p>Carroll County Coalition for Public Health 1230 Rte 16, Suite 3 Ossipee, NH 03864</p>	<p>Substance Misuse Prevention Coordinator Jennifer Selfridge 603-301-1252 603-998-3447(cell) prevention@c3ph.org</p> <p><i>Carroll County Prevention Network</i></p>	<p>Public Health Advisory Council (PHAC) Lead Emily Benson 603-524-6864 X 4 Emily.Benson@graniteuw.org</p>
	<p>Continuum of Care Facilitator (Interim) Cheri Sullivan 603-301-1252 X 303 cheri@c3ph.org</p> <p><i>Carroll County Prevention Network</i></p>	<p>Emergency Preparedness Coordinator Jessica Rosman 603-301-1252 preparedness@c3ph.org</p>
<p>GREATER SULLIVAN</p> <p>Sullivan County 24 Main St Newport, NH 03773</p>	<p>Substance Misuse Prevention Coordinator Dennis McNichol 603 863-2560 X 157 DMcNichol@sullivancountynh.gov</p> <p><i>Communities United Regional Network of Sullivan County</i></p>	<p>Public Health Advisory Council (PHAC) Lead Aurora Drew 603-863-2560 auroraldrew@gmail.com</p>
	<p>Continuum of Care Facilitator Liz Hennig 603-477-8896 lhennig@sullivancountynh.gov</p> <p><i>Communities United Regional Network of Sullivan County</i></p>	<p>Emergency Preparedness Coordinator Kirsten Dattilio 603-863-2560 X 158 (603) 398-2222 (cell) phn@sullivancountynh.gov</p>
<p>WINNIPESAUKEE</p> <p>Lakes Region Partnership for Public Health 67 Water St. Suite 105 Laconia, NH 03246</p>	<p>Substance Misuse Prevention Coordinator Kelley Gaspa 603-528-2145 X 1808 kgaspa@ppnh.org</p>	<p>Public Health Advisory Council (PHAC) Lead Lisa Morris 603-528-2145 lmorris@ppnh.org</p> <p>Rick Silverberg 841 Central Street Franklin, NH 03235 603-934-0177 Rsilverberg@ccntr.org</p>
	<p>Continuum of Care Facilitator Lisa Leary 603-528-2145 X 1800 lleary@ppnh.org</p>	<p>Emergency Preparedness Coordinator Susan Laverack 603-528-2145 X 1803 slaverack@lrpph.org</p>

