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The Directory of  
**Social Services for the  
Manchester/Derry/Salem Region**

***Cover:*** *Artist rendition of the Manchester Veteran's Memorial located in Veteran's Park on Elm Street.*

*The image was chosen as a tribute to Gerard "Monty" Montembeault, who proudly served in the Navy during World War II. He believed in honoring his fellow servicemen, so we choose this image as a mark of respect to Mr. Montembeault and all men and women who are now or who have previously spent time in service to our country.*

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The Directory of  
**Social Services for the  
Manchester/Derry/Salem Region**

## Dear Members of the Greater Manchester Community,



For more than 15 years *The Help Book: The Directory of Social Services for Greater Manchester* was published by Southern New Hampshire Services, Inc. It served as an invaluable reference book for information and referrals within our community.

Today, Granite United Way is pleased to present it in its printed form again. Just like *The Help Book*, this book is a directory of social services, a convenient resource for the wide range of services available within the Manchester/Derry/Salem region. This directory provides names, contact information, web addresses and descriptions of a wide variety of services available to you. I also encourage you to dial 2-1-1 for the most up-to-date social service information from United Way's award-winning information and referral service, 2-1-1 NH.

In the spirit of United Way and working together to advance the common good, we hope this directory will provide our community with the necessary information to obtain services or support local charitable organizations.

This directory was made possible through the generosity of Eva M. Montembeault, in memory of her husband, Gerard "Monty" Montembeault, who along with Eva, strongly believed in investing in organizations dedicated to improving the lives of the people of New Hampshire. It is dedicated to those service providers at local non-profits and city and state agencies who work tirelessly to ensure that critical services are continually offered and available to children, individuals and families in our community.

Sincerely,

A handwritten signature in black ink that reads "Patrick Tufts". The signature is written in a cursive, flowing style.

Patrick M. Tufts, MSW  
President & CEO  
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**Description of Agencies and Services Offered**  
(alphabetical)





## **2-1-1 NEW HAMPSHIRE**

**P.O. Box 211**

**Manchester, NH 03105**

**2-1-1 Toll Free**

**(866) 444-4211 Toll Free out of state**

**[www.211nh.org](http://www.211nh.org)**

**OVERVIEW:** 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. 2-1-1 NH is an initiative led by United Ways of New Hampshire (UWNH).

**SERVICES OFFERED:** Referrals to more than 1,800 health and human service providers and 4,500 service locations via telephone or the searchable database on the 211 Web site; disaster services.

## **A SAFE PLACE – DOMESTIC ABUSE SUPPORT SERVICES**

**6 Greenleaf Woods, Suite 101**

**Portsmouth, NH 03801**

**(800) 854-3552 Toll Free 24 Hour Crisis Line**

**(603) 436-4619 Administration**

**[www.asafepacen.org](http://www.asafepacen.org)**

**OVERVIEW:** A Safe Place provides free shelter and support services for those who need them. All services are free and confidential regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status or religious or political affiliation. A Safe Place serves victims of domestic abuse and their families and the community. Sites in Rochester, NH and Salem, NH; serving Rockingham County, Strafford County and York County, ME.

**SERVICES OFFERED:** Emergency Shelter; Domestic Violence Support Groups; Spouse/Domestic Partner Abuse Prevention; Teen Dating Violence Curriculum; Adult Incest Survivor Counseling; Domestic Violence Hotlines; Family Violence Counseling; Peer Counseling; Court Advocacy Program; Crime Victim Accompaniment Services; Individual Advocacy; Temporary Restraining Orders.

## **AARP NEW HAMPSHIRE STATE OFFICE**

900 Elm Street, Suite 702  
Manchester, NH 03101  
(866) 542-8168 Toll Free  
[www.aarp.org/nh](http://www.aarp.org/nh)  
[nh@aarp.org](mailto:nh@aarp.org)

**OVERVIEW:** AARP is an organization dedicated to enhancing the quality of life for all as we age, with an emphasis on those 50 or older. State office located in Manchester; services statewide.

**SERVICES OFFERED:** Tax Aide Program; Consumer Advocacy and Education; Legal Assistance; Tax Counseling; Job Training and Placement; General Bereavement Support Groups; Health Care and Long Term Care Information; Health Advocacy; Women's Issues; Health Insurance; State Retired Educators; Economic Security; Volunteer Opportunities; Driver Improvement Course.

## **ADOPTIVE FAMILIES FOR CHILDREN**

26 Fairview Street  
Keene, NH 03431  
(603) 357-4456  
[adfams@msn.com](mailto:adfams@msn.com)

**OVERVIEW:** Provides information and counseling on adoption issues. Provides birth parent counseling services. Also performs adoptive home studies and other needed studies for courts, agencies, child welfare authorities, and the USCIS. Offers adoptive placement program of primarily healthy U.S. infants and toddlers, as well as a Ukrainian placement program.

**SERVICES OFFERED:** Adoption Counseling and Support; Adoption Evaluation/Placement; Adoption Information Services.

## **ADULT LEARNER SERVICES OF GREATER DERRY**

Derry Public Library  
64 East Broadway  
Derry, NH 03038  
(603) 432-1907  
[www.greaterderryliteracy.org](http://www.greaterderryliteracy.org)  
[rcatp2@yahoo.com](mailto:rcatp2@yahoo.com)

**OVERVIEW:** Individual tutoring for adults in basic reading, writing, and math skills, English as a second language, and GED preparation. A 12-week GED preparation class is offered in the fall and spring. All programs are free and confidential.

**SERVICES OFFERED:** Adult Basic Education; Adult Literacy Programs; English as a Second Language; GED Instruction; Tutoring Services.

## **AGAINST ALL ODDS**

**P.O. Box 6046  
Nashua, NH 03063  
(603) 880-4118  
www.againstallodds.org  
info@againstallodds.org**

**OVERVIEW:** Against All Odds helps cancer patients and their families take control of their lives through empowerment in their battle against cancer. Against All Odds trains and assists patients to research medical options, referrals, and advocacy services, and works with patients in attitude development and mending strained family relationships. All services are free of charge.

**SERVICES OFFERED:** Individual Counseling; Resource Rooms; Scholarships.

## **AGELESS DREAMER FOUNDATION**

**P.O. Box 457  
Dover, NH 03821  
(603) 953-0006  
www.agelessdreamer.org  
info@agelessdreamer.org**

**OVERVIEW:** The purpose of the Ageless Dreamer Foundation is to make dreams come true for older generations who are unable to do so for themselves. Making unfulfilled dreams come true for our oldest generation will help re-engage them with the communities they helped build.

**SERVICES OFFERED:** Fulfill dream requests for U.S. Citizens 70-years-old and over.

## **AIDS HOTLINE FOR NEW HAMPSHIRE**

**6 Hazen Drive  
Concord, NH 03301  
(800) 752-2437 Toll Free 24/7**

**OVERVIEW:** AIDS hotline for New Hampshire.

**SERVICES OFFERED:** Information Lines; Specialized Information and Referral.

## **AL-ANON/ALATEEN INFORMATION OF NEW HAMPSHIRE**

P.O. Box 220  
Concord, NH 03302  
(877) 825-2666 Toll Free  
(603) 645-9518  
[www.nhal-anon.org](http://www.nhal-anon.org)  
[webcoordinator@nhal-anon.org](mailto:webcoordinator@nhal-anon.org)

**OVERVIEW:** Provides information about 12-step groups for people who have a friend or family member with a drinking problem, and mutual support groups for teenage alcoholics as well as for family and friends of alcoholics.

**SERVICES OFFERED:** Meetings; tools and resources.

## **ALCOHOLICS ANONYMOUS – NEW HAMPSHIRE AREA ASSEMBLY**

1330 Hooksett Road  
Hooksett, NH 03106  
(603) 622-6967 Voice  
(800) 593-3330 Toll Free Hotline  
[www.nhaa.net](http://www.nhaa.net)  
[office@nhaa.net](mailto:office@nhaa.net)

**OVERVIEW:** Alcoholics Anonymous (A.A.) 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 to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**SERVICES OFFERED:** Open meetings; Closed meetings; Events; Conventions; Hotlines.

## **ALOPECIA AREATA SUPPORT GROUP**

Susan Turner  
Dover, NH  
(603) 679-5738  
[www.naaf.org](http://www.naaf.org) (national web site)

**OVERVIEW:** Support group for people with alopecia areata, an autoimmune skin disease resulting in hair loss.

**SERVICES:** Local support group; national web site houses message boards, newsletters, and other programs and resources.

