



COMMUNITY RESOURCE NETWORK

FALL 2023 AGENCY INFO

Please tell your clients to call the agency to make sure hours and information is still valid.

211NH.....	6
603 Legal Aid	6
A Perfect Move.....	6
AARP-NH.....	6
Addiction Recovery Services Intensive Outpatient Program	7
AIDS Response Seacoast (ARS)	7
Alcoholics Anonymous.....	7
AmeriHealth Caritas New Hampshire	8
Arts in Reach.....	8
Ascentria Care Alliance	8
Assisted Living Locators	9
Atlantic Homelife Senior Care.....	9
Austin17House.....	10
Avita of Newburyport.....	10
Aware Recovery Care.....	10
Beacon Hospice a Division of Amedisys.....	11
Benchmark At Rye.....	11
Bethany Christian Services.....	11
Big Brothers Big Sisters.....	12
The Birchtree Center.....	12
Brain Injury Association of NH.....	12
Brookhaven Hospice.....	12
CarePatrol	13
Caring Companions of Easter Seals NH.....	13
The Carriage Barn Adaptive Therapy Programs	13
Center for Life Management.....	13
The Chase Home.....	14
The Center on Aging and Community Living	15
Children’s Museum of NH.....	15
COAST (Cooperative Alliance for Seacoast Transportation)	15
ComForcare Home Care	17
Community Action Partnership of Strafford County.....	17
Community Care Team (CCT)	18
Community Partners	18
Community Resource Network.....	19
Companion Care Partners LLC.....	20
Connections Peer Support Center	20
Connor’s Climb Foundation	21
Constellation Health Services	21
Cornerstone VNA	21
Cross Roads House	22

Crotched Mountain Community Care.....	22
DBTeens NH.....	22
Department of Veterans Affairs/VA Regional Office/VA Medical Center.....	23
The Doorway	24
Easterseals.....	24
ElderPet.....	25
Elder Living Solution.....	25
Endurance Behavioral Health	26
Every Day Money Matters.....	26
Exeter Adult Education.....	26
Exeter Alzheimer’s Café and Support Group	27
Exeter Hospital.....	27
Exeter Presbyterian Church	28
Exeter Together, Fighting Addiction, Supporting Recovery	29
Extended Family	29
Fair Tide.....	29
Families First Health & Support Center (Part of Greater Seacoast Community Health)	29
Families In Transition-New Horizons	30
Family Ties Inside Out.....	30
Farmsteads of New England	31
Fight To Rise.....	31
Fleet and Family Support Center (FFSC).	31
The Freeman House	31
Friends RSVP.....	32
Future In Sight	32
Gather.....	33
Goodwill Northern New England	34
Goodwin Community Health (Part of the Greater Seacoast Community Health).....	34
Granite Pathways	34
Granite State Independent Living (GSIL) - New Hampshire’s Independent Living Center	36
Granite United Way, Greater Seacoast Region.....	37
Great Bay Community College.....	37
Great Bay Services.....	38
Greater Seacoast Salvation Army	38
Harbor Care.....	39
HAVEN.....	40
Health Care Resource Centers Newington	41
Home Field Advantage, PLLC.	42
Home for All - Affordable Housing Incentive Program (AHIP)	42
Home Instead Senior Care	42
Homeless Center for Strafford County	42
The Homeless Veterans Reintegration Program – Harbor Homes	43
Homewatch Caregivers Seacoast Region	43
Hope on Haven Hill	44
In Home Senior Services, Inc.	44
Infinity Peer Support.....	44
The Inn at Deerfield.....	44
Keep Your Brain Fit for Life TM	45
KEY Collective/#areuin? Card Program	45
Kittery Estates.....	45

Krempels Center	46
Lamprey Health Care	46
Life Coping, Inc	46
Living Innovations	47
Local Welfare/General Assistance.....	48
Longevity Planning.....	48
Lovering Health Center.....	48
Lydia’s House of Hope	48
Martins Point / Tricare	49
Monarch School of New England.....	50
NAMI NH	50
National Able Network®	50
Navy Medicine Readiness and Training Unit (NMRTU) Portsmouth	51
The Neurodevelopmental Institute of New Hampshire Foster Care Program	52
New England Emergency Response Systems.....	52
New Futures	52
New Generation, Inc.	52
NH Army National Guard Family Program.....	53
NH Care Collaborative	53
NH Children’s Trust	53
NH Connections Seacoast Region Network	53
The New Hampshire Department of Health and Human Services (DHHS).....	54
New Hampshire Department of Health and Human Services – BCCP	54
NH Department of Health and Human Services - BEAS	55
New Hampshire Department of Health and Human Services - DCYF	55
NH Department of Health and Human Services, Office of Health Equity, (OHE)	55
New Hampshire Employment Security	56
NH Foster and Adoptive Association	56
New Hampshire Harm Reduction Coalition	56
New Hampshire Healthy Families	57
NH Insurance Department	57
New Hampshire Job Corps	58
New Hampshire Legal Assistance	58
New Hampshire Office of the Child Advocate.....	58
Newmarket Counseling.....	58
Northeast Addiction Consultants	59
Northeast Deaf and Hard of Hearing Services (NDHHS)	59
Oasis Senior Advisors.....	60
Older Individuals who are Blind or Vision Impaired Program.....	60
One Sky Community Services	60
Opening New Doors	61
Operation Blessing.....	61
Personal Touch Home Health Services.....	62
Planned Parenthood of Northern New England.....	62
Portsmouth Adult Education Program	63
Portsmouth Catholic Share Fund	63
Portsmouth Housing Authority	63
Portsmouth Middle School, Social Work Services.....	64
Portsmouth Public Library	64
Portsmouth - Senior Services and Senior Activity Center.....	64

Positive Transitions Recovery Residence	64
Raymond Coalition for Youth	65
Ready Rides	65
REAP - Referral Education Assistance Prevention Program	65
Recovery Friendly Workplace Initiative.....	66
Rehab 365	67
The Richie McFarland Children’s Center.....	67
Rochester Recreation & Arena	67
Rockingham Community Action (A component of Southern New Hampshire Services)	68
Rockingham Nutrition & Meals On Wheels Program.....	71
Rockingham Village Apartments.....	72
Rockingham VNA and Hospice.....	72
Salvation Army - Rochester.....	73
Safe Harbor Patient Advocacy.....	73
Safe Harbor Recovery Center - (See Granite Pathways).....	73
Seacoast Community School	73
Seacoast Eat Local	73
SAU 52 (Portsmouth) – Family/Preschool Outreach Specialist.....	74
SAU 21 and SAU 90.....	74
Seacoast Family Promise	74
Seacoast Family Support Group	75
Seacoast Mental Health Center	75
Seacoast Outright	75
Seacoast Pathways (see Granite Pathways and SOS).....	76
Seacoast Public Health Network:.....	76
Seacoast Village Project	76
Seacoast Wholistic Occupational Therapy	77
Seacoast Youth Services	77
Senior Community Service Employment Program.....	78
Senior Companion Program Of New Hampshire	78
Senior Helpers of Southern New Hampshire.....	78
Senior Move Consultants, LLC	79
ServiceLink Resource Center of Rockingham County.....	79
Sight Services for Independent Living see new name: Older Individuals who are Blind or Vision Impaired Program.....	79
SilverSneakers.....	79
Sober Parenting Journey (see Granite Pathways and SOS Recovery Community).....	79
Society of St Vincent de Paul - Exeter.....	79
Society of St. Vincent dePaul – Hampton	80
SolAmor Hospice.....	80
The Sonatina Center for Creative Arts Therapy	80
SOS Recovery Community Organization.....	81
Southern District YMCA	81
Southern Maine Agency on Aging	82
The Southern Rockingham Coalition for Health Youth (SoRock).....	82
Spring Village at Dover	82
St. Michael’s Parish	83
Step Up Parents.....	83
Step Up/Step Down.....	83
Strafford County Public Health Network:	84

Strength to Succeed (see Granite Pathways)	84
Supportive Services for Veteran Families	84
TASC (Transportation Assistance for Seacoast Citizens)	84
The Homemakers Health Services	85
The Housing Partnership.....	85
The Right Transition	85
The Upper Room.....	85
TripLink	86
Unite Us	86
University of New Hampshire Carsey School of Public Policy	87
University of NH Cooperative Extension	87
University of New Hampshire Dao Research Lab.....	88
VA’s Caregiver Support Program.....	88
The VA Medical Center: Healthcare for Homeless Veteran's Program	89
VA Visual Impairment Services	89
Victims, Inc.....	89
Victoria's Victory Foundation.....	89
Visiting Angels	90
WAYPOINT	90
Well Sense Health Plan.....	91
Wentworth Hospice, an Amedisys Company	91
Wentworth Senior Living	92
WestRoc Collaborative Partners Coalition	92
WOMENADE.....	92
WorkForce Development.....	93
WorkReadyNH	94
Y of the Seacoast	94
Zebra Crossings	94
Ready to Thank our.....	95
Generous CRN Donors from 2023 - 2024	95

211NH

211NH is an easy-to-remember, free and confidential phone service that links people throughout the state of NH with health services, human services and other community resource information. Our service became available in June 2008 with support from the United Ways of NH, Public Service of New Hampshire, the State of New Hampshire as well as various other contributors.

By simply dialing 3 numbers, 2-1-1, people residing anywhere within the state are connected with a professionally certified information and referral specialist who will take the time to listen to the caller and help them determine the type of assistance needed. In turn, the caller will be provided referrals targeted to his/her specific needs. Service organizations- like yours- receive only appropriate referrals and are able to identify community needs based on our call center data.

Nick Joslin, Database Resource Manager, 211 New Hampshire; Dial 211, Fax 603-634-3875, email nick.joslin@211nh.org Website <http://www.211nh.org/>

603 Legal Aid (formerly NH Pro Bono Referral Program and Legal Advice & Referral Center)

603 Legal Aid streamlines access to civil legal aid with a single point of entry. After assessing financial eligibility and identifying the issue, 603 Legal Aid will connect individuals with the appropriate information, resources, and organizations. If an individual requires representation, 603 Legal Aid may provide direct representation, referrals to a volunteer attorney through our pro bono program or to New Hampshire Legal Assistance (NHLA). Collectively, 603 Legal Aid and NHLA serve a client population with incomes up to 250% of the federal poverty level, depending on the type of case. And 603 Legal Aid and NHLA work exclusively with clients facing civil legal issues - not criminal cases. These issues include: rental housing and home ownership; domestic violence, sexual assault, stalking, and human trafficking; family law; public benefits; utilities; consumer issues; IRS problems; older adults; and youth.

To apply for services from 603 Legal Aid, please go to www.603LegalAid.org or call (603) 224-3333, Monday-Thursday, 9:00-2:00

A Perfect Move

For two generations our movers have been customizing perfection with convenient carefree relocations as the end product. Our success depends on our ability to continually improve and customize our services to meet needs of our clients. Communication is the key to maintaining a smooth and virtually seamless process. A Personal Moving Expert is assigned at the onset of every move and stays with the individual or family until the final detail has been executed. Our professional experience and insight are invaluable. Pricing and services are professional and competitive. The features we have described are always included in our basic service! Our clients are extremely valuable to us and deserve a service designed especially for individual needs. Please contact us today so we can assist you with your upcoming relocation, and be on your way to A Perfect Move. (866) 630-6740

Genevieve J. Benton gbenton@aperfectmover.net

A Perfect Move, Inc. 240 US Route 1 Kittery ME 03904

AARP-NH

AARP is currently involved in a long term campaign centered around creating a right for seniors and disabled adults to receive care in the community. This will be a multi-year campaign to focus on this issue.

45 S. Main St. Suite 202

Concord, NH 03301

Phone: 603-230-4106 Toll Free: 1-866-542-8168 nh@aarp.org

Addiction Recovery Services Intensive Outpatient Program

Addiction Recovery Services Intensive Outpatient Program offers evidence based group therapy, family education and psychiatric services to people with substance use disorders and co-occurring substance use and mental health symptoms.

Our program offers a **non-judgmental** and **inclusive** environment to everyone seeking help, welcoming people at various points in the recovery process. We provide an individualized counseling approach, using motivational interviewing, that respects and honors all belief systems and various paths to recovery.

We also provide psychiatry and medication assisted treatment as part of the group with no additional charge. There are no waiting lists for treatment, someone will be admitted to group within 72 hours and see a psychiatrist within one week.

All group therapy sessions are led and supervised by licensed therapists (LICSW or LCMHC). Inquiries can be made by email: info@arsnh.com, or cell: 814-515-9896. There are two office locations: 1145 Sagamore Ave., Portsmouth, NH 03801 P: 603-433-6250 F: 603-433-6350 and 23 Stiles Rd ste. 108 Salem, NH 03079 P: 603-212-9037 F: 603-212-9039 Website: arsnh.com

AIDS Response Seacoast (ARS)

AIDS Response Seacoast (ARS) is a non-profit community-based HIV/AIDS Service Organization (ASO), based in Portsmouth, NH, dedicated to providing education, direct assistance and advocacy to persons and communities affected by HIV infection. We provide direct service to clients at all stages of HIV infection who live in Rockingham and Strafford Counties in New Hampshire and educational programs throughout Seacoast New England. ARS evolved as a grassroots response to the epidemic in 1987 to offer vital emotional and practical support to people living with HIV infection and AIDS. Services provided by ARS are free of charge to persons living with HIV.

Our Mission

- To honor the inherent dignity and strength of people living with HIV/AIDS
- To support and assist persons infected with and affected by HIV/AIDS in maintaining a high quality of life through direct assistance, education and advocacy
- To prevent new HIV infection and promote safer practices through education/prevention activities for local and regional communities
- To counteract myths and stereotypes about HIV/AIDS
- To increase and diversify the network of HIV/AIDS related service providers in the communities we serve
- To play an active role in affecting local, state and national policies on civil rights, discrimination, HIV/AIDS prevention, education, research, and direct care

Phone Number: 603-433-5377 Email: info@aidsresponse.org website: <http://aidsresponse.org/>

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others from alcoholism. AA is self-supporting and is not allied with any sect, denomination, politics, organization, or institution. AA does not wish to engage in any controversy and does not endorse nor oppose any causes. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. There are a variety of AA meetings offered daily throughout the seacoast area. For further information and a list of meeting times and locations please contact the following:

New Hampshire Area Assembly
1330 Hookset Road

AmeriHealth Caritas New Hampshire

AmeriHealth Caritas New Hampshire (AC-NH) is a managed care organization serving enrollees in New Hampshire's Medicaid Care Management program. AmeriHealth Caritas New Hampshire helps the state's Medicaid population get care, stay well, and build healthy communities by addressing the acute and broader social factors that drive health outcomes. For more information, visit www.amerhealthcaritasnh.com or call 1-833-704-1177.

AmeriHealth Caritas New Hampshire **partners** with non-profits and organizations throughout the state to meet with their members and staff. We are particularly interested effecting the Social Determinants of Health and the areas of substance use, homelessness, transportation, and mental health and offer an progressive SUD/Mental Health program. AC-NH offers: **Care Managers** who work to help members understand their medical/behavioral health conditions, learn about their medicines, and find community support; **Health programs** for members with specific concerns/illnesses; **BrightStart™** prenatal/pregnancy care; **Community Health Navigators** to help find community resources; and **Community Outreach**, working with local groups and providers to support members.

AmeriHealth Caritas New Hampshire members receive additional Value-Added Benefits: **WW®** (formerly Weight Watchers) memberships, **Mission GED®** (HiSet) exam assistance, **infant car and booster seats**.

AC-NH offers a **24/7 Member Services line** with access to bilingual staff; **Nurse Call Lines**; a **Rapid Response and Outreach Team**; **Health education** to promote healthier lifestyles; **Member portal access** and **mobile apps**; **Member and Provider Newsletters** providing education and information.

Arts in Reach

Arts In Reach (AIR) is a 501(c)(3) nonprofit organization with a mission to inspire teenage girls and gender-expansive youth to be brave, elevate their voices, and create the lives they imagine. AIR offers high-quality, barrier-free arts programming for girls and gender-expansive youth ages 11-18 at no cost. AIR programs are experiential, teen-driven, and collaborative. AIR programs focus on building a supportive and inclusive community, capitalizing on the power of art to help teens create lasting relationships with peers and mentors, acquire a sense of belonging, explore their creativity, and find safe outlets for self-expression. 603-433-4278

Ascentria Care Alliance

Good News Garage –accepting donations in NH, but only providing vehicles in VT and MA. www.GoodNewsGarage.org

Language Bank

Language Bank is a high quality communication-access services provider offering in-person and remote interpretation and translation services to some of the state's largest health care facilities, government agencies, legal firms, technology companies, insurers, educational systems, and financial institutions, as well as individuals and families. Services are offered 27/7 in over 60 languages and dialects, including American Sign Language (ASL). Over-the-phone interpretation is also available 24/7 in over 200 languages and video-remote interpreting can be provided through all major video-conferencing platforms, including Cisco Webex, Doximity, Doxy.me, Google Meetings, GoToMeeting, MS Teams, Skype, WhatsApp, Zoom, and more. Additionally, Language Bank conducts interpreter training courses for bilingual individuals interested in careers as professional medical interpreters. 340 Granite Street, 3rd Floor, Manchester, NH 03102. 844.579.0610. Fax 603.410.6186. www.thelanguagebank.org

Therapeutic Family Connections

Ascentria places children with caring families in Massachusetts and New Hampshire. Our children are like most others, with one exception – they need a nurturing family to provide a stable and supportive home environment. Our specialized foster care program differs from general foster care. We focus on developing the strengths, interests, and abilities of each and every child, and providing a higher level of support to foster families. We offer 24/7 clinical support, case management, financial compensation, ongoing training, and social opportunities. We are always seeking foster families to help support children in need of a safe, loving home. 261 Sheep Davis Road, Suite A-1, Concord, NH 03301 (603) 224-8111, [Ascentria Care Alliance - Foster Care in New Hampshire](#).

In-Home Care

Ascentria In-Home Care is a Licensed Home Health Care Agency dedicated to providing superior quality nonmedical home care services in New Hampshire. Ascentria has been providing services to people in need for over 140 years. As the largest provider of nonmedical, self-directed care in New Hampshire, we assist over 450 elderly and chronically ill clients each week to meet their daily needs, preserve their independence and remain in their homes. Our services include light housekeeping, meal assistance, grocery shopping/errands, transportation to appointments, neighborhood or community outings, mail assistance, bathing, personal care assistance, and medical reminders. Please call Sabrina Moore at 603-410-3301 or visit us online at [Ascentria Care Alliance - In-Home Care](#) or call 603-224-3010, toll-free 800-244-8119.

Assisted Living Locators

We believe that our seniors and their families should be able to obtain quality information and hands on assistance, at no charge, when having to make decisions about care. We offer a FREE service for families who need help researching, touring and choosing the safest, healthiest and most appropriate Assisted Living and/or Memory Care Community. We cover all of New Hampshire as well as the greater Portland Maine area and Eastern Massachusetts. We have pre-screened the majority of area Communities and are able to match the senior with the best living environment. We will meet the senior and/or their families in the hospital, rehab or home setting to get a solid understanding of their needs and wishes.

Glen Badger, glenb@assistedlivinglocators.com, 603.393.6452

Atlantic Homelife Senior Care

Atlantic Homelife Senior Care is a local, privately owned licensed medical home care company. We treat all of our clients as individuals and customize our care to your unique needs. We are dedicated to help keep our clients in the homes they love. We believe no one should be forced to give up their home life just because they need a helping hand. Our team of dedicated professionals work closely with you to decide what services will best suit your needs, allowing you to maintain your independence and quality of life!! All care givers at Atlantic Homelife Senior Care are carefully screened and background checks performed. They also undergo extensive training, and share the same common goal of helping seniors maintain quality of life. Unlike many Home Care Companies which can only provide non-medical care, we are a licensed home health care provider. As such we are able to work directly with your physician to provide in home medical care as well as non-medical care. Our nurses not only perform an initial assessment to help determine what services are needed but also provide ongoing visits to ensure clients changing needs are being met. We will work with you to set up the most appropriate plan of care. Whether that is having someone stop by 1-2 times a week to check in, or providing 24hours a day care. Please visit our web site at www.atlantichomelifeseniorecare.com

Contact information:

Martha Berk, RN 603-343-4434
Coordinator of Client Services

Austin17House

The Austin17House is a nonprofit youth and family community center located in Brentwood NH, that provides a safe place to have fun, try new things, develop life skills, receive mentorship and get a meal for FREE! Our after school mentorship activities are geared to youth in middle and high school, and aim to strengthen their identity, encourage strong leadership and help them build and follow their dreams!

Our goal is to always have an atmosphere of fun and self-acceptance while creating friendships and building a strong community.

Our Drop in Hours include:

Tuesdays 3 to 9PM - One on one tutoring, exercise and movement, cooking, recreation, gardening, Fight Club 17 - Guys Recovery Support Group (13-18 years old); FC17 provides services for youth in need of recovery support services. This is a closed group, but we do take referrals for any youth impacted by substance use.

Wednesday 6 to 9PM

Wednesdays and Fridays are Creative Arts focused activities which include: Music and songwriting, woodworking, metalworking, arts and crafts, theatre, cooking. recreational activities, beekeeping.

Thursday 3 to 7PM

Fight Club 17 - girls recovery support group *must inquire before joining*

Friday 6 to 9PM *see Wednesday activities

Avita of Newburyport

Avita of Newburyport is a Northbridge Assisted Living Community in the coastal town of Newburyport, Massachusetts. Our 70 apartment community is located across the way from Anna Jaques Hospital. The name, Avita, which translates to “For Life,” was inspired by our desire to create a safe and fulfilling environment where nurturing caregivers recognize each resident as a special and unique individual. Just because an individual may be coping with physical challenges or memory impairment does not mean they have lost their spirit. Our goal is simple—to make a positive difference in people’s lives by creating a special place where residents can thrive and families can have peace of mind. That place is Avita.

Alison Kolozsvary

4 Wallace Bashaw Jr. Way | Newburyport, MA 01950 D: (978) 225.7000

alison@avitaofnewburyport.com | www.avitaofnewburyport.com

Aware Recovery Care

Aware Recovery Care is a pioneer in the in-home mental health and substance use disorder treatment industry, representing true innovation. Supported by a specially-trained team of addiction professionals, Aware offers a best-in-class in-home addiction treatment program backed by both logic and data.

We provide a full continuum of home-based care including in-home withdrawal management, medication-assisted treatment (MAT) and management, individual therapy, family therapy, and coordinated medical and behavioral healthcare.

By transforming the home and local community into the treatment setting, we help you recover in your environment. With our treatment process, you can recover from addiction while getting the right amount of healthcare - all in the safety and comfort of your home.

We are now serving clients in Connecticut, Florida, Indiana, Maine, Massachusetts, and New Hampshire.

For questions, please contact Adam Carey, Clinical Outreach Manager: New Hampshire

Email: acarey@awarerecoverycare.com

Office: 603.769.8462 Mobile: 603.451.8900

Website: awarerecoverycare.com

Beacon Hospice a Division of Amedisys

Beacon Hospice has been serving Rockingham County and the Seacoast area since 1978; we are Medicare and Medicaid Certified, providing superior end-of-life care services. Beacon's holistic approach to Palliative and Hospice care creates a patient and family environment of hope, comfort, and dignity for patients with life-limiting illness. We serve patients in their home, assisted living, nursing home, hospital, and Hyder Family Hospice House. Our caregivers include: physicians, nurse practitioners, nurses, licensed nursing assistants, social workers, spiritual care coordinators, bereavement counselors, and trained volunteers.

Our unique programs and team strengths include:

- Palliative Nurse Practitioner, helping patients control symptoms and pain when faced with life limiting illness
- Specialized programs for patients with dementia, including non-pharmaceutical therapies for managing anxiety, bathing aversion, and other behaviors
- Volunteers with a variety of skills: music and bedside singing, pet therapy, Reiki, Veteran-to-Veteran volunteers, and vigil volunteers
- We Honor Veteran's program, Level IV (highest level achieved)
- Education & Grief support for patients, families, medical practitioners and caregivers
- Fastest response time for patient needs, including referral to admission within four hours
- Community Involvement, supporting local initiatives: (Alzheimer's, End 68 Hours of Hunger, Adopt a Platoon)

Please contact Beacon Hospice for more information about our Palliative and Hospice services: Diane Bilodeau, RN, Director of Operations, 25 New Hampshire Ave., Suite 272, Portsmouth, NH. PH: 603.433.2480 FX: 603.433.4185

Benchmark At Rye

Benchmark at Rye is a beautiful and caring community dedicated to those with all levels of Alzheimer's or dementia. The Seaside neighborhood is devoted to those with early to moderate stages of memory disorders, while The Dunes wing is devoted to those in the later stages to end-of-life care coordinated with a local hospice. Failure-free activities and weekly entertainment and bus trips allow for residents to have an enjoyable and quality life surrounded by loving staff and caregivers.

Tallia Hardy, Director of Community Relations

Benchmark at Rye, 295 Lafayette Road (Route 1), Rye, NH 03870

O: (603) 379-1898 C: (978) 239-6410

E: thardy1@benchmarkquality.com www.benchmarkseniorliving.com/rye

Bethany Christian Services

Community & Faith Based Initiative (CFBI) - partnership with NH Division for Children, Youth & Families to recruit foster and adoptive and respite homes for children in state care, and other supports for the children and families

Safe Families for Children (SFFC) - helps families in crisis by providing temporary homes for children and pregnant women at no cost, and providing community support and resources through family friends, coaches, and volunteers.

www.safe-families.org

Bethany Christian Services of Northern New England

PO Box 320, 183 High Street, Candia, NH 03034

(603)483-2886 www.bethany.org/candia

Cindy Thomas, Community Liaison CFBI & SFFC NH State Coordinator Cell: (603)268-5670

cthomas@bethany.org

Big Brothers Big Sisters

Big Brothers Big Sisters of New Hampshire (BBBSNH) exists to create and support one-to-one mentoring relationships that ignite the power and promise of youth. For more than 50 years, we have been the premier youth mentoring organization in the Granite State, having served tens of thousands of children. We are improving communities, one relationship at a time. Our prevention programs are cost-effective and evidence proves that the single most important factor to a child reaching their potential is having a mentor invested in them.

Big Brothers Big Sisters of New Hampshire

3 Portsmouth Avenue, #2, Stratham, NH 03885

www.bbbsnh.org, Tel: 603.430.1140

Regional offices serving: Greater Keene & Sullivan County (West Region) Greater Nashua & Manchester (Central Region), Lakes Region (Laconia Area)

The Birchtree Center

Our nonprofit organization promotes independence, engaging relationships, and productive lives for children and youth with autism at home, at school, and in the community. Our day school in [Portsmouth](#) offers a year-round special educational day program for students with autism [in grades preK-12](#). Our autism experts also provide consultation, training, assessments, direct services and support for students, families, schools and community agencies in New Hampshire, Maine, and Massachusetts. We also offer public Autism Workshops a few times per year that discuss practical techniques for parents, caregivers, educators, and service providers working with students with autism.

[215 Commerce Way, Suite 300, Portsmouth, NH 03801](#)

603-433-4192; www.birchtreecenter.org

Brain Injury Association of NH

52 Pleasant Street, Concord, NH 03301

Independent Service Coordinator for Strafford and Rockingham county. We provide case management services through CFI (choices for Independence) , ABD (acquired brain [disorder](#)) and DD (developmental disability) waivers as well and serve the entire state. 603-225-8400

Brookhaven Hospice

Brookhaven Hospice serves the greater Seacoast area (Rockingham and Strafford counties) from our Portsmouth-based office. We provide care wherever the patient calls home. Our team helps patients and families make informed decisions about caregiving, teaches the necessary skills for “hands-on” care, and provides health care and end of life education. Our mission is to provide physical, emotional, social and spiritual support to the patients we serve as well as their families and loved ones. We are focused on helping patients and families to live with dignity and comfort. We care about our neighbors and our community, considering our highest priorities to be patient care and service along with excellent communication and responsiveness. We are Medicare and Medicaid Certified and our caregivers include physicians, nurse practitioners, nurses, licensed home health aides, social workers, spiritual counselors, bereavement counselors, and trained volunteers.

Program highlights and team strengths include:

- Rapid response to initial referral within 2 hours
- Transitions program for those not quite ready for hospice
- We Honor Veteran’s program
- Pet Therapy
- Social and spiritual support programs and memorials specific to COVID loss

Contact Brookhaven Hospice:

1 New Hampshire Avenue, Suite 209, Portsmouth, NH 03801

CarePatrol

CarePatrol has been helping families find assisted living, independent living, memory care and in-home care for over 20 years. CarePatrol Corporate head quarters is located in Gilbert, AZ. I am a franchisee of CarePatrol and live in Stratham, NH. I will be servicing the Southern NH and Northeastern MA area. CarePatrol is a free community service. We review the care and violation history of the communities we work with. We tour our clients to our recommended facilities much like a realtor shows families to new homes.

Contact info:

CarePatrol of Great Merrimack Valley

PO Box 276, Exeter, NH 03885

Office: 603 580-4835 Fax: 603 658-5894

Cell: 603 781-9856

JeffS@CarePatrol.com

www.CarePatrol.com

Caring Companions of Easter Seals NH

Caring Companions is one of the state's trusted sources of non-medical home care services for seniors, disabled and chronically ill persons. We serve individuals statewide and have qualified, screened and trained Easter Seals employees ready to assist. Flexible hours, consumer choice, consistency, individualized care and follow through are keys to our success. Our goal is to work together to enable consumers and/or their loved ones to live at home safely and independently. Services we provide include: housekeeping; personal care; transportation; meal preparation and companionship.

Contact person: Tracy Gillick, Director

603 621-3497

866-553-3939

Website: www.caringcompanionsnh.com

tgillick@eastersealsnh.org

The Carriage Barn Adaptive Therapy Programs

The Carriage Barn Adaptive Therapy Program offers respite care and social integration programs for all those who love being with horses. Bring a Fall snack and enjoy the horses in the fields of Kensington. We are next to the Town Park with our own indoor arena, and tables, music and activities with the horses will make you, Live, Love, Laugh and be Happy, call 603-378-0140.

Email carriage-barn@comcast.net

Center for Life Management

The mission of Center for Life Management (CLM) is *to promote the health and well-being of individuals, families and organizations.*

With offices in Derry and Salem, CLM serves the towns of Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown and Windham.

CLM provides a comprehensive complement of mental health and substance use services, psychiatric treatment, acute care, medication services, emergency intervention, and family support services for adults, children, adolescents and families. The providers at CLM strive themselves on providing a multi-faceted range of services with a goal of supporting restoration, rehabilitation and recovery for clients with severe and persistent mental illnesses. The goal is to help clients attain their optimal health and live as fully as possible within their own communities and to ensure that your mental health care is comprehensive, integrated and community-based. In addition, CLM offers an array of emergency services for our clients and our community.

These services are designed to provide additional support and treatment to individuals experiencing a psychiatric crisis while assisting them in stabilizing their condition to get them

back to their daily routine as quickly as possible. own communities. Emergency Services can be reached 24/7 at (603) 434-1577 Option 1.