REGIONAL PUBLIC HEALTH NETWORKS -- PROGRAM AREA CONTACT LIST

<p>STRAFFORD COUNTY</p> <p>Goodwin Community Health 311 Rte 108 Somersworth, NH 03878</p>	<p>Substance Misuse Prevention Coordinator Vacant</p> <p><i>ONE Voice for Strafford County</i></p>	<p>Public Health Advisory Council (PHAC) Lead Kevin Irwin 603-516-2776 kirwin@goodwinch.org</p>
	<p>Continuum of Care Facilitator Melissa Silvey 603-516-2562 603-866-0235(cell) info@onevoicenh.org</p> <p><i>ONE Voice for Strafford County</i></p>	<p>Emergency Preparedness Coordinator Mary Ellen Gourdeau American Ambulance of New England 603-703-6754 MGourdeau@AmericanAmbulanceSvc.com</p>
<p>CAPITAL AREA</p> <p>Granite United Way 46 South Main St. Concord, NH 03301</p>	<p>Substance Misuse Prevention Coordinator Shannon Bresaw 603-224-2595 X 228 Shannon@capitalprevention.org Annika Stanley-Smith 603-224-2595 X 224 annika.stanley-smith@graniteuw.org</p>	<p>Public Health Advisory Council (PHAC) Lead Shannon Bresaw 603-224-3840 X 228 Shannon@capitalprevention.org</p>
	<p>Continuum of Care Facilitator Vacant</p>	<p>Emergency Preparedness Coordinator Mary Reed 603-224-2595 X 232 603-848-6155 (cell) admin@capitalareaprepares.com</p>
<p>GREATER MANCHESTER</p> <p>Manchester Health Dept. 1528 Elm St. Manchester, NH 03101</p>	<p>Substance Misuse Prevention Coordinator Mary Forsythe-Taber 603-686-6844(cell) mft@mih4u.org</p> <p><i>Makin' It Happen Coalition for Resilient Youth 407 Hooksett Road. #207 Manchester, NH 03104</i></p>	<p>Public Health Advisory Council (PHAC) Lead Tim Soucy 603-624-6466 X 301 tsoucy@manchesternh.gov</p>
	<p>Continuum of Care Facilitator Jerry O'Higgins 888-573-8860 joh@mih4u.org</p>	<p>Emergency Preparedness Coordinator Phil Alexakos 603-624-6466 X 307 palexako@manchesternh.gov</p>
<p>SEACOAST</p> <p>Lamprey Health Care 128 Route 27 Raymond, NH 03077</p>	<p>Substance Misuse Prevention Coordinator Maria Reyes 603-244-7313 mreyes@seacoastphn.org</p>	<p>Public Health Advisory Council (PHAC) Lead Rachel Powell 603-244-7360 rpowell@seacoastphn.org</p>
	<p>Continuum of Care Facilitator Tory Jennison 603-244-7312 tjennison@seacoastphn.org</p>	<p>Emergency Preparedness Manager Mary Cook 603-244-7311 (office) 603-231-9986 (cell) mcook@seacoastphn.org</p>

REGIONAL PUBLIC HEALTH NETWORKS – PROGRAM AREA CONTACT LIST

<p align="center">GREATER MONADNOCK</p> <p>Cheshire County 33 West St. Keene, NH 03431</p>	<p>Substance Misuse Prevention Coordinator Hope Driscoll 603 357-1922 X 106 (office) 603-313-4248 (cell) hdriscoll@mc-ph.org</p>	<p>Public Health Advisory Council (PHAC) Lead Eileen Fernandes 603-354-5454 X 2130 efernandes@cheshire-med.com</p>
	<p>Continuum of Care Facilitator Natalie Neilson 603-3567-1922 X 141 nneilson@mc-ph.org</p>	<p>Emergency Preparedness Coordinator Tricia Wadleigh 603-354-5454 X 3030 twadleigh@cheshire-med.com</p>

<p align="center">GREATER NASHUA</p> <p>Nashua Div. of Public Health & Community Services 18 Mulberry St. Nashua, NH 03060</p>	<p>Substance Misuse Prevention Coordinator Lisa Vasquez 603-589-4538 vasquezL@nashuanh.gov</p> <p><i>Beyond Influence--Substance Misuse Prevention</i></p>	<p>Public Health Advisory Council (PHAC) Lead Patty Crooker 603-589-4507 crookerp@nashuanh.gov</p>
	<p>Continuum of Care Facilitator Janail Archer 603-589-4511 ArcherJ@NashuaNH.gov</p>	<p>Emergency Preparedness Coordinator Patty Crooker 603-589-4507 crookerp@nashuanh.gov</p>

<p align="center">SOUTH CENTRAL</p> <p>Granite United Way 46 South Main St. Concord, NH 03301</p>	<p>Substance Misuse Prevention Coordinator Mariann White 603 505 7216 mariannwhite@catsnh.org</p>	<p>Public Health Advisory Council (PHAC) Lead Donna Tighe 603- 425-2545 dtighe@chsgreaterderry.org</p>
	<p>Continuum of Care Facilitator Adam Burch 603-965-0801 ext. 801 aburch@clmnh.org</p>	<p>Emergency Preparedness Coordinator Colleen Monks 603-327-1590 Colleen.Monks@hcahealthcare.com</p>

Youth

📌 **It's My Life:** <http://pbskids.org/itsmylife/>

Funded by the Corporation for Public Broadcasting through to create safe, engaging, and educational online media for kids aged 9 to 12.