## **ALTERNATIVES TO VIOLENCE PROJECT IN NEW HAMPSHIRE**

P.O. Box 128  
Peterborough, NH 03458  
(603) 924-6759  
[www.avpnh.org](http://www.avpnh.org)  
[charles@avpnh.org](mailto:charles@avpnh.org)

**OVERVIEW:** Provides community-based and prison-based volunteers with training and certification to lead Alternatives to Violence Project workshops in nonviolent conflict resolution.

**SERVICES OFFERED:** Anger management training; conflict resolution training; facilitator training.

## **ALZHEIMER'S ASSOCIATION – NEW HAMPSHIRE OFFICE**

One Bedford Farms Drive, Suite 105  
Bedford, NH 03110  
(800) 272-3900 Toll Free 24/7 Helpline  
[www.alz.org/manh](http://www.alz.org/manh)  
[info@alz.org](mailto:info@alz.org)

**OVERVIEW:** The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Provides help and support for people living with Alzheimer's disease, their families, and their caregivers.

**SERVICES OFFERED:** 24-Hour Helpline; Caregiver/Care Receiver Support Groups; Disease/Disability Information; Support Groups for Families/Friends of People with Alzheimer's Disease.

## **AMERICAN CANCER SOCIETY – NORTHERN NEW ENGLAND REGION**

2 Commerce Drive, Suite 110  
Bedford, NH 03110  
(603) 472-8899  
(800) 227-2345 Toll Free 24/7  
[www.cancer.org](http://www.cancer.org)

**OVERVIEW:** The American Cancer Society (ACS) is the nationwide community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

**SERVICES OFFERED:** The ACS provides education, information and support to people with cancer and their family/friends; Medical Transportation; Peer Counseling.

## **AMERICAN CIVIL LIBERTIES UNION – NEW HAMPSHIRE**

18 Low Avenue  
Concord, NH 03301  
(603) 225-3080  
[www.nhclu.org](http://www.nhclu.org)

**OVERVIEW:** The American Civil Liberties Union works to extend rights to segments of our population that have traditionally been denied their rights, including Native Americans and other people of color; lesbians, gay men, bisexuals and transgendered people; women; mental-health patients; prisoners; people with disabilities; and the poor. The New Hampshire Civil Liberties Union is a nonpartisan organization that defends civil liberties in the courtroom and in the legislature and seeks to expand awareness of individual rights in the classroom, in civic groups, and the media.

**SERVICES OFFERED:** Information/Referral/Advice/Education on Civil Liberties Issues; Free Legal Representation.

## **AMERICAN DIABETES ASSOCIATION**

330 Congress Street, 5th Floor  
Boston, MA 02210  
(617) 482-4580  
(800) 342-2383 Toll Free  
[www.diabetes.org](http://www.diabetes.org)

**OVERVIEW:** The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

**SERVICES OFFERED:** Specialized Information and Referral; Education; National Call Center; Materials for Patients, Families and Professionals; Community Outreach Events; Summer Camp for Children; Support Groups.

## **AMERICAN FRIENDS SERVICE COMMITTEE NEW HAMPSHIRE**

4 Park Street, Suite 209  
Concord, NH 03301  
(603) 224-2407  
[www.afsc.org/office/concord-nh](http://www.afsc.org/office/concord-nh)

**OVERVIEW:** The goal of the American Friends Service Committee New Hampshire is to advance the cause of peace and justice by supporting the growth of an effective, sustainable New Hampshire peace and justice movement.

**SERVICES OFFERED:** The program provides resources, training, and assistance to grassroots groups and coalitions with education, advocacy, and support on issues such as economic justice, affordable housing, nuclear power and weapons, conscriptions and conscientious objection, etc. in a non-violent perspective.

## **AMERICAN HEART ASSOCIATION**

2 Wall Street  
Manchester, NH 03101  
(603) 518-1551  
(888) 907-6933 Toll Free  
[www.americanheart.org](http://www.americanheart.org)

**OVERVIEW:** The American Heart Association is a national voluntary health agency whose mission is to build healthier lives, free of cardiovascular diseases and stroke.

**SERVICES OFFERED:** Public awareness/education; advocacy; professional education; online networks and other resources.

## **THE AMERICAN LEGION, DEPARTMENT OF NEW HAMPSHIRE**

25 Capitol Street, Room 431  
Concord, NH 03301-6312  
(603) 222-5784  
(800) 778-3816  
[www.nhlegion.org](http://www.nhlegion.org)  
[adjutantnh@amlegion.state.nh.us](mailto:adjutantnh@amlegion.state.nh.us)

**OVERVIEW:** The American Legion is the nation's largest veterans service organization, committed to mentoring and sponsorship of youth programs in our communities, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members and veterans.

**SERVICES OFFERED:** A Broad Range of Services Fall Under Five Categories: Americanism, Children and Youth, National Security and Foreign Relations, Veterans Affairs and Rehabilitation, Community Service.

## **AMERICAN LIVER FOUNDATION – NEW ENGLAND DIVISION**

88 Winchester Street  
Newton, MA 02461  
(617) 527-5600  
(800) 298-6766 Toll Free  
[www.liverfoundation.org](http://www.liverfoundation.org)

**OVERVIEW:** The mission of the American Liver Foundation (ALF) is to facilitate, advocate, and promote education, support and research for the prevention, treatment and cure of liver disease.

**SERVICES OFFERED:** Specialized Information and Referral; Education; Support Groups; and Advocacy.

## **AMERICAN LUNG ASSOCIATION – NEW ENGLAND**

188 Elm Street, Unit D  
Manchester, NH 03104  
(603) 369-3977  
(800) 548-8252 Toll Free Lung Help Line  
[www.lungne.org](http://www.lungne.org)  
[info@lungne.org](mailto:info@lungne.org)

**OVERVIEW:** The American Lung Association focuses on healthy air, tobacco control and all lung disease, including asthma and COPD. Their mission is to save lives by improving lung health and preventing lung disease.

**SERVICES OFFERED:** Information and Referral; Flu Clinic Locator; Employer Wellness Programs; Specialized Healthcare Professional Classes.

## **AMERICAN PSYCHOLOGICAL ASSOCIATION NEW HAMPSHIRE BRANCH**

P.O. Box 1205  
Concord, NH 03302  
(603) 225-9925  
[www.nhpaonline.org](http://www.nhpaonline.org)  
[office@nhpaonline.org](mailto:office@nhpaonline.org)

**OVERVIEW:** For over 50 years the New Hampshire Psychological Association (NHPA) has been the voice of psychologists in the state of New Hampshire and beyond and champion of the mental health community. The NHPA is dedicated to the development of psychology as a science, as a profession, and as a means of promoting human welfare.

**SERVICES OFFERED:** Specialized Information and Referral; Continuing Education.

## **AMERICAN RED CROSS**

Greater Manchester Chapter  
1800 Elm Street  
Manchester, NH 03104  
(603) 624-4307  
[www.nhredcross.org](http://www.nhredcross.org)

**OVERVIEW:** The American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. It provides relief to victims of disaster and helps people prevent, prepare for, and respond to emergencies.

**SERVICES OFFERED:** Disaster Services; Blood Donations and Biomedical Services; Health and Safety Services; Medical Careers Training; Services to the Armed Forces; Transportation; Disaster Preparation Assistance.



## **AMOSKEAG BUSINESS INCUBATOR**

33 South Commercial Street  
Manchester, NH 03101  
(603) 629-9511  
www.abi-nh.com  
info@abi-nh.org

**OVERVIEW:** The goal of the Amoskeag Business Incubator is to provide a supportive entrepreneurial environment that stimulates the growth of businesses to ensure economic vitality and encourage job creation.

**SERVICES OFFERED:** Affordable office space; Technical Assistance; and “Ask-the-Expert” series.

## **ANGEL FLIGHT NORTHEAST**

Lawrence Municipal Airport  
492 Sutton Street  
North Andover, MA 01845  
(978) 794-6868  
(800) 549-9980 Toll Free  
www.angelflightne.org  
angelflight@angelflightne.org

**OVERVIEW:** Angel Flight Northeast provides free air transportation in private aircraft by volunteer pilots so that children and adults may access life saving medical care free of charge. They are also a vital mode of transportation for organs, blood, and patients awaiting organ transplants.

**SERVICES OFFERED:** Unlimited free flights; “Compassionate Flights”; and Mercy Flights.

## **ANIMAL ALLIES**

P.O. Box 693  
Manchester, NH 03105  
(603) 228-6755  
www.animalallies.org

**OVERVIEW:** Animal Allies is an animal advocacy and welfare group that provides financial assistance to low-income pet owners to enable them to have their pet sterilized. It also provides subsidies to caretakers to enable them to have more than 300 un-owned, free-roaming cats sterilized.