For more information, please visit www.centerforlifemanagement.org. To make an appointment call us at (603)434-1577.

The Chase Home

Residential Treatment Services: The Chase Home residential facility is licensed by the State of New Hampshire to provide residential treatment for up to 18 at-risk male and female youth. These adolescents cannot live at home for a variety of reasons. Residential Treatment Services include behavior modification interventions, individual, family, and group therapy, psycho-educational groups, family outreach, along with educational and independent focused interventions. The length of stay for residential services varies depending on an individual's treatment, but on average is six months. Placements range from 24-hours to two to three weeks. All residents receive fully integrated program services. As an Intermediate Level Residential Treatment Program, The Chase Home focuses on community-based interventions. All residents attend a public school determined by their referring districts. Additionally, all therapeutic services including medication management and individual therapy are provided by the community mental health agency. Medical services are completed within the community. All residents must receive a wellness exam within thirty days of their placement. Residential Services provide youth a place to live to help them develop the skills necessary to stabilize across multiple settings. Through learning the acquired independent living skills and mental health interventions residents can reintegrate back into the local communities.

Independent Living Program: The Independent Living Program (ILP) is a part of our Residential Program that allows more freedom and independence for the resident. We have four ILP suites with a shared living room and kitchenette area. Youth are required to maintain a job and save a portion of their income, keep their living space clean, and to always keep staff informed of their whereabouts. The ILP allows youth the ability to make their own schedule, budget and save their money, and prepare for living on their own. ILP residents work closely with the Independent Living Coordinators to ensure they are following programmatic responsibilities and maintaining safety.

Home-Based Program: Home-Based Program services offered through The Chase Home support youth transitioning from our residential program to reunify with their families or acts as a preventative intervention to avoid residential placement services. Our two programs include the Intensive Service Option (ISO) and Home-Based Therapy (HBT). ISO services allow for the clinician to meet with the family two to three times per week depending on the client's needs. These interventions include crisis management and individual and family interventions using psychoeducation and client-centered interventions. Additionally, ISO allots for a guaranteed ten-day respite bed with 24-hour care. HBT allows for clinicians to meet with client and family once per week within the home or local community to support family dynamics of high-risk youth.

The Seacoast Community Diversion Program: The Seacoast Community Diversion Program (SCDP) is a State Accredited Court Diversion Program. Youth ages 12-18 that have been charged with a misdemeanor level offense such as possession of marijuana, assault, criminal threatening, etc. are eligible for diversion instead of court. The program is roughly twelve weeks but may be extended on a case-by-case basis. An individualized contract is developed for each youth with the aid of the participant, their parent(s)/guardian(s), the SCDP Coordinator, and the Contract Committee. This is a voluntary participation program. If the youth choose to not complete it or break their contract agreements, the case is referred to the Juvenile Prosecutor to bring to court. If the juvenile successfully completes the program the case is not brought to court, and they avoid having a juvenile record.

The Chase Home Main Number: (603) 436-2216

Meme Wheeler, Executive Director: Ext. 102 or email: mwheeler@chasehome.org

The Center on Aging and Community Living

The Center on Aging and Community Living (CACL) is a collaboration between the Institute on Disability (IOD) and the New Hampshire Institute for Health Policy and Practice (NHIHPP) at the University of New Hampshire (UNH). These two institutes have been actively engaged in projects related to aging and long term care for many years.

Jointly, IOD and NHIHPP provide ongoing support in designing, implementing and evaluating systems change initiatives to the Bureau of Elderly and Adult Services, the ServiceLink Resource Center Network and various other partners in the Aging Network. In light of these efforts the CACL was established to coordinate the work of both institutes, maximize the resources available and provide assistance to the state of NH. This will ensure that the state will benefit from an integrated center of applied research, evaluation and trainings on issues related to aging and long term care.

Contact:

Durham Office
4 Library Way
Suite 202, Hewitt Hall
Durham, NH 03824
phone: (603) 862-5031
fax: (603) 862-4457

Concord Office (Mailing Address)
56 Old Suncook Road, Suite 2
Concord, NH 03301
phone/tty: 603.228.2084 or 1.800.238.2048
(NH Only)
fax: 603.228.3270

email: cacl.chhs@unh.edu website: <http://www.chhs.unh.edu/cacl/index.html>

Children's Museum of NH

Since 1983, the Children's Museum has been a family resource and has partnered with many community organizations. We strive to inspire all to become the next generation of innovators and creative thinkers.

The Children's Museum of New Hampshire's mission is to actively engage families in hands-on discovery. The Museum is free of physical barriers and provides many ways to access the Museum's 21 exhibits, educational programs, and in-house art gallery, including:

- Online resources and virtual programming families can access from home
- Free visits for Head Start classes
- Discounted admission of \$3 per person for families who show their SNAP/EBT or WIC card and ID
- Free admission for military families from Memorial Day through Labor Day, and 50% admission from September to June
- Free or discounted admission passes to most of the organizations in this directory through our Funded
- 50% discount passes available at many area public libraries

Children's Museum of New Hampshire 603-742-2002

6 Washington Street, Dover NH 03820 www.childrens-museum.org

For more information contact Monique Deforge: Monique@childrens-museum.org

COAST (Cooperative Alliance for Seacoast Transportation)

COAST is the Greater Seacoast Region's public transit provider, operating fixed route, ADA paratransit, and advance reservation demand response services. COAST's mission is to champion and provide customer-focus public transportation with a commitment to excellence in safety and service.

Fixed Route Bus Services

COAST fixed route buses operate in Farmington, Rochester, Somersworth, Dover, Newington, and Portsmouth in New Hampshire and Berwick, S. Berwick, Eliot, and Kittery in Maine.

[Route 1 Dover-Somersworth-Berwick](#)

[Route 6 Farmington-Rochester](#)

[Route 12 Rochester-Somersworth-Dover](#)

[Route 13 Dover-Portsmouth](#)

[Route 14 Rochester-Dover-Portsmouth](#)

[Route 33 Dover \(County Complex\)](#)

[Route 34 Dover \(Knox Marsh Rd.\)](#)

[Route 40 Portsmouth \(Islington St./Borthwick Ave.\)](#)

[Route 41 Portsmouth \(Lafayette Rd.\)](#)

[Route 42 Pease Shuttle](#)

[Route 43 Portsmouth-Newington](#)

[Route 44 Portsmouth-Kittery](#)

[Route 100 Somersworth-Berwick-S. Berwick-Eliot-Kittery\(PNSY\)](#)

ADA Paratransit Service

This is an advance reservation, origin-to-destination service, designed to be equivalent to the local and regional fixed bus routes COAST operates, for qualified individuals who can not use the fixed routes due to a disability, and have been determined eligible through an application process. For more information on this service please visit [COAST's ADA Paratransit webpage](#).

Other Demand Response Services

[Route 7 On Demand](#) is an advance reservation service operating Mon., Wed., Thu., and Sat. between Newmarket, Stratham, and Exeter.

[Portsmouth Senior Transportation](#) is a service that is provided for qualified Portsmouth residents through a partnership with the City of Portsmouth.

Regional Community Transportation Coordination

COAST is the lead agency responsible for the [Alliance for Community Transportation \(ACT\)](#). ACT is the State-designated Regional Coordination Council (RCC) for southeast New Hampshire. ACT's mission is to facilitate the implementation of coordinated community transportation and encourage the development of improved and expanded regional community transportation services. ACT's service area covers 38 communities, including all of Strafford County, eastern Rockingham County, and Wakefield and Brookfield in Carroll County. ACT is comprised of transportation providers, human service agencies, health care providers, municipalities, planning commissions, and one citizen member. Services offered under this program include a curb-to-curb, advance reservation non-medical emergency transportation service called [Community Rides](#).

Discounted Ticket and Pass Programs

COAST has a limited free ticket program for area homeless shelters providing emergency shelter services, as well as all municipal welfare/emergency service departments located in COAST member communities. COAST also has a discounted ticket program for all tax-exempt organizations with a physical presence in the region. Lastly, COAST offers free travel training passes to individuals with disabilities who require assistance learning how to navigate the COAST bus system, and to their trainers. For more information on any these programs, please call 603.743.5777x121, or email reception@coastbus.org.

Address: 42 Sumner Drive, Dover, NH

Phone: 603.743.5777

Website: www.coastbus.org

Email: info@coastbus.org

ComForcare Home Care

We specialize in delivering affordable, guaranteed home care services to your community. Our comprehensive range of non-medical care services have helped hundreds of people recover and prosper in the comfort of their own homes. Our highly experienced and trained caregivers have received outstanding marks from families just like yours. Their training and background give them the knowledge and experience necessary to provide your or your loved one with a wide range of services, from advanced levels of personal care to safety supervision, ensuring a happy and healthy recovery. Caregivers are available 24/7/365 providing bathing, grooming, hygiene, transfers, meal preparation, medication reminders, safety supervision, transportation, light housekeeping, family respite and more customized to each client's needs. Servicing Strafford and Rockingham counties.

ComForcare Home Care SENH@ComForcare.com

90 Washington Street - Suite 216 Tele: 603-842-4088

Fax: 603-842-4082

Dover, NH 03820 web site: <http://senh.comforcare.com>

Mandy O. Mullen

Community Action Partnership of Strafford County

At CAPSC, our mission is to reduce barriers to help clients improve their economic stability and well-being through education, advocacy, and partnerships. We work with community, state, and federal partners to assist children, families, and seniors in becoming or remaining financially and socially independent through a variety of coordinated programs. Without the services provided by our agency, many local residents would be without a means to provide for their basic needs, including food, education, childcare, utilities assistance, transportation, housing, emergency shelter and access to other services.

Child and Family Services

► **Home Visiting:** Provides services to pregnant women, new mothers and families in crisis with regular home visits, educational support and connections to resources. Contact: 603-435-2500 ext. 1200

► **Early Childhood Education:** We provide quality early education for children ages 0-5 in Strafford County. Our program is designed to provide an atmosphere that enhances the social, emotional, physical, and intellectual growth and development of the whole child as they get ready for elementary school and beyond. Contact: 603-652-0990

► **Food and Nutrition:** We administer the delivery of commodity food in Strafford County through the federal Temporary Emergency Food Assistance program. Also, we operate a Summer Meals Program to provide children age 18 and under free breakfast and lunch. Contact: 603-435-2500 ext. 2305

Community Outreach Services

► **Fuel Assistance:** The Low-Income Home Heating Program (LIHEAP) provides certified eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs and housing type. Contact: 603 435-2500

► **Electric Assistance:** The New Hampshire Electric Assistance Program gives eligible customers a discount on their monthly electric bills depending on gross household income, household size and electricity use. Contact: 603-435-2500.

► **Weatherization:** We perform energy audits on eligible clients' homes and may make improvements to reduce the overall dependency on fuel assistance as funding allows. Contact: 603-435-2500 ext. 2350

► **Food Pantries:** We operate food pantries in Dover and Farmington to provide short-term supplies of food to eligible households. Contact: 603-435-2500 ext. 8136

► **Senior Transportation:** Provides door-to-door, low-cost transportation to grocery stores and shops to anyone age 60 and over, and the vehicle is wheelchair accessible. To schedule a ride, call Triplink the business day prior at: 603-834-6010.

► **Homeless Outreach:** We provide aggressive outreach and intervention services to the unsheltered homeless throughout the county. Contact: 603-543-0731

► **Housing Services:** We assist income-eligible clients to retain or obtain housing that can include first month's rent, back rent and utility assistance. The NH Emergency Rental Assistance Program (NHERAP) is a federally funded program that provides financial assistance for New Hampshire renters who cannot pay their rent or utilities. Contact: 603-435-2448

Community Care Team (CCT)

The Community Care Team (CCT) is a group of community agencies, providers, and organizations who often provide services to shared clients. Facilitated by NH Harm Reduction Coalition, the CCT has three teams that are active within both Strafford County and eastern Rockingham County. These teams come together on a monthly basis via zoom to share strengths-based information about clients with complex care needs in an effort to increase group awareness of client goals and challenges, while *also* identifying shared priorities for support. Utilizing a shared Release of Information and Confidentiality Agreement, providers are also able to connect outside of the meeting space to share information in real-time and support the individual's connection with resources and wrap-around support in their community. For more information visit <https://www.nhhrc.org/cct-1> reach us via email at cct@nhhrc.org

Community Partners

Community Partners is the state designated Community Mental Health Center and Area Agency for Developmental Services in Strafford County.

Community Partners serves those who experience emotional distress, mental illnesses, substance use disorders, developmental disabilities, chronic health needs, acquired brain disorder, as well as those who are in need of information and referral to access long-term supports and services. Most of our developmental programs and administrative functions are located in our Dover office. Other offices are located throughout Strafford County for behavioral health, ServiceLink and other developmental program offerings.

► Developmental Services

Early Supports and Services: providing developmental supports and therapy services to eligible children birth to age three years, who have special developmental needs, delays or disabilities.

Family Support: Our Family Support team provides invaluable services and supports to the families of individuals with disabilities, including respite, recreation, in-home support, and transition from school to work and/or adult services.

Partners in Health: assisting families who have a child with chronic health conditions. Services provided include identifying needs, connecting families to resources, respite, collaboration with schools, and more.

Spectrum Connection: Strafford County's first autism clinic. This is a fee for service intervention program provided by a Board Certified Behavior Analyst for children and adults with behavioral challenges, autism or other developmental needs.

•Developmental Service Programs

These programs are available to individuals funded by a Medicaid waiver (Developmental Disabilities (DD) and Acquired Brain Disorder (ABD)). Please call us to find out more.

Community Participation Services: meaningful day programming for adults, including vocational activities, creative arts, wellness, and life skills development. Services can also

include educational, recreational, social and functional skill acquisition activities for adults who either live with their families or on their own.

Case Management: coordinating developmental services and supports and helping adult consumers become active participants in their communities.

Participant Directed and Managed Services: self-directed programs for individuals who have a developmental disability or acquired brain disorder.

Residential Services: assisting adults with disabilities to meet their living needs while offering the opportunity for full community participation.

•**Supported Employment:** vocational services, including assistance with applications, resume writing, interviewing, and placement in meaningful and often times, paid positions.

In Home Supports: serves families who have extensive needs for their child with a disability and allows families to put together a plan that addresses the needs of their child in different areas of care. Budgets can include money for personal care, respite, recreation, therapies, consultations and environmental modifications

Respite Services: provides short-term care for a person with a developmental disability who lives at home with his or her family. Respite gives family members time to rest, recharge, and renew their energy without worry or interruption.

► **Behavioral Health Services**

Youth, Family and Adult Services: offering mental health services for children, teens, adults and families, including individual, family and group therapy, community based functional support services, psychiatry, nursing, medication monitoring and case management.

Emergency Services: available 24 hours a day, every day, to provide crisis support services, including emergency assessment, phone consultation, and referral to mental health services.

Choices for Independent Living: A home and community-based program funded by Medicaid, providing a wide range of services designed to help eligible individuals remain in their own homes, as an alternative to a skilled nursing facility. Community Partners is a designated Case Management provider for this program.

► **ServiceLink**

No Wrong Door access to all Community Partners services. In addition, ServiceLink offers long term supports, services and information for the elderly, physically disabled, as well as family caregiver supports, regarding Medicare and Medicaid.

Referral Education Assistance and Prevention (REAP) : a free program that is available on a short term basis for elders who are experiencing difficulty in their daily living but do not meet state eligibility criteria. It is designed to help older adults regain control of their lives, to live happy, healthy and independent lifestyles. REAP provides free, confidential counseling and educational services to help people better understand and deal with the many life changes they encounter in their older years.

Community Partners

113 Crosby Road, Suite 1, Dover, NH 03820

603-516-9300 www.communitypartnersnh.org

Community Resource Network

CRN provides:

- Networking meetings and workshops
- A compilation of services and contact information in hardcopy and on the CRN website
- A unique opportunity for orientation of new staff to the resources in the region:
- Starting point to coalesce around issues/barriers to services/community needs:

How do you weigh the benefits of the learning opportunities the CRN affords your staff? What is it worth to you and your agency to have up to date information about other agencies in Rockingham, Strafford and lower York Counties?

► CRN runs on donations from participating agencies/organizations. We need fiscal help to be able to continue networking and learning from each other in these changing times. See the CRN website www.crnnh.org for a donation form or contact:

Susan Turner at sturner@familiesfirstseacoast.org Cell: 969-5318

Companion Care Partners LLC

Companion Care Partners LLC is fully-independent and locally- based home care provider in Seabrook, New Hampshire. We are happy to be a part of the community and be given the opportunity to make lives better with the care you can count on.

Growing old has no warnings. In the same way, disability and other illnesses will have no basis as to when it strikes. We always have to be ready for it, but in more cases than not, we are not prepared to face the challenges of old age or caring for a loved one who is growing older.

Fortunately with the help of **Companion Care Partners LLC** you can have fewer worries about this aspect in your families life.

Companion Care Partners LLC also offers transitional care that focuses on the comfort and the safety of the individual. There are also live-in and hourly care options. With home care, it is the family's needs that cause the design for care services.

We provide personal care, elderly care and errands assistance. Home care services are affordable and can be paid with insurance or private pay.

Can we assist your family in any way? Call us at **603 814-1589** to plan your home care services and schedules soon. We can now take on Medicaid, CFI clients

www.companioncarepartnersllc.com Isabella.koenigs@companioncarepartnersllc.com

Connections Peer Support Center

The mission of CPSC is to promote health, wellness, and hope-based recovery for those struggling with mental health issues, by providing a safe environment for self-reflection and education using Intentional Peer Support, and a variety of groups and opportunities to support self-determination and empowerment. All services are free and do not require a referral.

CPSC provides an alternative and/or complement to traditional treatments for mental health issues, whether acute or chronic. There are no therapists or other providers at CPSC. Instead, staff have “lived experience” of their own which provides the foundation for peer support to be an essential element of the success of the center. There is no judgment or attempts to give advice or fix the other. We all learn together and share those insights, supporting each other during the difficult passages.

We have recovery-oriented groups in which support and encouragement are essential to the participant's goals of moving toward what they want in life. Examples include nutrition, stretch and balance, stress management, journaling, mindfulness, painting, advocacy and outreach, and anger management. We also have Intentional Peer Support Groups and WRAP which assists participants in creating their own Wellness Recovery Action Plan.

Our peer-supported Warmline is available 7 days a week, from 5pm–10 pm, at 603 427 6966. Whether you are having a great day and wish to share that with someone, having a rough day and need support, or just want to check in, we are here to listen.

Another goal of CPSC is to educate the community about the impact of stigma and misconceptions associated with mental illness. Shame, fear and avoidance often prevent individuals from seeking the help they need to get through a crisis or heal the impact of a trauma.

Staff members are available for presentations on stigma and mental health as well as the steady growth of peer support services in our communities.

For information on Step Up/Step Down, our innovative residential program, please see the separate Step Up/Step Down listing in this compilation.

Connections Peer Support Center

544 Islington Street, Portsmouth NH 03801

Hours: Monday-Thursday, 8:30am-5:30pm. Friday, 8am-4:30pm

Warmline: 603 427 6966 or 1-800-809-6262, available 7 days a week, 5pm-10pm

Phone: 603-427-6966 info@connectionspeersupport.org <http://connectionspeersupport.org/>

Connor's Climb Foundation

Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24, in New Hampshire. Our foundation supports the evidence-based SOS Signs of Suicide Program through community trainings, specialized trainings and we provide the SOS program and any necessary supplies to any NH school or organization committed to implementation at no cost. For more information visit www.connorsclimb.org or email Contact Information: [Candice Porter, Executive Director candice.porter@connorsclimb.org](mailto:candice.porter@connorsclimb.org).

Constellation Health Services

Constellation Health Services is a certified Home Care and Hospice agency serving the senior populations of Essex County MA as well as Rockingham and Strafford Counties of NH. What sets us apart is our commitment to superb customer service, our compassion and individualized plans of care for each patient, and our array of services.

Along with RN, rehab, home health aide, and social work services that are standard with VNA, we also have respiratory therapy to support patients with complicated respiratory diagnoses. Knowing that respiratory complications account for a high number of rehospitalizations, we want to create an effective plan of care to ensure the success of the patient at home and avoid a trip to the emergency room. For those patients with psychosocial concerns, which also contribute to rehospitalization, our social workers are available to meet with the patient and discharge planner, whether in rehab or at the hospital, to begin the process of linking them with community resources before they even return home.

Our Hospice services include not only RN, home health aide, social work, and chaplain services, but all of our staff are trained in Reiki, aromatherapy, as well as our Connections Program which is a unique service to enhance the quality of life for our patients with dementia.

Finally, we have a Palliative Nurse Practitioner who provides education, assessment, and symptom management along with support when appropriate to transition to Hospice. For more information, please call 978-904-3095.

Cornerstone VNA

Cornerstone VNA is a nonprofit home, health and hospice organization currently serving over 40 communities in Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. Since 1913, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. The team at Cornerstone VNA provides award-winning care and support through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty, and Community Care. Specialty programs include Telehealth, Wound, Ostomy and Incontinence Care, Lymphedema, Vestibular, LSVT Voice Training, Chronic Care Management, Behavioral Health, Intravenous

Therapy and a Balance Therapy and Fall Prevention Program. Cornerstone VNA is a center of excellence in home health and hospice care and has received numerous awards for our commitment to providing high quality care. For more information about our services or to see a listing of community programs and wellness clinics in your area, visit www.cornerstonevna.org, find us on Facebook or call 1-800-691-1133.

Cross Roads House

Cross Roads House Founded in 1982, Cross Roads House provides emergency and transitional shelter to homeless men, women, and children from Rockingham and Strafford Counties, NH and Southern York County, ME. We provide homeless families and individuals with basic necessities, as well as the tools and guidance they need to return to permanent housing. The shelter is open 24 hours a day, 7 days a week, and our beds are nearly always full. Cross Roads House residents have access to a wide array of services, including:

- Emergency and transitional shelter
- Three meals a day, showers, laundry
- Access to computers and phones to conduct telehealth and other resident business
- Intensive case management support services with a housing focus
- Facilitated connection to on-site and community behavioral health and family support services
- Assistance with obtaining benefits and increasing income
- Education to support responsible tenancy
- Post-shelter housing stability case management

Cross Roads House is located at 600 Lafayette Road, in Portsmouth, NH. We can be reached any time by phone at 603-436-2218 for shelter requests. For more information about our programs or how you can help Cross Roads House, visit our website at www.crossroadshouse.org. Please Note: Individuals and families seeking admission to emergency shelters should call 211 from any NH phone (or 866-444-4211 from any phone line), as well as their town welfare office.

Crotched Mountain Community Care

Crotched Mountain Community Care (CMCC) provides care management services to elders and adults with chronic illness and disabilities. CMCC has worked with individuals on the Home and Community Based Care (HCBC) program, also known as Choices for Independence for the past 22 years and is a statewide program. We also provide care management for families and individuals on a private pay basis offering assessment and care plan development, ongoing care management and consultation. Our care managers have established strong professional relationships with home care providers and community providers statewide. Our goal is to provide support, advocacy and care coordination to allow individuals to remain living in their own homes where they want to be.

Contact Jackie Williams at Jackie.Williams@crotchedmountain.org 30 International Drive Suite 202 , Portsmouth, NH 03801

DBTeens NH

DBTeens NH is a 12-week telemental health treatment program for youth ages 12-20. Our experienced staff is committed to offering an innovative treatment option to young people in New Hampshire. We recognize that many teens need more service per week than an individual

therapy session, yet don't require psychiatric hospitalization. DBTeens NH offers up to 13 hours per week of Dialectical Behavior Therapy (DBT) treatment online AT HOME.

Our 12-week program is aimed at helping teens learn how to deal with dangerous action urges or thoughts, improve awareness of their own needs and emotions, better regulate emotions and moods, and express themselves more effectively when communicating with other people.

DBTeens NH offers a comprehensive DBT course of treatment plus extras. Many teens struggle with using coping skills taught in individual and group sessions. We eliminate that problem by offering 3-4 opportunities per day to practice skill usage with the group or individually. We provide parents or an adult partner with their own skills coach who can help the adults in a teen's life better understand their teen's emotional needs and become more skilled responders to their child

Our goal is to offer teens and families the guidance and support they need to be successful. We believe the best way to do this is through short bursts of treatment every day so that they can master the content over the course of three months. We work hard to ensure that teens not only learn the DBT skills, but also practice them daily.

Contact Beth Salvi-Hudgins, LICSW at beth@dbteensnh.org or 603-285-9129
www.dbteensnh.org

Department of Veterans Affairs/VA Regional Office/VA Medical Center

We have a variety of benefits for Veterans and their beneficiaries

VA Regional Office handle all claim related benefits

- * Pension benefits are based on war time service and income is a factor
- * Compensation is based on service connected disabilities and income is not a factor
- * Burial benefits
- * Surviving spouse benefits
- * Burial benefits
- * Fiduciary Program to protect Veterans and their families ,who need help managing their financial affairs
- * and more

Toll free nation wide number is: 1-800-827-1000

VA Medical Center handles all medical issues.

* In order to use the VA Medical Center you must have basic eligibility and be enrolled in their system

- * There are different priority groups
 - * Women Veteran programs
 - * Homeless programs
 - * and more

Nationwide toll free number is: 1-800-892-8384; local 603-222-5740

Sherry Gianitsis, VBAMANC sherry.gianitsis@va.gov VARO, Manchester NH 03101

Veterans and Servicemembers

Do you need assistance with preparing for, obtaining, or maintaining employment? On the other hand, do you need assistance to enable you to live more [independently](#)? The Department of Veterans Affairs (VA) [Veteran Readiness and Employment \(VR&E\) program](#) offers services to assist Veterans who have service-connected disabilities reach these goals. Find more information at the [Chapter 31 VR&E Fact Sheet](#) hyperlink.

The VR&E program provides vocational testing and counseling to assist you in identifying occupations that match your interests, abilities, and skills. A counselor will work closely with you to develop a plan of services that will enable you to reach your employment goal. If you qualify to receive the full benefit of VR&E services, your counselor will work

closely with you to implement your training plan, if needed, and employment plan by using some or all of the following services:

- Retraining, which includes the cost of tuition, books, fees, supplies, and a monthly subsistence allowance
- Job placement assistance
- Resume development
- Interviewing skills
- Assistance with starting a [small business](#), if approved
- Counseling, Medical and dental services
- Assistance with [Independent living](#)

Ways to Apply!

1. Online: Applications can be completed online at [eBenefits](#)
2. Fax: Complete our application, [VA Form 28-1900 \(Application for VR&E\)](#) and fax to 603-629-3244
3. Mail: Department of Veterans Affairs Vocational Rehabilitation & Employment (VR&E) Intake Center PO Box 5210, Janesville, WI 53547-5210

Need Assistance?

Please contact our Employment Coordinator, Amy Brady, for the New Hampshire, Vermont and Massachusetts locations at amy.brady@va.gov.

VETERANS CRISIS LINE: 1-800-273-8255 PRESS 1 OR TEXT TO 838255 TO GET HELP NOW!

The Doorway

The Doorway is operated by Wentworth-Douglass Hospital and is one of nine regional Hubs in the state of New Hampshire designed to assist with the ongoing drug and alcohol concerns in our State. The Doorway's staff is made up of MLADC's, Care Coordinators and CRSW's. The MLADC clinicians perform a full biopsychosocial assessment to establish an accurate clinical level of care relative to the clients substance use. From here, they work on creating a full care plan that is patient oriented that will enhance the chances of recovery and remove barriers that hinder recovery. In accordance to the patient centered plan, our team works together to get the patient connected with the most appropriate, viable and accessible level of care for that patient. The Care Coordinators are tasked with following the client throughout the entire process of recovery and aiding with any/all social service needs the client may have. The CRSW's on staff assist with any and all peer recovery related services they can assist with.

Peter Fifield Ed.D MLADC, LCMHC Peter.fifield@wdhospital.org

Substance Use Disorder Program Manager

Behavioral Health Department

789 Central Ave, Dover, NH 03820

[\(603\)-609-6312](tel:6036096312) Main Office [\(603\) 609-6690](tel:6036096690) HUB location

Easterseals

Adult Day Services in the Community

Comprehensive, affordable day time care for individuals choosing to age at home longer. Each of our two locations in New Hampshire offers a compassionate and stimulating homelike setting where individuals gather for social engagement, physical exercise, planned activities, and health services during the day. The average age of participants is 76. Programming is based on participant interests and modified to include all abilities. Memory care is included at our safe and secure Manchester location. The Adult Day Program is also an essential source of support for

family caregivers, providing respite for caregivers so they can run errands, go to work, visit friends or fulfill other personal and family commitments. We can work with you to meet transportation needs. **603-845-9318**

Rochester Location: 13 Healthcare Drive, Rochester

Open 5 days a week; 9 am to 2 pm

Manchester Location: 555 Auburn Street, Manchester

Open 5 days a week; 9 am to 3 pm, with extended hours 7:30 am to 5:30 pm

Homemakers & Health Services (HHS) Homemakers & Health Services is an affordable alternative to nursing home care for older adults and adults with disabilities. We assist with daily activities in the home, such as nursing, personal hygiene, meal preparation, and light housekeeping. All services are subject to staff availability.

Looking to join our awesome team? <https://www.easterseals.com/nh/who-we-are/careers-at-easterseals/>

ElderPet

ElderPet strives to facilitate the human-animal bond by providing various services to low income elders, people with disabilities, and hospice families having difficulties. The physical services are provided in the Strafford and Seacoast Rockingham County areas only; consultations are provided statewide.

Services provided include:

•**Pet Food Assistance**

ElderPet provides limited pet food assistance to low income elders and people with disabilities. We are only able to do this in the Strafford and Seacoast Rockingham County areas.

•**No Interest Loans for Unexpected Veterinary Care**

No-interest loans are provided to income-qualified pet owners.

•**Veterinary Prescription Assistance**

ElderPet will reimburse income-qualified pet owners for long term care medications and prescription diets.

•**Short Term In-Home Care**

On occasions where a pet owner has an unexpected hospitalization, ElderPet volunteers may be able to care for pets in their homes until alternate arrangements can be made or the owner returns home. Volunteers may also be able to help owners who are recovering at home.

•**Consultations About Pet Related Problems** If a social service provider or care worker is concerned about the care of pets of a client, ElderPet will be happy to discuss the situation. All consults will remain confidential.

➤For more or detailed information, see our website or contact:

Jerilee Zezula, Service Coordinator, ElderPet

PO Box 624, Durham, NH 03824

Elder Living Solutions, LLC elderpet@gmail.com; 603-767-6856 www.elderpet.org

Elder Living Solution

Elder Living Solutions provides consultation to seniors and families seeking answers to elder care questions. Once care needs are reviewed, we specialize in family centered planning to review the pros and cons of various care options, with focus on living at home, when possible. Should alternative housing be desired, we assist with a variety of placement options, including affordable housing, assisted living, memory care, etc.