📌 **The Cool Spot:** <http://www.thecoolspot.gov/>

Young teens place for information on alcohol and resisting peer pressure.

📌 **NIDA for Teens:** www.teens.drugabuse.gov

The National Institute on Drug Abuse (NIDA) created this site for Teens to educate adolescents, parents and teachers on the science of addiction.

📌 **Above the Influence:** www.abovetheinfluence.com

Helps teens to be more aware of the influences around them, and to carefully consider their risks when faced with tough decisions.

📌 **Too Smart to Start:** <http://toosmarttostart.samhsa.gov>

A public education initiative sponsored by SAMHSA. Materials are designed to educate youth about the harms of alcohol use and to support parents and caregivers as they participate in their children's activities.

📌 **Just Think Twice:** www.justthinktwice.com/

A Drug Enforcement Agency (DEA) resource for teens.

Adults / DATA

📌 **Natl. Institute on Health (NIH):** <http://nih.gov/>

A part of the US Dept. of Human Services, NIH is the nation's medical research agency.

- **Natl. Institute on Drug Abuse (NIDA):** www.drugabuse.gov/

Bringing the power of science to bear on drug abuse and addiction.

- **Rethinking Drinking:** www.rethinkingdrinking.niaaa.nih.gov

Developed by NIAAA and provides evidence based information and support for making a change.

📌 **Natl. Council on Alcoholism & Drug Dependence (NCADD):** <http://www.ncadd.org/>

A voluntary health organization dedicated to fighting alcoholism & drug addiction.

📌 **Subst. Abuse & Mental Health Svcs. Admin. (SAMHSA):** www.samhsa.gov

Publications, statistics, programs, grants, and treatment locators.

📌 **Addiction Technology Transfer Center (ATTC):** <http://attcnetwork.org/home/>

A multidisciplinary resource for professionals in the substance use disorders treatment and recovery support services field.

- **Service Improvement Blog:** <http://attcniatx.blogspot.com/>

📌 **Check the Stats NH:** <http://www.checkthstatsnh.org/>

A website designed by the Partnership for a Drug-Free New Hampshire (PDFNH) to convey consistent, universal, effective messaging to help prevent the misuse of alcohol and other drugs in New Hampshire.

📌 **CDC Vital Signs Monthly Reports:** <http://www.cdc.gov/vitalsigns/index.html>

The *CDC Vital Signs* monthly report was launched in 2010. It includes a MMWR Early Release, a graphic fact sheet and website, a media release, and social media tools.

📌 **Mouse Party:** <http://learn.genetics.utah.edu/content/addiction/mouse/>

Mechanisms of drug action in the brain

Find Treatment in NH

📌 **NH Treatment Locator:** <http://nhtreatment.org/>

WEBSITES

Dual Diagnosis

- ☞ **National Alliance on Mental Illness:** <https://www.nami.org/>

The nations largest grassroots mental health org. dedicated to building better lives for Americans affected by mental illness.

Elderly

- ☞ **National Institute on Aging:** <http://www.nia.nih.gov/>

NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

- ☞ **Senior Health:** <http://nihseniorhealth.gov/>

Health and wellness information for older adults from the National Institutes of Health (NIH).

Recovery

- ☞ **Alcoholics Anonymous (NH):** www.nhaa.net

NH specific meeting lists and hotline numbers.

- ☞ **Narcotics Anonymous (NH):** www.gsana.org/

NH Specific meeting lists and hotline numbers.

- ☞ **SMART Recovery (NH):** <http://www.smartnh.org/home.html>

SMART Recovery is a self-empowering addiction recovery support group. (not a 12-step program)

- ☞ **HOPE for NH:** <http://www.hopefornhrecovery.org/>

A statewide grassroots organization comprised of people in recovery, family members and other supporters of addiction recovery.