**SERVICES OFFERED:** Veterinary Bill Assistance; referral to low-cost sterilization programs and low-cost monthly spay/neuter clinics; Community Education; and Resources.

## **ANIMAL RESCUE LEAGUE OF NEW HAMPSHIRE**

545 Route 101  
Bedford, NH 03110  
(603) 472-3647  
[www.rescueleague.org](http://www.rescueleague.org)  
[marianne@rescueleague.org](mailto:marianne@rescueleague.org)

**OVERVIEW:** The Animal Rescue League of New Hampshire is a non-profit organization, incorporated in 1904, with the mission to protect, rescue and adopt animals to the public. They follow a no-kill philosophy.

**SERVICES OFFERED:** Animal Adoption; Animal Lost and Found; Animal Rescue; Animal Shelters; Obedience Classes; Education.

## **ARTHRITIS FOUNDATION NORTHERN AND SOUTHERN NEW ENGLAND**

6 Chenell Drive, Suite 260  
Concord, NH 03301  
(603) 224-9322  
(800) 639-2113 Toll Free  
[www.arthritis.org](http://www.arthritis.org)  
[info.nne@arthritis.org](mailto:info.nne@arthritis.org)

**OVERVIEW:** The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions with advocacy, programs, and services and by funding research.

**SERVICES OFFERED:** Self-Help Courses; Water and Land-Based Exercise Classes; Support Groups; Home Study Groups; Instructional Videotapes; Public Forums; Automobile Donation Programs; Specialized Information and Referral including a wide variety of free educational brochures and booklets.

## **ASTHMA AND ALLERGY FOUNDATION OF AMERICA NEW ENGLAND CHAPTER**

109 Highland Avenue  
Needham, MA 02494  
(781) 444-7778  
(877) 227-8462 Toll Free  
[www.asthmaandallergies.org](http://www.asthmaandallergies.org)  
[aafane@aafane.org](mailto:aafane@aafane.org)

**OVERVIEW:** Founded in 1953, the Asthma and Allergy Foundation of America (AAFE) is a leading not-for-profit patient organization for people with asthma and allergies and the oldest asthma and allergy patient group in the world.

**SERVICES OFFERED:** Telephone Assistance; Informational Web Site; Educational Support Groups; Programs and Workshops; Referral; Advocacy; and Educational Materials.

## **AUTISM SOCIETY OF NEW HAMPSHIRE**

**P.O. Box 68**

**Concord, NH 03302-0068**

**(603) 679-2424**

**[www.autism-society-nh.org](http://www.autism-society-nh.org)**

**OVERVIEW:** The Autism Society of New Hampshire is a non-profit organization consisting of individuals with ASD. Through education, advocacy, and support, the Society hopes to foster the understanding, unqualified acceptance, and genuine appreciation of individuals with ASD.

**SERVICES OFFERED:** Support Groups; Public Awareness/Education; Specialized Information and Referral.

## **BEAUTY FOR ASHES**

**P.O. Box 6364**

**Manchester, NH 03109**

**(603) 668-8099**

**(603) 799-1660**

**OVERVIEW:** Beauty For Ashes' mission is to act as a conduit for donated goods and services for people experiencing a loss due to a disaster.

**SERVICES OFFERED:** General Furniture Provision, Kitchenware, Blankets and Other Relief Supplies; Disaster Donations Coordination; Disaster Donations Matching Services.

## **BEKTASH SHRINE CENTER, SHRINERS OF NEW HAMPSHIRE**

**189 Pembroke Road, P.O. Box 4086**

**Concord, NH 03302**

**(603) 225-5372**

**[www.bektashshriners.org](http://www.bektashshriners.org)**

**[info@bektashshriners.org](mailto:info@bektashshriners.org)**

**OVERVIEW:** Shriners Hospitals for Children is a healthcare system of 22 hospitals providing pediatric specialty care for children up to the age of 18.

**SERVICES OFFERED:** Free transportation for children and their families to Shriners Hospitals.

## **BETTER BUSINESS BUREAU OF NEW HAMPSHIRE**

48 Pleasant Street  
Concord, NH 03301  
(603) 224-1991  
(800) 955-5100 Toll Free Auto Line  
[www.concord.bbb.org](http://www.concord.bbb.org)  
[info@bbbnh.org](mailto:info@bbbnh.org)

**OVERVIEW:** Our area BBB is a leader in public services related to ethical business practices and dispute resolution. It is our passion to promote honesty and integrity in the marketplace. We are committed to and guided by trust, respect and fairness. Our aim is to help make the local community a better place in which we can all live, work and prosper.

**SERVICES OFFERED:** Complaint Filing Services; General Monitoring of Advertising in the Marketplace; Dispute Resolution Services; Consumer/Business Education Programs; Reliability and Wise Giving Reports; Auto Line and Military Line.

## **BIG BROTHERS & BIG SISTERS**

Greater Manchester  
25 Lowell Street, Suite 201  
Manchester, NH 03101  
(603) 669-5365  
[www.bbbsmanchester.org](http://www.bbbsmanchester.org)  
[info@bbbsmanchester.org](mailto:info@bbbsmanchester.org)

Greater Nashua  
33 Main Street, Suite 501  
Nashua, NH 03064  
(603) 883-4851  
(888) 412-2447 Toll Free  
[www.bbbsnashua.org](http://www.bbbsnashua.org)  
[bbbs@bbbsnashua.org](mailto:bbbs@bbbsnashua.org)

**OVERVIEW:** Big Brothers Big Sisters is the nation's oldest and largest youth mentoring organization. Since 1904, caring adult volunteers have been helping millions of children reach their full potential and fulfill their dreams.

**SERVICES OFFERED:** Professionally supported, long-term, one-to-one relationships.

## **BIRTHRIGHT**

307 Kelley Street, Room 103  
Manchester, NH 03102  
(603) 668-3443  
(800) 550-4900 Toll Free  
[www.birthright.org](http://www.birthright.org)  
[info@birthright.org](mailto:info@birthright.org)

Plaza One Unit 10  
37 Crystal Avenue  
Derry, NH 03038  
(603) 434-3000

**OVERVIEW:** Birthright provides caring, non-judgmental support to girls and women who are distressed by an unplanned pregnancy. All services are free, confidential, and available to any woman regardless of age, race, creed, economic, or marital status.

**SERVICES OFFERED:** Confidential and Free Pregnancy Testing; Maternity and Baby Clothes; Counseling and Information and Referral; 24-7 Informational Hotline.

## **BLESSED SACRAMENT FOOD PANTRY**

14 Elm Street  
Manchester, NH 03103  
(603) 622-5445  
[www.blessedsacramentnh.org](http://www.blessedsacramentnh.org)  
[lisa@blessedsacrament.org](mailto:lisa@blessedsacrament.org)

**OVERVIEW:** Church sponsored food pantry for the Southern Manchester area.

**SERVICES OFFERED:** Food Pantry; Wellness Program including Blood Pressure Screening; Thanksgiving Meals.

## **BOY SCOUTS OF AMERICA, DANIEL WEBSTER COUNCIL**

571 Holt Avenue  
Manchester, NH 03109  
(603) 625-6431  
(800) 221-0009 Toll Free  
[www.nhscouting.org](http://www.nhscouting.org)  
[nhbsa@dwcbbsa.org](mailto:nhbsa@dwcbbsa.org)

**OVERVIEW:** The Daniel Webster Council works with volunteers around the state to provide Scouting and other youth development programs. The aim of Scouting is to develop character, citizenship, and personal fitness. “Tiger Cubs” is for boys in first grade. “Cub Scouts” serves boys in grades 2 - 5. “Boy Scouts” is for boys 11-17. “Venturing” is for young men and women 14 through 20.

**SERVICES OFFERED:** Scouting Programs; Activities; Summer Camp; Career Exploration.

## **BOYS & GIRLS CLUB**

**EAST DERRY**  
P.O. Box 140  
40 East Derry Road  
East Derry, NH 03041  
(603) 434-6695  
[www.derrybgclub.org](http://www.derrybgclub.org)

**MANCHESTER**  
44 Walnut Street  
Manchester, NH  
03104  
(603) 625-5031  
[www.mbgcnh.org](http://www.mbgcnh.org)

**SALEM**  
3 Geremonty Drive  
Salem, NH 03079  
(603) 898-7709  
[www.salembgc.com](http://www.salembgc.com)  
[info@salembgc.org](mailto:info@salembgc.org)

**OVERVIEW:** The Boys & Girls Club strives to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.

**SERVICES OFFERED:** Structured Recreation and After-School Programs; Companionship; Education and Career Development; Leadership and Character Development; Health and Life Skills.