Mary Keefe, Senior Care Specialist, Elder Living Solutions, LLC, Serving Maine & NH (207) 282-4975 mary@elderlivingsolutionsllc.com www.elderlivingsolutionsllc.com

Endurance Behavioral Health

Endurance Behavioral Health offers both an in-person and a virtual option for our Partial Hospitalization Program (PHP) and an entirely virtual Intensive Outpatient Program (IOP). We treat adolescents between the ages of 13 and 20. In order to stabilize adolescents while they remain in the community, Endurance provides skill-based and relational group therapy, in-vivo coaching, a therapeutic milieu, family support, case management, and psychopharmacological assessment as our primary interventions. The diagnostic profile of our clients includes (but is not limited to): anxiety and panic disorders, depression and suicidality, self-harming behaviors, trauma and PTSD, mood instability, gender dysphoria, grief and loss, autism spectrum disorders, poor body image and self-esteem, and behavioral issues at home and school.

To begin the referral process, give us a call at 603-760-1942 or go to our website www.endurancebehavioralhealth.com. We accept NH Medicaid, most private insurance providers and MBHP.

Every Day Money Matters

We've all been in that uneasy position – trying to remember if the bills are paid and financial papers are in order. At Every Day Money Matters, we help our clients find that peace of mind.

We cater to people trying to enjoy their everyday lives without the hassles of keeping up with confusing and ever mounting paperwork. Services also include monthly bill pay if desired. we don't sign the checks of course. We set up a neat schedule for the client to glance at, to help them keep this task as simple as possible.

Whether the need is collecting and organizing bills and statements for monthly review and payment, untangling Medicare and Medigap statements and payments due or just getting checks out the door on time, we can help.

We start with an initial complimentary consultation, helping potential clients develop a plan that fits their individual needs and budgets. Call today to see how we can help!

Dianne McMillen (c) 603-801-5210 dianne@everydaymoneymatters.org
3 Gage Street, Dover, NH 03820 www.everydaymoneymatters.org

Exeter Adult Education

Exeter Adult Education offers free and affordable classes and services that support individuals to gain confidence and academic skills to land that next job or go to college.

FREE Academic Skills (morning & evening)

FREE English (ESL) Classes (multiple levels morning & evening)

FREE one to one and small group tutoring (flexible time and location)

HiSET® Testing (passed practice test and advanced registration required)

For more information or to make an appointment to register call (603) 775-8457.

- FREE morning and evening **Academic Skills** classes are available for adults to learn or improve reading, writing, English and math skills or to prepare for the HiSET (high school equivalency) exam.
- Multiple levels of FREE morning and evening **English for Speakers of Other Languages (ESL)** classes are available for adults to improve their English speaking, listening, reading, writing, grammar and pronunciation skills. Ongoing enrollment.
- FREE one to one and small group **tutoring** available for adults. Flexible time and location available. Volunteer tutors are available to teach reading, writing, math, ESL, citizenship preparation, HiSET preparation, and the knowledge test for the NH driver's license.

- **High School Completion** has two options: HiSET preparation and testing to earn a NH High School Equivalency Certificate or Adult High School Diploma evening courses. HiSET preparation has ongoing enrollment. Adult High School Diploma has two semesters/year beginning in early September and late January and includes some online options.
- **Adult Career Pathways and Post-Secondary Transition:** Many adults want or need to return to school for job advancement or a career change but have rusty skills or a lack of confidence. ACP services include career exploration, Accuplacer college entrance exam, advising, and coursework. Algebra, Biology, and Chemistry classes for college prerequisites available.
- A wide variety of **Community Education and Enrichment** classes are available to adults including computer technology training, cooking, personal development, handcrafts and one night workshops.

For complete and updated information, check out our website: adulthood.sau16.org. For more information or to make an appointment to register call (603) 775-8457. Exeter Adult Education is open to all adults, regardless of residency and is located at the Tuck Learning Campus, 30 Linden Street, Entrance D. Exeter, NH.

Exeter Alzheimer's Café and Support Group

The Exeter New Hampshire Alzheimer's Café and Support Group was established for those affected by Alzheimer's disease and other types of Dementia and their caregivers.

The Alzheimer's Café is a social setting for individuals with Alzheimer's and other forms of dementia. Individuals living with Alzheimer's disease are welcomed, along with their family members and/or caregivers, to gather in a supportive, non-clinical setting to chat, relax, socialize and participate in fun activities over a cup of coffee and snacks.

The Alzheimer's Support Group is a place where family caregivers can connect with other caregivers who truly understand what they are going through in a safe, supportive and confidential environment. Alzheimer's disease is life-changing for both those who are diagnosed and those close to them.

The Support Group is a place to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about resources available in the community

Our support group is facilitated and hosted by Alzheimer's Association Certified Support Group Facilitators.

The Alzheimer's Café meets the 2nd Tuesday of each month from 2:00pm-4:00pm.

The Alzheimer's Support Group meets the 3rd Thursday of each month from 6:45pm – 8:00pm.

Both are held at the Exeter Senior Center, 30 Court Street, Exeter, NH 03833

For more information call Kim Fortuna 603-967-4477 or email info1@alzheimerssupportnh.org
<http://www.alzheimerssupportnh.org/>

Exeter Hospital

Exeter Hospital Departments:

- Adult and pediatric Rehabilitation
- Athletic Performance Center
- Center for Breast Health
- Center for Cardiovascular Specialties

Cardiac Catheterization Laboratory
Center for Occupational & Employee Health
Center for Reproductive Care & Maternal Fetal Medicine
Center for Sleep Disorders
Center for Wound Healing
DriveAbility
Center for Cancer Care
Emergency Department (ED)
The Family Center
HealthReach Community Education Center
HealthReach Diabetes, Endocrine and Nutrition
Joint Replacement
MassGeneral for Children

CORE Physicians

Core Physicians is a patient-centered group practice that includes primary care and more than 20 specialty care practices.

Primary Care Locations:

Epping, Exeter, Hampton, Kingston, Plaistow, Portsmouth, Stratham

For more information or to choose a primary care provider: corephysicians.org or 603 580-7700

Pediatric & Adolescent Medicine Locations:

Epping 603 693-2100; Plaistow 603 257-4000; Stratham 603 658-1823

Specialty Practices:

Acupuncture 603 777-1000; Allergy and Immunology 603 418-0034; Cardiology 603 773-9992; Endocrinology 603 926-1119; Gastroenterology 603 772-5528; General Surgery 603 775-7405; Infectious Disease 603 418-0034; Neurology 603 772-0345
Obstetrics & Gynecology 603 778-0557; Orthopedics 603 777-1000; Otolaryngology (Ears, Nose and Throat) & Audiology 603 772-8208; Pediatric Dentistry 603 773-4900; Physiatry & Spinal Care 603 777-1000; Plastic Surgery 604 773-9904; Diabetes & Podiatry 603 777-1000; Pulmonary & Critical Care 603 775-0234; Rheumatology 603 777-1000; Sports Medicine 603 777-1000; Urology 603 658-1277; Vascular Surgery 603 658-1180

Rockingham Visiting Nurses (VNA) Association & Hospice

Offering home healthcare, palliative care, hospice care, and community outreach programs and services to Rockingham County and parts of Strafford County.

For more information 1 800-540-2981

Exeter Presbyterian Church

The Outreach Committee of the Exeter Presbyterian Church offer contributions/help to individuals living in Exeter who are outside the worshipping community of our church.

Our desire is to help those in need and in doing so show them God's loving hand.

- Each contribution will, to the extent possible, be "short-term" in the sense that the contribution will resolve the identified need.
- Specific contributions may be given to individuals or to organizations approved by the Committee for distribution.
- We have helped individuals who needed a month's rent, security deposit, a food or gas card, diapers, money to help bury a loved one etc.

Church Phone # 603-772-7475.

Exeter Together, Fighting Addiction, Supporting Recovery

Exeter Together, Fighting Addiction, Supporting Recovery is a group of stakeholders in the community who see to mobilize the empower the Exeter Community to eliminate the stigma of addiction, reduce substance misuse, and support recovery through education, collaboration and action. We generally meet the last Thursday of each month, 6:30. at the Tuck Bldg. A, 30 Linden St., Exeter. All are welcome. Contact: Linda Haskins 978-578-5670. lindajhaskins@gmail.com.

Extended Family

Extended Family's mission is to help people age on their own terms by promoting independence, good health, and engagement in life. Our Home Care Company has provided hundreds of individuals since 2005 with the care they needed to live as independent and full a life as possible.

From our initial comprehensive assessment to top-notch care management, Extended Family helps you feel in control to approach aging on your terms.

We provide the usual home care services such as personal care assistance, meals, light housekeeping, and transportation. In addition, we provide home repair and modification, personal training, massage therapy and accompaniment to a night at the theatre just to name just a few.

If you are a family member trying to decide how to help your loved one manage the challenges of aging, or if you are an older adult trying to manage these same challenges, our experienced Care Managers can help. Through on-site or telephonic coaching we will help you prepare a plan and find the resources that you need.

We are available 24 hours a day, 7 days a week to respond to any request that helps you lead the fullest life possible. For more information, visit www.extended-family.net or call (603) 430-6863.

Fair Tide

Fair Tide's mission is to reduce homelessness by providing housing and supportive services to individuals and families in the Seacoast. We work to bring more permanent, affordable housing options to the area for people who are homeless. Once housed, Fair Tide offers those households the targeted case management services that result in long-term success.

Fair Tide also operates a thrift store which is both a resource for individuals in need of clothing and house wares, and a critical source of funding for our housing program. We gladly accept donations of gently used goods and clothing.

www.fairtide.org

15 State Road Kittery, ME 03904 Office: 207-439-6376 Thrift Store: 207-439-2427

Families First Health & Support Center (Part of Greater Seacoast Community Health)

Services open to everyone:

- Primary care: A family practice, open to all ages and income levels. Sliding fee scale offered for uninsured patients. Telehealth appointments (phone and video) available. Call (603) 422-8208.
- Prenatal care. Call (603) 422-8208 and ask to speak with a social worker.
- Insurance Enrollment Assistance: Help for New Hampshire residents understanding and enrolling in Medicaid and Marketplace Insurance. Call (603) 422-8208 (press 8).
- Breast and cervical cancer screenings. Call (603) 516-2760.
- Mobile health services: For people in temporary or unstable housing and others with low incomes. Services include health care and social work services and access to behavioral health care. Normally has sites in Portsmouth, Dover, Exeter and Rochester. Call (603) 766-9220 or

visit <https://getcommunityhealth.org/services/mobile-health-care/> for the current schedule and more information.

- Parenting Classes, Parent Groups, Parent-Child Playgroups: For current schedule, visit <https://getcommunityhealth.org/services/parenting-classes-and-family-groups/>
- Individualized Family Support (aka Home Visiting): Voluntary one-on-one support helps families identify needs, obtain services, learn skills to reduce stress and improve family life, and learn about child development and children's needs. For families living in eastern Rockingham County and in Somersworth who face challenges such as having trouble meeting the family's basic needs, or wanting to improve parenting skills. Call Jo Ann at (603) 422-8209.
- Grandparent and Relative Caregiver Support (aka Kinship Navigation): Guiding kinship and relative caregivers to resources to help their families thrive. Call Ellen at (603) 422-8209.

Additional services for Families First health center patients

- Behavioral Health and Substance Use Disorder Counseling
- Medication-Assisted Recovery (also known as Medication-Assisted Treatment)
- Prescription assistance
- Dental Care
- Social work services

For brochures or information cards printed information on these services, please contact Lisa Zhe at lzhe@familiesfirstseacoast.org or (603) 422-8208 x3311.

Families First Health and Support Center
8 Greenleaf Woods Drive, Portsmouth NH 03801
Health Center, Dental Center: (603) 422-8208
Family Center: (603) 422-8209
www.GetCommunityHealth.org

Families In Transition-New Horizons

Families in Transition-New Horizons (FIT-NH) serves those most in need in Manchester, Concord, Dover, and Wolfeboro, NH. We provide hunger relief, emergency shelter, safe affordable housing, supportive services, and substance use treatment to individuals and families who are homeless or in need, enabling them to gain self-sufficiency and respect.

Pantry services

Location 176 Lake Ave, Manchester

Hours Mon 1-4pm

Tues – Friday 10 AM – 12 PM and 1 PM – 4 PM

Walk-ins welcome and please wear a mask

Pantry on the Run offers: produce, backed goods, and other perishable items available everyday on a first come First served basis

To utilize housing and program services email: intake@fitnh.org

www.fitnh.org | www.newhorizonsnh.org

For more information, please contact our Resource Development Offices: 603.641.9441 ext. 324

Family Ties Inside Out

This statewide partnership provides coordinated programs and services to support the needs of incarcerated parents, their children, and their caregivers during the period of incarceration. Each FRC offers children and their caregivers support groups and access to a whole range of local supports. In addition, the Family Ties offers family counselling during the incarceration and the period of re-entry for the incarcerated parent. Our aim is to mitigate the harmful impact of parental incarceration on their children and their caregivers and reduce recidivism by strengthening family connections. Family Ties Inside Out (FTIO) is a

partnership which includes Family Resource Centers, (FRCs) led by Waypoint, NH-DOC (Dept of Corrections), Family Connections Centers (FCC), the county jails, and UNH-MFT (Marriage and Family Therapy Program). It is funded by a 3-year federal Office of Juvenile Justice and Delinquency Prevention (OJJDP) grant. Contact Family Ties Inside Out. Program Coordinator Rebecca Hutchinson - hutchinsonr@waypointnh.org / 603-212-6710

Farmsteads of New England

Farmsteads of New England (FNE) provides supportive services to individuals who have autism, developmental disabilities, and others with varying abilities. We work primarily with adults providing both Community Participation (Day) Services and Residential Services, but we also provide Transition Services to older students. FNE focuses its services in rural areas and provides people with the opportunity to participate in a variety of agriculturally based activities on our farms in Hillsborough and in Epping as well as numerous activities within the greater community. We have a unique residential model on our farmsteads where we give each person his/her own one bedroom apartment within a cluster of apartments and provide whatever level of support the individual needs. This model offers maximum privacy while also providing easy access to peers for socialization.

Farmsteads of New England 38 Plumer Road, Unit A, Epping, NH 03042
603-464-2590; info@farmsteads-ne.org; www.farmsteads-ne.org

Fight To Rise

Fight to Rise is a 501 (c)3 non-profit organization. The organization's purpose is to subsidized and or scholarship candidates who need substance abuse and or Mental Health treatment, Medications to treat MH or substance use disorder (SUD), or have high deductibles which limit them from participating in a treatment program. Candidates will be eligible if they are identified as being low income, uninsured, or under insured. As therapists ourselves, we have seen folks denied treatment because they don't have insurance. We feel that no body should be denied services due to financials or discriminatory practices. We accept referrals from all resources and fund our activities from donations, grants, and fundraising. Please visit our website at:

ww.fighttorise.org; email: fighttorise@outlook.com;

Phone: 978-651-9423

Contact: Thomas E. Donovan, President/ Kailee Merryfield, Vice-President

Fleet and Family Support Center (FFSC).

FFSC is located on Portsmouth Naval Shipyard and recognizes that being in the military presents unique challenges and opportunities. The Center provides quality of life services supporting active duty service members, family members and retired service members and their families. Services in clinical and crisis counseling, marriage and family counseling, deployment support, employment assistance, family advocacy programs, information and referral assistance, life skills education, parenting, personal financial management and relocation assistance.

For more information, please contact 207-438-1835.

Fleet and Family Services, Building 241, Portsmouth NH 03804

Office Hours – Mon-Fri 7:30 – 4:00

The Freeman House

The Freeman House is a faith-based, 12-Step, substance-free community in the greater Dover, NH area for men and women in recovery from alcoholism and/or substance use disorder. Freeman Houses are not facilities. Our residents interact as members of a large,

supportive family in which each individual is valued and respected. Our homes offer the safety, structure, and peer mentoring that fosters growth through the 12 Steps of Alcoholics Anonymous.

Ben Sprunger, Operations Manager

The Freeman House

978-358-1349 (office)

603-312-6283 (cell)

admissions@thefreemenhouse.com; www.thefreemenhouse.com

Friends RSVP

• Friends Retired and Senior Volunteer Program (RSVP) mobilizes senior volunteers, age 55+, who provide meaningful services that address important community needs. RSVP recruits and matches volunteers with opportunities that make a difference for seniors and families in their communities. Volunteers serve each year at local nonprofit organizations in Rockingham, Strafford, Belknap and Merrimack Counties. Numerous opportunities are available for seniors to choose from according to their interests, talents and availability. RSVP members, themselves, gain health benefits by keeping active, connected and adding new purpose to their lives. They address issues such as senior independent living; nutrition, health and wellness; education and literacy; basic human needs (food, shelter, clothing); organizational capacity building that helps non-profits and public agencies provide more services to more people; and more. Friends RSVP also operates its own signature programs that include RSVP Bone Builders Senior Exercise classes that are provided free of charge to seniors to improve strength, balance, overall health and prevent or reduce osteoporosis. And Friends RSVP Caregivers Program provides transportation for frail seniors to medical appointments and for basic needs such as grocery shopping, as well as visitation and other assistance in order to enable them to stay at home longer, and covers the greater Concord area. Please call Addie Tarbell, Program Coordinator at 228-7614, or email her at atarbell@friendsprogram.org for more information. Director of Volunteer Programs Lily Wellington. 228-7603 lwellington@friendsprogram.org
Friends Program/RSVP www.friendsprogram.org (603) 228-7606 130 Pembroke Road, Suite 200, Concord, NH 03301

Future In Sight

Future In Sight, formerly the NH Association for the Blind, was founded in 1912 and is the only private nonprofit organization in New Hampshire to supply a comprehensive range of statewide services to children, adults and elderly who are blind and visually impaired. Through our holistic continuum of care, we provide individuals with vital services that allow them to live with confidence and dignity. Each service plan is tailored to meet the unique goals of the client. Services can include low vision therapy, occupational therapy, orientation & mobility training, counseling, rehabilitation therapy, enrichment and peer activities, and assistive technology. In addition, we have an amazing group of volunteers who assist our clients by providing transportation to essential appointments and errands and by making friendly visits and calls.

Visit futureinsight.org for more information or call 603-224-4039 to refer yourself or a family member/friend.

Future In Sight also offers a year-round calendar of peer support groups, technology trainings, fitness classes and social activities, which are open to any individual who is blind and visually impaired no matter where they live. View the calendar and register yourself or a family member/friend here: futureinsight.org/calendar

Future In Sight

25 Walker Street, Concord NH 03301
603-224-4039 futureinsight.org

Gather

Gather is a food security organization in Portsmouth, NH whose mission is to make the Greater Seacoast a hunger-free community. Gather offers nourishing food to people who do not have enough to eat, takes a leadership role in building an equitable and sustainable regional food system, and galvanizes public support for ending hunger. Gather runs a variety of programs. We ask that people bring a picture ID and proof of residency, but if this is not available to you please just stop in and go shopping. We work to ensure that these limitations do not hinder your ability to receive food. More information is available on the website and social media.

Hours: Monday-Thursday: 10am- 5pm (Pantry Market)

Friday: 10:30am-12:30pm Pantry Market Community Campus, 100 Campus Drive (spring, summer, fall); National Armory Guard, 801 McGee Drive (winter)

We're On The Coast Bus Rout Website: gathernh.org

Follow on social media for updates IG @gather.nh

Facebook Messenger: @GatherNH

Pantry Market offers 'Open Shop' and healthy options. Staff and volunteers are always available to assist members with shopping needs, but customers have the freedom to shop for what they need and what they like. Members can visit our pantry market once a month, and during open hours on Community Fridays. The food is a supplement and should provide 7-10 days worth of food. Personal care items and cooking ingredients are also available that may last for the month. Gather strives to offer a variety of fresh produce and healthy food options. "Community Fridays" are open to all and do not count towards a customer's monthly Pantry Market visit.

Meals 4 Kids (M4K) program provides fresh and nutritious food for children and teens in our community at a free Farmer's Market style distribution in several locations throughout the Greater Seacoast, when school is not in session. Families with school-aged children and younger are welcome! Visit gathernh.org for 2023 schedule.

Mobile Markets are outdoor, farmer market style shopping experiences. Everyone is welcome to shop and everything is 100% free of charge. Markets operate in Portsmouth, Seabrook, Rochester, and Somersworth. Text MARKET to 33-222 to sign up for alerts. Visit gathernh.org or social media for calendar and locations.

Cooking4Community provides homemade meals, packaged and available at the pantry and mobile markets. Each member/family can take one or two meals per day, based on availability, to supplement their households.

Grow4Gather encourages friends and neighbors to share the bounty of their home gardens with Gather members. If you would like to share produce from your garden, please contact us at info@gathernh.org

Gather Cafe at Great Bay Community College Stop by and purchase breakfast, snacks or lunch, from sandwiches, coffee to fresh salads and fruit cups or any number of other options. Your purchase helps subsidize GBCC students as well as all of the programs at Gather. Open Monday-Friday 8am-3pm. Menu updates on the website and social media. Catering menu is available.

Anne Hayes, Executive Director; ahayes@gathernh.org

Location: 210 West Road, Portsmouth, NH, 03801

Phone: 603-436-0641 Contact: info@gathernh.org

Goodwill Northern New England

Goodwill Northern New England is here to help. Personal stability is specific to each person – and each household. We have many programs to help people find and keep great jobs. Our services are designed for individuals who face challenges in daily living. Whether you – or a family member – are looking for guidance from a top-notch life skills program or looking to guide others, Goodwill NNE can help.

Goodwill Cleaning: Good Clean Property Services is our full-service commercial property maintenance and cleaning company. Motivated people will learn new job skills under the supervision of Goodwill’s expert management team. Contact: Maureen Smart at: 207-400-0031 or Maureen.Smart@goodwillnne.org

Workforce programs: Goodwill NNE helps thousands of people find job training and job placements each year in New Hampshire, Vermont, and Maine.

AmeriCorps: Goodwill manages AmeriCorps programs that strengthen communities in northern New England by placing volunteers in local nonprofits, municipalities, and schools.

Address: 50 Bridge Street, Suite 106, Manchester, NH 03101 Phone: 603-232-7041

Goodwin Community Health (Part of the Greater Seacoast Community Health)

Goodwin Community Health is the only FQHC (Federally Qualified Health Center) in the Strafford County area to provide access to primary, dental, prenatal, and behavioral health care as well as community wellness and public health services. We strive to deliver innovative, compassionate, integrated health services and support which are accessible to all in our community, regardless of ability to pay.

Primary Care, Dental Care, Pediatrics, Integrated Behavioral Health, Prenatal Care and OB/GYN, Substance Use Disorder Treatment and Recovery, Parent Education and Family Programs, Home Visiting, Chronic Disease Management, Women, Infants and Children Program (WIC), Breast and Cervical Cancer Screening Program, onsite Pharmacy and Labcorp are all available under one roof.

Goodwin accepts private insurance, Medicaid (both NH & ME) and a sliding scale fee is available to those without insurance. Give us a call at 603-749-2346.

► Visit Goodwin Community Health at 311 Route 108 in Somersworth, NH, 03878. Find us online at GetCommunityHealth.org, and follow us on Facebook: @GoodwinCommunityHealth.

Strafford County Public Health Network 603-994-6357

311 Rt. 108 Somersworth, NH 03878 <http://www.scphn.org/>

Granite Pathways

Granite Pathways is a 501(c)(3) subsidiary organization of The Fedcap Groups.

Originally founded in 2009, Granite Pathways began as a grass-roots initiative that introduced the “clubhouse model” in New Hampshire, an evidence-based, peer community aimed at eliminating isolation and providing support, dignity, and ongoing recovery options for people with mental illness.

Granite Pathways’ programs support individuals with mental illness and substance use disorders in rebuilding personal equity and achieving their life goals as productive members of their communities. During this fiscal year we expect to serve well over 7,000 NH residents.

Corporate Office: 60 Rogers St. Suite 205 Manchester NH 03103

Learn more about us at www.granitepathwaysnh.org Description of Granite Pathways’ programs:

•**Seacoast Pathways**

A supportive, accredited, community-based non-profit program for adults living with mental illness. Seacoast Pathways is a structured evidence-based recovery program for adults 18 and over living with mental illness (and co-occurring substance use disorders) who strive to re-engage with others and the community. The program follows the Clubhouse International Model of Psychosocial Rehabilitation and provides opportunities to utilize strengths, interests, and skill development to get back on track for employment, education, improved housing, and wellness – all hallmarks of mental health recovery.

Participants, called members, work side-by-side with staff to operate the ‘clubhouse’ and volunteer for clerical work, reception, lunch preparation, and planning and organizing activities. Art, music, writing, and nutrition are incorporated for after hour socials or lunch and learn activities. Members are actively supported in their employment, housing, and educational goals by increasing skills, pursuing resources, and finding fellowship with others. In addition, we offer occupational therapy services and host a weekly co-occurring recovery support group.

To become a member, call or email to schedule a visit and tour. New members need a confidential referral from a clinician and will meet with a staff member for orientation. After this, the diagnosis is “left at the door” and the individual starts the exciting work of reaching their goals.

Seacoast Pathways is located at 155 Brewery Lane, Suite 102, Portsmouth NH 03801. We are open Monday - Friday from 9:15-3:30. Membership is free and for life.

In response to the health concerns due to Covid-19, Seacoast Pathways is now offering a hybrid virtual and physical program. Individuals may join us from the safety of their homes using Zoom. Please call or email for Zoom link information, like us on Facebook or go to our website: www.seacoastpathways.org

Contact information: Seacoast Pathways direct line: 603- 812-9031 Email:

info@seacoastpathways.org or seacoastpathways@gmail.com

Executive Director: Ann Strachan, astrachan@granitepathways.org 603-748-8955

● Safe Harbor Recovery Center:

Safe Harbor Recovery Center is a non-clinical, community resource, which is open to all who are impacted by substance misuse. It exists to foster recovery, empower individuals and families, as well as broaden communities throughout the Greater Seacoast.

Services include peer-delivered recovery coaching and navigation; peer mutual aid meetings; resource connections; recovery group facilitation; community building; family support services; parenting education; vocational services; workforce building; volunteer opportunities and telephone recovery support, all of which is cost free and confidential.

Safe Harbor Recovery Center serves individuals (ages 12 and up) who are also impacted by substance misuse. We have specific programs targeted for this audience with mentors who have lived experiences that the youth can relate to.

Job Launch -- Are you in Recovery and looking for work or to further your education? Launch your career path with us! Services are free and confidential. We work closely with Recovery Friendly Workplace designated employers. We will help you build recovery capital – a combination of personal, social, family and community resources to help you achieve and sustain recovery, and develop a healthy lifestyle.

Please contact the center for more information on all of our programs, classes, meetings and volunteer opportunities. Check our Facebook and website links below to review our offerings and calendar.

Hours: Monday – Friday 8:30am – 6pm and Saturday 8:30am – 2pm

Phone: 603-570-9444

Location: 865 Islington Street, Portsmouth, NH 03801

Center Director: Whitney Brown, CRSW/Director

CRN Fall Meeting

35

Sept. 23, 2023

wbrown@granitepathways.org (603) 570-9445

Volunteer Opportunities: Heidi Bedard, Administrative & Support Specialist

hbedard@granitepathways.org (603) 570-9444 (603) 389-7769

Job Launch: Terri Varney, M.Ed, CRSW/Recovery Employment Specialist

tvarney@granitepathways.org (603) 570-9463 (603) 316-1176

<https://granitepathwaysnh.org/safe-harbor-recovery-center-1/>

<https://www.facebook.com/SafeHarborNH>

Strength to Succeed:

Is a trust based model of peer support services offered to families who have an open assessment or family service case with the Division for Children, Youth and Families DCYF. All program staff are professionally trained individuals who bring their lived experience to supporting families. The program supports parents, relatives and their children impacted by substance use, mental health and chronic neglect. The goal is to help the family navigate their involvement with DCYF through assessing needs, coordinating care, connecting with community supports and walking with them on their journey to reunification. Contact Program Director: Lori Hebert lhebert@granitepathways.org

Parenting Journey in Recovery

Parenting Journey in recovery is a program facilitated by Granite Pathways that helps parents explore past family patterns, begin to heal past wounds, and seize the opportunity to take a new path that involves personal responsibility, sobriety, and the mobilization of hope through focused action. Location: 865 Islington St, Portsmouth

Duration: 2 hours a week for 14 weeks

Cost: FREE; complimentary child care, transportation and family-style meal provided Contact:

Call 603-570-9444 or email: tvarney@granitepathways.org

Job Launch

Are you in recovery and looking for work or to further your education? Launch your career path with us! Services are free and confidential. We work closely with Recovery Friendly Workplace designees. We will help you to build recovery capital – a combination of personal, social, family, and community resources to help you achieve and sustain recovery and develop a healthy lifestyle. Attend this exciting program virtually or in person.

Contact: Whitney Brown, Contract Manager @ wbrown@granitepathways.org 603-570-9444

Granite State Independent Living (GSIL) - New Hampshire's Independent Living Center

Granite State Independent Living (GSIL) is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors through our 5 core services: Advocacy, Information and Referral, IL Services, Peer Support and Transition Services, with offices in Concord, Dover, Keene, Littleton, Manchester and Nashua.

Since 1982, GSIL has been providing Consumer- Directed Personal Care Services built on the belief that individuals needing services and supports know their needs and are in the best position to plan and manage their supports.

GSIL offers three (3) different Personal Care Services:

1. Personal Care Attendant Services (PCA) - Consumer Directed - Medicaid
2. Personal Care Services Program (PCSP) - Consumer Directed - CFI Waivered
3. Payroll Program

Additional Programs:

- Nursing Facility Transition Services
- Independent Living Services: Assist in achieving independent living goals, Access Modification Programs

- Transportation: Wheelchair Van Transportation, Travel Reimbursement, Non-emergency Medical Transportation
- Employment Services: NH at Work Economic Development, Ticket to Work Program (*Employment Network*), Work Incentives Planning & Assistance, Medicaid for Employed Adults

GSIL, 22 Chenell Drive, Concord NH 03301

Phone: 603.228.9680; Toll Free 800.826.3700

www.gsil.org; info@gsil.org

Granite United Way, Greater Seacoast Region

Mission: Granite United Way's Mission is to improve the quality of people's lives by bringing together the caring power of communities.

Vision: Granite United Way's Vision is to be the preferred way people work together to build a community that values its collective responsibility to care for each other.

Our Strategic Promise: We are locally focused and governed by a volunteer community impact committee. We provide leadership where it is needed to fill gaps. We continually assess and adapt to the region's pressing needs through our grant making, volunteer engagement, policy advocacy and collaborative leadership. Granite United Way has the expertise, trust, and scope to bring together stakeholders like local nonprofits, government, businesses, private foundations, and volunteers with the common goal of delivering total community impact.

Our Priorities: Granite United Way works closely with volunteer leadership to strategically invest donor dollars in our community that help others Learn, Earn and Be Healthy. By focusing on these investment priorities, we are helping people in new and strategic ways.

Our footprint: Our impact covers more than 80% of New Hampshire and Windsor County, Vermont. In the Greater Seacoast, we cover all of Strafford County (13 towns and cities) and Eastern Rockingham County (26 towns and cities).

For more information about Our Work please visit:

<http://www.graniteuw.org/communities-served/greater-seacoast-region>

Great Bay Community College

Great Bay Community College expands intellectual and economic opportunity by providing affordable higher education in an environment that embodies excellence, innovation, and collaboration. Great Bay Community College Great Bay classes are available entirely in-person, online, or in a hybrid mix of in-person and online formats this year, depending on the course. Full access to the campus facilities is currently available Monday through Friday, 8:00 am – 4:00 pm.