- ☞ **True Stories:** www.phoenixhouse.org/news-and-views/true-stories/

This diverse group of men, women, and young people share one experience in common: finding the road to recovery at Phoenix House (some NH stories of recovery).

- ☞ **Faces and Voices of Recovery:** www.facesandvoicesofrecovery.org/

A national network of over 20,000 individuals and organizations joining together to speak out and support recovery advocacy.

*mutual support
Groups*

- ☞ **Young People in Recovery:** <http://youngpeopleinrecovery.org/>

Young People in Recovery is a national advocacy organization, which aims to influence public policy, making it easier for our youth to find and maintain their recovery from addiction.

- ☞ **Recovery Month:** <http://www.recoverymonth.gov/>

Promoting the societal benefits of prevention, treatment, and recovery for mental and substance use disorders.

- ☞ **Facing Addiction:** <https://www.facingaddiction.org>

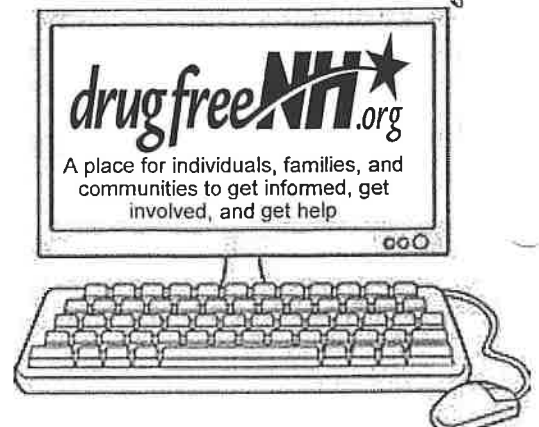
Helping to build a national campaign that will forever change how we UNITE to Face Addiction

anyone, anytime

Self Screening Tools

- ☞ **Self-screening for alcohol use:** www.alcoholscreening.org

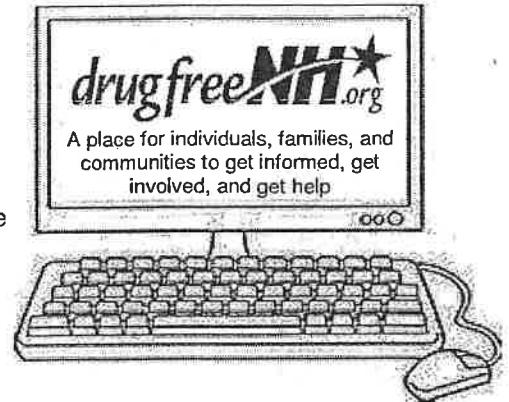
Self-screening for drug use: www.drugscreening.org



Youth

- ☞ **Shouting Inside:** www.shoutinginside.com
A blog style website for teens to share their stories.
- ☞ **Natl. Assoc. for Children of Alcoholics:**
www.nacoa.net/kidspage.htm
A site for kids and teens to learn how alcohol and other drugs can hurt everyone in a family, learn how to feel safer and less stressed out, find new ways to deal with hassles at home, and a to find hope, even if their parents don't change.

WEBSITES



Parents / DATA

- ☞ **Partnership for a Drug-Free America:** www.drugfree.org
Comprehensive information on drugs, prevention, intervention and treatment.
- ☞ **The Teen Brain:** <http://www.drugfree.org/why-do-teens-act-this-way/>
Providing insights about teens and risky behaviors as well as new ideas and tips on what parents can say and do when talking with their teens about the risks of drugs and alcohol.
- ☞ **Natl. Assoc. for Children of Alcoholics:** www.nacoa.net/
The National Association for Children of Alcoholics (NACoA) mission is to eliminate the adverse impact of alcohol and drug use on children and families.
- ☞ **Stop Underage Drinking:** www.stopalcoholabuse.gov
SAMHSA maintains this website as a portal to Government-approved materials on underage drinking.
- ☞ **College Drinking Prevention:** www.collegedrinkingprevention.gov
A one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students.
- ☞ **Monitoring the Future:** www.monitoringthefuture.org
An ongoing study of the behaviors, attitudes, and values of American students and young adults funded by the National Institute on Drug Abuse.
- ☞ **Youth Risk Behavior Survey (YRBS):** www.cdc.gov/HealthyYouth/yrbs/index.htm
National school-based survey conducted by the Centers for Disease Control and Prevention.
- ☞ **Get Smart About Drugs:** www.getsmartaboutdrugs.com
A DEA resource for parents.

