

Pelham School District Resource Guide 2019-2020

After School Programs

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

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

280 Main Street Suite #441

Nashua, NH 03060

603-577-3065

www.snhhealth.org/our-locations/practice-locations/specialty-care/southern-new-hampshire-asthma-allergy

Alternative Medicine

New England Integrative Medicine

23 Stiles Road, Unit 210

Salem, NH 03079

603-458-6579

www.newenglandintegrative.com

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

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

Childbirth and Pregnancy

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

AND

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

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

Programs offered until baby is 6 months old

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

145 Hollis Street

Manchester, NH 03101

603-626-9500 ext. 6

Contact: Ann (Nurse)

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

MotherBaby Nourishment

61 Essex Avenue

Haverhill, MA 01832

978-397-5979

Nashua Lamprey Health Care

22 Prospect Street

Nashua, NH 03060

603-883-1626

Parkland Medical Center

1 Parkland Drive

Derry, NH 03038

603-432-1500 (General Hospital)

603-421-2064 (Childbirth and Lcation)

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

Clothing

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

Dentists and Orthodontists

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.rockinghampediaticdental.com/>

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

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

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

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>

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

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

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

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

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/>

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.hhbc.org

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

Hospitals

Catholic Medical Center

100 McGregor Street

Manchester, NH 03102

603-668-3545

www.catholicmedicalcenter.org

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

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

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

Insurance (Medicaid and Supplemental- Need or Disability Based)

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

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

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, santosc@waypointnh.org
www.waypointnh.org

Occupational Therapy

OT Works 4 Kidz, LLC
 3 Industrial Drive Unit 1
 Windham, NH 03087
 603-870-0078
www.otworks4kidz.com

Orthopedics and Sports Medicine

Essex Orthopaedics and Optima Sports Medicine
 16 Pelham Road/Route 97 Suite 1
 Salem, NH 03079
 603-898-2244 and 603-894-1111
www.essexortho.net

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
www.urteachers.org

Pediatrics

Elliot Pediatrics
5 Industrial Drive Unit B
Windham, NH 03087
603-685-0150
www.elliothospital.org/website/elliot-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

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

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
22 Prospect Street
Nashua, NH 03060
603-883-1626
<https://www.dhhs.nh.gov/dphs/bchs/mch/family.htm>

Planned Parenthood
4 Birch Street
Derry, NH 03038
603-434-1354
<https://www.plannedparenthood.org/health-center/new-hampshire/derry/03038/derry-health-center-2742-91770>

Speech Therapists

Clearly Speaking
184 Mammoth Road Unit #5
Londonderry, NH 03053
603-926-3277
www.clearlyspeakingnh.com

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

Substance Abuse Treatment

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 Addiction Crisis Line

1-844-711-HELP (4357)

24 hours per day/7 days per week

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.nhtreatment.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).**

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: 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

Summer Camp- sponsored by the Derry/Salem Elks Lodge

Since 1963, Copper Cannon has provided a **free** summer camp experience to New Hampshire youth. If you qualify for free or reduced lunch, you qualify for Copper Cannon Camp! Set on 128 acres next to the White Mountain national Forest, our camp has endless opportunities to try new things, meet new people, eat great food and make great memories.

For more info or to apply go to: www.coppercannon.org or call 603-823-8107.

Contact at Derry/Salem Elks Lodge: Louise Landry at 603-898-7941

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.

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

Women's Health

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

Women's Health Associates of Derry

44 Birch Street Suite 200
Derry, NH 03038
603-421-2526

www.womenshealthderry.com

Youth Respite

New Hampshire Children's Behavioral Health Collaborative

Fast Forward Program
603-271-5075

Contact: Daryll Tenney

www.nh4youth.org/collaborative/grants-and-projects/fast-forward

Waypoint (formerly 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