The Center for Academic Planning and Support (CAPS) is a multi-service center designed to support students with their academic needs. CAPS services are free of charge to students enrolled in credit-bearing courses. CAPS services include academic coaching, tutoring, mentoring, disability support, and support for ESL and International students. Additionally, CAPS can assist with referrals to community resources through coordination with GBCC's Community Resource and Student Wellness Coordinator (in Student Life) and partners listed on the GBCC website. Current CAPS services are provided in the following formats: Academic coaching in-person and remotely. Specialized support for students with disabilities, ESL and International students, and adult learners in-person and remotely. Tutoring in-person and via Zoom. Peer mentoring in-person and remotely. Placement testing in-person and remote, with some assessments remote only. Workshops offered remotely, as scheduled. CAPS computer lab and study space is available Monday, Tuesday, and Wednesday from 8:00 AM – 5:00 PM,

Thursday, 8:00 AM – 7:00 PM, and Friday, 8:00 AM – 4:00 PM. Academic coaching is available by appointment only. Contact CAPS at greatbaycaps@ccsnh.edu or 603- 427-7715.

The Career Center at CAPS offers career exploration, an electronic Job Board, and assistance with job search techniques. Career Services are also available to students in non-credit programs. Contact Career Services at gbcareers@ccsnh.edu. Project GRAD (Goals, Results, Aspirations, Distinction) provides peer mentoring, guidance, and support to students of modest financial means during the enrollment process and/or throughout their first year of college. To refer a student to Project GRAD or to make a tax- CRN deductible donation of school supplies, digital devices, gift cards, or cash for the direct benefit of Project GRAD participants, contact Student Life Director, Brittanie Mulkgian, at bmulkigian@ccsnh.edu or CAPS Academic Coach, Kristen Altamar, at kaltamar@ccsnh.edu.

Bay Community College Business & Training Center (BTC) offers short-term workforce training for those transitioning to the workforce, as well as professional development courses for career advancement. The BTC partners with area businesses and agencies to provide training for in-demand positions. Programs include CNC Production, Non-Destructive Testing, Welding, Medical Assistant, and Medical Administrative Assistant. In one year or less, students are able to complete training and be job-ready. The BTC also offers Project SEARCH, a nationally recognized transition program for young adults with disabilities in partnership with Portsmouth Regional Hospital. Contact BTC at greatbaybtc@ccsnh.edu or 603-427-7652. **WorkReadyNH-see WorkReadyNH.**

Great Bay Services

Great Bay Services, Inc. is a non-profit 501(C)(3) human services organization providing support for adults with Intellectual/Developmental Disabilities. Founded in 1954 by a group of concerned parents, the organization has grown to become one of the most recognized and trusted service providers on the NH Seacoast and Southern Maine. Today, Great Bay Services enriches and enhances the lives of the individuals served, by promoting greater independence and self-determination through meaningful and purposeful activity choices daily. Programming is focused on providing community integrated opportunities, eliminating barriers, and respecting the rights of each individual. Our New Hampshire office location is 23 Cataract Avenue, Dover while our Maine office is located in Sanford at 61 Washington Street.

For more information contact 603-842-5344 or visit our website at www.greatbayservices.org

Greater Seacoast Salvation Army

The Salvation Army's ministry is motivated by the love of God, its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. As a leader in Christian faith-based human services, The Salvation Army is committed to serving the whole person, body, mind and spirit, with integrity and respect, using creative solutions to positively transform lives.

Our Portsmouth and Hampton corps have merged and we now are called the Greater Seacoast Salvation Army serving the following towns: Seabrook, Hampton Falls, Hampton, North Hampton, Portsmouth, Pease AFB, Newington, Greenland, New Castle, Eliot, Kittery, Kittery Point.

We currently offer the following programs:

Breakfast - Monday through Friday - 7:00-8:00 am

Dinner - EVERY NIGHT - 5:00-6:00 pm

Family service programs help families and needy individuals with emergency food, utility assistance and other temporal needs. Please call the office to talk with the Caseworker.

Sunday Worship for ALL: 11:00 am

Holiday Assistance: Christmas Food Baskets and Gifts for Children

Summer Camp: For low-income families

Young Adult Group: Weekly meeting. Contact Jamie Crowell for information.

Weekly Adult Bible Study: Taking a closer look into the Holy Bible and developing a relationship with God, unearthing His message for us. Call the office for times.

Greater Seacoast Salvation Army offices:

15 Middle Street, Portsmouth, NH 03801 603-436-2606

28D Depot Square, Hampton, NH 03842 603-929-1729

Contacts:

Major DonnaMarie Reed, Commanding Officer, DonnaMarie_Reed@use.salvationarmy.org

Lt. Jamie Crowell, Assistant Corps Officer, Jamie.Crowell@use.salvationarmy.org

Laura O'Brien, Office Manager, Laura.O'Brien@use.salvationarmy.org

Marion Harris, Caseworker, Marion.Harris@use.salvationarmy.org

Website: <http://nne.salvationarmy.org/seacoast-nh/>

Harbor Care

Harbor Care, one of the state's largest providers of integrated healthcare, offers clients a full array of primary care services, behavioral healthcare, substance use disorder treatment, and housing supports.

By wrapping services around our clients, we are able to provide help tailored to specific living situations, and are in a position to address issues that may have been neglected, such as dental care, that affect overall quality of life.

For more general information about Harbor Care and the wide range of programs and services operating at a local and statewide level, visit harborcarenh.org, call 603.882.3616 or e-mail hope@harborcarenh.org.

Questions from potential clients or community partners may also be submitted online at: harborcarenh.org/i-need-help-now

Veterans FIRST: Each year, Harbor Care's Veterans FIRST program works with more than 400 veterans and their families across New Hampshire to provide housing support, medical care, dental, mental healthcare, substance use disorder treatment, employment services, and other critical supports.

Harbor Care is committed to ending veteran homelessness in New Hampshire and last year, Veterans FIRST helped 263 veterans experiencing or at-risk of homelessness to access stable housing.

As the largest non-profit provider in the state supporting veterans most in need, Veterans FIRST oversees three housing facilities offering transitional housing in Nashua and Manchester and a permanent housing facility at the Boulder Point location in Plymouth. To learn more about Harbor Care's transitional living facilities, please visit harborcarenh.org/veterans-services-index. While living in transitional housing, veterans pursue employment, further their education, or expand skills by volunteering within the community. Through integrated services and connection to community partners, veteran clients also access healthcare, transportation, and work readiness training.

Our **Veterans Reintegration Program (HVRP)** helps veterans identify their current skills, outline long-term goals around employment, and collaboratively develop a plan to get them there. This may include education, on-the-job training, and on-going support. To make confidential referrals to HVRP, call 603-459-9658 or e-mail HVRP@harborcarenh.org.

Our veteran clients work in a range of fields, such as mechanics, transportation, masonry, welding, telecommunications, cybersecurity, and more. With funding from the U.S. Department of Labor, HVRP helps veterans improve their skills, get better jobs, and keep those jobs. Our veteran services are available anywhere in New Hampshire. For more information about the Veterans FIRST division, call 603.882.3616 or e-mail hope@harborcarenh.org.

Residential treatment for pregnant and parenting women with a substance use disorder: Keystone Hall's Cynthia Day Family Center in Nashua is one of a very few residential facilities in New England catering to the specific needs of pregnant and parenting women who experience a substance use disorder *and* their families. We're committed to providing a safe space for this vulnerable cohort and their families to recover from substance use disorder. We provide in-house childcare while clients are in treatment, removing a persistent barrier many people encounter when they seek help.

With recent renovations to the facility, Cynthia Day Family Center now has more beds reserved for pregnant and parenting moms than any non-profit operating in the state. Because of this commitment to serving this target population, we also offer more treatment modalities that are specific to traumas they or their children may have encountered.

Our dedicated staff is made up of Master's level clinicians, counselors, and recovery coaches who understand the need for a safe space to recover from drug or alcohol use and provide individual and group counseling either in a residential setting or on an outpatient basis to meet clients' needs and allow them to move between levels of care, as needed. We also offer specialized nurturing parenting groups, family therapy, peer support and relapse prevention groups with women in mind.

In addition, Harbor Care is licensed to provide medication assisted treatment to clients using a variety of FDA-approved prescriptions to curb withdrawal symptoms and allow clients to focus on underlying psychological issues that may be driving their addictions.

With a steady rise in stimulant use throughout New Hampshire, Harbor Care also provides the only evidence-based treatment for this classification of drug in the state.

Our staff will provide transportation to and from appointments and aftercare case management, including referral and coordination of other necessary services. Understanding our pregnant and parenting mom clients also means developing connections to other social service organizations that may help clients once they leave our facility.

Our integrated care model also means clients enrolled in our residential facility may access additional medical or psychological care that simply doesn't exist at other agencies.

Clients and their young children benefit from this model, often receiving dental care or primary care while they are also addressing their substance use disorder.

Our 66-bed residential treatment center in Nashua combines primary and mental health care with short- and long-term substance use disorder treatment and recovery support services and our services are completely confidential. To learn more about substance use disorder services at Harbor Care or to begin our intake process, please call 603.881.4848 or e-mail hope@harborcarenh.org or keystone@harborcarenh.org.

HAVEN

HAVEN is the largest violence prevention and support services agency in the state, dedicated to the prevention of sexual assault, domestic violence, stalking and human trafficking while supporting and empowering women, men, youth, families and people of all marginalized genders and identities, to heal from abuse and rebuild their lives. HAVEN serves 48 cities and towns in Southeastern NH with offices in Portsmouth, Rochester and Epping, as well as an emergency shelter in a confidential location.

HAVEN advocates provide free, confidential, 24-hour support via our hotline; in-person support at hospitals, courts, police departments, and Child Advocacy Centers: support groups, safety planning, education and resources for survivors, their families, and the community. Additionally, HAVEN's Housing Program helps survivors of domestic violence access safe, affordable housing, provides case management to help survivors navigate through their trauma as they heal, and offers support to landlords to ensure housing stability for clients.

HAVEN's Safe Kids Strong Teens (SKST) prevention education programs for students in grades K-12 provide presentations on topics such as personal body safety, boundaries, healthy relationships, sexual harassment, consent, and media literacy. The SKST programming also provides school and camp staff trainings to empower adults who work with children.

Professional trainings for adults in trauma informed response, sexual harassment prevention and Adverse Childhood Experiences are also available.

In Addition, HAVEN has partnered with Camp Hope America to become the first New Hampshire affiliate, providing year-round mentoring and summer camp programming for children and teens who have been impacted by trauma.

To learn more please visit our website: www.havennh.org

Health Care Resource Centers Newington

Health Care Resource Centers Newington helps patients reclaim their lives from opioid addiction. Our team of addiction specialists provides methadone maintenance and other supportive services in a compassionate setting. We personalize every treatment plan according to the patient's substance use history and recovery path. At HCRC, we believe that all people are capable of change and that they are more than their addiction. Give us a call — we are here to help! Our main number is #603.436.0448 – Ask for information, what we need for a referral, or an Intake!

Health Care Resource Centers like HCRC Newington specialize in medication-assisted treatment (MAT) with methadone. MAT involves medicine and counseling to help you recover from opioid use disorder. Methadone has more than 50 years of demonstrated effectiveness as a core treatment for opioid addiction. It decreases your withdrawal symptoms and the effects of other opioids to reduce cravings that commonly cause people to relapse.

Every patient who receives our services has an individualized treatment plan that takes their unique needs into account. Your first appointment will include medical and clinical intakes that provide the foundation for your care plan. When you visit our clinic, the staff will treat you with respect and dignity. Our evidence-based approaches to treatment will ensure you get the highest quality care possible.

We are COVID Aware, we take temperatures upon entry to the clinic, there is social distancing and mandatory mask wearing. All of our staff are either in the process of receiving their vaccine, or they have received it (awaiting the second).

We look forward to speaking with you further! Stay safe and healthy!

Treatment Center Hours:

Monday –Friday - 5:30am – 1:30pm

Sunday - Closed

Medication Hours:

Express Line Monday – Friday 5:30am – 5:45am

Monday – Friday 5:45am – 12:30pm

Saturday 5:30am – 10:00am

Sunday & Holidays Closed

Sarah E. Neilson Treatment Center Director, Newington

O: 603.334.1185/ F: 603.436.0668

<https://www.hcrcenters.com/health-care-resource-centers-newington/>

Home Field Advantage, PLLC.

Founded in 2016, Home Field Advantage, PLLC, provides home accessibility assessments to promote aging in place. We work with homeowners to modify their current home and help with planning for future requirements to promote safety and function in their home. HFA consults with builders and architects regarding your remodel and renovation plans to prolong the utility of your renovation. We also provide assessments for employers to promote accessibility for employees and customers with mobility issues.

As a licensed Occupational Therapist, Dr. Blackington uses her 8+ years of professional experience in the acute care and acute rehabilitation to provide a comprehensive assessment of your home and recommendations for modifications. We cover New Hampshire, Maine, and Massachusetts.

For more information contact:

Ashley Blackington, OTD, OTR/ ashley@homefieldadvantageot.com
(603) 957-0582 www.homefieldadvantageot.com

Home for All - Affordable Housing Incentive Program (AHIP)

Home for All, convened in 2009 by [United Way of the Greater Seacoast](#) as the Greater Seacoast Coalition to End Homelessness, is a partnership between service providers, government, business, education, healthcare, community leaders and other stakeholders. We are dedicated to mobilizing resources (human, financial, community), assisting with the ongoing assessment of needs and opportunities, and developing/implementing collaborative, coordinated and proven strategies for reducing, and ultimately eliminating, the issue of homelessness in the region.

Home for All's Affordable Housing Incentive Program (AHIP) was created to incentivize landlords to work with local agency partners and rent units to individuals and families experiencing or at risk of homelessness, and/or to enroll units in the Housing Choice Voucher program.

For more information contact Kara Rodenhizer kara.rodenhizer@graniteuw.org

Home Instead Senior Care

Home Instead Senior Care is the world's trusted source of non-medical home care services for seniors. The foundation of the company is a trusted franchise network of more than 800 independently owned offices in the United States and around the world. Locally, our office has been serving seniors on the Seacoast and in Southern New Hampshire since 2002. Our approach to senior care is personalized for each client and family. Our goal is to promote quality of life and independence. Website: homeinstead.com/scnh email: info@seniorsonthego.com Phone: 866 988-0991

Homeless Center for Strafford County

New Building name: "Home for Now" 202 Washington Street, Rochester NH 03839
P.O. Box 7306 Rochester NH 03839

Contact: Faith Dean, Programming Manager sheltermanagerhcsc@gmail.com
603-332-3065

Operational Season runs: October to May (Authorized for 40 beds)

Sheltering services for All

Priority given to Strafford County Residents, then to all other Seacoast Residents

Five Single Male and Five Single Female Beds

Two ADA compliant spaces for clients that have ability to "SELF CARE" while living with disabilities

Eight Family Rooms

The Homeless Veterans Reintegration Program – Harbor Homes

(HVRP) was established by the Department of Labor to help homeless veterans get back on their feet by assisting them in their efforts to return to work.

Whether you served in the Vietnam War, the Gulf War, or the current conflict in Iraq, this employment training and placement program is for all homeless veterans who want to be gainfully employed in their communities.

There is no cost to you. The Department of Labor has awarded the grant to Harbor Homes Services Offered:

- Resume Writing
- On the Job Support
- Connections to Community Resources
- Job Search/Job Counseling
- Job Skills Development Workshops
- Money Management Training

Is there any extra paperwork required? Our Supportive Employment Specialist will provide you with a form, help you set goals, and assist in completing forms.

•You must be a homeless veteran and other than dishonorable. (Hud vash applies and GPD) or 14 days from eviction or 60 days homeless prior to entering into vash housing.

•You must be a veteran who served in the active U.S. military and was honorably discharged or released under conditions other than dishonorable.

•You must be motivated and willing to search for work and to connect to the necessary benefits.

Andrea Reed, JD, BS, Program Manager

Harbor Homes Incorporated and Affiliates, 335 Somerville Street, Manchester, NH 03301

1-603-816-6370 x1243 Fax: 603-595-7414

Homewatch Caregivers Seacoast Region

Our Companion Care services include housekeeping, laundry, meal preparation, medication reminders, socialization and general assistance with activities around the home. Personal Care services, provided by Licensed Nursing Assistants, involve helping with the Activities of Daily Living, including bathing, toileting, dressing, grooming, oral care and mobility assistance. Transportation services can include errands and trips to Doctor's appointments, shopping, social events or a ride to a favorite place.

Exceptional home caregiver services deliver peace of mind. Exceptional caregivers are a product of only hiring trained and experienced caregivers who pass numerous background checks on a state/ federal basis, selected on the basis of their character/sensitivity, thorough reference checks, and who are bonded and insured and who understand and adhere to the Homewatch Caregivers standards of quality. With us, families and clients come first and customized care plans provide flexible home care services tailored to your needs and schedules. Also, there is no minimum amount of time required. It is common for our clients to receive a care plan consisting of a combination of Companion and Personal Care services, based on their specific needs and preferences.

We serve all of Rockingham County.

92 Portsmouth Ave Suite 20

Exeter, NH 03833 603.580.1595

www.homewatchcaregivers.com/portsmouth

Hope on Haven Hill

Hope on Haven Hill (HHH) offers treatment for women with substance use disorders, specializing in pregnant and parenting women. We offer two residential programs for mothers in recovery: Hope on Haven Hill Residential Treatment Program and Abi's Place Transitional Living Program. HHH Residential offers high and low intensity treatment for women who are pregnant and/or parenting a child age five or younger. Abi's Place is a transitional sober living program for women who are pregnant and/or parenting a child age five or younger. We also offer outpatient programs available for all women, including Intensive Outpatient (IOP) and Outpatient (OP) treatment. We help reduce barriers to treatment by supporting women with transportation, childcare during treatment, accessing Early Headstart services within programming, and life skills groups. We also provide parenting education classes and support with court ordered child visit supervision. To learn more about our programs and how you can support us or access treatment, please call us at 603-841-5353, email us at info@hopeonhavenhill.org, or visit our website at www.hopeonhavenhill.org.

In Home Senior Services, Inc.

In-Home Senior Services, Inc. was established in 1993. We were one of the first Home Care agencies in the area. The company employees on average 45 Personal Care Attendants or Personal Support Specialists – all of whom are certified in Personal Care. We service the Greater Portland area and York County. Our service provides the elderly an opportunity to live independently in their own homes. The duties of a PCA/PSS range from light housecleaning, laundry, meal prep, to assisting with bathing, dressing and respite for the primary caregiver. Our service can cover a 2 hour period once a week and go up to a 24-hour period seven days a week. We take great pride in our attendants and the work that they perform and feel each client/attendant relationship is like adding someone to their family.

658 Main St, Gorham, ME 04038

207-856-1212 1-800-689-4311

Infinity Peer Support

Tri-City Co-OP has a new name – it is now Infinity Peer Support!

Infinity Peer Support is a Peer Support Agency providing an alternative, non-medical approach to mental health wellness and recovery for adults eighteen (18) years and older who reside in Strafford County.

We offer a non-judgmental, non-critical, safe, supportive and educational environment for individuals struggling with and recovering from a variety of mental health issues. Staff and member share leadership and decision making.

The agency is a place where people practice relational skills, patience, respect and tolerance for diversity. Members learn to see themselves as citizens of the greater community.

Infinity Peer Support is located at 55 Summer Street in Rochester NH. Our hours of operation are Monday – Friday, 8:00 AM- 5:00 PM. We do provide transportation for our members and all services are free. Contact information (603) 948-1043 or 948-1036.

Melissa Silvey is the new Executive Director - melissa@infinitypeersupport.org

The Inn at Deerfield

Providing "emotional support" for seniors with dementia, in a home like setting.

A 32 bed licensed supported residential care home for elders with memory disorders located in the beautiful country setting of rural Deerfield, New Hampshire. The Inn at Deerfield was established to provide quality care to elders with Alzheimer's and other forms of dementia.

Mission Statement

The Inn at Deerfield is dedicated to improving the quality of life of elders with dementia by providing care in a secure environment utilizing the social model of care, through supported residential care, respite and day care with an emphasis of the residents of Deerfield and its contiguous communities.

Alexandria McGrath, Administrator Phone: 603-463-7002 fax: 603-463-9721
The Inn at Deerfield Inc., 34 Ridge Rd, P.O. Box 87, Deerfield, NH 03037

Keep Your Brain Fit for Life™

Lucie Arbuthnot, Ph.D., shares the latest scientific findings on how baby boomers and seniors can keep their noggins nimble as they age. Lucie is a former researcher and educator with the Alzheimer's Association and a leading authority on age-related memory loss and Alzheimer's disease. Her upbeat presentations combine the rigors of medical research with the personal insights of a daughter who cared for her mother with Alzheimer's disease. She lives in Sanford, Maine. Lucie can be reached at alz@metrocast.net and (207) 324-9569. To learn more about how to keep your brain fit for life, visit her web site at www.LBAseminars.com.

KEY Collective/#areuin? Card Program

The KEY Collective's #areuin? card program gives kids from low-income families access to sports and other youth activities for free or at a reduced cost with no social stigma attached.

The #areuin? card program is being offered to K-12 youth in NH's Seacoast region. Youth qualify for the card in the following 3 ways: Providing a photo copy of their current Federal Free & Reduced Lunch program acceptance letter, a photo copy of their current NH Medicaid Card, or are referred into a program by a qualified and approved validator.

After a child receives their card, they can use their card to enroll in programs & activities through one of our 25+ KEY partners located throughout NH's Seacoast. There is no need to fill out paperwork or provide personal financial information each and every time a child is interested in participating in a program or activity because having the card pre-qualifies them for the scholarships. The KEY Collective also offers card members up to \$200 annually for financial assistance with programs or activities not currently being offered.

To sign up for a card or to learn more, please go to www.keycollective.org.

To learn how to become a partner, validator or supporter, please contact Kristyn LaFleur at 603-498-8791 or at kristyn@keycollective.org.

Kittery Estates

A Holiday independent retirement community, Kittery Estates provides an all-inclusive lifestyle for seniors for one monthly payment. With a choice of studio, one or two bedroom apartments with kitchenettes and handicapped accessible bathrooms, all utilities, cable television, activities 365 days a year, weekly housekeeping with linen and towel service and three chef-prepared meals per day are included. Live in managers attend to an emergency call system 24/7. A van provides transportation to shopping, banking and other errands; and to medical appointments and weekly outings. Kittery Estates is a pet-friendly community. Our residents have access to a free travel program whereby they can vacation in one of Holiday's 350+ communities in the U.S. and Canada. For more information, to join us for a complimentary meal and/or tour, call (207) 438-

9111. We are located just 5 minutes from downtown Portsmouth on Route One, 220 State Road, Kittery, Maine 03904. Visit us on the web at www.kitteryestates.com.

Krempels Center

Krempels Center is a nonprofit organization dedicated to improving the lives of people living with brain injury. In partnership with universities and community volunteers, the Krempels Center offers programs that engage members in meaningful and productive experiences and provides ongoing support and resources to those impacted by brain injury. In addition, the organization's community outreach initiative provides education to the public about brain injury and brain injury prevention. To learn more about Krempels Center please contact us: info@krempelscenter.org or Phone 603-570-2026

Krempels Center offers in-person programming on Mondays, Wednesdays, and Fridays at the Community Campus in Portsmouth.

Krempels Center continues to offer online programming over Zoom on Thursdays for individuals living with brain injuries. Since going virtual, we have welcomed new members into our community. We also have members "logging in" from across the country. New members are welcome in both our in-person and online programs.

As always, Krempels Center staff remains fully committed to the health and well-being of our members and providing support, meaningful & engaging groups, and a sense of community during these difficult times. Check us out at: www.krempelscenter.org

Lamprey Health Care

Lamprey Health Care, located in Newmarket, Raymond, and Nashua, NH, is a non-profit community health center providing health care services to individuals of all ages regardless of ability to pay.

Services

We offer primary care for all ages, including COVID-19 testing and support services, comprehensive prenatal care, integrated behavioral health services, substance use disorder services, including Medications for Addiction Treatment (MAT), chronic care management including diabetes education, care coordination, medication assistance, and application assistance for the HealthCare Marketplace and NH Medicaid. Lab services, radiology, and physical and occupational therapy are available on-site. The Mobile Health Services program partners with local organizations and locations to bring critical health-related services out into the community. This helps remove barriers for individuals to establish primary care and ensure they receive the help and preventative services they need.

Locations

207 So. Main St., Newmarket (603) 659-3106

28 Route 27, Raymond (603) 895-3351

More Information

For additional information, visit <https://www.lampreyhealth.org> or follow us on social media.

Life Coping, Inc

Life Coping, Inc is an independent, licensed case management agency that arranges comprehensive assistance to the elderly and adult disabled individuals. Life Coping case management provides trustworthy, ongoing local liaison for families with aging parents, closing the gaps between medical services, home and nursing care, and assistance with the financial questions surrounding health care.

Life Coping Inc.'s mission is to assist elderly and adult disabled individuals and their families in identifying needs and seeing that those needs are met with the ultimate goal of keeping individuals in their homes. Our Staff is made up of licensed professionals with extensive experience in nursing, public health, and home care administration. We have built a solid reputation for quality care and service throughout the state of New Hampshire, and because of our services many seniors continue to live healthy, independent lives in their own homes.

Angie Papa apapa@lifecoping.org www.lifecoping.org
266A Main Street Nashua, NH 03060 1-800-403-7993

Living Innovations

Providing support for people with developmental and physical disabilities from childhood, transition years and through adulthood.

Living Innovations is a mission-driven agency dedicated to the belief that we all deserve lives of quality and dignity at home and in the community. A company with strong local roots, we have grown from one small, seacoast New Hampshire office to a network of over ten locations that provide compassionate, competent care to hundreds of people with disabilities living in New Hampshire, Maine and Rhode Island.

We recognize that people with disabilities and their family members want the same things in their lives that we all seek – close relationships, connections to community, satisfying work, and a pleasant home. All of our services are highly personalized to meet the needs and goals of each individual and family.

Our Core Services include:

- **Community Connections:** Our Community Connections program is all about developing relationships and helping the individuals we support **connect with people and activities** out in the community. These activities run the gamut – social, recreational, educational, vocational, and community service – and can include any opportunity that helps people live as full a life as possible.

- **Shared Living Residential Options:** While many people choose to remain with their families, others prefer to “move out” on their own. While many thrive in a group home environment, others enjoy our innovative Shared Living model, in which an individual lives with a carefully selected and trained host family.

- **Job Skills & Career Support:** Many of the people we support are gainfully employed, while others build valuable job skills as volunteers. Employers have seen that hiring people with abilities, despite their disabilities, is mutually beneficial and rewarding.

- **In-Home Supports:** Our In-home Support is designed to give each individual and family the support they need to manage their busy lives. We can provide assistance on an as-needed basis - as few as 4-5 hours a week or as much as round the clock.

- **Transition from School to Adulthood:** Living Innovations helps students make the move from being a young teen to being a young adult. Developing skills such as communicating clearly, solving problems, keeping one’s house clean and using public transportation help to prepare teens for the next phase of life. The goal is for them to feel confident and at home in the world.

- **Respite Support for Families:** Providing and receiving care can be a challenging situation for all involved. Living Innovations offers a range of respite options so that everyone can have a change of pace when needed.

Our staff members have the skills, the training, and the heart to look at the big picture, and put in place whatever supports are needed to help people experience what we all want – a full and happy life. Please look for us online at www.Livinginnovations.com or call us at 603-319-660 for more information.

Local Welfare/General Assistance

Per RSA 165, every city and town in NH has an individual or elected body who is designated to be the administrator of general assistance in that town. It is the right, by law, of any individual to make an application for assistance. The objective of the welfare officer is to assist individuals in their town, in accordance with NH Law and the Welfare Guidelines adopted by that town, who are temporarily unable to provide for their own documented shelter, food, medication, utility, or other emergency need. All funding for the Welfare Departments is provided from local property taxes. The welfare administrator will leverage existing resources and explore avenues to maintain costs, while simultaneously meeting their clients' needs, by working closely with federal, state, and local agencies and charities to maximize services and benefits to their clients. Contact the town hall for contact information regarding welfare administration in your town.

Longevity Planning

Health is valuable and changes as we age. You have spent a lifetime raising your family and planning for your retirement. The last thing you want is to have a sudden accident or illness drastically change you or your family's financial future. Many clients turn to Longevity Planning for help with Medicare Supplement Plans and Long Term Care insurance. As an independent broker, I represent the client not just one particular insurance company. My object is to provide information and choice.

Longevity Planning, Patricia Bennett, 875 Greenland Road, Suite B-4, Portsmouth, NH 03801
(603) 427-0101 pat@longevityplanning.com www.longevityplanning.com

Lovering Health Center

The Lovering Health Center is open 5 days a week.

Our hours are 8:30am-4:30pm M-Th and 8:30am-4pm Fridays. We offer telemedicine and in person appointments depending on need.

Programs and services include:

- Wellness exams,
- Gynecological care including long and short acting contraception options,
- Emergency contraception,
- Medication and procedural abortion care,
- STI testing and treatment,
- HIV testing and prophylaxis prevention program with PrEP,
- Gender Affirming care including hormone therapy, and
- Perimenopausal and menopausal care.

Program information and directions are available on our website: www.jglhc.org

Local: (603) 436-7588 Fax: (603) 431-0451

Email Us: info@jglhc.org

Lydia's House of Hope

Lydia's House of Hope in Somersworth, NH is a program for women and their children. **We do not allow men in our program.** The program requires a 12-month commitment and helps to empower women to be self-sufficient, find a job, enroll in school, and/or learn life skills such as cooking, parenting, and emotional regulation.

There is weekly mandatory programing on Mondays and Wednesdays from 7am-3pm. Additionally, there is required programing scheduled late mornings on Fridays and Saturday mornings some weeks in the month.

Our residents receive weekly counseling and work directly with a case manager to create a plan while they're in the program of goals as well as their after care plan. We create individualized plans based on the needs of the woman, this could include one on one meetings outside of the program as needed. We are a substance-free facility and perform random drug screens.

If someone is currently struggling with substance use issues, **we do require that they fully complete a 28-day program before applying** for our program and we would need proof of the successful completion. Program applicants must be highly motivated to change their life, willing to work with us to achieve their goals and be an active participant in their plan for the 12-months they are here.

Conditions:

- There is a \$300/monthly rent fee upon acceptance and admission; there is also a \$300/security deposit for the room, which results in \$600/move-in cost.
- We require that residents are at least 18 years of age.
- We do not provide transportation, typically CTS and public transportation is utilized.
- Women share a room with their children, limiting the amount of belongings and storage available.
- Domestic Violence situations: current domestic dispute between the applicant and their spouse/partner, active restraining orders, or otherwise unsafe relationships that they may or may not be fleeing, does not necessarily disqualify them from the program, but it will be a thorough discussion before a decision on their acceptance is made to ensure that our home for the other women remains a safe and secure place.