Recovery Community

- ☞ **Al-Anon/Alateen:** www.al-anon.alateen.org/
Strength and hope for family members and friends of problem drinkers. Toll-free (888) 425-2666
- ☞ **Families Sharing Without Shame:** <http://families-sharing-without-shame.com/>
A meeting place for parents who have a child or children who are or have misused drugs and or alcohol
- ☞ **F.A.S.T.E.R.:** <http://nh4youth.org/families-youth/family-support-groups-substance-use-issues>
Families Advocating for Substance Treatment, Education and Recovery.—Support groups for substance use issues
- ☞ **Stories of Hope:** <http://www.drugfree.org/stories-of-hope/>
This campaign lets young people and the families of teens and young adults who are struggling with drug and alcohol addiction know that they can share their story or show support for someone else's story.

Transitional Living for Youth

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

<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

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

Transitional Living for Youth (18-21)

Child and Family Services

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

Contact: Carol Heald

603-722-9027

healdc@cfsnh.org

<http://cfsnh.org/index.php/programs-services/teen-young-adult-services/transitional-living-program>

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

***NOT EMERGENCY HOUSING**

Nashua Children's Home

Transitional Living Program

125 Amherst Street Nashua, NH 03064

Contact: Lea Reilly 603-821-7088

lreilly@nashuachildrenshome.org

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

***NOT EMERGENCY HOUSING**

Urgent Care

Urgent Care

ConvenientMD Urgent Care

125 Indian Rock Road

Windham, NH 03087

603-890-6330

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



ConvenientMD Urgent Care

Urgent Care in Windham, NH

0

CLINIC OPEN
RIGHT NOW

INFO VERIFIED
ON 2016-08-04

0 reviews | Post a review

125 Indian Rock Road
Windham, NH 03087

Get Directions

Phone

603-890-6330

Fax

603-458-2629

HOURS OF OPERATION

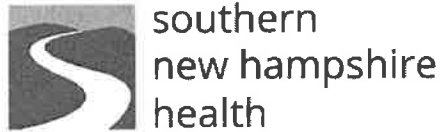
Monday	8:00 am - 8:00 pm
Tuesday	8:00 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 8:00 pm
Saturday	8:00 am - 8:00 pm
Sunday	8:00 am - 8:00 pm

Report inaccurate information

About ConvenientMD Urgent Care

ConvenientMD Urgent Care is an **urgent care center in Windham, NH** located at 125 Indian Rock Road, . They are open 7 days a week seeing walk-in patients in Windham. ConvenientMD Urgent Care is part of the larger ConvenientMD network of urgent care clinics with a total of 9 locations, 3 of which are within 20 miles of Windham, in cities including Nashua and Merrimack.

As an urgent care center, **ConvenientMD Urgent Care** provides non-emergent ... more



Our Services

Our Locations

Billing and Insurance

Visiting Southern NH Medical Center

Find a Doctor

Make an Appointment

Patient Portal

Pay

Home / Our Locations / Medical Centers

Pelham Medical Center

(603) 635-5400

Pelham Medical Center

33 Windham Road
Pelham, NH 03076

*Immediate Care
603-577-2273*

Care for the entire family in one healthy location.

We provide comprehensive health care all in one convenient location. Our team of providers work together to help you get the care you need, when you need it.