## **BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE**

109 North State Street, Suite 2  
Concord, NH 03301  
(603) 225-8400  
(800) 773-8400 Toll Free - NH only  
[www.bianh.org](http://www.bianh.org)  
[mail@bianh.org](mailto:mail@bianh.org)

**OVERVIEW:** The Brain Injury Association of New Hampshire (BIANH) is a private, non-profit, family and consumer run organization representing over 5000 New Hampshire residents with acquired brain disorders and stroke. The BIANH was founded in 1983 by NH parents seeking to bring home their brain injured children from out of state nursing homes.

**SERVICES OFFERED:** Information and Referral; Support Groups, Prevention and Education; Legislative Advocacy; Neuro-Resource Facilitation/Case Management; Transitional Services; Military/Veteran Services; Speaker's Bureau; Annual Conferences.

## **BREATHE NEW HAMPSHIRE**

9 Cedarwood Drive, Unit 12  
Bedford, NH 03110  
(603) 669-2411  
(800) 835-8647 Toll Free  
[www.breathenh.org](http://www.breathenh.org)

**OVERVIEW:** Breathe New Hampshire is the state's resource for lung health information and services. The agency has served New Hampshire residents for over 90 years focusing on preventing lung disease and breathing problems, before they start and improving the quality of life for those living with lung disease. Current threats to breathing in New Hampshire include asthma, COPD (sometimes called emphysema or chronic bronchitis), tobacco smoke, lung cancer, and unclean indoor and outdoor air. Formerly known as American Lung Association of New Hampshire.

**SERVICES OFFERED:** Through education, advocacy, research, and partnerships, Breathe New Hampshire works to involve NH citizens in matters that affect breathing and ensure that those living with lung disease have the support and resources they need.

## **BRIDGES DOMESTIC AND SEXUAL VIOLENCE SUPPORT**

(603) 883-3044 24/7 Support Line

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

[director@bridgesnh.org](mailto:director@bridgesnh.org)

### **Nashua Office**

33 E Pearl Street

Nashua, NH 03061

(603) 672-9833 Admin.

### **Milford Office**

16 Elm Street, Suite 2

Milford, NH 03055

(603) 672-9833

**OVERVIEW:** Bridges is a non-profit agency dedicated to helping victims and survivors of domestic and sexual violence.

**SERVICES OFFERED:** Crisis Hotline; Crisis Intervention; Support Groups; Counseling; Advocacy; Emergency Shelter; Education; Translators in 140 Languages.

## **BROOKSIDE CONGREGATIONAL CHURCH**

2013 Elm Street

Manchester, NH 03104

(603) 669-2807

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

**OVERVIEW:** Religious organization.

**SERVICES OFFERED:** Thrift Shop; Counseling Services; Parish Nurse Program.

## **CAMP ALLEN**

56 Camp Road

Bedford, NH 03110

(603) 622-8471

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

[mary@campallennh.org](mailto:mary@campallennh.org)

**OVERVIEW:** Camp Allen provides opportunities for growth, friendship, and fun for about 600 children and adults with developmental disabilities and other challenges in an outdoor environment.

**SERVICES OFFERED:** One or two week overnight camp experiences.

## **THE CAREGIVERS, INC.**

19 Harvey Road  
Bedford, NH 03110  
(603) 622-4948  
(877) 278-0237 Toll Free  
[www.caregiversnh.org](http://www.caregiversnh.org)  
[don@caregiversnh.org](mailto:don@caregiversnh.org)

**OVERVIEW:** The CareGivers, Inc.'s mission is to assist the frail, elderly, and disabled in order that they may maintain their independence and dignity. The programs goal is to provide non-medical support to the frail, elderly, and disabled of the Greater Nashua and Greater Manchester areas, enabling them to maintain their independence and dignity.

**SERVICES OFFERED:** Rides for the Healthy Living; Food for the Homebound; Friendly Visits; Reassurance Calls.

## **CARE NET PREGNANCY CENTER OF MANCHESTER**

50 Bridge Street, Suite 302  
Manchester, NH 03101  
(603) 623-1122  
[www.carenetnh.org](http://www.carenetnh.org)

**OVERVIEW:** Care Net offers education on abortion, adoption, and pregnancy. All services are free and confidential.

**SERVICES OFFERED:** Free Pregnancy Tests; Peer Counseling; Ultrasounds; Medical pregnancy Verification; Material Aid; Post Abortion Support; Abortion information; STD/STI information; Parent-Mentioning Program; Men's Program; Spanish-speaking services; and Referrals.

## **CASA OF NEW HAMPSHIRE**

P.O. Box 1327  
Manchester, NH 03105  
(800) 626-0622 Toll Free  
(603) 626-4600  
[www.casanh.org](http://www.casanh.org)  
[speakup@casanh.org](mailto:speakup@casanh.org)

**OVERVIEW:** Court Appointed Special Advocates (CASA) recruits, trains and supervises volunteers to serve as advocates for abused and neglected children in the New Hampshire court system. Part of National CASA.

**SERVICES OFFERED:** Provides volunteer advocates.



# CATHOLIC MEDICAL CENTER

100 McGregor Street  
Manchester, NH 03102

(603) 668-3545

(800) 437-9666 Toll Free

(603) 626-2626 Ask-A-Nurse 24/7 Reference and Information Resource  
[www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

**OVERVIEW:** Full service hospital.

**SERVICES OFFERED:** Ask a Nurse; Community Health Services; Comprehensive Wound Healing Center; GREAT Day Program for Seniors; New England Heart Institute Manchester Location; New England Sleep Center; Pregnancy Care Center; Primetime Center for Healthy Aging; The Wellness Center; Healthcare for the Homeless; Parish Nurse Program; The Cholesterol Management Center; Obesity Treatment Center; Refugee Health Services; Community Education and Wellness; Poisson Dental Facility; Women's Cardiac Center; Fertility Health Education Services.

## CENTER FOR LIFE MANAGEMENT (CLM)

### DERRY/MAIN OFFICE

10 Tsienneto Road

Derry, NH 03038

(603) 434-1577

### SALEM BRANCH

44 Stiles Road

Salem, NH 03079

(603) 893-3548

### HAMPSTEAD BRANCH

Hampstead Hospital

Professional Offices

218 East Road

Hampstead, NH 03841

(603) 434-1577

(603) 434-1577 Emergency during business hours

(603) 432-2253 Emergency 24/7

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

[info@clmnh.org](mailto:info@clmnh.org)

**OVERVIEW:** The Center for Life Management (CLM) is a non-profit community mental health organization.

**SERVICES OFFERED:** Mental Health and Emergency Services; Child, Adolescent and Family Services; Adult Community Support Services; Adult Counseling Services; Senior Counseling Services; Onsite Pharmacy.

## **CHADD**

**Nashua-Windham Office**

**(603) 880-4997 Judith**

**(603) 424-5797 Barbara**

**(800) 233-4050 Toll Free National Resource Center (Monday - Friday 9 AM – 5 PM)**

**[www.chaddonline.org/chapters/chadd125.html](http://www.chaddonline.org/chapters/chadd125.html)**

**[Nashua-windham@chadd.net](mailto:Nashua-windham@chadd.net)**

**OVERVIEW:** Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), is a national non-profit organization providing education, advocacy and support for individuals with AD/HD.

**SERVICES OFFERED:** Parent and Adult Support Groups; Online Communities; Tips and Resources.

## **CHILD AND FAMILY SERVICES OF NEW HAMPSHIRE**

**464 Chestnut Street**

**P.O. Box 448**

**Manchester, NH 03105**

**(800) 640-6486 Toll Free**

**(603) 518-4000**

**[www.cfsnh.org](http://www.cfsnh.org)**

**[info@cfsnh.org](mailto:info@cfsnh.org)**

**OVERVIEW:** Child and Family Services (CFS) is an independent non-profit agency dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children. Founded in 1850, Child and Family Services is the oldest children's charitable organization in New Hampshire. CFS is headquartered in Manchester, NH and has 14 regional offices throughout the state, serves about 17,000 children and their families each year statewide. Services are free, available on a sliding-fee scale or for a basic fee, or covered by insurance.

**SERVICES OFFERED:** Adoption; Advocacy; Counseling; Early Childhood Services; Senior/Independent Living/Home Care; Teen services; School-Based Services; Family Support/Preservation; Parent Support/Education; Parent Line; Summer Camp; Housing Support; Community/Life Education; Foster Care.