• **Completing the application is the first step of our process.** <https://seedsoffaithnh.org/wp-content/uploads/2016/02/Application-for-Residency.pdf>

Applicant gets a phone call from staff, then a face-to-face interview and a urine drug screen. The drug screen needs to be clean outside of their prescribed medications. **Please be aware that barbiturates, benzodiazepines, opioids, and narcotics, prescribed or not, are not allowed in the home and will result in an immediate denial of acceptance.** If an applicant is on a maintenance substance, this will be discussed during the interview process; it does not necessarily disqualify them from the program.

After all of the above steps are completed, the team discusses the applicant to decide if it would be a good fit. The process typically takes about a week from start to finish depending on applicant availability for the screens and interview.

Completed applications can be e-mailed to Shannon Margera Outreach@seedsoffaithnh.org postal mailed to: Lydia's House of Hope PO Box 738 Somersworth NH 03878, or faxed to 1-833-801-1116.

Martins Point / Tricare

Martins Point Health Care is contracted with the Department of Defense to manage the US Family Health Plan (USFHP) for ME, NH, VT, & NY. The USFHP is a Managed Care, Tricare Prime plan, available to all active duty family members, as well as military retiree's & their family members (up to age 65). As one of the top rated plans in the country, we provide a large civilian network of over 1,000 primary care providers & 1,800 specialists throughout New Hampshire & Southern Main. We offer excellent benefits at low or no cost to our members. One of the most important services we provide is individual counseling, educating military beneficiaries on all their Tricare options, so they can better understand Tricare, and be assured they are using the benefit in a way that suits their families' health care needs the best.

John Reed – USFHP/Tricare Health Benefits Specialist
603-430-5057 e-mail: john.reed@martinspoint.org

web site: <https://tricare.martinspoint.org/>

Monarch School of New England

With over 35 years of innovation and experience, the Monarch School of New England is a unique, comprehensive year-round private, non-profit, special education day school for students with severe intellectual, physical, medical and developmental disabilities, ages 5 – 21. Some of the disabilities we serve include: Autism, Deaf-Blindness, Developmental Delay, Emotional Disturbance, Mental Retardation, Multiple Disabilities and Visual Impairments. Students aged 5 – 15 attend the Foss site on Eastern Avenue while older students up to age 21 attend the Williams site which includes a vocational program; both schools are located in Rochester, New Hampshire.

Rooted in the belief that each child deserves an environment in which they can flourish, the school designs programs based on the individual needs and capabilities of each student. Students here are seen for their *abilities* – for the capacity to learn and grow.

Teachers, program assistants, education technicians, behaviorists, the school's psychologist, occupational therapists, nurses, physical therapists and speech/language pathologists are all involved in supporting a child's learning. It's an integrated team approach in which the needs of the whole person are addressed.

Monarch School of New England

Diane Bessey, Executive Director 61 Eastern Ave, Rochester, NH 03866

603-332-2848 <http://www.monarchschoone.org>

NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing free support, education, and advocacy for individuals and families affected by mental illness and suicide. NAMI NH offers in-person, virtual, and online support groups; one-on-one support; education programs including NAMI Basics, Family-to-Family, Peer-to-Peer, Side-by-Side, and Connect Suicide Prevention; advocacy training via It's Your Move; and Speakers Bureaus (In Our Own Voice, Life Interrupted, and SurvivorVoices). To connect with resources and support, contact NAMI NH's Info & Resource Line at 1-800-242-6264 (press 4) or info@NAMINH.org. Visit www.NAMINH.org for additional information.

National Able Network®

National Able Network® is a nonprofit employment and training agency that administers the SCSEP (Senior Community Service Employment Program) in New Hampshire. The SCSEP program is designed to help individuals 55 years and older obtain "on-the-job" training and/or "gain work experience" in order to successfully find unsubsidized employment.

WIN-WIN Situation

What does National Able Network® do:

- * Pays min wage for 20 hours per week to our Participants up to 1 year in one training assignment
- * Tracks and reviews with Training Site Supervisor the progress of the Participant
- * Provides training opportunities for the Participant to strengthen the successful outcome of obtaining employment

What do you have to do to become a Community Partner and Training Site provider:

- * Meet with National Able Network to review and sign the agreement
- * Provide a "job" description aka TAD (Training Assignment Description)

- * Provide 20 hours per week of training and work experience for a participant performing their TAD
- * Assign a Training Site Supervisor to manage the Participant and sign time sheets

Other Options:

Employment Services (promise of employment agreement) OJE (On the Job Employment) National Able Network® pays 100% wages (usually minimum wage) for an approved "on-the-job" training for 4 weeks and 100% (part time position), 50% (full time position) up to 12 weeks. Workman's Compensation Insurance is paid by Able until actual employment starts.

The entire community benefits by the following:

- * The Community Partner gets that "helping hand" and is "serving" their community
- * The Participant is receiving the "training and experience" necessary to find employment
- * National Able Network® fulfills their mission statement by "helping people get back to work and life"

Are YOU Ready to Start?

For more information or to schedule an intake, call Lori Mader at 603-860-4222 today!

Lori J Mader, Program Manager

997 Elm Street, Manchester, NH 03101

Office: 603-836-0912 Fax: 603-623-5277 Mobile: 603-860-4222

Email: lmader@nationalable.org Web: www.nationalable.org

Navy Medicine Readiness and Training Unit (NMRTU) Portsmouth

(Formally Naval Branch Health Clinic - Portsmouth)

Navy Medicine Readiness and Training Command New England (NMRTC NE) is the health care system for the Navy in the Northeast Region, providing medical care to over 70,000 beneficiaries from all branches of service. The command headquarters is located in Newport, RI, with Navy Medicine Readiness and Training Units at Groton, CT, Portsmouth, NH, and Saratoga Springs, NY.

Navy Medicine Readiness and Training Unit (NMRTU) Portsmouth is an outpatient military treatment facility that provides primary medical care and coordinates access to other levels of health care services for active duty, retirees and eligible family members from all branches of service, entitled to care prescribed by Title 10 U.S. Code.

Outpatient pharmacy, laboratory, basic x-ray, audiology and optometry services are also available within the facility. The clinic additionally supports the Portsmouth Naval Shipyard industrial complex through comprehensive occupational health and safety surveillance programs, medical examinations and treatment of occupationally related injuries and illnesses.

Navy Medicine Readiness and Training Unit (NMRTU) Portsmouth

One Ayres Circle, Bldg. H-1, PNSY, Portsmouth, NH 03804-5000

*General Phone: (207) 438-4940 *Appointments (888) 628-9633

*Managed Care: 207-438-2302 *Case Management 207-438-2354

Hours: Monday - Friday 0730-1600

<https://newengland.tricare.mil/Clinics/Navy-Medicine-Readiness-and-Training-Unit-Portsmouth>

ØAdditional resources available at **Portsmouth Naval Shipyard- School Liaison Officer**

The School Liaison Officer serves as the liaison between the installation commander, military agencies and schools by providing assistance in matters pertaining to student education. The School Liaison Officer also implements the Navy's Strategic Planning for Education Advocacy K-12 recommendations in order to ensure Navy families have access to quality educational opportunities. School Liaison Officers level the playing field for military children by ensuring maximum educational opportunities for academic success.

The Neurodevelopmental Institute of New Hampshire Foster Care Program

NINH foster care program is aimed at making a difference in the foster care crisis in New Hampshire. Through this program, individuals will become foster care licensed and have continued support from trauma informed care trainings to car seat trainings, continued education, 24-hour crisis support and direct contact with case managers and therapists every step of the way. Be the change. **Let's make a difference together.**

Contact: Lindsey Huskey Lhuskey@NINHLLC.com

New England Emergency Response Systems

NEERS is a locally based provider of personal emergency response systems (commonly called help buttons, or Lifelines, or medi-alerts) for people who are elderly, disabled or in some way at risk. If these people want to stay at home safely, we provide a personal emergency response system which allows them to access help instantly, 24/7, 365 days a year. A trained operator will check on them whenever they send in a signal by pushing the button; if help is needed, it will be dispatched immediately. The service is surprisingly affordable, \$39 to set it up and \$39 per month with discounts available for Senior Friends members. For information or to order service call: 1-800-888-0338. www.neers.com/

New Futures

New Futures is a nonprofit, nonpartisan, advocacy organization working to reduce underage alcohol problems and increase access to treatment and recovery in New Hampshire. New Futures does not provide direct services. Rather, their focus is on changing public policy with the support of community members who advocate for change.

The Community Leadership Initiative (CLI) is a statewide, informal network of advocates concerned about these issues. Participants in CLI attend a one-day leadership retreat which prepares them to be effective advocates primarily focused on the state legislature. Applications and info: www.new-futures.org or 225.9540.

New Generation, Inc.

New Generation provides emergency and transitional housing as well as aftercare services to pregnant women, single mothers and their children who are experiencing or transitioning out of homelessness.

Through our work:

- Mothers and children escape environments of violence, substance use and life on the streets.
- Mothers are connected to stable employment and affordable housing.
- Children are raised in supportive, safe, and healthy environments.

Stronger and more resilient families and communities are built.

Our in-house programs connect residents to employment and a supportive community with access to essentials needed for nurturing family development. Our shelter services include:

- 24/7 shelter and support staff
- Food and transportation
- Intensive case management
- Individual and group parenting counseling
- Housing search, applications and follow up
- Life-skills coaching

•Financial Counseling

New Generation also offers Aftercare services to families who have, recently, moved out of shelter and need additional support to maintain their permanent housing.

For more information:

Main number: (603) 436-4989

Website: www.newgennh.org

Address: 568 Portsmouth Avenue, Greenland, NH 03840

Email: brickaby@newgennh.org or ecipriani@newgennh.org

NH Army National Guard Family Program

The Family Assistance Centers help support Service Members, Veterans and their Families, from any branch or component of Military Service. They simplify the process of accessing a variety of services and supports. The primary mission of the Family Assistance Specialist is to connect the people they serve with the resources and referrals they need in order to enhance their quality of life. We can assist with referrals for legal services, financial assistance referrals, Tricare benefits, Military ID cards, community information, and more.

Specialists are available in the following locations:

David Madden in Portsmouth NH 603-715-3730 email: david.b.madden1.civ@mail.mil

Megan Frost in Manchester NH 603-715-3106 email: megan.s.frost.ctr@mail.mil

Shirley Martin in Nashua NH 603-715-3127 email: mary.s.martin48.ctr@mail.mil

Barbara Hartlen in Littleton NH 603-715-3454 email: barbara.a.hartlen.ctr@mail.mil

Keri-Ann Daycock in Concord NH 603-225-1203 email: keri-ann.h.daycock.ctr@mail.mil

NH Care Collaborative

We are a CFI Case Management agency. We help disabled and elderly live independently at home and/or in residential care. These clients are nursing home level of care and qualify as low income Medicaid eligible. We set up services such as PERS, MOWs, homemakers, nurses, personal care workers, etc. We also assist with home modifications and specialized medical equipment. We service pretty much the whole state except the most northern county.

Cindy Carrubba Phone: 603-803-8228 email: ccarrubba@nhcare-c.org

NH Children's Trust

NH Children's Trust is the states Facilitating Organization for Family Resource Centers throughout NH. Their mission is to eliminate child abuse and neglect by strengthening families. NH Children's Trust leads the state effort to embed the Strengthening Families Framework throughout New Hampshire. As part of the state contract, NHCT works with Family Resource Centers to use the Standards of Quality training to help Family Resource Centers attain the designation of Family Resource Center of Quality. NHCT also works with FRCs throughout the state to support Kinship families and has created a database to help track and report information. For more information about NH Children's Trust Programs and Services please visit our website at NHChildrenstrust.org or contact Karen Pellicano at 603-415-1138. Please send inquiries to info@nhchildrenstrust.org

NH Connections Seacoast Region Network

Our Mission is to strengthen and expand family/school/community partnerships to improve the educational outcomes for all children and youth with disabilities and to facilitate access to supports and services statewide.

Our Goals are to strengthen and expand family/school/community partnerships, to support family involvement in the special education process, and increase awareness of resources to help children succeed.

Contact Kyle Szczepanik Seacoast Facilitator to partner together to improve the educational outcomes of all children and youth with disabilities in the seacoast region and statewide. Join the email list serve and receive and share resources on trainings, workshops, NH rules and special education updates. NH Connections partners to provide trainings and workshops around special education and disability awareness. We hold monthly regional meetings to collaboratively examine resources, services and create action plans to address needs identified by the seacoast regional network.

Join us by calling Kyle at 978-6651, email her at kylenhcs@yahoo.com or visit website: www.nhconnections.org

The New Hampshire Department of Health and Human Services (DHHS)

The New Hampshire Department of Health and Human Services (DHHS) is the agency in New Hampshire state government responsible for the health, safety and well being of its citizens. DHHS provides services for individuals, children, families and seniors.

At DHHS you may apply for:

SNAP – Supplemental Nutrition Assistance Program, also known as food stamps, provides eligible individuals and households with benefits to buy food items.

Cash Assistance - provides cash assistance to families with dependent children

Medicaid –provides eligible adults and children with access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients

Child Care –helps with the cost of child care. Parents must be working, looking for work or in a training program

Medicare Savings - assists low-income elderly or disabled individuals by paying for some or all of the associated costs of Medicare, specifically the Medicare Insurance Premiums and deductibles

Apply online at <https://nheasy.nh.gov>

After completion of the application, applicants will be scheduled for a **telephonic interview**.

For any questions regarding application call 603-271-9700

New Hampshire Department of Health and Human Services – BCCP

The NH Breast & Cervical Cancer Program (‘BCCP’) connects eligible individuals with **FREE** breast & cervical cancer screening, diagnostic, and treatment services.

You may be eligible for free screening if:

- You have breasts and/or a cervix
- You are between ages 21-64
- You have no health insurance **OR** insurance that does not fully cover the cost of the above services
- You have a family income at or below 250% of the [Federal Poverty Level](#)

Locate a screening site near you to discuss screening & eligibility here: www.dhhs.nh.gov/BCCP . If you need assistance, call **(603) 271-4931** or email: Chandra.A.Zambruno@dhhs.nh.gov

NH Department of Health and Human Services - BEAS

NH Dept. of Health and Human Services - The Bureau of Elderly and Adult Services - BEAS investigates reports of abuse, neglect, self-neglect, exploitation, emotional abuse and sexual abuse of elderly and vulnerable adults under RSA 161-F:42-56, the Protective Services to Adults law. Anyone suspecting any Self-Neglect, Abuse, Neglect and Exploitation is obligated to make a report to BEAS through Central Intake in Concord at 1-800-949-0470. All protective reports are now being taken at that Central Intake number rather than the local offices.

19 RYE STREET, Portsmouth – at PEASE

Phone Number: 334-4325

New Hampshire Department of Health and Human Services - DCYF

The Division for Children, Youth and Families (DCYF) is the unit within the Department of Health and Human Services that provides protective and preventative services to children, youth and their families. DCYF strives to protect children from abuse and neglect and to help families nurture their children into physically and emotionally healthy adults.

Child protection and family support services are provided by Child Protective Service Workers (CPSWs) in 11 District Offices throughout New Hampshire. CPSWs join with families to provide both contracted services and referrals to community agencies to assist in correcting the conditions that lead them to DCYF.

Youth who have aged out of the foster care system in NH are eligible for several services and resources: [Adolescent Program | New Hampshire Department of Health and Human Services \(nh.gov\)](#)

NH DHHS has a new website:

[Welcome | New Hampshire Department of Health and Human Services \(nh.gov\)](#)

433-8300. For DCYF, Option 5

19 RYE STREET, Portsmouth NH 03801 603-334-4320

NH Department of Health and Human Services, Office of Health Equity, (OHE)

The Office of Health Equity (OHE) exists in order to assure equitable access to effective, quality DHHS programs and services across **ALL** populations, with specialized focus on racial, ethnic, language, gender and sexual minorities, and individuals with disabilities

OHE supports the Department in its obligation to ensure **access** to services by providing meaningful communication assistance to New Hampshire's diverse populations, including people who are deaf or hard of hearing, blind or have low vision, or who have limited English proficiency.

OHE promotes immigrant integration and houses **The New Hampshire State Refugee Program**, inclusive of the State Refugee Health and Employment Programs.

Houses the **Repatriation and Rapid Response** programs: **Repatriation**- U.S. Citizens who have returned or been brought from a foreign country to the U.S. due to poverty, illness, war or the threat of war. **Rapid Response**-The State of NH Rapid Response program is designed to assist workers dislocated due to a layoff or business closure.

Cultural Linguistic Competence Trainings-Providing the community with trainings that focus on the beliefs, behaviors, knowledge, skills, and systems through which individuals and organizations demonstrate empathy and understanding of and respect for the values, historical context, expectations, language and experiences of a diverse population.

Community Engagement & Outreach- Working collaboratively with Community Partners to identify needs and ensure access to ultimately achieve equity. Empowering members of the Community to participate in decision making that affects their everyday lives.

Contact Us:

Isabelle Valmont, Administrative Assistant, Isabelle.Valmont@dhhs.nh.gov

Shirley Tomlinson, Community Engagement & Outreach Specialist

Shirley.E.Tomlinson@dhhs.nh.gov

Barbara Seebart, State Refugee Coordinator Barbara.Seebart@dhhs.nh.gov

Anela Kruščica, Communication Access Coordinator Anela.Kruscica@dhhs.nh.gov

Germano Martins, Community Relations Manager Germano.Martins@dhhs.nh.gov

Shawn Barry, Refugee Program Specialist Shawn.P.Barry@dhhs.nh.gov

Reuben Hampton Hearing, Speech, and Vision Specialist

Reuben.T.Hampton@dhhs.nh.gov

Laura McGlashan, NH State Refugee Health Coordinator Laura.R.McGlashan@dhhs.nh.gov

New Hampshire Employment Security

NH Employment Security (NHES) is a federally funded state agency. Today NHES has 13 local offices located across the state to provide services to job seekers and employers.

The mission of NHES is to:

- Operate a free public Employment Service through a statewide network of Job and Information Centers, providing a broad range of assisted and self-directed employment and career related services, and labor market information to all customers.
- Pay Unemployment Compensation benefits in a timely manner to eligible claimants and collect the tax which funds these payments.
- Develop and disseminate labor market information and provide measurements of labor market outcome to assist local and state officials, private employers, educators and trainers and the public in making decisions which promote economic development and the efficient use of state labor resources.

Please Call: 603 436-3702 www.nh.gov/nhes

2000 Lafayette Road, Portsmouth, NH 03801

NH Foster and Adoptive Association

The NH Foster and Adoptive Association (NH FAPA) is committed to enhancing the lives of our youth in care and the families who serve our children. We are a non - profit whose mission is to support foster and adoptive parents and remain a consistent voice on behalf of all children. NH FAPA partners with NH Children, Youth and Families, community organizations and local businesses to help provide support and resources to ensure that these families can thrive. These local groups provide direct support, networking, and fun activities for our foster and adoptive families across the state. We recognize unique challenges and rewards that are presented to foster and adoptive parents. We are here to help these families have the strength, the support and the resources needed to nurture our youth in care.

Cheryl Wachter 603-271-4711 acpcheryl@metrocast.net www.nhfapa.org

Recruitment and Retention Coordinator

NH Foster and Adoptive Parent Association

New Hampshire Harm Reduction Coalition

NHHRC is a statewide grassroots organization dedicated to the implementation of public health strategies that reduce the harm associated with drug use. NHHRC engages in-advocacy, multi-sector education, resource and policy development, coalition and capacity building, and *provides* direct services. For more information about all available services, please visit www.nhhrc.org or email info@nhhrc.org.

New Hampshire Healthy Families

NH Healthy Families

NH Healthy Families™ is a managed care organization serving the needs of New Hampshire residents through the state Medicaid program and Ambetter™ marketplace exchange product. Our locally based employees and fully integrated Medical, Behavioral Health and Wellness programs provide innovative health solutions to every region of the state with the express purpose of *transforming the health of the community, one person at a time*. We offer a large, diverse provider network featuring over 30 hospitals and thousands of PCPs and specialists. This means you get the healthcare that you and your family need, where and when you need it. Our members also enjoy extras such as: *My Health Pays*®, our incentive program that provides reward dollars for completing healthy behaviors; *Ready for my Recovery*, a substance misuse recovery program; *Start Smart for your Baby*®, our support program for pregnant and new moms; *Healthy Kids Club*, an educational program with fun activities for members age 12 and under; and our nicotine cessation program, helping members quit cigarettes, smokeless tobacco, or vaping products. NH Healthy Families is a wholly-owned subsidiary of Centene Corporation, a diversified, multi-national healthcare enterprise. Information is available by calling 1-866-769-3085 or visit us at www.NHhealthyfamilies.com.

NH Insurance Department

The NH Insurance Department is an agency of NH state government that regulates the insurance industry. The NH Insurance Department is located in Concord, NH and licenses and regulates insurance agents, insurance companies and other insurance-like entities. The Department ensures insurance companies are financially sound and that they comply with NH's insurance laws. The Insurance Department maintains a consumer services division to assist NH residents with insurance complaints and insurance information. Some other consumer programs administered by the Department include appeals of health insurance and long term care insurance claim denials, an enforcement unit to ensure agent and company compliance with insurance laws, and a fraud prosecution program for criminal violations of insurance laws. In addition, the Insurance Department publishes and distributes numerous informational brochures about a wide range of insurance products and topics, and takes part in a variety of outreach programs and events. Following is a partial list of insurance products regulated by the Insurance Department:

Health Insurance	Title Insurance
Homeowner Insurance	Surety Bonds
Auto Insurance	Consumer Guaranty Contracts (Warranties)
Life Insurance	Premium Finance Companies
Annuities	Motor Clubs
Long Term Care Insurance	Renters Insurance
Medicare Supplement Insurance	Boat Insurance
Commercial Insurance	
Continuing Care Retirement Communities	

“The mission of the NH Insurance Department is to promote and protect the public good by ensuring the existence of a safe and competitive insurance marketplace through the development and enforcement of the insurance laws of the state of New Hampshire. The Insurance Department is committed to doing so in an honest, effective and timely manner.”

State of New Hampshire Insurance Department
21 South Fruit St., Suite 14, Concord, NH 03301
www.nh.gov/insurance 1-800-852-3416

New Hampshire Job Corps

Job Corps is a federal program that is administered by the U.S. Department of Labor that assists low income and at-risk youth aged 16-24 with free housing, education (high school diploma or high school equivalency test (HiSET), free driver's license, and a variety of technical trainings such as culinary arts, facilities maintenance, electrical, clinical medical assisting, nurse assisting, hotel and lodging, manufacturing and machinery, and so much more! In addition to free housing and meals, students receive a stipend for being enrolled in the program and can also receive up to \$1000 when they graduate. Students receive support with writing resumes, interview skills, job placement and more!

There is also a wellness center so that some students can receive medical, basic dental, counseling, smoking cessations classes and soon we will have a LDAC provider for students. We have some child care incentives for single parents and will match up to 5x the amount the parent has deducted from their stipend.

www.jobcorps.gov 603 695-8800

New Hampshire Legal Assistance

NHLA provides legal advice and representation to low income individuals on issues such as public benefits, housing, family law/domestic violence, youth law, and senior consumer, nursing home, and assisted living rights.

We ask potential clients to please contact 603 Legal Aid to determine whether you are eligible for our services. You may contact 603 Legal Aid online at www.nhlegalaid.org or if you are unable to apply online, call 1-800-639-5290 or 603-224-3333.

603 Legal Aid will screen you for eligibility and determine what legal services might be available for you, including a referral to New Hampshire Legal Assistance if appropriate.

If agency representatives have additional questions about what Legal Assistance can do, please contact NHLA Litigation Director/Portsmouth Managing Attorney Kay E. Drought via e-mail (kdrought@nhla.org) or via my direct phone number 206-2253.

Normal business hours of 8:30 to 5:00 Monday through Friday.

We can be reached at 603-431-7411 or 1-800-334-3135.

New Hampshire Office of the Child Advocate

The Office of the Child Advocate is an independent, impartial state agency mandated to oversee all state executive agency-provided, contracted, or agreed upon, services for children to ensure children's best interests are protected (RSA 21-V).

If a citizen complaint is unresolved by the involved state agency personnel, including the DHHS Ombudsman (603-271-6941), the Office of the Child Advocate may listen to complaints, investigate and seek resolution in the interest of the child.

Office of the Child Advocate Toll Free: 833-NH CHILD, 603-271-7773

State of New Hampshire, 107 Pleasant Street, Johnson Hall, Concord, NH 03301

childadvocate@childadvocate.nh.gov <https://childadvocate.nh.gov>

Newmarket Counseling

Marci Morris, LICSW, Clinical Social Worker. Adult, Child and Family Therapist. Private practice. Extensive experience working with trauma, sexual abuse, parenting, children, and family issues. All people have the ability to make changes and deserve to have the opportunity to become the person they want to be. I provide strengths based therapy with a Family Systems approach employing Cognitive Behavioral, Solution Focused, and Psychodynamic techniques. I

have advanced training in Family Systems and EMDR, and have had specialized training in working with children.

Enrolled with many insurance companies including Tricare, NH Medicaid, and Medicare.

Located in downtown Newmarket, contact information is below.

141 Main St., Ste 6, Newmarket, NH 03857 mmorris@newmarketcounseling.com

603-292-3477 office 603-659-6999 fax

Northeast Addiction Consultants

Northeast Addiction Consultants will help stop the active **drug addiction** or **alcohol abuse** by guiding families in critical decisions that will lead their family member into addiction treatment and recovery.

We coach families with proven strategies that effectively stop the **drug or alcohol abuse** and *lead the loved one* into addiction treatment.

We will *give you the truth* about **drug addiction and alcoholism** so they understand what they are going through.

Most importantly we educate families with empowering tools that eliminate constant fear and worry so they *can sleep at night*.

All of our services are completely confidential and will be provided by licensed professionals. When finished with our staff you will feel strong, *encouraged and in control*.

Families will gain the knowledge of what addiction treatment resources are right for their loved one to recover from drug addiction or alcohol abuse.

Our consulting services include coaching, education, empowerment, screening and assessment of the addict or alcoholic and placement into addiction treatment.

1800.723.1073, Info@NortheastAddictionConsultants.com,

www.NortheastAddictionConsultants.com, or Ian Koch, MS, CAS, LADC 802.316.8766

Ian@NortheastAddictionConsultants.com

Northeast Deaf and Hard of Hearing Services (NDHHS)

NDHHS offers an array of services to Deaf and Hard of Hearing individuals and their families.

We also offer consultations with any community organizations serving Deaf/HoH populations.

Our services include:

Interpreter Referral

- Helps organizations and Deaf/Hand Hard of Hearing individuals find and hire qualified ASL interpreters and CART (live captioning) providers
- Coordinates the Emergency Medical Interpreting Services (EMIS) program for after-hours emergency communication access needs

Education Resources Center

- Works with Deaf/Hand Hard of Hearing children and their families to help them access language and education
- Mentorship programs
- Literacy programs, including the Family Sign Language Program for non-signing families of Deaf/Hard of Hearing children

Accessibility and Technology

- Helps people learn about, demo, and acquire assistive technology for work, school, and daily life
- Manages NH's National DeafBlind Equipment Distribution Program, iCanConnect
- Educates and connects people who have disabilities that impact communication with accessible telecommunications services and technology through Relay NH

Community Outreach

- Community ASL classes and other learning opportunities
- Helps Deaf/Hard of Hearing community members connect with the resources they need

We are located at 56 Old Suncook Rd, Suite 6, in Concord, NH 03301. Call (603) 224-1850 (voice), (603) 968-5889 (VP), or email info@ndhhs.org to get in touch with us, and go to www.ndhhs.org to visit our website!

Oasis Senior Advisors

Oasis Senior Advisors assists families with options for Assisted Living, Independent Living, Residential Care Homes, Memory and Respite Care. We offer a free, confidential, unbiased, and independent advisory and placement service that helps seniors and their families navigate the labyrinth of senior care options. We offer our resources, knowledge and expertise, and we will be by your side the whole way.

Oasis Senior Advisor's mission is to positively impact families during a difficult time in their lives. We do this by providing a free, personal and compassionate service to help our families find the right assisted living for their loved ones with compassion and care. While serving as both guide and educational resource, we recognize that each of our seniors is unique. We strive to create an intimate partnership with each family in order to match them with a community that is perfectly suited to their individual needs. We are experts in local senior living options and resources and use our *knowledge and skills* for the enhancement of the lives of seniors and families. Our goal is to offer guidance and options which will allow families to make informed decisions. We service Rockingham and Strafford counties in NH as well as York and Cumberland counties in Maine.

Carey Fitzgerald, MHA, CSA, 207.994.9558 www.oasisadvisor.com/Maine-NH
CFitzgerald@YourOasisAdvisor.com Maine.OasisSeniorAdvisors.com

Older Individuals who are Blind or Vision Impaired Program

Sight Services for Independent Living, now known as Older Individuals who are Blind/Vision Impaired Program (OIB), is a comprehensive program for people, aged 55 and older with severe vision loss who live at home. OIB provides information, adaptive aids, training, and support at no cost. Services include the areas of low vision, personal and household management, independent travel, benefits planning, communication, and community integration.

OIB sponsors peer support group meetings at many locations throughout the state which provide an outlet for the visually impaired person to find support and understanding from persons with similar conditions who live in their geographic areas. This is a state program.

To be eligible for OIB, a New Hampshire resident must be 55 or older and have a significant visual loss.

Older Individuals who are Blind or Vision Impaired Program, 21 South Fruit St. Suite 20,
Concord NH 03301

1-800-581-6881 or 603-271-3537

Find us at <https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/programs-and-services/services>

One Sky Community Services

One Sky Community Services the state designated Area Agency for Rockingham County. One Sky services individuals with developmental disabilities or acquired brain disorder living in Rockingham County from birth through end of life. One Sky strives to ensure that individuals with developmental disabilities or acquired brain disorders have the

same opportunities as everyone else to be successful and live a happy and fulfilling life in their community.

755 Banfield Road, Suite 3

Portsmouth, NH 03801 Phone: 603-436-6111 Fax: 603-436-4622

<https://www.oneskyservices.org/>

Opening New Doors

Opening New Doors personally works with seniors and/or their families to locate assisted living communities in New Hampshire. Working with over 65 assisted living communities in the Lakes, Seacoast and Merrimack Valley Regions, we are able to offer a wealth of information about the services offered by each. Our Senior Living Consultants have visited each property we *represent and have a good working knowledge of the resident population.*

Senior Living Consultants will meet the senior and/or their families in the hospital, rehab or home setting once assisted living has been deemed appropriate by medical staff. Based on their medical needs, financial status and location desired, we are able to locate appropriate communities and set up tours on the spot. Our services are offered at no charge.