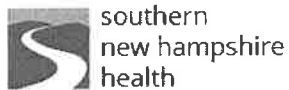
Family Medicine

Immediate Care

Internal Medicine

Lab

X-Ray



Women's Health

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

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



WE ARE SOLUTION HEALTH

Our Services

Our Locations

Billing and Insurance

Visiting Southern NH Medical Center

Find a Doctor

Make an Appointment

Patient Portal

Home

Home / Our Locations / Practice Locations / Primary Care Practices

Foundation OB/GYN

(603) 577-3131

[Schedule an Appointment at this Practice](#)

Monday - Friday: 8:00am - 5:00pm

Meet Our Providers

We're dedicated to providing comprehensive care with compassion.

At Foundation OB/GYN, we're devoted to the highest quality obstetrical and gynecologic care for women. Our expert team combines advanced treatments with a compassionate touch so patients feel understood and respected.

[Learn more about our practice >](#)



Patient Information

- [Make an Appointment](#)
- [After-Hours Care](#)
- [Prescription Refills](#)
- [Referrals](#)
- [Patient Education](#)
- [Patient Portal](#)

Testimonials



5.0/5

Sep 25, 2019

ZocDoc • Janine Keever, MD, FACOG

She was awesome! She took her time with me and was very thorough. I'd recommend her to anyone needing gynecological care. ...

[read more](#)

[Next](#)

Contact Us

Telephone: (603) 577-3131

Fax: (603) 577-3132

Hours:

Monday-Friday
8:00am - 5:00pm

Address

10 Prospect Street, Suite 402
Nashua, NH 03060-3922

[Get directions >](#)

Janine Keever, MD also sees patients at [Amherst Medical Center](#) by appointment.

Planned Parenthood
no insurance needed

Derry Health Center of Derry, NH

[Overview](#) [Hours](#) [Appointments](#) [Insurance & Payments](#) [More Info](#)

About This Health Center

Operated by: [Planned Parenthood of Northern New England](#)
(<https://www.plannedparenthood.org/planned-parenthood-northern-new-england>)

CARE NO MATTER WHAT

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

LANGUAGE & INTERPRETERS

English; Interpretation by telephone available for other languages.

Please let us know if you need an interpreter when scheduling your appointment.

We can arrange professional interpretation services for your visit at no cost.

VISIT US

4 Birch Street
Derry, NH 03038

(<http://maps.google.com/maps?daddr=4+Birch+Str>

[Get Directions](#) (Derry+Health+Center)

CONTACT US

Call:

[603-434-1354](tel:603-434-1354) (tel:603-434-1354)

Fax: 603-434-4290

[BOOK ONLINE](#)

Services Offered

Our expert care providers offer care in the following services. Learn more about what services are offered, what to expect, and pricing.

[Abortion Referrals \(/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/abortion-referral\)](#)

[Birth Control \(/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/birth-control\)](#)

[General Health Care \(/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/general-health\)](#)

[HIV Testing \(/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/hiv-testing\)](#)

[LGBTQ Services \(/health-center/new-](#)





hampshire/derry/03038/derry-health-center-2742-91770/lgbtq)

Men's Health Care (/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/mens-health)

Morning-After Pill (Emergency Contraception) (/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/emergency-contraception)

Pregnancy Testing & Services (/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/pregnancy-testing-options)

STD Testing, Treatment & Vaccines (/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/std-testing-treatment)

Women's Health Care (/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770/womens-health)

Hours

Health Center Hours		CLOSED NOW
Mon	8:30 a.m. - 4:30 p.m.	
Tues	11:00 a.m. - 7:00 p.m.	
Wed		Closed
Thurs	11:00 a.m. - 7:00 p.m.	
Fri	8:30 a.m. - 4:30 p.m.	
Sat		Closed
Sun		Closed

Please note that we'll be closed on these holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, Christmas Day

More About This Health Center

We are happy to offer the New Hampshire Family Planning Program at this health center. Please note, to qualify for this program, you must bring the following documentation: 4 weeks of most recent paystubs (if paid biweekly, this means 2 paystubs), a US Passport or birth certificate, and a driver's license or picture school ID for proof of residency (if a school ID is unavailable, any document with a home address will suffice, i.e. medical record, report card, etc). For more information, please click [here](https://www.plannedparenthood.org/planned-parenthood-northern-new-england/for-patients/special-programs/new-hampshire-family-planning-program1). (<https://www.plannedparenthood.org/planned-parenthood-northern-new-england/for-patients/special-programs/new-hampshire-family-planning-program1>)

Our Call Center is open Monday - Friday, from 8:00 AM - 5:00 PM, and on Saturday from 8:00 AM - 2:00 PM.