## **CHILD HEALTH SERVICES**

**1245 Elm Street**

**Manchester, NH 03101**

**(603) 668-6629**

**[www.childhealthservices.org](http://www.childhealthservices.org)**

**OVERVIEW:** A medical home for at-risk children and adolescents.

**SERVICES OFFERED:** Pediatric Clinic including nutrition services and Teen Health Clinic; Child Development Clinic; Neuromotor Clinic; Nutrition Network.

## **CHILDHOOD CANCER LIFELINE OF NEW HAMPSHIRE**

P.O. Box 395  
Hillsboro, NH 03244-0395  
(603) 645-1489  
[www.childhoodcancerlifeline.org](http://www.childhoodcancerlifeline.org)  
[info@childhoodcancerlifeline.org](mailto:info@childhoodcancerlifeline.org)

**OVERVIEW:** Childhood Cancer Lifeline is a strictly volunteer organization whose mission is to empower New Hampshire families who are coping with childhood cancer by providing knowledge, resources, assistance, and hope.

**SERVICES OFFERED:** Emotional Support; Specialized Information and Referral; Emergency Funds; Parent to Parent Networking; Family Assistance Programs; Quality of Life Assurance Programs.

## **CHILDREN'S ALLIANCE OF NEW HAMPSHIRE**

2 Delta Drive  
Concord, NH 03301  
(603) 225-2264  
[www.childrennh.org](http://www.childrennh.org)

**OVERVIEW:** The Children's Alliance of New Hampshire promotes policies and practices that enable all children to lead healthy and productive lives and to reach their full potential.

**SERVICES OFFERED:** Group Advocacy; System Advocacy; Data on child well-being.

## **CIRCLE OF L.I.F.E. PEER SUPPORT CENTER**

11 Wall Street/P.O. Box 409  
Derry, NH 03038  
(603) 432-9072  
(877) 432-5433/(603) 537-1068 – Warmline (6 PM – 9 PM daily)  
[circleoflife2@myfairpoint.net](mailto:circleoflife2@myfairpoint.net)

**OVERVIEW:** Mental health drop in center.

**SERVICES OFFERED:** Mental Health Drop In Center; Mental Health Hotlines; Peer Counseling.

## **CITY YEAR NEW HAMPSHIRE**

848 Elm Street  
Suite 201  
Manchester, NH 03101  
(603) 773-1607  
[www.cityyear.org/newhampshire](http://www.cityyear.org/newhampshire)

**OVERVIEW:** City Year unites young people (ages 17-24) of all backgrounds for a year of full-time service, giving them the skills and opportunities to change the world. As tutors, mentors and role models, these diverse young leaders help children stay in school and on track, and transform schools and communities across the United States, as well as through international affiliates in Johannesburg, South Africa and London, England.

**SERVICES OFFERED:** Primarily working in five elementary schools in Manchester, each team focuses on providing students with support in the ABCs—attendance, behavior, and coursework. This support is achieved through one-on-one and group tutoring, mentoring, overall classroom support, and after school programs that help create an improved learning environment. In addition to their in-school service, City Year corps members coordinate service projects, workshops, and the Young Heroes Saturday service-learning program for middle school students.

## **COMMUNITY ACTION PROGRAM BELKNAP-MERRIMACK COUNTIES**

P.O. Box 1016  
2 Industrial Park Drive  
Concord, NH 03302  
(603) 225-3295  
(800) 856-5525 Toll Free  
[www.bm-cap.org](http://www.bm-cap.org)  
[info@bm-cap.org](mailto:info@bm-cap.org)

**OVERVIEW:** Community Action Program Belknap-Merrimack Counties' primary goal is to work with low-income families and the elderly to assist them in their efforts to become or remain financially and socially independent.

**SERVICES OFFERED:** ServiceLink; Health; Housing; Family; Transportation; Employment and Training Services; Elderly; Nutrition; Emergency Services.

## **COMMUNITY ALLIANCE FOR TEEN SAFETY (CATS)**

41 Birch Street  
Derry, NH 03038  
(603) 434-5251  
[www.catsnh.org](http://www.catsnh.org)  
[info@catsnh.org](mailto:info@catsnh.org)

**OVERVIEW:** Our mission is to promote safe habits for all youth by increasing awareness of high-risk behaviors, encouraging healthy choices, and fostering community alliances in Chester, Derry, Hampstead, Londonderry, Salem and Windham.

**SERVICES OFFERED:** Teen Driving Safety; Media Campaigns; Youth Development; Safe Homes Network; Annual Awareness Events.

## **COMMUNITY CAREGIVERS OF GREATER DERRY**

58 East Broadway  
Derry, NH 03038  
(603) 432-0877  
[www.comcaregivers.org](http://www.comcaregivers.org)  
[office@comcaregivers.org](mailto:office@comcaregivers.org)

**OVERVIEW:** Community Caregivers of Greater Derry is a volunteer group focusing on the needs of the elderly and disabled in the community.

**SERVICES OFFERED:** Friendly visiting, grocery shopping, light chores, medical transport and more.

## **COMMUNITY HEALTH SERVICES OF GREATER DERRY**

41 Birch Street  
Derry, NH 03038  
(603) 425-2545  
[www.chsgreaterderry.org](http://www.chsgreaterderry.org)  
[info@chsgreaterderry.org](mailto:info@chsgreaterderry.org)

**OVERVIEW:** Community Health Services of Greater Derry (CHS) is an innovative partnership with a goal of expanding and improving access to health care services for those who don't qualify for other public assistance programs. Through a network of nearly 120 participating physicians, CHS provides access to primary care, referral to specialists, hospital-based care when needed and an array of other services including dental care services through collaborating providers.

**SERVICES OFFERED:** CHS members have access to a wide range of health care and prevention services, including: Office visits with a Primary Care Physician; Referrals to Medical Specialists when needed; Dental Care Services; Prescription Medications; Diagnostic Tests; Behavioral Health Care Services; Hospital-based Services; Community Support Referrals.

## **COMMUNITY SUPPORT SERVICES – REGION 10**

8 Commerce Drive, Suite 801  
Atkinson, NH 03811  
(603) 893-1299  
[www.region10nh.com](http://www.region10nh.com)  
[info@region10nh.com](mailto:info@region10nh.com)

**OVERVIEW:** Our mission is to support people who have developmental disabilities or acquired brain disorders, in partnership with families and caregivers, to enhance their independence and personal growth while fostering meaningful relationships and involvement within their own communities.

**SERVICES OFFERED:** Early Support and Services; Family Support and Services; Adult Community Services; Benefits and Work Incentives; Consumer Directed Services.

## **CONNERY PSYCHOLOGICAL SERVICES, INC.**

648 NH Route 104  
New Hampton, NH 03256  
(800) 939-7224 Toll Free  
(603) 744-0344  
(603) 744-0345  
[www.psychservices.org](http://www.psychservices.org)  
[cps@worldpath.net](mailto:cps@worldpath.net)

**OVERVIEW:** Psychological, competency, and educational/academic evaluations by licensed psychologists with detailed written reports to and reviews with consumers; subsequent links to proper providers, schools, and treatment centers statewide and beyond.

**SERVICES OFFERED:** Evaluations for a variety of applications (clarifying diagnoses, learning disabilities, private school placements, etc.) and assessments. No emergency/crisis or counseling services are provided at anytime.

## **CONSUMER CREDIT COUNSELING SERVICE OF NEW HAMPSHIRE & VERMONT**

Administrative Office  
105 Loudon Road  
P.O. Box 818  
Concord, NH 03302-0818  
(800) 327-6778 Toll Free  
[www.cccsnh-vt.org](http://www.cccsnh-vt.org)

**OVERVIEW:** CCCS shows clients how to take charge of their money. Face-to-face, online, or over the telephone, we provide confidential counseling and assistance to families and individuals needing guidance in managing their money, use of credit and debt repayment.

**SERVICES OFFERED:** Credit Counseling; Debt Management; Personal Finances/Budget Counseling; Homebuyer/Home Purchase Counseling; Housing Counseling; HUD Approved Counseling Agencies.

## **COOPERATIVE ALLIANCE FOR REGIONAL TRANSPORTATION (CART)**

50 Nashua Road, Suite 102

Londonderry, NH 03053

(603) 437-9999

(603) 434-3569 – To schedule or cancel a ride

[www.cart-rides.org](http://www.cart-rides.org)

**OVERVIEW:** The Cooperative Alliance for Regional Transportation (CART) is a curb-to-curb transportation system serving the towns of Chester, Danville, Derry, Hampstead, Londonderry, Salem, Sandown, and Windham. Service to Plaistow is also provided to community members within their seven-town service area.