Dawn Dumont dawn_openingnewdoorsnh@yahoo.com

Senior Living Consultant P.O. Box 1492, Concord, NH 03302 603-303-1436

Operation Blessing

Operation Blessing, Inc. is a nonprofit organization that works with local churches, human service organizations and other nonprofits to help and support seacoast area individuals and families in need. Serving a 35-mile radius from the Center's base at 600A Lafayette Rd, Portsmouth NH, we help with food, clothing, and household essentials, all free of charge. In addition, we offer a monthly mobile food pantry to elderly and disabled residents of Portsmouth, NH. We also offer various outreaches and volunteer opportunities throughout the year which include:

- Thanksgiving Basket Giveaway
- Christmas Gift Giveaway
- Greenleaf Rec Center Activities and Programming

Services to the homeless:

- **OB Warming Center** is offered to the homeless when the temperatures drop below 25°F beginning November 1-April 1. Additional hours may be added during dangerous weather conditions. Hours 7pm-7am.
- **OB CAFÉ**—opens November 4, 2023. Hot nutritious meals are provided Saturdays 11am-12:30pm and Sundays 3pm-4:30pm.
- **OB Shower Facility:** Open Saturdays 9am-12pm. By appointment only. Call 603-430-8561.

Hours of Operation:

Wednesday-Friday 10am-4pm

Saturdays 9am-12pm

For an appointment, please call 603-430-8561.

(Walk-ins are welcome)

For more information, contact Tammy Joslyn at 603-988-2671 or email outreach@theobnh.org. For volunteer opportunities, call Sharon Gaudet at 603-430-8561 or email volunteer@theobnh.org. Visit our website at operationblessingnh.org.

Personal Touch Home Health Services

At Personal Touch we provide home health care personnel and related services to individuals in their home, 7 days per week, up to 24 hours per day. Our staff are highly skilled, dedicated caregivers who exhibit genuine concern for the well-being of our clients, truly reflecting our motto of *...the people with a heart!*

Personal Touch Home Health Services has been providing medical and non-medical home health services in NH for over 17 years. Personal Touch is a Medicare-certified, CHAP accredited, State licensed home health care provider. Personal Touch provides a continuum of care including short term rehab or recovery from medical procedures to ongoing day-to-day assistance with bathing, dressing, meal preparation, incontinence and skin care.

Personal Touch also provides professional caregivers (personal care service providers and homemakers) when services are not covered under Medicare, Medicaid or private insurance. Our services can cover a 2 hour period once per week and go up to a 24 hour period, 7 days per week. The duties of a personal care service provider range from light housekeeping, laundry, meal preparation, to assisting with bathing, dressing and respite care for the primary caregiver.

With offices located in Auburn and Berlin, NH we cover the majority of NH towns in the following counties: Rockingham, Strafford, Hillsborough, Merrimack, Belknap, Carroll, Sullivan, Hillsborough, Coos, Grafton.

Contact us at 1-800-916-9744 for further information. Web site: www.pthomecare.com
Maggie Burke, MS, Regional Administrator mburke@pthomecare.com
5 Dartmouth Drive, Suite 303, Auburn, NH 03032
Office: (603) 437-8239 Fax: (603) 437-8549 or (603) 437-8902

Planned Parenthood of Northern New England

Planned Parenthood of Northern New England (PPNNE) is the largest reproductive health care and sexuality education provider and advocate in northern New England. Founded in 1965, PPNNE is now seeing patients at 21 locations across Vermont, New Hampshire, and southern Maine.

Mission of PPNNE: To provide, promote, and protect access to reproductive health care and sexuality education so that all people can make voluntary choices about their reproductive and sexual health.

The Planned Parenthood Promise: Creating hope for humanity: the freedom to dream, to make choices, and to live in peace with our planet.

PPNNE Services: Abortion Referral, Birth Control Services, Emergency Contraception, HIV Testing, HPV & Hepatitis Vaccines, Men's Health Services, Patient Education, Pregnancy Testing, Options & Services, STI Testing & Treatment, Women's Health Services.

•Payment Information: Medicaid accepted. If you are uninsured, you may qualify for a state-funded program or a lower fee scale. Please bring the following documents: pay stubs. Fees for services are based on your household income. Please bring proof of income when you arrive for your visit. We accept the following forms of payment: cash, checks, major credit/debit cards, or money orders. Payment is expected at time of service. Visit us on the web at www.PPNNE.org

Contact Information: Phone 603.772.9315 X2301

•Exeter Location: 108 High Street

Hours:

- Tues: 10 am – 5 pm
- Wed: 11 am – 7 pm
- Thurs: 11 am – 7 pm
- Fri: 10 am – 5 pm

- Sat – Mon: closed

Portsmouth Adult Education Program

The SNHS – Portsmouth Adult Education Program provides quality adult education services to the greater Portsmouth community. Instruction is available for adults (18 years and older) in need of improving basic academic skills (reading, writing, and math), as well as high school equivalency test preparation (Academic Skills/HiSET Preparation classes). Additionally, instruction in English language skills (speaking, listening, reading and writing) for speakers of other languages (ESL classes) are provided.

All classes are FREE! We are now offering all classes in-person!

Academic Skills/HiSET (High School Equivalency) Preparation Classes

Day Basic ESL Class* - T/Th 9:00 – 11:00 am

Day Intermediate ESL Class* - W/Fr 9:00 – 11:00 am

Day Advanced ESL Class* Tues. 9:00 – 11:00 am (hybrid class with 2 hours homework weekly)

Conversation Cafe - Wednesdays 11:15 am - 12:45 pm

*Placement into ESL classes is based upon testing and individual learner goals in consultation with teachers and program counselor.

A range of support services, employment and training resources, as well as career and college planning services are available to all learners enrolled in classes. We are located at the Community Campus, 100 Campus Drive, Portsmouth, NH, on the COAST bus line #41.

There is an open entry/open exit policy, allowing learners to join classes at any time during the September to May/June program year.

Email rowens@snhs.org, or call 603-422-8233 (limited office hours) for more information and to schedule a registration appointment.

Portsmouth Catholic Share Fund

The Portsmouth Catholic SHARE Fund is a non-denominational emergency financial program for individuals and families who have exhausted all other avenues of support. The Fund is aimed at those who do not qualify for help provided by traditional outreach programs in the Greater Portsmouth community. Requirements of the program include:

- Serves individuals and families in Portsmouth, New Castle, Greenland and Newington.
- Funds can be used for the following: clothing, housing, utilities, transportation, medical/dental. Examples include back rent and utilities, car repairs, clothing, etc.
- Financial assistance available to any one individual or family is capped and may fluctuate, depending on total amount of monies available for distribution.
- Payments are made directly to the service provider
- The program is geared to individuals and families who have exhausted all other means of assistance provided by traditional outreach programs in our community. Potential recipients must show evidence of having worked with the other local programs.

The Portsmouth Catholic Share fund office is open every Tuesday from 9:00 am until 12:00 noon and on Friday's from 10:00 am until 1:00 pm. The office is located in the Corpus Christi Parish Business Office at 845 Woodbury Avenue, Portsmouth. Contact the Fund office for assistance and/or specifics at 603.436.4947

Portsmouth Housing Authority

Since 1953 the Portsmouth Housing Authority has provided housing to thousands of low- and moderate-income families, seniors and people with disabilities in the City of Portsmouth. The PHA currently owns and operates 12 developments around the City, with 668 apartment units

and over 1,700 people receiving our services. We also manage 439 vouchers (including 33 Tenant Protection Vouchers) as part of our Housing Choice Voucher (Section 8) program. See www.porthousing.org for more information.”

Portsmouth Middle School, Social Work Services

The School Social Worker assists the student and family with linking services between the student, family, community, and school. The School Social Worker also coordinates community resources to meet students' needs, advocates for community/school services, assists parents in accessing school and community resources, and provides individual and/or group therapy services.

How to reach the School Social Worker:

Lisa Jacobus, MSW, LICSW
155 Parrott Ave, Portsmouth, NH 03801
Phone: 603.436.5781 ext. 3133
Cell: 603.312.4393
Email: ljacobus@sau52.org

Portsmouth Public Library

Portsmouth Public Library serves people of all ages, all backgrounds, and all circumstances. The library hosts many events online, indoors and outdoors, including story times, meditation, workshops, language discussion groups, lectures, and book groups for all ages. No library card is necessary to attend programs. The library offers online materials like ebooks, audiobooks, magazines, films, music, classes and research tools to all library cardholders. Library cards are free to all Portsmouth residents, and the library offers a three month card for temporary addresses, including shelters. The library does not charge any late fees! Find out more at cityofportsmouth.com/library. Questions may be directed to Laura Horwood-Benton, Assistant Director, at Lkhorwood-benton@cityofportsmouth.com or 603-766-1711.

Portsmouth - Senior Services and Senior Activity Center

The City of Portsmouth's Senior Service Office strives to connect older adults in the Portsmouth area to activities, programs and resources that are healthy, helpful and enriching. The Portsmouth Senior Activity Center is located at the newly renovated Army Reserve building at [125 Cottage Street, Portsmouth, NH 03801](http://125CottageStreet.com). Open to people ages 50+. We offer a variety of fitness, social, educational, healthy and helpful activities. Residents and non-residents are welcome.

Phone: 603-610-4433 | www.cityofportsmouth.com/recreation/senior.htm

Positive Transitions Recovery Residence

Mission: Positive Transitions #1 goal is to help our residents transcend in sober and productive members of society.

Positive Transitions is a safe-structured, results-based, 12-Step, drug-free community in the seacoast area, for men in recovery from alcoholism and/or substance use disorder. Positive Transitions is not a medical facility; however, we do support medication-assisted opioid therapy in conjunction with the resident's PCP.

Residents interact as members of a large, supportive family in which everyone is valued and respected. Residents learn life skills that they will carry with themselves for life. Our homes offer the safety, structure, and peer mentoring that fosters growth through the 12 Steps of Narcotics Anonymous.

Contact Information:

Raymond Negron, Director of Operations
603-403-4398 (office) 603-851-7907 (cell)
Email: Positivetransitions2021@gmail.com

Raymond Coalition for Youth

The Raymond Coalition For Youth (RCFY) empowers the community to promote positive youth development and reduce youth substance use and suicide risk.

RCFY has been in operation since 2002 promoting positive healthy choices for youth. This is accomplished by our community working together with RCFY to share resources, support and opportunities for the youth and families in our community.

Monthly networking meetings, the 2nd Thursday of every month, 9 – 10:30 am at the Raymond Baptist Church 145 RT 27 in Raymond, are open for all to attend. The public, parents, businesses, law enforcement, schools and service organizations are all welcome to share in the networking and planning that take place.

Youth Action, our middle and high school student group, is a big part of RCFY and the driving force behind our work. Youth are actively involved and have weekly meetings to discuss ideas and concerns with trusted adults and plan activities to raise awareness to their peers and the community.

Annual programs and activities include: Project Safeguard, Family Fun Night, Operation Raymond Clean Up, Summer Fun Series, Annual Prevention Summit and community forums and trainings to address current trends and concerns (i.e. Heroin, Marijuana, Alcohol, Suicide prevention and more.)

RCFY functions on grants, donations and fundraisers. Each spring we have a Fundraising Gala that is our primary source of capital.

To learn more about RCFY, get involved, volunteer, present at a meeting or share our information with others you can sign up for our newsletter, visit www.rcfy.org, follow us on Facebook/RCFYouth, Twitter/RCFY, or Youtube/RaymondCoalition.

Our office is located in the Raymond Town Hall, 4 Epping St. You also may contact us at 603-895-7061 or info@rcfy.org.

Celeste Clark, Executive Director cclark@rcfy.org

Ready Rides

Ready Rides is a volunteer driver program providing free transportation to medical appointments for elderly and disabled residents of Durham, Lee, Madbury, Newfields, Newmarket, Barrington, Northwood, Nottingham, and Strafford. This service is provided by volunteers using their own vehicles and requires at least one week notice to schedule a ride. readyrides.org
info@readyrides.org (603) 244-8719

REAP - Referral Education Assistance Prevention Program

The Referral Education Assistance & Prevention (REAP) program has been established to support older adults in the community to maintain and improve quality of life and support independence. The REAP program puts emphasis on the problem of substance misuse and abuse and the identification of early signs of mental health and cognitive problems among older adults living in New Hampshire. The REAP Program, provides prevention education, referrals, support and related services to assist eligible individuals with concerns about substance abuse/misuse, including prescription and over-the-counter medications, mental and cognitive health, and identifying issues that interfere with achieving a better quality of life.

The program is state-wide, state funded, confidential and free to eligible individuals. Clients can be seen in their home, the community or the REAP counselor's office location. The program is administered by Seacoast Mental Health Center. Across the state of New Hampshire, REAP counselors work out of the 10 regional mental health centers.

- Eligibility: Adult over the age of 60, Care partner for an adult over the age of 60, Professional/organizations who works with older adults (including senior housing managers and service coordinators), and disabled persons living in Senior Housing who live in NH.

Additionally, the program offers:

- Education Sessions. Education sessions are conducted by REAP counselors and are held in senior housing complexes, community centers, and other places where older adults gather in the community.
- Technical Assistance. Technical assistance is offered when an area professional contacts a REAP counselor for assistance and guidance in dealing with specific elderly issues. I.E. a housing manager may notice some recent changes in a resident's disposition, increased isolation, agitation or sudden weight loss, and may not know if or how to approach his/her concern with the resident. The REAP Counselor can brainstorm a way to approach the resident regarding the concerns while respecting the persons privacy. He or she might introduce the idea of a "friendly visit" by the REAP counselor who could assess the situation further. Thus, technical assistance may facilitate counseling referrals when appropriate.

Want to learn more or have questions about how to make a referral to REAP?

- ServiceLink can connect you to the REAP counselor who serves your catchment area. Call 1-866-634-9412 to reach your regional ServiceLink office.
- Or you can reach the REAP program directly by calling the Seacoast Mental Health Center REAP Referral Line at 603-957-5913.

Individuals who are currently living in a nursing home or are active clients of one of the community mental health centers are not eligible for the REAP program.*

Anne Marie Olsen-Hayward, LICSW, CDP, REAP Director aolsenhayw@smhc-nh.org

Recovery Friendly Workplace Initiative

The Recovery Friendly Workplace (RFW) Initiative was launched in 2018 by Governor Sununu. Administered by Granite United Way in partnership with the State of NH, New Hampshire's RFW initiative promotes overall workplace wellness by creating work environments that support recovery from substance use disorder (SUD) and the removal of stigma. This is accomplished by providing businesses with tools and resources to create supportive workplace cultures where people in or seeking recovery from SUD can thrive and succeed. The initiative also provides support for those who may have a loved one with an SUD. Through this initiative, workplaces:

- Receive support and guidance from Recovery Friendly Advisors, Regional Public Health Networks, Recovery Community Organizations, and peer Champions of Recovery Friendly Workplace.
- Get connected to SUD-related information, trainings, and services that are tailored to meet the needs of organizations of all sizes and levels of readiness.
- Gain access to tools and resources to better support employees and create a culture where conversations about issues related to mental health and SUD are encouraged.

All RFW services are offered at no cost and are tailored to meet the unique needs of each workplace.

To become a Recovery Friendly Workplace or learn more, please visit our website at recoveryfriendlyworkplace.com

Contact information:

Shannon Swett, Chief Services Officer shannon@recoveryfriendlyworkplace.com
Pamela Bailey, Assistant Vice President of Workplace Wellness pamela.bailey@graniteuw.org
Sam Lewandowski, RFW Program Director sam@recoveryfriendlyworkplace.com
Karen Morton-Clark, RFW Recovery Friendly Advisor karen@recoveryfriendlyworkplace.com
Jeanne Venuti, RFW Recovery Friendly Advisor Jeanne@recoveryfriendlyworkplace.com
Amy Donle, RFW Recovery Friendly Advisor amy@recoveryfriendlyworkplace.com
Kristie Curtis, RFW Recovery Friendly Advisor kristie@recoveryfriendlyworkplace.com
Facebook: @RecoveryFriendlyWorkplace LinkedIn: @RecoveryFriendlyWorkplace
YouTube: @RecoveryFriendlyWorkplace Twitter: @RFW_NH

Rehab 365

At Rehab 365 we believe in making a difference for our patients. We provide outpatient physical, occupational, and speech therapy services specializing in the care of people 65 and older.

With advanced elder care knowledge, we work hard to coordinate communication with all members of a person's care unit. We are focused on reducing readmissions and are dedicated to informing seniors of ways to stay well and prevent falls.

As a direct access provider for patients with Medicare, we are able to offer services without requiring a doctor's order for treatment. We also accept patients with private insurance. Care can be provided at our clinic in Amesbury, MA or anywhere in the community where a person wants or needs care.

Dr. Renee Noel, DPT, Director Partnership Services
Arete Rehab and Rehab 365 a division of Arete Rehab
978-971-6551 Cell | 855-390-7774
Arete Rehab | 978-378-3358 Rehab 365 | 855-734-2274
Fax rnoel@areterehab.com <mailto:rnoel@areterehab.com>

The Richie McFarland Children’s Center

The Richie McFarland Children’s Center **merged with Waypoint**, effective January 1, 2022. We continue to provide high quality developmental, educational and therapeutic services to children from birth to age three as part of the Family Centered Early Supports and Services Program. The programs housed at Waypoint’s Exeter office moved to our facility in Stratham. We have combined our ESS Programs and now serve the entire region as a single program with a larger and more diverse team of therapists and educators. Please reference the Waypoint section of this compilation for more detailed information.

Rochester Recreation & Arena

Rochester Recreation & Arena is a municipal department of the City of Rochester. The Rec & Arena is committed to providing programs, services, and facilities that promote a healthy lifestyle and foster meaningful community connections. Programs are offered for all age groups, from pre-k to seniors. Activities range from low to no cost, with a large selection of free and drop in programs. Most programs are open to non-residents, though additional registration fees may apply. Our most popular programs are Youth Day Camps, Senior Fitness Programs (including Pickleball), Public Ice Skating, and Adult Drop In Sports. For more information, please visit our website at Rec.RochesterNH.gov or give us a call at 603-332-4120. Like us on

Facebook (Rochester NH Recreation & Arena) or follow us on Instagram (rochester_rec) for regular program updates.

Rockingham Community Action (A component of Southern New Hampshire Services)

Please go to: www.snhs.org for detailed info on each program

• **Community Action Centers** provide the following services to income-eligible individuals and families in need: Homeless prevention (utility/rent/mortgage), security deposit/rent assistance, Food, supplemental food/personal care products, Crisis, Financial Capability programming, Fuel/Energy Assistance, holiday assistance/referral, Personal Emergency Response System, and information/referral/advocacy. Portsmouth Office - (603 - 431-2911), 4 Cutts St, serving Greenland, New Castle, Newington, Newmarket, Portsmouth, and Rye. The Seacoast Action Center (474-3507) 146 Lafayette Road, Seabrook serves the following communities: Hampton, Hampton Falls, Kensington, North Hampton, Seabrook, South Hampton, and Stratham. All services provided and site offers a full Emergency Food Pantry. 1-800-979-3507 The Greater Raymond Action Center (895-2303) serves the following communities: Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Kingston, Newfields, Northwood, Nottingham, and Raymond. All services provided and site offers a full Emergency Food Pantry. 1-800 974-2303 The Greater Salem Action Center (893-9172) serves the following communities: Atkinson, Auburn, Chester, Danville, Derry, Hampstead, Londonderry, Newton, Plaistow, Salem, and Sandown. This site offers Energy programming and a food pantry on an appointment only basis. 1- 800 939-9172 The Greater Derry Action Center (965-3029) serves the following communities: Auburn, Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Sandown and Windham. All services available. No on-site Emergency Food Pantry.

The Rockingham Community Action Volunteer Income Tax Assistance (VITA) program brings individuals and families with household annual incomes up to \$58,000 Free Tax Preparation services. Taxes are prepared by IRS-certified volunteers who assist low-to-moderate income residents of the state to access the greatest amount of refunds.

It's easy to schedule an appointment by visiting NHTaxHelp.org to see the full list of free tax sites in the state and to make their appointment. Taxpayers can also email SENHCASHVita@gmail.com for more information.

Some important changes individuals will see this year include:

- An expansion of the Earned Income Tax Credit (EITC) for those without a child to claim; the expansion increases the age range to allow workers age 65+ and those as young as age 19 to claim this support for low-income working people.
- The Child Tax Credit was increased, and many people raising children received advance payments totaling up to half of the full credit. Those who got the advance payments or who missed out on them can file a tax return to claim the full amount for which they are eligible.
- A change to the Dependent Care Tax Credit can mean as much as \$8,000 for those who paid for childcare or home care that allowed them to work or look for work.

The EITC is a support for working people who don't make a lot of money. According to the IRS, about 1-in-4 eligible New Hampshire residents fail to file for the EITC, leaving an estimated \$49 million unclaimed.

For more information email VITA Coordinator at SENHCashvita@gmail.com or Patte Ardizzoni at pardizzoni@snhs.org.

• **Head Start Preschool Program:** Head Start is a free comprehensive preschool program for low income children and families with a focus on school readiness. Children must be 3 or 4 years old and families must meet income eligibility guidelines. The program provides nutritious meals, family support and opportunities for family involvement. For more information or to complete an application contact your local center or call 1-800-322-1073 ext 6098. Head Start Locations:

Derry Head Start 9 Crystal Ave. Derry NH 03038 (603) 216-8864; Raymond Head Start 108 Fremont Rd. Raymond, NH 03077 (603) 244-2937; Seabrook Head Start 146 Lafayette Rd. Seabrook, NH 03874 603-474-3507

●**Fuel Assistance/ Electric Assistance Programs:** Fuel Assistance benefits from \$243 to \$2,419 may be available to homeowners or renters during the winter heating season. Eligibility and benefit amounts are determined by GROSS household income for a 30-day period, household size, and annual heating costs. Some income is counted back 365 days. Fuel Assistance benefits are a grant and do not have to be repaid. The Fuel Assistance Program MAY PAY a portion of your rent if the heat is included in the rent and your rent is not subsidized. Subsidized tenants who pay their own heat may qualify for a benefit.

The Electric Assistance Program (EAP) provides customers of participating electric utilities with discounts on their monthly electric bill. Renters, subsidized renters and homeowners who receive an electric bill can apply for EAP. Save from 8% to 76% on your monthly electric bill!

Apply for both programs now by calling for an appointment today!

NOTE: If you don't qualify for Fuel Assistance, but are in a hardship situation, we may have other programs that could help you pay for your fuel bill or electric disconnect. CALL US!

www.SNHS.org

Main Office-Manchester 800-322-1073

4 Cutts St Ste 1A, Portsmouth 603-436-3896 or 800-639-3896

55 Prescott Road, Raymond 603-895-2303 or 800-974-2303

146 Lafayette Road, Seabrook 603-474-3507 or 800-979-3507

Adult Education Program: <https://www.snh.org/services/portsmouth-adult-education>

Moving towards the life you desire sometimes takes small steps that can seem huge without help. Our Portsmouth Adult Education Program provides quality classroom-based instruction for adults in need of improving basic skills for new or better jobs, or to enter college or certificate programs. We work with enrolled students in a variety of classes in high school equivalency, career skills and building English language skills.

Our counselors assist each adult by defining goals related to family, employment and post-secondary education and then support them through classes to reach those goals. Instruction is focused on each individual student's interests and needs and will proceed at the student's pace.

Through our Portsmouth Adult Education program, enrolled students have access to:

- *Basic computer skills training

- *Employment & training resources

- *Career & college planning services

- *HiSET Test Preparation (previously known as GED) to showcase high school equivalency for those who did not receive a diploma

In addition to high school equivalency and career skills, we provide classes in Portsmouth designed for speakers of other languages to increase their English language skills (ESOL classes). These classes have two levels that focus on the basic life skills needed to function day-to-day in English-speaking environments. We will practice language skills in speaking, listening, reading and writing.

We want to make basic education more accessible for those in need. Classes are available for days or evenings with flexibility to fit your schedule and students can join classes at any time during the year. The Portsmouth City Trolley system drops off at the building where classes are held.

For more information about Portsmouth Adult Education, please call (603) 422-8233 or email to adulthoodeducation@snhs.org.

Financial Capability

The Rockingham Community Action Volunteer Income Tax Assistance (VITA) program brings individuals and families with household annual incomes up to \$58,000 Free Tax Preparation services. Taxes are prepared by IRS-certified volunteers who assist low-to-moderate income residents of the state to access the greatest amount of refunds.

It's easy to schedule an appointment by visiting NHTaxHelp.org to see the full list of free tax sites in the state and to make their appointment. Taxpayers can also email SENHCASHVita@gmail.com for more information.

Some important changes individuals will see this year include:

- An expansion of the Earned Income Tax Credit (EITC) for those without a child to claim; the expansion increases the age range to allow workers age 65+ and those as young as age 19 to claim this support for low-income working people.
- The Child Tax Credit was increased, and many people raising children received advance payments totaling up to half of the full credit. Those who got the advance payments or who missed out on them can file a tax return to claim the full amount for which they are eligible.
- A change to the Dependent Care Tax Credit can mean as much as \$8,000 for those who paid for childcare or home care that allowed them to work or look for work.

The EITC is a support for working people who don't make a lot of money. According to the IRS, about 1-in-4 eligible New Hampshire residents fail to file for the EITC, leaving an estimated \$49 million unclaimed.

For more information email VITA Coordinator at SENHCashvita@gmail.com or Patte Ardizzoni at pardizzoni@snhs.org.

• **Women, Infants, and Children Program (WIC):** WIC provides basic, healthy foods to assure that families are getting the nutrition they need. Foods such as milk, cheese, eggs, juice, peanut butter, and cereal are available. In October of 2009 new foods such as fruits and vegetables, whole grain breads and cereals, and soy options became available. The WIC Program also provides nutrition, breastfeeding, and health education as well as other services for pregnant women, new mothers, infants and children up to the age of five. WIC is for all kinds of families: married and single parents, working or not working. A father, mother, grandparent, foster parent, or other legal guardian of a child under five can apply for WIC. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303

• **The Commodity Supplemental Food Program (CSFP)** The Commodity Supplemental Food Program (CSFP) provides nutritious foods to families with new mothers, children up to their sixth birthday, and seniors 60 years of age or older. CSFP foods are purchased by the US Department of Agriculture from national manufacturers, and are the same quality of name brand foods. Nutrition education and useful recipes are available to help plan meals using CSFP commodities. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303 The Fresh Fruits and Vegetables Program (FF&V) The Fresh Fruits and Vegetables Program provides an enhancement to the Southern NH Services, Inc. CSFP food package. In addition to the USDA commodities, each month SNHS participants also receive fresh produce to bring home to their families. Many different locations including but not limited to: The New Hampshire Food Bank, growers from the Community Gardens Project, and private local donations. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303 • Child and Adult Care Food Program (CACFP)

CACFP Sponsorship is available to Family Child Care Homes, Child Care Centers, and Adult Care Centers to receive reimbursement for the meals that they serve to children in their care. Participating in Child and Adult Care Food Program is Win! Win! Win! for everyone... You WIN because the financial reimbursement helps with your food expenses The children WIN because they are eating nutritious meals and snacks Your childcare business WINS because families will appreciate knowing that their children are receiving well-balanced meals Should you have any questions, please contact Amy Allen - 603-895-2303 x20

● **Summer Food Services Program (SFSP)** Boasting the slogan —Food that’s in when school is out! SFSP provides free meals to youth during the summer months. Southern NH Services, Inc. (serving Hillsborough and Rockingham Counties) sponsors over 20 meal service locations in 5 cities and towns across 2 NH counties. Meals are available at open site locations for the duration of school summer break or during structured summer programming. All meals are prepared following USDA guidelines and unitized for each individual child. Breakfast, Lunch and Supper meals are available at designated locations and times, so find the site nearest you and bring your kids by for a meal. Should you have any questions, please contact Valerie Carignan 668-8010 x6045. Please go to: www.snhs.org for detailed info on each program

Rockingham Nutrition & Meals On Wheels Program

Rockingham Nutrition & Meals on Wheels (RNMOW) helps older and/or disabled adults maintain their health, well-being, and independence. This means support in two areas essential to “aging in place” at home— nutritious meals and transportation. We provide hot, nutritious meals both in a community setting and via home delivery in all cities and towns of Rockingham County. Those over 60 (and spouses of any age) are invited to join us for lunch at one of our luncheon centers (reservations are required). It’s a great way to get out of the house, make new friends, and have some fun. For those who have trouble shopping or cooking for themselves, we offer home delivered meals. All our meal choices include low-sodium alternatives, diabetic substitutions, and ground/pureed meals. RNMOW also offers wheelchair-accessible van service to help clients come to lunch, attend a medical appointment, or do light shopping. Suggested donation for a meal is \$3.00 and for a ride is between \$3.00 and \$5.00 depending on location.

Administration Office, 106 North Road, Brentwood, 603-679-2201

WWW.RockinghamNutritionMealsonWheels.org

Local dining facilities for senior luncheon or home delivery service

DERRY: Marion Gerrish Center, 39 West Broadway, 603 434-5148

EPPING: The Community Church, 4 Pleasant Street, 603 679-1609

EXETER: Exeter Senior Center, 30 Court Street, 603 778-8196

HAMPTON: United Methodist Church, 525 Lafayette Road, 603 929-1108

LONDONDERRY: Londonderry Senior Center, 535 Mammoth Road, 603 434-9663

NEWMARKET: Sunrise Senior Center, 2 Terrace Drive, 603 659-3150

PLAISTOW: Vic Geary Center, 18 Greenough Road, 603 382-5995

PORTSMOUTH: Portsmouth Senior Center, 125 Cottage Street, Portsmouth 603-766-4448

RAYMOND: Ray-Fre Senior Center, 64 Main Street, 603 895-3258

SALEM: Ingram Senior Center, 1 Sally Sweet Way, 603 893-2137

SEABROOK: Seabrook Community Center, 311 Lafayette Road, 603 474-2139

WINDHAM: Windham Sr. Citizen Center, 3 North Lowell Street, 603 434-2411

Wheelchair Accessible Van Service Available for folks who live in or around Epping, Exeter, Hampton, Newmarket, Plaistow, Raymond & Seabrook can call TripLink at 603 834-6010

Wheelchair Accessible Van Service Available for folks who live in or around Derry, Londonderry & Salem can call CART at 603 623-8801

Rockingham Village Apartments

Located in Seabrook, New Hampshire, Rockingham Village is an apartment community offering studios, one, two and three bedroom apartments for rent. Professionally managed by Makor Management, Rockingham Village Apartments offers residents a variety of amenities including community laundry, newly renovated kitchens and bathrooms, free heat and hot water, a basketball court, 24 hour emergency maintenance service and a complete Resident Services program lead by our full-time Resident Service Coordinator.

Our pet friendly community is responsive to all our resident's needs and supports them with a safe living environment and strong connections to local community-based services and resources.

Our beautiful community is just minutes away from the New Hampshire Seacoast, shopping centers and restaurants. Contact our Leasing Team to schedule a tour of your new home. 116 Cimarron Dr., Seabrook, NH, 03874. Phone: 603-814-1572

Rockingham VNA and Hospice

Rockingham VNA & Hospice is an affiliate of Beth Israel Lahey Health and is a community based non-profit Medicare certified home health agency. We serve Rockingham County and parts of Stafford County. We work with our patient's doctor to develop an individualized plan of care that promotes wellness and helps patients achieve maximum independence in their home environment.