This health center will be closed the day after Christmas.

Appointments

You can privately and easily book your appointment online for select services 24/7. For the full set of services, you can call [603-434-1354 \(tel:603-434-1354\)](tel:603-434-1354) to book your appointment. Health center staff can also answer any questions you may have.

 **Book Online**

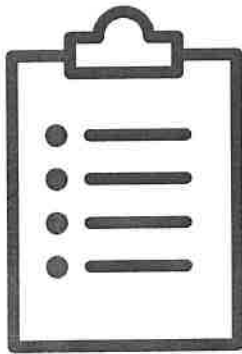
Select Visit Reason	TUE 29 OCT	WED 30 OCT	THU 31 OCT	FRI 1 NOV	> <
			10:30 a	9:40 a	
			1:50 p	10:30 a	
				1:50 p	
				2:40 p	

In case of emergency, please call 911

Powered by  DOCASAP ([//docasap.com](http://docasap.com))

Insurance & Payments

Everyone deserves affordable health care. With or without insurance, you can always come to us for your health care.



I don't have insurance or Medicaid

I have insurance or Medicaid

Additional Payment information

Patient Resources

Additional patient resources are available online for this location to help you get the care you need when you need it.

Resources

Make A Payment
(<http://www.mypnpne.org>)

Access Our Medical Forms
(<https://www.plannedparenthood.org/plannedparenthood-northern-new-england/for-patients>)

Order Birth Control
(<https://www.plannedparenthood.org/plannedparenthood-northern-new-england/for-patients/special-programs/easy-scripts-plan>)

Order Emergency Contraception
(<https://www.plannedparenthood.org/plannedparenthood-northern-new-england/health-services/emergency-contraception-maine-new-hampshire-vermont>)

Additional Information

MORE APPOINTMENT INFORMATION

We're unable to provide childcare at our health center. For safety reasons children need to be accompanied by an adult when they're in the waiting room. Only infants can accompany you to the exam room. Please bring a friend or family member to be with your children if you don't have childcare at home.

You can fill your birth control prescriptions at our health center instead of the pharmacy. during all hours Health Center is open.

You can come to us for services that don't require a medical exam. For example, birth control education and supplies; emergency contraception (AKA the morning after pill); pregnancy testing and counseling; STD testing, and testing and treatments for urinary tract infections.

SPECIALTY SERVICES

You may be able to get your birth control pills mailed to you. Ask the health center staff for more information.

Pills by Mail is available at this health center – a service that delivers birth control pills to your home each month. Ask the health center staff for more information.

Donations [help support](https://www.weareplannedparenthood.org/onlineaction-vl0dHnHSFQ2?sourceid=1000061&affiliateID=091770)
(<https://www.weareplannedparenthood.org/onlineaction-vl0dHnHSFQ2?sourceid=1000061&affiliateID=091770>) our mission and continue the important work we do.

Pricing and/or insurance information is subject to change at any time. This information is for informational purposes and does not constitute medical or legal advice. For further information, please refer to our [Terms of Use \(plannedparenthood-northern-new-england/terms-use\)](https://www.plannedparenthood-northern-new-england/terms-use).

© Planned Parenthood of Northern New England

Find Care Near You

ZIP, CITY, OR STATE

SEARCH

Staff at your local Planned Parenthood health center can talk with you and help you get the care you need. You can search for a health center online or call

[1-800-230-PLAN \(tel:18002307526\)](tel:18002307526) for care today.