**SERVICES OFFERED:** General Paratransit/Community Ride Programs; Local Transit Passes; Medical Transportation within and outside of service area.

## **CROHN'S & COLITIS FOUNDATION OF AMERICA NEW ENGLAND CHAPTER**

280 Hillside Avenue

Needham, MA 02494

(781) 449-0324

(800) 314-3459 Toll Free

[www.www.cdfa.org/chapters/ne](http://www.www.cdfa.org/chapters/ne)

**OVERVIEW:** The Crohn's and Colitis Foundation of America is a non-profit, volunteer-driven organization dedicated to finding the cure for Crohn's disease and ulcerative colitis.

**SERVICES OFFERED:** Information and Referral on Crohn's and Colitis and Living with Crohn's and Colitis; Support Groups; Events.

## **CYSTIC FIBROSIS FOUNDATION – NORTHERN NEW ENGLAND**

114 Perimeter Road, Unit G & H

Nashua, NH 03063

(603) 598-8191

(800) 757-0203

[www.cff.org/chapters/newengland](http://www.cff.org/chapters/newengland)

[no-new-eng@cff.org](mailto:no-new-eng@cff.org)

**OVERVIEW:** The mission of the Cystic Fibrosis Foundation is to assure the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

**SERVICES OFFERED:** Scientific pioneers, blazing new trails in CF research; Fund-raisers, securing the money needed to support our efforts; Advocates, keeping CF a top priority in government, industry and research; Investors, funding drug discovery and development; Caregivers, linking patients and families to specialized CF care; and Family, offering support, information and resources.

## **DARTMOUTH-HITCHCOCK MANCHESTER**

100 Hitchcock Way

Manchester, NH 03104

(603) 695-2500 Service/Intake

[www.dartmouth-hitchcock.org/manchester](http://www.dartmouth-hitchcock.org/manchester)

[dhanswers@hitchcock.org](mailto:dhanswers@hitchcock.org) for non-medical questions

**OVERVIEW:** Dartmouth-Hitchcock Manchester is a multi-specialty, community group practice that serves the healthcare needs of people living in the greater Manchester area. With offices in Manchester and Bedford, they provide basic (primary) and specialty care to the whole family. Dartmouth-Hitchcock Manchester offers highly specialized pediatric care through the Children’s Hospital at Dartmouth (CHaD), and cancer services through Norris Cotton Cancer Center. They are affiliated with Dartmouth-Hitchcock Medical Center, the top teaching and specialty-care hospital in the state.

**SERVICES OFFERED:** Comprehensive Healthcare Services; Safety Classes, Support Groups and Events; Chemotherapy/Radiation Therapy; Clinical Trials; Disease Specific Treatment; Community Clinics; Comprehensive Outpatient Alcoholism and Drug Abuse Treatment; Prescription Drug Patient Assistance Programs.

## **DEPRESSION AND BIPOLAR SUPPORT ALLIANCE**

Greater NH Seacoast  
Bob Elder  
(603) 329-6609  
[rdelder@comcast.net](mailto:rdelder@comcast.net)

Nashua  
Thomas Doucette  
(603) 888-2141  
[www.dbsanashua.org](http://www.dbsanashua.org)  
[info@dbsanashua.org](mailto:info@dbsanashua.org)

National Headquarters  
730 N. Franklin Street  
Suite 501  
Chicago, IL 60654-7225  
(800) 826-3632 Toll Free  
(800) 273-8255 (TALK)  
Toll Free Crisis Line  
[www.dbsalliance.org](http://www.dbsalliance.org)  
[info@dbsalliance.org](mailto:info@dbsalliance.org)

**OVERVIEW:** The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments, and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

**SERVICES:** Print and Online Resources; Local Support Groups; Virtual Meetings; Discussion Boards; Educational Programs; Training; Events and Conferences.



## **DISABILITIES RIGHTS CENTER**

18 Low Avenue  
Concord, NH 03301  
(603) 228-0432  
(800) 834-1721 Toll Free  
[www.drcnh.org](http://www.drcnh.org)  
[advocacy@drcnh.org](mailto:advocacy@drcnh.org)

**OVERVIEW:** The Disabilities Rights Center (DRC) is a statewide organization that is independent from state government or service providers and is dedicated to the full and equal enjoyment of civil and other legal rights by people with disabilities. The DRC is New Hampshire’s designated Protection and Advocacy agency and authorized by federal statute “to pursue legal, administrative and other appropriate remedies” on behalf of individuals with disabilities.

**SERVICES OFFERED:** Information, Advice, and Legal Representation and Advocacy; Policy and System Change Advocacy; Community Outreach, Training and Education; Specialized Information and Referral.

## **DISABLED AMERICAN VETERANS**

**Manchester #1**  
399 Silver St  
Manchester, NH 03103  
(603) 623-8236  
[nho1mail@davfrat.org](mailto:nho1mail@davfrat.org)

**Queen City #18**  
237 S Lincoln St  
Manchester, NH 03103  
(603) 627-1238  
[nh18mail@davfrat.org](mailto:nh18mail@davfrat.org)

**OVERVIEW:** Disabled American Veterans (DAV) is dedicated to a single purpose: building better lives for America’s disabled veterans and their families.

**SERVICES OFFERED:** Free Benefits Assistance; VA Compensation, Health Care, Pension, Employment Rights, Education Counseling; Pension Benefits Assistance; Medical Transportation; Claim Assistance; Disaster Relief; Rights Education Through Publications, Chapter Meetings and Events; Transportation To VA Medical Facilities.

## **DOG GUIDE USERS OF NEW HAMPSHIRE**

(603) 434-6042  
[www.dogguideusersnh.org](http://www.dogguideusersnh.org)

**OVERVIEW:** The Dog Guide Users of New Hampshire is a totally voluntary support group that promotes the use of Service Dogs for the disabled through peer support, advocacy, education, and public awareness. The Dog Guide Users of New Hampshire also embraces all individuals who are interested in the care, handling, and/or raising of Guide, Hearing and Service Dogs for independent living.

**SERVICES OFFERED:** Dog Guides and Training for Service Dog Handlers.

## **EARLY EDUCATION AND INTERVENTION NETWORK OF NEW HAMPSHIRE**

2 Delta Drive  
Concord, NH 03301  
(603) 228-2040  
[www.eeinnh.org](http://www.eeinnh.org)  
[info@eeinnh.accountsupport.com](mailto:info@eeinnh.accountsupport.com)

**OVERVIEW:** Early Education and Intervention Network of New Hampshire (EEIN) is a statewide group comprised of professionals and families involved with infants and young children (birth to six years) with special needs. EEIN promotes optimal development of young children with special needs and their families through the support and education of professionals and individuals who work with children and families by providing opportunities to learn, collaborate and build partnerships.

**SERVICES OFFERED:** Networking; Training; and Public Education via Conferences, Forums, Roundtables, News, and Special Projects.

## **EASTER SEALS NEW HAMPSHIRE, INC.**

555 Auburn Street  
Manchester, NH 03103-4800  
(603) 623-8863  
(800) 870-8728 Toll Free  
[www.nh.easterseals.com](http://www.nh.easterseals.com)

**OVERVIEW:** Easter Seals has been helping individuals with disabilities and special needs, and their families, live better lives for more than 80 years. Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

**SERVICES OFFERED:** Adult Day Services; Adult Rehabilitation; Autism Services; Camping and Recreation Services; Children and Youth Services; Community Based Services; Dental Services; Seniors Count; Senior Services; Substance Abuse Programs; Special Education; Transportation; Veterans Services; Vocational Services.

## **EDUCATION-A-MUST**

**P.O. Box 216**

**East Derry, NH 03041**

**(603) 437-6286**

**[www.education-a-must.com](http://www.education-a-must.com)**

**[info@education-a-must.com](mailto:info@education-a-must.com)**

**OVERVIEW:** Education-A-Must Inc. (EAM) is a non-profit corporation providing advocate services for the child or youth with physical, emotional, behavioral, or learning disabilities. Our goal is to assist parents and caregivers in finding help for the child with special needs. EAM works with local, state and federal agencies to secure the necessary services and education for all who qualify.