The **Home Health Care Program** provides Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Work, Home Health Aide, Registered Dietician , IV therapy, Wound Care Management, Ostomy Care, Lymphedema management and Pre-operation orthopedic visits to the adult population.

The **Palliative Care Program** addresses the many ways that a serious illness affects the patients and their families. Our skilled clinicians are able to assist patients with pain management and other distressing symptoms while providing the families with support and resources to navigate the complex choices and decisions.

The **Hospice Program** provides all the services while seeking to treat and comfort Terminally-ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a part of life, seeking neither to hasten nor to prolong the dying process. Our volunteers assist patients and families and also provide volunteer vigil care when needed. Hospice care is provided in the patient's home, or hospital, nursing home or assisted living facility and at the Hyder House Facility. As a *We Honor Veterans* partner, RVNA&H will implement ongoing Veteran-centered education for their staff and volunteers to help improve the care they provide to the Veterans they proudly serve. To learn more about *We Honor Veterans*, please visit www.wehonorveterans.org.

The **Behavioral Health Program** provides all the services and is available to assist patients who require services related to Depression, Anxiety and Dementia. These specialty trained staff work with patients, families and community partners to provide comprehensive supports.

Rockingham VNA & Hospice also provides the communities with clinics to help our adult residents stay well and be well. Such clinics include, foot care clinics and community health education on Home-Health Care, , Fall Prevention and Bereavement. Our Liaison Program visits patients in the hospital or in the Skilled Nursing Facilities or Rehabs to help with coordination of care from facility to home when the patient has completed their rehab stay,

For more information about our services or to make a referral, call us at 1-800-540-2981 or visit our web site at www.rockinghamvna.org.

Salvation Army - Rochester

Worship Center and Social services; 10 Olde Farm Lane, Rochester (603) 332-2623
Captains Frank & Melissa Nataluk
Social services, Elizabeth Watson (Mon, Wed, Fri. 9-2)
Soup Kitchen, Connie Turcotte (M, W, F, 12:00)
Holiday applications for residents of Rochester, East Rochester, Gonic
November 4-8 ONLY 9:30-11:30, & 1-3Scanlon

Safe Harbor Patient Advocacy

The health care system is a complex business and can be difficult to understand. We can assist you with navigating this complicated system. Hiring an RN Patient Advocate provides the assurance that you have someone working for you and/or your loved one personally and privately. It's as if you have your own personal nurse by your side through whatever health situation you or your loved one find yourself in!

Julie Caruccio RN, IRNPA, BCPA

My website address is: www.safeharboradvocacy.com

My business number: 978-705-1346

Email: safeharborrn@gmail.com

Safe Harbor Recovery Center - (See Granite Pathways)

Seacoast Community School

Founded in 1967, Seacoast Community School (SCS), formerly the Community Child Care Center of Portsmouth, has a mission *to provide nurturing care and exceptional education for all children of the seacoast*. SCS provides early childhood education, inclusive preschool, before & after school programming and full-day summer camps to children age 8 weeks through 12 years old. SCS provides school-readiness, and measures social/emotional, cognitive, physical, and language development regularly. SCS is accredited by the National Association for the Education of Young Children (NAEYC), and has programs at Community Campus, in all three Portsmouth Elementary Schools, and Greenland Central School. The school serves more than 260 children daily. SCS partners with DHHS, DCYF, USDA, Portsmouth & Greenland School Districts, The City of Portsmouth, and more, to serve all families. Tuition assistance and scholarships are available for those who qualify (currently 23% of our 250 families receive assistance). Learn more at www.seacoastcommunityschool.org or call 603-422-8223. Active Waiting List so call today!

Seacoast Eat Local

Seacoast Eat Local is a registered 501(c)3 nonprofit organization founded in 2006. We cultivate a thriving food economy by building bridges between regional food producers and consumers. Our vision is that the Seacoast Region will have a vibrant, diverse community of successful farms and food producers and ever-expanding access for consumers. In dedication to this mission we operate four primary programs: Farmers' Markets, the Seacoast Harvest Local Food Guide, SNAP/EBT and incentives services, and consumer education programs. Learn more about our organization, programs, and how to get involved at seacoateatlocal.org

●SNAP & Local Food Incentives Program: Use SNAP/EBT benefits at the farmers' markets and farm stands! In addition to SNAP, Granite State Market Match gives SNAP/EBT recipients a dollar for dollar match (with no limit) in FREE fruit/vegetable coupons to be redeemed at participating farmers' markets both in the summer and winter. We also are able to help SNAP

recipients to purchase CSA shares with their benefit and additional incentives. For more details go to seacoastlocal.org/snap or contact our Food Access Coordinator, Morgan Morani at morgan@seacoastlocal.org.

- Seacoast Harvest: A free yearly publication that serves as a resource for local food in the Seacoast, including a directory of farms, farmers' markets, and a guide to fruit and vegetable seasonality. The guide also indicates which farmers' markets and farm stands accept EBT. Check out seacoastharvest.org

- Farmers' Markets: We host a winter farmers' market series (November - April) in Stratham and Rollinsford on Saturdays from 10-2, typically every other week. We also operate summer farmers' markets from May to November in Durham, Dover, Exeter, and Portsmouth.

- Consumer Education Events: Creating more awareness and demand for local food through the power of hands-on learning. We offer in-person activities, events, and workshops for kids and adults to bring people closer to local food and farms. Contact our Education Coordinator, Celeste Gingras, at celeste@seacoastlocal.org

SAU 52 (Portsmouth) – Family/Preschool Outreach Specialist

Working with the Portsmouth School Department, my role is to ensure that any eligible child of preschool age (3-5 years) in the Portsmouth school district, is able to access early education opportunities. As Liaison between families and community partners, relationships are created to support families in an effort to eliminate barriers and secure placement in an educational environment. The health and welfare of the child is at the forefront of our goal so that success in their school years lends itself to learning in a manner that benefits the child, family, school and community. Please contact:

Cindy Bishop-Alex, Family/Preschool Outreach Specialist Portsmouth School Department
Cbishop-alex@sau52.org 603 812-4398

SAU 21 and SAU 90

As the Early Intervention Outreach Specialist for SAU 21 and 90 (Hampton, North Hampton, Hampton Falls, Seabrook and South Hampton) I work with the school districts and community partners to establish relationships with families with children ages 0-8 who may not have access to early intervention services and educational opportunities. I support the districts in developing family engagement programs to promote access and participation, build relationships, and create strong home-school partnerships.

Patrice Baker

pbaker@sau21.org

Early Intervention Outreach Specialist

School Administrative Units #21 and 90

2 Alumni Drive, Hampton, New Hampshire 03842

(603) 926-8992 ext.117

Seacoast Family Promise

The Mission of Seacoast Family Promise is to empower families with children experiencing homelessness to achieve sustainable independence through a community-based response.

Seacoast Family Promise provides family plans, financial management, community service resources and more to assist families who wish to evaluate and overcome obstacles to their success. Working with numbers of up to 14 people or 5 families, this unique program offers solutions. Part of the national Family Promise, the local success rate for SFP is currently 92% with a national success rate of 85%.

SFP leverages 2 dollars for every 1 dollar donated in goods and services by local support faith communities, which calculates to running a program for around \$160,000 that would otherwise cost \$457,000. This program works!

Pati Frew-Waters, Network Director director@seacoastfamilypromise.org 603-658-8448
27 Hampton Road, Exeter, NH 03833

Seacoast Family Support Group

Granite Pathways Family Support group provides emotional peer support for loved ones of people experiencing Substance Use Disorder.

We provide a safe, confidential environment for participants to share experiences, struggles, information, and successes.

We meet the 2nd & 4th Tuesdays, 6:30, Exeter Baptist Church, 2 Spring St., Exeter.

Contact: Linda Haskins 978-578-5670. lindajhaskins@gmail.com

Seacoast Mental Health Center

The mission of Seacoast Mental Health Center (SMHC) is to provide a broad, comprehensive array of high quality, effective, and accessible services to residents of the eastern half of Rockingham County.

With offices in Portsmouth and Exeter, SMHC is one of ten NH state-designated community mental health centers. Communities included in our catchment area are: Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, Newcastle, Newfields, Newington, Seabrook, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, and Stratham.

SMHC delivers a wide range of behavioral health and community support services to children, adolescents, adults and families, regardless of financial circumstance. Depending on the clinical diagnosis, severity of symptoms and age of the client, the accessible services may range from 24-hour emergency care to individual and group therapy, outpatient substance use disorder treatment for adults, psychiatric services, neurological testing, targeted case management, physical health guidance, outreach services for people experiencing homelessness and employment support. Depending on the clinical diagnosis, clients' circumstance and eligibility, services are provided at our offices in Portsmouth and Exeter, in the client's home, or in a variety of community settings.

Emergency Services are available to individuals in crisis, including assessment, crisis intervention, and stabilization services on an outpatient basis. Emergency clinicians and our staff psychiatrists are available 24/7/365. In addition, we manage a 24/7 supervised group home for eight adults who have persistent mental illness.

For more information on our services go to www.smhc-nh.org. To make an appointment call us in Portsmouth at 431-6703 or in Exeter at 772-2710.

Seacoast Outright

For 30 years, Seacoast Outright has pursued our mission to serve, support, and advocate for LGBTQ+ youth in the Greater Seacoast area of NH and beyond. We do this by providing direct services to our LGBTQ+ youth and community outreach and education.

Direct Programming

Seacoast Outright provides support groups for LGBTQ+ youth, as well as their caregivers. Youth groups are a safe space in which youth can socialize, engage in fun activities, find resources, and interact with supportive role models. Groups are run by trained adult facilitators. All in-person groups are held at the Community Campus building, 100 Campus Drive, Portsmouth, 03801.

- Parent/ Caregivers
 - First Friday of the Month, 7-8:30pm, In-person w/ hybrid option
 - Grades K-5 (Little Outrighters)
 - First Friday of the Month, 7-8:30pm, In-person
 - Grades 6-12
 - Friday Night Group, In-person, 7-8:30pm
 - Tuesday Game Night, Virtual, 7-8pm
 - Biweekly Wednesday Dungeons and Dragons, Virtual, 7-9pm
- Other direct support is provided through referrals to community resources and events for youth, including our annual “Alphabet” Prom event. We partner with Big Brothers Big Sisters of New Hampshire to match LGBTQ+ youth with supportive adult mentors throughout New Hampshire. We also provide direct referrals to Seacoast Mental Health Center.

Education and Events:

We provide LGBTQ+ Cultural Competency training for organizations, school districts, government entities, and other community groups through our educational outreach team. Seacoast Outright is also working to provide Suicide Prevention trainings in collaboration with area suicide prevention organizations.

We produce LGBTQ+ events throughout the year, most notably the Portsmouth PRIDE event in late June – starting with a march and ending with a Celebration at the Strawberry Banke Museum, which includes over 100 vendors, music, KidZone, and Beer Tent!

For up to date meeting schedules, group sign-ups, current events, and volunteer opportunities, please visit:

Website: www.seacoastoutright.org

Facebook: Seacoast Outright

Instagram: @outrightpride

Seacoast Pathways (see Granite Pathways and SOS)

Seacoast Public Health Network:

Seacoast Public Health Network: The Seacoast Public Health Network is one of 13 public health regions in the State of NH that focuses on public health emergency preparedness, Seacoast Medical Reserve Corps, Substance Misuse Prevention and building a Continuum of Care across Prevention/Treatment/Recovery. Our region serves 23 towns in eastern Rockingham County and is a program of Lamprey Health Care, Inc. Together with our community partners, we developed a Community Health Improvement Plan with priority areas in obesity/heart disease/falls in seniors prevention as well as the focus areas listed above. Please join us in these health initiatives and making residents in our region healthier! Visit our website at www.seacoastphn.org for more information.

Staff:

Paula Smith, Contract Administrator | psmith@snhahec.org

Maria Reyes, Continuum of Care Facilitator | mreyes@seacoastphn.org

Julia Meuse, Public Health Emergency Preparedness Manager | jmeuse@seacoastphn.org

Julie Irwin, Seacoast Medical Reserve Corps Volunteer Coordinator | jirwinmrc@gmail.com

Samantha Areson, Substance Misuse Prevention Coordinator | sareson@seacoastphn.org

Yosita Thanjai, Community Health Worker | ythanjai@seacoastphn.org

Seacoast Village Project

The Seacoast Village Project is a community of older adults working together improve their odds of being able to successfully remain in the homes and communities they love as they grow

older. Our organization approaches this challenge by creating opportunities for our members to get connected, get smart and help each other out.

The Village is a member of the Village to Village Network. This national movement started with Boston's Beacon Hill Villages (founded in 1999). Today, there are more than 250 villages across the country. We are a member-run organization. Members pay an annual fee to access benefits and services. Benefits include volunteer services (information and referral, rides and errands), social events (virtual and in-person when safe) and access to our list of member-recommended vendors. Our service area includes Portsmouth, Exeter, Dover and the towns that surround them.

Our office is located in the beautiful Carey Cottage in Portsmouth – a new hub for nonprofits. The walking trails are amazing, and we're looking forward to hosting some outside and COVID responsible events once again as we emerge from COVID when the weather warms.

To find out more about the Village and all we have to offer, check out our website. You can sign up for our monthly e-newsletter, see our calendar of upcoming (mostly Zoom) events and learn more about what Village membership has to offer. We have 190 members, and we are growing!

The Seacoast Village Project is a NH Nonprofit 501(c)(3) organization

Address – 400 Little Harbor Road, Suite 133, Portsmouth, NH 03801, Phone: 603-373-8429

<https://www.seacoastvillageproject.org> info@seacoastvillageproject.org

Seacoast Wholistic Occupational Therapy

Whole Person Health & Rehab

We provide occupational therapy and wellness care in the home for those who need ongoing support after discharging from a home or outpatient therapy program. We focus on promoting exercise and health, increasing independence within the home and community, and safety strategies to prevent falls and hospital re-admissions. We provide services to those with neurological disorders including Parkinson's Disease, stroke, and brain injury- along with others dealing with physical and cognitive limitations.

Lauren Sheehan has over 5 years of occupational therapy experience working on neurological units and in varying inpatient and outpatient settings including working on the stroke unit in one of the top rehab hospitals in the country. She is an ACE senior fitness specialist and LVST BIG Certified. She has a passion for providing long-term, ongoing health and wellness services for adults on the road to recovery after a medical set back.

Serving the greater seacoast of New Hampshire. Accepting Medicare Part B, out of network insurance, and private pay.

Website: www.seacoastwholisticOT.com; **Phone:** 603-865-7145

Email: Lauren@seacoastwholisticOT.com **Hours:** By appointment

Seacoast Youth Services

Seacoast Youth Services provides home-based therapeutic services for adolescents and their families, an Intensive Outpatient Program (IOP) for adolescents with co-occurring mental health and substance abuse issues, and individual adolescent and family counseling (at no cost through a Department of Health and Human Services grant for qualified families). SYS also offers parent/grandparent support groups which includes group discussions and facilitated forums exploring adolescent substance abuse, developmental stages of adolescents, mental health issues, and ways to communicate more effectively with your teen -Tuesdays 5-5:45pm 63 S. Main St., Rochester (First Congregational Church) and Thursdays 5-5:45pm at 867 Lafayette Rd., Seabrook. For more information, please call: (603) 474-3332 maria@sys-nh.org.

Senior Community Service Employment Program

Senior Community Service Employment Program (SCSEP) assists year round NH residents 55 years old or better, living on a limited income with developing job skills, obtaining part-time, paid opportunities in government or non-profit organizations, and finding future unsubsidized jobs as required. Benefits include paid holidays, vision care, and more. We are currently recruiting in Belknap, Merrimack and Rockingham Counties. For more information, please call us at 1-800-856-5525, SCSEP is a program of Community Action Program Belknap-Merrimack Counties, Inc., P.O. Box 1016, Concord, NH 03302-1016.

Senior Community Service Employment Program
Community Action Program Belknap-Merrimack Counties, Inc.
2 Industrial Park Dr., PO Box 1016
Concord, NH 03302-1016
603-225-3295 Ext. 1206 603-228-1898 Fax
1-800-856-5525 in New Hampshire

Senior Companion Program Of New Hampshire

Do you need or could your loved one use a Senior Companion?

Senior Companion volunteers are active older adults who visit socially isolated and frail seniors or adults with disabilities within their communities. They enable those they visit to live independently by helping with errands, providing transportation to medical appointments, encouraging exercise, assisting with simple tasks, giving supportive friendship, and providing respite for caregivers.

The benefits of having a Senior Companion volunteer are numerous. Aside from a chance to get out and stay active in your community, you can also gain an opportunity to develop a trusting relationship with someone who truly cares. You or your loved one will feel less lonely and isolated from their community and be able to affirm maintaining dignity and personal independence.

As a family member or caregiver, you will a reduction in stress and tension often associated with caring for a frail elder. You will have more access to time to either get your errands done or treat yourself to some time with a friend. No fees are charged for the basic Senior Companion service, other than a suggested donation for rides to run errands. For more information call (800)856-5525 or (603)225-3295.

Senior Helpers of Southern New Hampshire

At Senior Helpers, our mission is to ensure a better quality of life for our elderly clients, those who have suffered a catastrophic injury such as a traumatic brain injury, or a spinal cord injury, MS, ALS, Cerebral Palsy, Cystic Fibrosis or Autism. We provide dependable and affordable care. We are a trusted and respected organization that takes a responsible role in supporting our clients and their families, our employees, and our community. Senior Helpers of Southern New Hampshire is the proud recipient of the 2015, 2016, 2017, 2018 and 2019 Provider of Choice Award from HomeCare Pulse, who conducts independent surveys with clients and their families. Awarded the 2018 Exeter Area Chamber of Commerce Healthcare Business of the Year, the 2018, 2019, and 2020 Best of the Seacoast Home Healthcare Company by Seacoast Media, the 2018 Business Excellence Award by New Hampshire Business Review and in 2019 and 2021 named as one of the top 200 most influential business leaders in New Hampshire. In 2020 and 2021 Employer of Choice Award and Circle of Excellence Provider of Choice Award and 2019-2020 and 2021-2023 Great Place to Work designation by Forbes Magazine.
Office: (603) 583-4580 Fax: (603) 583-4921

Email: contacts3304@seniorhelpers.com

Website: <https://www.seniorhelpers.com/nh/se-new-hampshire>

Senior Move Consultants, LLC

Combining over 40 years of experience in transportation and senior housing work experience, Jim and Beth Ann Scanlon are providing senior move services to assist older adults and their families with the emotional and physical aspects of relocation and/or "aging in place." As Senior Move Managers, they offer services to develop an overall plan to move or downsize, customized floor plans, organizing, sorting and distributing of items, arranging for the estate sale, auction or disposal of items, supervision of professional movers, resettlement of new home and clean up of the home to be sold. Each client is unique, therefore a plan to suit the individual needs and wants of a client are discussed at a free consultation. Let our experience and knowledge of resources save you time, money and reduce your stress while transitioning. Please contact Scanlon Senior Move Consultants, LLC, Jim Scanlon 978-479-0446 or Beth Ann Scanlon at 603-642-5886 or ScanlonSeniorMove@comcast.net www.ScanlonSeniorMove.com

ServiceLink Resource Center of Rockingham County

ServiceLink Resource Center is a free statewide service for older adults, adults with disabilities and family caregivers. Our mission is to promote independence and quality of life by providing information and support regarding community resources and services. Families often have questions on long term care issues such as housing, transportation, prescription medications, in home care, etc. and ServiceLink is available to help. ServiceLink also provides Medicare Counseling for those who have questions about Medicare, Supplements, Medicare Prescription Drug coverage, fraud, etc. Through a toll free telephone number 1(866)634-9412, office appointments, home visits and public education we can provide information, guidance, support and education. Both offices, located in Atkinson and Stratham, offer local, knowledgeable staff available to assist in accessing services, assessing needs and offering follow up. Any questions relating to Rockingham or Strafford County please call Tammy Smith, Director (TSmith@Servicelinksc.org) at 603-516-9300 or you can call the Seacoast Office located at 72 Portsmouth Ave Suite #113 Stratham at 603-334-6594 or the Atkinson Office located at 8 Commerce Drive, Unit 802, Atkinson at 603-893-9769 Website: www.servicelink.nh.gov

Sight Services for Independent Living see new name: Older Individuals who are Blind or Vision Impaired Program

SilverSneakers

SilverSneakers® Fitness Program is the nations leading exercise program designed exclusively for older adults. We work with 12 fitness centers across the state of New Hampshire where we offer at least 2 classes per week. These classes consist of 45-60 min of exercise where we use a chair, small ball, tubing and weights. We have fun moving to the beat of the music.

www.silversneakers.com Amy LeComte amy.lecomte@healthways.com

Mobile: 603-512-1208 Fax: 603-218-6723

Sober Parenting Journey (see Granite Pathways and SOS Recovery Community)

Society of St Vincent de Paul - Exeter

Food Pantry and Cleo Castonguay Community Assistance Center

Food Pantry- Is available to low income residents of Exeter, Newfields, Stratham, Brentwood, East Kingston and Kensington. Clients can visit our Food Pantry as often as once a week and

CRN Fall Meeting

79

Sept. 23, 2023

receive goods including milk, butter, eggs, produce, bread, meat, non-perishable foods, and personal hygiene items. Please call (603) 772-9922 or visit www.svdpexeter.com or visit the Center for more information about becoming a client. For senior clients (60+) in Stratham and Exeter, Meals on Wheels can pick up your food from the pantry and deliver to your door. Once a month Senior Delivery assistance is available at two (2) locations in Exeter. Call the pantry to see if available at your location.

Food Pantry Sessions Mondays: 10 am – 12 pm; 7 pm - 8- pm

Wednesdays: 10 am – 12 pm

Fridays: 10 am – 12 pm

Community Assistance Center is available to any low income persons. Financial Assistance for housing, heat and car repair is available once town and other resources have been exhausted. Please call the Center at (603) 772-9922 for more information about financial services as well as referrals to other resources.

<http://www.svdpexeter.com> E-mail svdp@svdpexeter.com

Phone: (603) 772-9922 53 Lincoln Street Exeter, NH 03833

Society of St. Vincent dePaul – Hampton

The Society of St Vincent de Paul /Hampton serves the needy in Hampton, Seabrook, Hampton Falls, North Hampton, and Rye. The Pantry is open from 10:00-12:00 on Mon, Tues, and Thursday for food orders to be picked up that evening. On Friday, the pantry is open from 10:00-12:00 for immediate pickup of food orders.

The Clothes Closet and Community Kitchen are now open at 441R Lafayette Rd, Hampton (adjacent to the Town municipal parking lot). The Clothes Closet is open from 10:00-12:00 Mon, Tues, Thurs, and Friday. From September to May the Clothes Closet will be open on Thursdays from 4:30-6:00 PM.

Community Kitchen hours Mon, Tues, Thurs, and Friday evenings from 5:00-6:00PM. All are welcome. Open Mid September through early June.

Pantry phone: 603-929-4427 <http://svdphampton.com>

Pantry address: 289 Lafayette Rd, Hampton, NH 03842 pantry@svdphampton.com

SolAmor Hospice

At SolAmor Hospice, we are dedicated to supporting patients with terminal illnesses as well as their families. Our mission is to preserve each patient's dignity and to alleviate the fear associated with dying through pain control, comfort care and symptom management.

Kathleen C. Borsh, CSA, Community Liaison KBorsh@solamorphospice.com

SolAmor Hospice/Life Choice Hospice

65 Lafayette Road, Suite 302, North Hampton, NH 03862

Phone: 603-303-5376 Fax: 603-964-5280

The Sonatina Center for Creative Arts Therapy

The Sonatina Center is a multidisciplinary creative arts therapy practice that offers music therapy, art therapy, and creative arts enrichment programs to children and adults in New Hampshire. Our primary focus is to empower individuals of all ages, improve self-esteem, promote a positive sense of self-worth, support development, enhance wellness, inspire creative self-expression, and connect with the community through music, art, movement, storytelling, and play. We provide individual art and music therapy sessions for both children and adults, both in-person and via teletherapy. We also have several music and art therapy support groups for children and adults. We provide services at our center located in Dover, NH and we also travel to

schools, hospitals, assisted living facilities, and behavioral health settings to bring our services to the community. We are private pay and offer a sliding fee discount. We also offer free individual and group therapy services for Black, Indigenous & People of Color. One can get started with our services by scheduling a free 30-minute consult.

Website: www.thesonatinacenter.com

Hours: By appointment

Phone: 603-978-4808

Email: info@thesonatinacenter.com

SOS Recovery Community Organization

The mission of SOS Recovery Community Organization is to reduce stigma and harm associated with substance use and misuse by providing safe space and peer based supports for people in all stages of recovery.

SOS Recovery Community Organization envisions a world where recovery from addiction to alcohol and other drugs is possible and widely embraced through low-barrier access to inclusive and respectful support, and where all who seek long-term recovery have access to the care and resources they need to achieve their self-defined goals.

SOS provides various non-clinical peer-based addiction recovery supports. This includes crisis navigation, peer-assisted recovery support services, telephone recovery support services, meetings and outreach events respectful of multiple pathways of recovery which include 12-step supports, SMART Recovery, Yoga, Art in Recovery, Music in Recovery, Family Recovery supports including a 14-week parenting program titled Sober Parent Journey which assists parents in recovery with small children in an empowerment based model to balance recovery while learning parenting skills. SOS also offers a robust peer-assisted criminal justice program, providing support and outreach at Rockingham County and Strafford County Correctional facilities

SOS Care Coordination can be reached at: 603-997-6536

Locations:

14 Signal St Rochester, NH 03867 603-841-2350 x1

4 Broadway, Dover, NH 03820 (603)841-2350 x2

1 Lafayette Rd., Building One, Hampton, NH 603-841-2350 x3

Email: info@sosrco.org

Southern District YMCA

The Southern District YMCA is a cornerstone of our community, leading individuals and families of all backgrounds to connect, be active, learn, and thrive.

Exeter Area YMCA serves over 3,000 membership units and over 6,500 active members at its 33,000 square foot multi-generational health and wellness facility in Exeter, NH. The Y is a place for socializing, discovering wellness, exercising, getting support, finding freedom, and so much more.

YMCA Camp Lincoln serves more than 600 youths each week during summer programming for ages 3 to 15, and offers youth leadership programs for ages over 14. Located in Kingston, NH, Camp Lincoln provides a traditional camp experience supported by enthusiastic and capable staff, incredible activity choices and a healthy environment. Campers grow to achieve self-confidence, learn new skills and build lasting friendships.

YMCA School Age Child Care serves more than 700 children each school year in before and after school programs at 13 different locations throughout the region. These state-licensed programs include homework time, physical activity, a healthy snack, and positive relationships. Y staff members create a welcoming environment where caring, honesty, responsibility, respect and wellness are exercised daily.

As a local, independent 501(c)(3) non-profit organization, the Southern District YMCA stands for Youth Development (nurturing the potential of every child and teen), Healthy Living (improving our communities' well-being), and Social Responsibility (giving back and providing support to our neighbors).

The Y believes no one should be turned away due to the cost of programming, and offers extensive Financial Assistance to all families in need, providing life-changing programs for those in our community who need it most. From preschool to wellness for older adults, no other organization can impact as many, as powerfully, as the Y does every day.

Exeter Area YMCA | YMCA Camp Lincoln | YMCA School Age Child Care

56 Linden Street, Exeter, NH 03833

(P) 603 642-3361 (D) 603 319-5929

Kimberly Meyer - Kimberly@sdymca.org

(E) | (W) sdymca.org

Southern Maine Agency on Aging

Southern Maine Agency on Aging (SMAA) is the statewide sponsor of Maine Senior Games and the “1st Stop for Answers on Aging” for the residents of Maine’s Cumberland and York counties. SMAA’s mission is to offer older adults and adults with disabilities and their family caregivers information and resources including opportunities to volunteer to help seniors or in community non-profits or health care. SMAA’s programs and services are designed to foster independence, reduce the burden on family and caregivers, and promote an active and healthy lifestyle throughout the aging process.

Services offered by SMAA include, volunteer placement; family caregiver support through one-on-one consultation, classes and support groups; Medicare and health insurance counseling; Truslow Adult Day Care Center in Saco, Maine; Meals on Wheels; discounted dining out; workshops on “Living Well for Better Health” and “A Matter of Balance” check writing assistance and more. FMI see www.smaa.org or call 1-800-427-7411.

The Southern Rockingham Coalition for Health Youth (SoRock)

The Southern Rockingham Coalition for Healthy Youth (SoRock) is a community coalition serving the towns of Atkinson, Danville, Fremont, Hampstead, Kingston, Plaistow, Newton and Sandown NH. Our mission is to promote, support, and sustain healthy choices for youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse. We carry out our mission through collaboration with parents, youth, business, civic and volunteer groups, healthcare professionals, law enforcement, the faith community, media, schools, state, local and other governmental agencies, youth serving organizations and substance misuse prevention organizations around the state and country. Our office is currently located in Sanborn Regional High School Rm 111, 17 Danville Road Kingston NH 03858. Contact us to see how we can partner in prevention!

Charlotte Scott, Coordinator Phone: 603-642-3341 x196

website www.sorocknh.org email sorocknhcc@gmail.com

facebook.com/SoRockNH twitter.com/SoRockNH Instagram @sorocknh

Spring Village at Dover

Spring Village at Dover is a new 56-bed assisted living community specializing in memory care. We are dedicated to providing our residents a safe, supportive, nurturing home, in their own private suite where they are able to age in place. Spring Village at Dover recognizes that our families need the comfort that comes from trusting that we always have their loved one’s overall

well-being as our first priority. The intimate relationships we build are the key to the success of our community. Our staff are carefully selected and above all else, they must have a serving heart. In addition to a beautiful building, delicious meals and snacks, and compassionate nursing services, Spring Village at Dover also provides a full engagement program that encourages residents to do the things they like to do as independently as possible for as long as possible. For more information visit us in person at: 35 Pointe Place, Dover, NH 03820, online at: www.springvillagedover.com, call: (603) 842-4908, or email: info@springvillagedover.com. Spring Village at Dover is a Woodbine Senior Living Community.

St. Michael's Parish

St. Michael's Parish has three (3) Outreach Programs that helps the Stratham, Exeter, Brentwood, East Kingston, Newfields and Kensington people who are struggling just to make ends meet. These programs are:

- **Back to School** where each child is provided a backpack, school supplies according to their grade, a shirt, pants, socks, underwear and sometimes gift cards for shoes.
- **Thanksgiving Baskets**, each family is provided with a Turkey and all the trimmings that go with a Thanksgiving feast.
- **Christmas Basket**, each child receives 3 gifts that each gift is \$35 or less, a shirt, pants, socks and sweatshirt. The family receives a Christmas dinner basket.

We have several churches in the SAU-16 District area step in and help us with the Thanksgiving and Christmas Baskets along with the Exeter Fire Department for gifts. Please list St. Michael's Parish for these programs so that we can help as many people that we can in our area.

Leah Grant, Pastoral Minister 603 772-2494 ext. 209 PastoralMinister@stmichaelparish.org

Step Up Parents

Step Up Parents offers financial assistance to grandparents and other relative caregivers who have stepped up to raise children whose parents struggle with substance use disorder. With the explosion of the opioid epidemic, there are now estimated to be over 12,000 grandparents raising grandchildren in the state of New Hampshire. Step Up Parents recognizes the sacrifice and selflessness of these everyday heroes and was created to support their efforts in raising the innocent children impacted by parental substance misuse.