Average ER Wait Time

6
mins

Parkland Medical Center
[as of 1:44pm today \(/service/about-er-wait-times/\)](#)

Women's Health & Wellness

603-432-1500

At Parkland Medical Center, our goal is to help women lead healthy lives with a focus on wellness and preventive care. Our Women's Health Network of services gives you all the tools you need to take charge of your health, whether you're a young adult, busy mom or mature woman at the threshold of a new stage in life.

Health & Wellness for Life

Complementing our traditional women's services at Parkland—gynecology ([/service/gynecologic-services](#)), obstetrics ([/service/pregnancy-and-birth](#)), urology ([/service/urology-services](#)) and urogynecology ([/service/urogynecology](#))—we help you access a wide range of wellness and support services to promote healthy living throughout your lifespan.

Health Screenings and Vaccines

Stay healthy by keeping up to date on routine screenings and vaccinations as recommended by your primary care provider and the U.S. Department of Health and Human Services. At Parkland, you have access to the screenings and other preventive tools you need at every age.

Get screening recommendations (<http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/>).

Bone Health



Breast Health



Menopause / Midlife Care



Nutrition & Weight Management



Primary Care



Wellness Classes & Events



Resources for Your Health

Visit our online Health Library for comprehensive resources on women's health ([/hl/?/2010815875/Women-s-Health](#)), including menopause ([/hl/?/2010812353/Menopause](#)).

Videos

Videos

[Watch More Videos \(/your-health/video/\)](#)

Basics in the Treatment of Female Urinary Incontinence: Lahey Institute of Urology at Parkland Med

Contact Us

Women's Health
Associates Demy

Phone:

(603) 421-2526

Fax:

(603) 421-2568

Hours:

Mon - Fri: 8:00am - 5:00pm

Make an Appointment

Please call (603) 421-2526 during regular business hours to schedule an office visit. Make follow-up appointments as you leave.

We make every effort to stay on schedule, although emergencies do arise. If we are seriously delayed, we attempt to notify patients beforehand.

After-Hours & Emergencies

If you are experiencing a medical emergency, please dial 911.

However, if you need after-hours advice for a medical concern, please call (603) 421-2526.

Youth Respite

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

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

Respite
Support

F.A.S.T. FORWARD

New Hampshire has begun to make big strides with a new approach to address the challenges of families with youth who have serious emotional disturbances.

The **F.A.S.T. Forward** program - Families and Systems Together- is designed to serve youth whose needs aren't met by traditional service streams and programs.

Contact Information

For more information please contact Daryll Tenney (mailto:Daryll.Tenney@dhhs.nh.gov), or call 603-271-5075.

Visit their webpage. (<http://nh4youth.org/collaborative/grants/fast-forward>)

Attachments:

 [clc_flier_for_families.pdf](http://www.nh4youth.org/sites/default/files/attachments/page/clc_flier_for_families.pdf) (http://www.nh4youth.org/sites/default/files/attachments/page/clc_flier_for_families.pdf)

Get the latest news

SUBSCRIBE

Latest

[Blog \(/news/blog\)](#)

[Events \(/news/events\)](#)

[Facebook \(http://www.facebook.com/nh4youth\)](http://www.facebook.com/nh4youth)

Our Impact

[Workgroups \(/collaborative/workgroups\)](#)

[Grants and Projects \(/collaborative/grants\)](#)

Resources

[Modules \(/resources/modules\)](#)

[Webinars \(/resources/webinars\)](#)

[Research \(/resources/research\)](#)

[Issue Briefs \(/resources/issue-briefs\)](#)

[Sign In \(/user\)](#) | [Contact Us \(mailto:cbhc@new-futures.org?Subject=Website Inquiry\)](mailto:cbhc@new-futures.org?Subject=Website Inquiry)



© 2014 NH Children's Behavioral Health Collaborative

The development of this website was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

website by Primal Media (<http://www.primalmedia.com/>)