**SERVICES OFFERED:** Parent Support Groups and Workshops; Special Education Advocates; Resources.

## **ELLIOT HEALTH SYSTEM**

**One Elliot Way**

**Manchester, NH 03103**

**(603) 669-5300**

**(800) 235-5468 Toll Free**

**[www.elliorthospital.org](http://www.elliorthospital.org)**

**OVERVIEW:** Elliot Health System (EHS) is the largest provider of comprehensive healthcare services in Southern New Hampshire. The cornerstone of EHS is Elliot Hospital, a 296-bed acute care facility located in Manchester.

**SERVICES OFFERED:** Doctor's Offices; Primary and Specialty Care Providers; Inpatient and Outpatient Care; Regional Trauma Center; 24/7 Access Through Elliot ON-CALL; Home Health Services; Cancer Center; Rehabilitation Services; Urology Center; State-Of-The-Art Neonatal, Maternity and Pediatric Care; Community Services and Education; Mind/Body Medicine; Wellness Programs; and many other services.

## **EMOTIONS ANONYMOUS**

**P.O. Box 4245**

**St. Paul, MN 55104-0245**

**(651) 647-9712**

**[www.emotionsanonymous.org](http://www.emotionsanonymous.org)**

**[infodf3498fjsd@emotionsanonymous.org](mailto:infodf3498fjsd@emotionsanonymous.org)**

**OVERVIEW:** Emotions Anonymous (EA) is a twelve-step program that provides support for anyone having problems with panic, anxiety, depression, fear, grief or other emotional problems. EA is not a medical or psychiatric service, nor does it provide personal or family counseling. Leadership of group meetings rotates and is non-professional. The leader's function is simply to conduct the meeting, not to serve as an authority. Our meetings are structured to assist individuals who want to achieve and maintain emotional health by understanding and utilizing the Twelve Steps of Emotions Anonymous in their daily lives.

**SERVICES:** Twelve Step program providing in-person (Manchester, Concord and Nashua), online and telephone meetings as well as online discussion groups.

## **FAMILIES IN TRANSITION**

**Main Office**

**122 Market Street**

**Manchester, NH 03101**

**(603) 641-9441**

**[www.fitnh.org](http://www.fitnh.org)**

**[office@fitnh.org](mailto:office@fitnh.org)**

**[intake@fitnh.org](mailto:intake@fitnh.org) (to request confidential information about intake process)**

**OVERVIEW:** The mission of Families in Transition (FIT) is to provide safe affordable housing and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless, enabling them to gain self-sufficiency and respect. Breaking the cycle of homelessness for each family, child and adult is imperative and the means to do this is by providing intensive individualized case management, individual and group therapy and educational workshops. Each participant identifies his or her personal case plan goals including employment/education, health, mental health, parenting, financial management and housing.

**SERVICES:** In addition to housing assistance, participants also receive comprehensive supportive services—including support groups, skill-building workshops and computer/employment training—that focus on addressing the barriers and issues that can make it difficult to maintain housing. Clinical services and youth programs also provided. Family OutFITters Thrift Stores have two locations in Manchester and a boutique in Concord.

## **FAMILY MEDIATION AND JUVENILE SERVICES**

Southern Rockingham County  
16 Academy Avenue  
Atkinson, NH 03811  
(603) 362-9957  
[www.fmjs.org](http://www.fmjs.org)  
[Info@fmjs.org](mailto:Info@fmjs.org)

**OVERVIEW:** Family Mediation and Juvenile Services (FMJS) is dedicated to providing quality resources to youth and families in order to reduce delinquency and out-of-home placements, and to empower them as individuals, family members, and citizens of the community. Youth, ages 12 through 18, from the towns of Atkinson, Danville, Hampstead, Kingston, Newton, Plaistow and Salem are eligible for their diversion programs. They can refer themselves or be referred by others, including schools, counselors, parents, police, courts or others.

**SERVICES OFFERED:** Parent-Child Mediation; Peer Mediation; Substance Abuse Awareness; Anger Management; Parenting Support Education; Stop Shoplifting Course; Tobacco Education; Community Service Program; Restitution Program.

## **FAMILYSTRENGTH**

Main Office  
85 North State Street  
Concord, NH 03301  
(603) 228-3266  
(603) 357-8772 (Meg Zanger, LICSW, Regional Director)  
(800) 544-1119 Toll Free  
[www.familystrength.org](http://www.familystrength.org)  
[info@familystrength.org](mailto:info@familystrength.org)

**OVERVIEW:** Familystrength is a non-profit organization built on a passion for helping families and individuals find effective and lasting solutions to life's most difficult challenges that may involve severe stress, anxiety, depression, substance abuse, family or sexual violence, child abuse, neglect or mental illness. Its mission is to provide individuals and families with hope, resources and opportunities to successfully meet significant life challenges. The Western Region serves Keene, Claremont, Littleton, Berlin, Concord, Manchester, Nashua, Derry, Salem and surrounding areas.

**SERVICES OFFERED:** Office Based Individual/Family Therapy; Home Based Therapeutic Services (HBTS); Crisis Intervention; Parent Education; Advocacy Program; Deployment Cycle Support Programs (DCSP); Family Stabilization Program (FSP).

## **FARMSTEADS OF NEW ENGLAND**

213 Center Road  
Hillsborough, NH 03244  
(603) 464-2590  
www.farmsteads-ne.org  
info@farmsteads-ne.org

**OVERVIEW:** Farmsteads of New England, Inc. (FNE) is a human services agency that has developed an intentional farming community that caters to the needs of people who have autism and other developmental disabilities. We provide our programs' participants with meaningful work and numerous opportunities for recreation and socialization. Our farm is located in Hillsborough, New Hampshire. Here we provide a natural setting for concrete, meaningful activities that many people find satisfying – growing crops, raising animals, enjoying nature.

**SERVICES OFFERED:** Adult Day Programs including vocational and recreational activities; Habilitation Programs; Group Residences; Respite Services.

## **THE FARNUM CENTER**

235 Hanover Street  
Manchester, NH 03104  
(603) 622-3020 x10 or x33

**OVERVIEW:** The Farnum Center is a comprehensive alcohol and substance abuse treatment facility serving more than 400 residents of the state of New Hampshire.

**SERVICES OFFERED:** Treatment Options: Residential, Intensive Outpatient Services, Outpatient Services, Buprenorphine/Suboxone Clinic, and Zachary Road Adolescent Co-Occurring Program; Referrals.

## **FELINE FRIENDS RESCUE/ADOPTION LEAGUE**

P.O. Box 2452  
Salem, NH 03079  
(603) 893-2483  
www.felinefriendsnh.com  
felinefriendsnh.info@comcast.net

**OVERVIEW:** Feline Friends is an all-volunteer, no-kill, non-profit organization made up of people who share the same vision: to make a positive difference for felines. We do not have a shelter, but use foster homes and an adoption center located in the PetsMart store at 290 South Broadway (Route 28) in Salem, NH. Our mission is to reduce the number of homeless felines through rescue and adoption and to work with the public to reduce feline overpopulation.

**SERVICES OFFERED:** Cat Adoption; Cat and Kitten Fostering; Free-Spay Program For Mother Cats; Low-Cost Spay Or Neuter; Feline Rescue Assistance; Trap-Neuter-Return Assistance.

## **FIRST BAPTIST CHURCH**

4 Crystal Avenue

Derry, NH 03038

(603) 421-1897 Service/Intake

(603) 432-7527 Service/Intake - Judy Jurentkuff

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

[Jamesrsmith@hotmail.com](mailto:Jamesrsmith@hotmail.com)

**OVERVIEW:** We are a gathering of believers who worship together and seek to follow God's word in the power of the Holy Spirit.

**SERVICES OFFERED:** Food Pantry and Soup Kitchen.

## **FIRST CONGREGATIONAL CHURCH - MANCHESTER**

508 Union Street

Manchester, NH 03104

(603) 625-5093 with voice mail options

(603) 622-1511 always rings; no messages

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

[office@fccmanchesternh.org](mailto:office@fccmanchesternh.org)

**OVERVIEW:** A Christian church in the heart of downtown Manchester, we prize tradition, vitality and involvement in our urban neighborhood. Our building is a major form of mission and outreach, as we house a number of community activities: four Scout groups, English for New Americans (with St. Anselm College), Meals on Wheels and Congregant Dining (run by St. Joseph Community Services), special YWCA programs, NAACP meetings and more.

**SERVICES OFFERED:** Most of their services are provided in partnership with other organizations.

## **FIRST UNITED METHODIST CHURCH**

961 Valley Street

Manchester, NH 03103

(603) 622-8863

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

**OVERVIEW:** A diverse community of believers focused on developing life-giving relationships with Jesus and with each other.