Families may apply directly through our website or through a community validator. We work collaboratively with schools, family resource centers, health centers, and other social service agencies. Step Up Parents does not give money to families directly but pays vendors and service providers on their behalf. We assist with expenses not covered by traditional resources and respond to each family's individual needs, paying for such things as utilities, summer camp, music lessons, daycare, furniture, or anything that our families need to make things better for their families.

For more information, please check out our website: www.stepupparents.org

Contact info: Denyse Richter, 603-319-4746 drichter@stepupparents.org

Step Up Parents PO Box 1603, Portsmouth, NH 03801

Step Up/Step Down

Step-Up Step-Down, a program from Connections Peer Support Center, is an innovative, non-medical voluntary residential program where someone in a mental health crisis might step-up from outpatient care into a supportive environment, or step down from a hospitalization before going back to their homes. This enables them to remain connected to friends, family, and community members as they focus on their wellness. All peers at the residence will be able to go

to school or work, see their loved ones, and remain members of their community while avoiding the high cost of a hospital stay.

The house is staffed 24/7 with peer support specialists who all have lived experience with mental health challenges. We use the Intentional Peer Support model where we focus on the power of building peer relationships. Peers of the short-term residential program have a welcoming and supportive environment to work towards their personal wellness goals. A stay at Step-Up Step-Down is up to 90 days and there will only ever be up to 3 peers at a time.

Step Up/Step Down has no income requirements or means testing, and is free of charge to all NH adult residents.

For more information, please visit www.connectionspeersupport.org. The SUSD office phone is 603 942 6023.

Strafford County Public Health Network:

Health And Safety Council of Strafford County

We coordinate regional public health and emergency planning and preparedness in Strafford County. Our priorities include engaging stakeholders across the regional public health system to identify health priorities and expand organizational capacity to address public health problems. We offer trainings in community emergency preparedness and opportunities to volunteer with the Strafford County Citizen Corp.

SCPHN@GoodwinCH.org 603 335-0168

Strength to Succeed (see Granite Pathways)

Supportive Services for Veteran Families

A grant funded by the Department of Veteran Affairs, the statewide initiative known as SSVF serves 300 low-income veteran households throughout NH. Through case management and subsidies it enables veteran households to gain or maintain their housing.

SSVF can help any veteran who:

- Has 24 or more hours of active duty.
- Is in economic hardship.
- Is homeless or in a housing crisis.
- Lives in New Hampshire.

We offer intensive case management and housing assistance which may include:

- Assistance with obtaining VA and other benefits.
- Housing counseling services.
- Referrals for financial planning, health care, and legal services.
- Potential financial assistance to support case management goals.

Please contact Samuel Dahlberg, Intake/Rapid Resolution Coordinator.

s.dahlberg@nhpartnership.org 603-305-1122.

Or Program Manager Erin Segaloff.

TASC (Transportation Assistance for Seacoast Citizens)

TASC (Transportation Assistance for Seacoast Citizens) TASC helps people maintain their health, independence, and dignity by mobilizing volunteer drivers to provide rides to eligible adult residents of Brentwood, East Kingston, Exeter, Greenland, Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook, & Stratham, NH.. Eligible adults are age 55 or better or have a disability that prevents them from driving. There are no restrictions on destination as long as there is an available volunteer driver willing to provide the ride. Accessible rides are available. We are always looking for volunteer drivers. It's a

flexible volunteer opportunity that can fit into even the busiest schedules. Call us to help TASC make a difference one ride at a time! For information about registering for rides or about volunteering: Call (603) 926-9026 or email coordinator@tasc-rides.org

The Homemakers Health Services

The Homemakers is a full service charitable home health care agency located at 215 Rochester Hill Rd, in Rochester, NH.

Serving all of Strafford County and parts of Rockingham and Carrol Counties, we provide Skilled Nursing, Rehabilitative Therapies (OT, PT,) Wound Care, Infusion Therapy and Medical Social Work), as well as Home Support and Adult Medical Day Care.

Our RNS, LNAS, Homemakers, Personal Care Providers and In Home Care Providers help deal with challenges due to aging, chronic illness and getting back on your feet after a hospital stay. Medicare and Medicaid certified. Other funding sources are available to persons who meet eligibility guidelines. 603-335-1770 sjablonski@thehomemakers.org

The Housing Partnership

PROGRAMS Affordable Housing Rental

Affordable Housing Development

HUD Approved Counseling Agency

Homeward Bound –Homebuyer Education Seminar Series and 1:1 Counseling

SERVICE AREA Greater Seacoast region of New Hampshire and Maine, encompassing Rockingham and Strafford Counties in New Hampshire and York County in Maine.

Affordable Housing Rentals – Available Rentals & Application, www.housingpartnership.org, Alliance Asset Management 603-516-0590

Affordable Housing Development, Marty Chapman, Marty@housingpartnership.org
603- 766-3132

Homebuyer Education & Pre-Purchase Counseling, Renee Woodard, renee@housingpartnership.org, 603-766-3129

The Right Transition

We are trained professionals that assist with the emotional, physical and logistical aspects of senior transitions whether you are relocating or “right-sizing” your current home.

We design customized floor plans for your new space and help minimize the chaos and stress by coordinating all the players of the moving game (Realtors, Auctioneers, Estate sales, Movers and more.)

This can be an overwhelming process! We help assist you make decisions with your belongings- what to keep, gift, auction, sell, donate, duplicate, discard and destroy.

Our Goal is to help manage your entire moving process from start to finish with care and compassion. We help sort, schedule and simplify, so you can settle in!

For a FREE consultation contact:

Kristin Pacelli 603-775-3031 info@TheRightTransition.com www.TheRightTransition.com

The Upper Room

The Upper Room - A Family Resource Center offers supports and services to individuals, families and the community. Our mission: *strengthening individuals and families by providing them with education and resources needed to live healthy self-sufficient lives.* Our 14 programs offer education, support and answers to questions and concerns. We are a place to seek

resources, to connect with others, to gain ideas, and skills if needed. Our center is a welcome place offering programs that strengthen individuals and families.

Offering:

HiSET (Formerly GED classes and testing)

Parent Education, and support groups

Grandparent Programs

Adolescent Wellness Programs – Anger Management, Drug and Alcohol Support, Community Service, Counseling, Teen parenting, and Diversion Programs

Family Wellness- Includes home visiting, parent education, parent-child playgroup and case management

Resource and Referral

Visit our website www.URTeachers.org or call 603-437-8477 for more information.

Kinship Navigation for grandparents raising their grandchildren

Connect is a weekly parent-caregiver, child play group

Young Adult Strategies- Support for 18-25 year olds seeking ideas and connection related to substance free, health living

Tutor Time- Free tutoring services for students in Middle and High school including students who may have an IEP

On Demand Parenting Classes- Visit our website

TripLink

TripLink is the regional transportation call center for Strafford County, eastern Rockingham County, Wakefield, and Brookfield. TripLink provides information and referral services for transportation options, focusing on services for seniors and individuals with disabilities. TripLink also manages the trip requests for COAST's ADA Paratransit, Route 7 On Demand, and Portsmouth Senior Transportation, Ready Rides, Rockingham Nutrition & Meals on Wheels, Community Action Partnership for Strafford County, and Community Rides. To apply for these transportation services as well as Transportation Assistance for Seacoast Citizens (TASC), visit www.CommunityRides.org and complete the online TripLink Common Application.

TripLink also hosts a Community Transportation Directory that is available in print or online. Call us for assistance at 603-834-6010 or email TripLink@CommunityRides.org.

Unite Us

Unite Us is building a statewide coordinated care network of health and social service providers. Partners in the network are connected through Unite Us' shared technology platform, which enables them to send and receive electronic referrals, address people's needs, and improve health across communities. Joining the network is at no cost for community-based organizations and many that are considered part of the safety net, like federally qualified health centers and community mental health centers. Community members have the ability to submit their own referrals and receive the support of the Unite Us Resource Navigation team at nh.uniteus.com/get-help/.

POC: Nadine Lamontagne (Sacco)

E: nadine.sacco@uniteus.com

P: (603) 490-1706

University of New Hampshire Carsey School of Public Policy

The Carsey School of Public Policy at the University of New Hampshire offers three public service graduate degrees – Master of Public Administration, Master in Community Development, and Master in Public Policy. Our programs offer a special mix of academic rigor and real-life expertise to prepare students for careers with impact. We pride ourselves on faculty that combine leading policy, development, and management professionals with academic scholars to bring the best combination of hands-on experience and scholarly expertise to the classroom. Students partner with local nonprofit and public sector organizations to engage in applied learning through internships and capstone projects. Our graduates are ready to succeed in careers in government and nonprofit organizations because they have gained the knowledge required for interdisciplinary problem-solving, insightful analysis, effective advocacy, strong leadership skills, compelling communications, and winning strategies that lead to public policy change and stronger communities.

Additional resources at the Carsey School include the Evaluation Program and NH Listens. The Evaluation Program conducts program evaluation and applied research to provide programs and their funders the information they need to best serve individuals, families and communities, as well as technical assistance to organizations seeking to expand their internal capacity for evaluation. NH Listens, the Carsey School's civic engagement initiative, helps NH residents talk and act together to create communities that work for everyone. More information can be found at carsey@unh.edu, or 862-0214.

University of NH Cooperative Extension

UNH Cooperative Extension is the outreach arm of UNH, bringing practical education to citizens, communities, businesses and organizations with a presence in all 10 counties. For information about all UNH Extension programs, visit extension.unh.edu. For our UNH Extension Rockingham County programs, see: <https://extension.unh.edu/locations/rockingham-county-office> or call our local office at (603) 679-5616. Specific program/contact info is here:

- **Nutrition Connections** – No-cost, hands-on nutrition education program that provides limited-resource families the knowledge and skills they need for better health. Nutrition Connections is New Hampshire's home for the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed). Programs are offered at no cost to low-income families, adults with children, and seniors who receive food stamps, WIC, CSFP, TANF, or SSI. Contact: Haeley Morin, Extension Teacher, haeley.morin@unh.edu <https://extension.unh.edu/topics/nutrition-healthy-living>
- **4-H Youth Development** – 4-H empowers young people with the skills to lead for a lifetime. 4-H programs bring positive learning experiences to youth between the ages of 5 and 18 through clubs, afterschool programs, camps, teen conferences, and other events aimed at expanding knowledge and encouraging community engagement and leadership. Contact: Mike Harris, 4-H Program Manager, michael.harris@unh.edu, <https://extension.unh.edu/tags/rockingham-county-4-h>
- **Youth and Family Resiliency**– Extension provides professional development, technical assistance, community trainings, best practice curriculum and demonstration programming with youth and adults. Our focus is on promoting youth and family resiliency including social, emotional and mindful learning and trauma-informed efforts. Contact: Michael Young., Field Specialist, Michael.Young@unh.edu, <https://extension.unh.edu/topics/youth-family-resiliency>

- **Food & Agriculture** – Our Dairy, Livestock & Forage Crop team offers education programs on animal health, production, quality, crop practices, and field meetings to meet the needs of NH farmers. The Agriculture Business Management team assists farmers, agriculture tourism businesses with planning, and risk management. Contact: Elaina Enzien, Dairy, Livestock & Forage Crops Field Specialist, Elaina.Enzien@unh.edu, <https://extension.unh.edu/programs/dairy-livestock-forage-crops>; or Nada Haddad, Agricultural Business Management Field Specialist, Nada.Haddad@unh.edu, <https://extension.unh.edu/programs/agricultural-business-management>
- **Master Gardener Program** – Through community projects, public presentations and our Ask UNH Extension InfoLine, Master Gardeners bring education about gardening, plants, soil, insects and more to the people of New Hampshire. Master Gardener training, and resources to support school and community garden projects are available. Contact: Ruth Smith, Master Gardener Program Coordinator, ruth.smith@unh.edu, <https://extension.unh.edu/programs/new-hampshire-master-gardeners>
- **Natural Resources** – Forests & Trees & Land Conservation – We help citizens and landowners care for NH forests, trees, wildlife, and habitats, providing assistance to achieve land objectives including forestry, recreation, wildlife habitat, water resources, scenic beauty, and income. **We provide professional development and community education workshops.** Contact: Greg Jordan, Forestry Field Specialist, greg.jordan@unh.edu; or Emma Tutein, Natural Resources and Land Conservation Field Specialist, emma.tutein@unh.edu, <https://extension.unh.edu/topics/natural-resource>

University of New Hampshire Dao Research Lab

The Dao Research Lab is a part of the Department of Agriculture, Nutrition, and Food Systems at UNH. Given the complexities of nutrition, weight management, and human health, our research considers biological, psychosocial, cultural, and environmental determinants of health. We aim to better understand the impacts of these factors on the gut microbiome, weight status, and access to nutrient-rich foods with special attention to minority populations in NH. We follow a Community-Based Participatory Research (CBPR) approach and seek to work alongside community stakeholders so that our research can support the ongoing public health efforts in New Hampshire. As a relatively new lab (2020), we are eager to build new community connections so that we can best support minority health in New Hampshire.

Fiber and Food Insecurity Research Study (FIRST): We are recruiting NH Hispanics to participate in the FIRST study in Summer '22. This project will quantify the relationship between access to fiber-rich foods, fiber intake, and the gut microbiota-gut-brain axis in NH Hispanic adults in households eligible for the Supplemental Nutrition Assistance Program (SNAP).

Email: Carlota.Dao@unh.edu Website: <https://mypages.unh.edu/dao-lab>

VA's Caregiver Support Program

VA's Caregiver Support Program was developed to support Caregivers of Veterans, our partners in ensuring the best care of Veterans. The Program offers a wide range of services to Caregivers of eligible Veterans of all eras.

The Program provides additional services, including a monthly stipend, to Caregivers of Veterans (or Service members undergoing medical discharge) who incurred or aggravated a serious injury (including Traumatic Brain Injury, psychological trauma or other mental disorders) in the line of duty on or after September 11, 2001.

Caregivers of eligible Veterans are urged to apply for the Program through our website (www.caregiver.va.gov) or directly through the local Caregiver Support Coordinator:

Manchester VA Medical Center

Lisa Martel, LCSW, CBIS, Caregiver Support Coordinator (603) 624-4366 ext. 2524

The VA Medical Center: Healthcare for Homeless Veteran's Program

The healthcare for homeless veterans (HCHV) staff engages homeless veterans through outreach and linkage to a full range of services that can facilitate a break in the cycle of homelessness.

The HCHV program provides outreach to shelters or referrals to transitional housing programs along with referrals to physical and psychiatric examinations with follow up for primary, psychiatry, and specialty care. Homeless veterans with mental health and chemical dependency problems may also receive ongoing case management.

The ultimate goal is to link veterans to VA services as well as to services provided by other community agencies serving the homeless; the HCHV program has three components: 1. outreach and referral services 2. grant and per diem programs 3. supported housing services. All of which are important parts of the seamless system of care.

To make a referral or for additional information, please contact:

Lori Iraheta-Yem VA Medical Center, 718 Smyth Road, Manchester, NH 03104
603.624.4366 x 2701 (office) 603.657.5613 (cell)

VA Visual Impairment Services

The Visual Impairment Services Team (VIST) Coordinators are case managers who coordinate services for severely visually impaired Veterans who are enrolled in the VA. They provide and/or arrange for various services, tools, and treatment in order to enhance functioning and maximize adjustment to vision loss. The VA Blind Rehabilitation Service model of care includes an array of rehabilitative services, extending from the patient's home to the local VA care facility, and to regional low vision clinics and inpatient training programs.

Families are valued members of the treatment team and provide a unique perspective on the history, values and goals of the individual. They play a critical role in the adjustment and rehabilitation process.

Jacqui Dion, VIST Coordinator

VA Medical Center, 718 Smyth Road, Manchester, NH 03104

Jacqueline.dion@va.gov

<http://www1.va.gov/blindrehab/>

603-624-4366 x 6475

1-800-892-8384 x 6475

Victims, Inc

Victims, Inc. Check the website for future trainings coming up for Trauma Intervention Volunteers in Strafford and Rockingham Counties.

Call 335-7777 for more information. <http://www.victimsync.org>

Victoria's Victory Foundation

Victoria's Victory Foundation is helping people achieve their own personal victory. Through the Victory Scholarship program, VVF provides wheelchairs, home & vehicle modifications, in-home nursing services, training & recovery sessions and more to those living with mobility challenges and special needs. We believe in giving people access to the services and products that will help them lead more independent lives. VVF is funded through the generosity of sponsors and donors.

Contact Information: Susan Stover / Chief Executive Officer - Executive Director

Victoria's Victory Foundation victoriasvictory.org

director@victoriasvictory.org / 617.918.7979

Visiting Angels

Visiting Angels is a non-medical homecare agency that provides personal care and companion care services to elderly and older adults in their homes. Our range of services include assistance with hygiene, medication reminders, light housekeeping, meal preparation, errands, shopping, transportation, companionship and respite for family caregivers. Care options range from 1 hour visits to full 24 hour care. Visiting Angels also provides care on weekends, overnights and 24/7 live-in care if needed.

Our family owned and operated agency was founded in 2004 with the mission to provide personalized service to each client we serve. We recruit only experienced caregivers and the clients have the opportunity to choose their caregiver with our personalized screening system. All of our caregivers are thoroughly screened, background checked, bonded and insured. We are licensed in both New Hampshire and Massachusetts.

Visiting Angels of Stratham provides services throughout the New Hampshire Seacoast from Plaistow to Portsmouth and the Merrimack Valley of Massachusetts.

Please contact us at for more information or a free in-home consultation:

John Spellman Director email: jspellman@visitingangels.com www.visitingangels.com/stratham
118 Portsmouth Ave, B2C, Stratham NH 03885 Tel: 603-583-4890; Fax: 603-583-4892

WAYPOINT

WAYPOINT (formerly Child and Family Services of NH) is a statewide, private, nonprofit organization, dedicated to empowering people of all ages through an array of human services and advocacy. Established in 1850, Waypoint is the longest-running social service/children's charitable organization in New Hampshire and is accredited by the Council on Accreditation, meaning that the agency adheres to the highest standards of practice.

Waypoint offers services for people at every age and stage of life. An overview of services available in the SEACOAST region is as follows:

Early Childhood & Family Support

Adoption Services and Birthparent Counseling (discontinuing the program December 2022)

Services for Children with Developmental Concerns (Family-Centered Early Supports and Services -early intervention for children from birth to three years)

Parent Education & Support Groups

Home Visiting / Family Empowerment (Healthy Families America)

Services for Children with Chronic Health Conditions (Partners In Health)

Family Support Warm Line - The Waypoint Family Support Warm Line is a free phone-in service where callers can talk confidentially to a family support professional to get help with everything from coping strategies, child behaviors, family dynamics, household management and emotional distress, to gaining access to tools, resources, and services that can help navigate life during challenging times. Callers may need advice or just a trusted, nonjudgmental ear. Either way, it's a good way for families to feel less isolated and more supported. 1-800-640-6486, Monday - Friday 8am-4:30pm

Family Resource Center

Family Preservation & Strengthening

Intensive Home/Community-Based Services

Parent Aide/Supervised Visitation

Foster Care

Homeless Youth & Young Adult Services

The Youth Drop-In Center in Rochester is located at 3 Wallace Street in Rochester and point of contact is Joss Birnie, Drop-In Center Supervisor 603-860-5725/BirnieJ@WaypointNH.org Transitional Living Program Manager 617-682-5066/DeAmelio-RaffertyL@WaypointNH.org Intakes for our Transitional Living Program can be started by calling Melissa Mejia on our TLP Intake Line at 603-518-4380 or emailing mejiaM@WaypointNH.org Rapid Rehousing Program Seacoast contact is Haley Marchewkah marchewkah@waypointnh.org 603-270-8184

Community Based Volunteer Services:

DCYF referred family support program, with a warm hand-off to Waypoint. In the home and community; voluntary, time limited, and solution focused

Advocacy

Services in other Areas of the State:

Home Care for seniors and adults with disabilities

Child Care

Kinship Navigator

The cornerstones of the Waypoint brand are: STAFF, COMMUNITY, SOLUTIONS AND IMPACT Our dedicated staff is known for compassion, professionalism, and ingenuity and we work collaboratively in the community to create a social safety net for all who live here. Through our dual roles as practitioners and advocates, we strive to make a positive impact that improves lives and communities.

Our promise to you: As you go along the journey of your life, whatever challenges you face, at whatever stage, we'll be there for you, providing HELP ALONG THE WAY.

Visit us at www.waypointnh.org

Program managers Sue Ford and Lara Dubois

Waypoint at The Richie McFarland Center 11 Sandy Point Road, Stratham, NH 03885

Phone: 603 518-4002 Fax 603 778-0388

Waypoint Statewide Headquarters: 464 Chestnut Street, P.O. Box 448, Manchester, NH 03105

800 640-6486 or 603 518-4000 Fax: 603 668-6260

Email (general): info@waypointnh.org

Well Sense Health Plan

WellSense Health Plan is a nonprofit health insurance company serving more than 440,000 members across Massachusetts and New Hampshire through Medicare, Individual and Family, and Medicaid plans. Founded 25 years ago, we provide plans and services that work for our members, no matter their circumstances.

www.wellsense.org (603) 263-3025

Wentworth Hospice, an Amedisys Company

Wentworth Hospice has a joint venture with Wentworth Douglass Hospital; serving the Strafford County, Southern Maine and Seacoast areas. We are Medicare and Medicaid certified providing superior end of life care services. Wentworth Hospice's holistic approach to Palliative and Hospice care centers around creating a patient and family environment of hope, comfort and dignity for patients with life limiting illness.

We serve patients in their homes, assisted living facilities, nursing homes, hospitals and the Hyder Family Hospice House. Our caregivers include; physicians, nurse practitioners, nurses, licensed nursing assistants, social workers, spiritual care coordinators, bereavement counselors and trained volunteers.

Our unique programs and team strengths include-

- Hospice care supporting all life-limiting diagnoses
- Specialized programs for patients with dementia, including evidence-based, non-pharmaceutical therapies including a weighted blanket for managing anxiety, comfort bathing technique and supportive tools for feeding.
- Palliative therapies that can include PT, OT and Speech evaluations.
- Trained volunteers with a variety of skills; music and bedside singing, Chart-of-life posters, pet therapy, Reiki, Veteran-to-Veteran volunteers and vigil support.
- We honor our Veteran's Program- Level IV; Highest Level of achievement.
- Education and grief support for patients, family, medical practitioners and caregivers.

Community involvement; supporting local initiatives; Alzheimer Assn., End 68 Hours of Hunger.

Meet with families and patient on request to discuss the services of hospice care.

Please contact Wentworth Hospice for more information about our Hospice and Palliative Care services; Office; 603.692.0220. FAX; 603.692.0232.

Address; 9 ANDREWS Road, Somersworth NH 03842

Wentworth Senior Living

Wentworth Senior Living (formerly known as the Mark Wentworth Home) is a nonprofit senior living community dedicated to supporting seniors' health, independence, relationships, and interests in a connected environment. As an active participant in the greater community, WSL is committed to ensuring all local seniors are fully engaged in living better lives longer. Located in the heart of Portsmouth's historic South End, WSL has been in operation since 1911. The community features studio and one-bedroom apartments and a dedicated Memory Care program. We invite you to call and set up a private tour, 603-436-0169 or Visit <http://wentworthseniorliving.org>.

WestRoc Collaborative Partners Coalition

Focused on the communities of Western Rockingham County the WestRoc Coalition has a mission: *To provide programs focusing on prevention, treatment and Recovery which encourage healthy living.* This is a newly reorganized group which is Partner-centric with the goal of bringing partners together for discussion, working on issues and developing programs and initiative that highlight the strength of the partners within the continuum of care model. The group meets once a month typically on the third Friday of each month. For meeting location and more details about the coalition please check out our web site: www.westrockcoalition.org (set to launch winter of 2011) or email us @ info@westrockcoalition.org

WOMENADE

WOMENADE has multiple chapters in our region. Requests for assistance for community members in need can be made via a community validator such as a Social Worker or Case/Care Manager. Check their websites for more information. This list is not exhaustive, but you can start with any chapter's website to check out the communities they serve.

Typically, this is not a first line request for help. It would be a request after other local support was pursued such as Community Action Partnership (CAP), Town Welfare, etc.

Also of note is the different chapters vary in how they spell "Womenade"- "Womenaide"- "Womanaid"

Each chapter is stand alone with an individual Board of Directors. There are times chapters will work together to assist a community member with a financial request. The amount of money they contribute is typically around \$500 and may vary per each chapter.

There is currently not a chapter in the Dover area. There has been talk but it has not been pulled together yet.

► <http://www.womenaidportsmouth.org/>

Womenaid of Greater Portsmouth was founded in 2005. Our [mission](#) was simple: we wanted to help those people and families who had suffered a small financial loss which could be overwhelming to them.

► <https://www.womenadeofthehamptons.org/about-womenade-of-the-hamptons>

Womenade of the Hamptons primarily serves the communities of Seabrook, Hampton, Hampton Falls and North Hampton.

Womenade of the Hamptons was created in to raise money to help people in Hampton, North Hampton, Hampton Falls and Seabrook (SAU 21) whether they are in crisis or facing a small stumbling block that they do not have the financial means to meet.

► <https://catamountwomenaid.org/>

Catamount Womenaid was founded in 2011 to raise money to provide local men, women and children with emergency financial assistance that is not readily available through other resources. Money is given without red tape. The requests for assistance come from validators, in other words trustworthy sources in the community such as school nurses, social workers, case managers, doctor's offices and clergy. Catamount Womenaid serves people in Deerfield, Epsom, Pittsfield, Northwood and Strafford NH.

► <http://www.orwomenade.org>

Oyster River Womenade provides financial assistance to community members in times of hardship. Serving all residents and families in Durham, Lee, Madbury, and Newmarket.

► <https://www.womenadeofnh.org/>

Womenade of Greater Squamscott organized in 2005 to provide local residents with short-term financial assistance not readily available through other resources.

Serves Brentwood, Newfields, Stratham, Exeter, Kensington, East Kingston, and surrounding communities.

WorkForce Development

► NHEP: NH Employment Program

An employment support program that provides cash assistance to eligible families with able-bodied parents and assists those parents in becoming self-sufficient by promoting work through the provision of employment support and training services.

Individuals participating in the program work with Career Counselors who provide employment and training services. These counselors work with participants to assess their skills and abilities and develop an individualized employment plan. Employment related activities can include work placements in the community and On-the-Job training.

The Career Counselors for Rockingham County are:

Karen Collins: 603-334-4437, Karen.M.Collins@affiliate.dhhs.nh.gov

► WIOA Adult Worker Program

The WIOA Adult Worker Program is an employment and training assistance program for New Hampshire residents ages 18 and older who meet both the income and eligibility requirements and need assistance attaining or retaining employment.

Individuals in the program work with a Career Navigator who assists workers in obtaining good jobs by providing them with job search assistance and training opportunities. Career services

include Occupational Skills Training, On-the-Job Training, Vocational Assessments, Career Path and Employment Plan Development.

The Career Navigators for Rockingham County are:

Anne Patterson: 603-559-9130, Anne.M.Patterson@nhes.nh.gov

WorkReadyNH

This tuition-free professional development program for NH residents builds skills that employers highly desire including: Communication Skills, Problem-Solving, Conflict Resolution, Team Building & much more. Participants will work in groups and with our skilled instructors to participate in classroom discussions, collaborate on a team project and complete various self-assessments. Participants will also revise their resume as they learn how to best showcase their strengths & skills and focus on the career path that is best for them. This program also includes practice in both team and mock interviews.

Below is a link to several videos on the WorkReadyNH YouTube Channel:

<https://www.youtube.com/watch?v=Oa8nhR13ZYg&list=PLjR7PWKZjAxF-zrkjf7wkT90b8vmLBoX>

This **tuition-FREE** program is available to NH residents that are 16+ years old. Classes are held both face-to-face and in zoom. Want to learn more?

Please go to: <https://www.ccsnh.edu/colleges-and-programs/workready-nh/>.

Contact Information:

Dawn Hamdi, Director	dhamdi@ccsnh.edu	603-427-7727
Kara Flynn, Program Assistant	kflynn@ccsnh.edu	603-427-763

Y of the Seacoast

Membership for All

There is a unique combination at the YMCA of the Seacoast as it is place where generations gather. A place where everyone from infants to seniors, adults and families socialize, share interests, and engage in programs for healthy living. The Y allows people from all walks of life to learn, grow and thrive with a state-of-the-art fitness center and wellness classes including yoga, Silver Sneakers®, Zumba, cardio, cycling and stretch, and a full aquatics program in our indoor pool including swim lessons to Rusty Hinges for seniors. We are also proud to offer on off-site summer day camp, Camp Gundalow, which offers healthy fun and adventure, and an opportunity for personal growth, new friendships and great memories to youth in our community.

At the Y we are for youth development, healthy living and social responsibility. We nurture the potential of every youth and teen, improves the nation's health and well-being, and provide opportunities to give back and support neighbors. At the Y, membership means more! 550 Peverly Hill Road, Portsmouth, NH 03801 **603 - 431.2334**

Senior and Active Older Adult programs

At the Granite YMCA, we believe our memberships, programs, and services should be accessible to all. We welcome anyone regardless of age, race, sex, ethnicity, religion. In addition to our Senior Membership pricing, we also offer income-based membership rates and we are proud to say that more than 30 percent of our membership pays a rate less than the full rate for their membership category.

Zebra Crossings

Zebra Crossings offers empowerment programs for youths and teens with chronic medical conditions. Whether it is a week-long camp or weekend activities, care is always

provided by trained medical staff. We aim to lessen the burden of chronic medical conditions by connecting kids through play and giving respite for caregivers. Zebra Crossings is a fun, safe place to be where kids just get to be kids.

The connections that participants make at Zebra Crossings programs are unlike any made on a sports team, in a musical ensemble, or boy/girl scouts. Because everyone understands the fear of being different, judged, or in medical crisis, the freedom to fully be oneself emerges.

Our programs are for youth and teens, and their siblings, ages 6-17 living with a chronic medical condition, such as diabetes, asthma, Lymes disease, celiac disease, congenital heart defect, epilepsy, severe allergies and auto-immune disorders. Current programs include:

- Fun Friday Night programs for ages 6-17
- Annual weekend teen getaway for ages 13-17
- Weekend camp for families with children with Down syndrome
- Weekend camp for families with children with congenital heart defects
- Weekend camp for families with CLOVES syndrome
- two Week long summer day camps
- 6-day Residential camp for children with asthma
- Skyhawk (leader in training program) for teens ages 16-17
- Monthly Family Wellness series in conjunction with Wentworth-Douglass Hospital

Register at our online portal <https://zebra-crossings.campbrainregistration.com/>

For more information visit our website www.zebra-crossings.org

Ready to Thank our

Generous CRN Donors from 2023 - 2024

Will that be your organization?

We could sure use some monetary support.

Please encourage your agency/organization to help keep the CRN going....

www.crnnh.org for dues forms