**SERVICES OFFERED:** Programs targeting the Homeless, Youth, and Senior Citizens including Breakfast with Jesus; Parish Nurse Program; Wednesday Lunch Program for the Homeless; Food Pantry; Used Clothing Boutique.

## **FOOD FOR CHILDREN**

P.O. Box 4786  
Manchester, NH 03108  
(603) 799-8642  
[www.foodfc.org](http://www.foodfc.org)  
[info@foodfc.org](mailto:info@foodfc.org)

**Food Pantry Location:**  
JFK Coliseum Parking Lot - Beech/Valley  
Manchester, NH 03102

**OVERVIEW:** FFC's ultimate mission is to reach into the community and provide food assistance to families in need. Keeping in mind that some families have to choose between rent or food and that some individuals have to choose between their prescriptions or food, FFC attempts to serve the community such that no one goes hungry and no parent has to wonder where their child's next meal will come from. By establishing relationships with churches and other charities who are in contact with these families, parents can find their way to FFC to get what they need to feed their children. FFC started humbly as a concerned group of volunteers who simply handed out sandwiches on a street corner. Over the years we have grown into a charity that collects and distributes over 6,000 lbs. of food in any given week.

**SERVICES OFFERED:** Food Bank.

## **FOOD FOR THE HUNGRY**

Pleasant Street United Methodist Church  
8 Pleasant Street  
Salem, NH 03079  
(603) 898-2501  
[www.pleasantstreetumc.org](http://www.pleasantstreetumc.org) - Church Web site

**OVERVIEW:** Church-sponsored Food Pantry.

**SERVICES OFFERED:** Food Pantry.

## **FRANCO AMERICAN CENTRE**

52 Concord Street  
Manchester, NH 03104  
(603) 669-4045  
[www.www.facnh.com](http://www.www.facnh.com)  
[lsutton@facnh.com](mailto:lsutton@facnh.com)

**OVERVIEW:** The Mission of the Franco-American Centre is to preserve the rich heritage of our French communities. We promote History, Culture and Education with an understanding of their historic contributions, cultural and artistic expressions, both past and present.

**SERVICES OFFERED:** Cultural Heritage Groups for the French Community; Events; Art Gallery; French Classes; Bookstore.



## **THE FRIENDS PROGRAM**

249 Pleasant Street  
Concord, NH 03301  
(603) 228-1193 Administrative  
(800) 536-1193  
[www.friendsprogram.org](http://www.friendsprogram.org)  
[admin@friendsprogram.org](mailto:admin@friendsprogram.org)

**OVERVIEW:** The Friends Program is a non-profit, social service organization that strengthens communities by building relationships that empower people, encourage community service, and restore faith in the human spirit. A United Way agency, the organization strives to achieve this goal through the implementation of mentoring programs for at-risk youth, emergency housing for homeless families and medically challenged individuals, an intergenerational program that creates meaningful opportunities for seniors to work with children, a volunteer service program that connects people of faith with elderly people in need of assistance to maintain their independent lifestyle, and a senior volunteer program that links the volunteer's skills to otherwise unmet needs within the communities that we serve.

**SERVICES OFFERED:** Emergency Housing; Foster Grandparent Program; Interfaith Caregivers; Junior Senior Friends; Retired Senior Volunteer Program.

## **GAMBLERS ANONYMOUS**

P.O. Box 17173  
Los Angeles, CA 90017  
(213) 386-8789  
(888) 424-3577 National Toll Free Hotline  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)  
[isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org)

**OVERVIEW:** International program serving both those with a gambling problem or think they may have a gambling problem and spouses, family, and friends of gamblers.

**SERVICES OFFERED:** Gambling Support Groups; 12 Step Program; Online Store.

# **GIRL SCOUTS OF THE GREEN AND WHITE MOUNTAINS**

One Commerce Drive  
Bedford, NH 03110  
Mailing address:  
P.O. Box 10832  
Bedford, NH 03110-0832  
(603) 627-4158  
[www.girlscoutsgwm.org](http://www.girlscoutsgwm.org)  
[info@girlscoutsgwm.org](mailto:info@girlscoutsgwm.org)

**OVERVIEW:** Girl Scouts of the Green and White Mountains is one of 109 councils chartered by Girl Scouts of the USA, the world’s leading organization dedicated solely to girls, where, in an accepting and nurturing environment, girls build character and skills for success. In partnership with caring adults, girls develop qualities to serve them all their lives: strong values, social conscience, and conviction about their potential and self-worth.

**SERVICES OFFERED:** We serve 15,371 girls throughout New Hampshire and Vermont. With the guidance of more than 5,100 dedicated and trained volunteers, girls discover the fun, friendship, and power of girls together. Through hundreds of programs offered each year, girls develop their leadership potential through activities that enable them to discover their values, skills and the world; connect with others in a multicultural environment; and take action to make a difference in the world.

## **GIRLS INCORPORATED OF NEW HAMPSHIRE**

Administrative Office  
815 Elm Street, Suite 4A  
Manchester, NH 03101  
(800) 775-9372 Toll Free in NH  
(603) 625-1296  
[www.girlsincnewhampshire.org](http://www.girlsincnewhampshire.org)  
[info@girlsincnewhampshire.org](mailto:info@girlsincnewhampshire.org)

**GREATER MANCHESTER REGION**  
Manchester Girls’ Center  
340 Varney Street  
Manchester, NH 03102  
(603) 623-1117

**OVERVIEW:** At Girls Incorporated of New Hampshire, we know every girl – regardless of her age, background, interests or dreams - has the potential for greatness. Our mission and passion is to help girls achieve their personal best through one-on-one attention, leadership development, a talented staff and volunteers, a wide range of enrichment programs, and a caring family environment. Girls Incorporated is a national non-profit youth organization dedicated to inspiring all girls to be strong, smart, and bold. With roots dating to 1864, Girls Inc has provided vital educational programs to millions of American girls, particularly those in high-risk, underserved areas. Today, innovative programs help girls confront subtle societal messages about their value and potential, and prepare them to lead successful, independent, and fulfilling lives.

**SERVICES OFFERED:** Everyday programs; Enrichment Programs; Summer Programs.

## **GOFFSTOWN NETWORK**

7 North Mast Road  
Goffstown, NH 03045  
(603) 497-3433  
[www.goffstownnetwork.org](http://www.goffstownnetwork.org)  
[dave@goffstownnetwork.org](mailto:dave@goffstownnetwork.org)

**OVERVIEW:** The mission of the Goffstown Network is to provide for the hunger related needs of our neighbors in Goffstown and surrounding communities. Founded with the governing principle that no person should go hungry and that every person deserves our care. Goffstown Network serves the citizens of the Goffstown area by providing food and other related services on an emergency, short-term basis. Through its volunteers and member organizations, Goffstown Network fulfills its mission through a cooperative spirit of community and mutual caring.

**SERVICES OFFERED:** Food Pantry for Residents of Goffstown, Dunbarton, or New Boston; Thanksgiving and Christmas Holiday Food Baskets.

## **GOOD NEWS GARAGE**

325 Merrill Street  
Manchester, NH 03103  
(603) 669-6937  
(877) 400-6065 Toll Free - applications for help  
(877) 448-3288 Toll Free OR (877) GIVE-AUTO  
[www.goodnewsgarage.org](http://www.goodnewsgarage.org)  
[goodnewsgarage@lcsnne.org](mailto:goodnewsgarage@lcsnne.org)

**OVERVIEW:** Good News Garage (GNG), a program of Lutheran Social Services, creates economic opportunity by providing affordable and reliable transportation options to people in need.

**SERVICES OFFERED:** Cars for Low Income Families, Transportation Service, Donation Program for Non-Profits to accept car donations.

## **GOODWILL INDUSTRIES OF NORTHERN NEW ENGLAND**

**CORPORATE OFFICES**  
353 Cumberland Avenue  
Portland, ME 04101  
[www.goodwillnne.org](http://www.goodwillnne.org)

**HOOKSETT GOODWILL STORE**  
Shoppes at Hooksett Landing  
Hooksett, NH 03106  
(603) 623-6141

**LONDONDERRY  
GOODWILL STORE**  
Apple Tree Mall  
Londonderry, NH 03053  
(603) 437-3469

**OVERVIEW:** Goodwill Industries of Northern New England is a multi state, multi site, human services organization and network of non-profit businesses. Goodwill Industries of Northern New England engages the human potential and enriches the quality of life within our communities by eliminating barriers to opportunity and to independence. Their vision: All people have the opportunity to achieve their fullest potential and participate in and contribute to all aspects of life.

**SERVICES:** Workforce Development Services; NeuroRehabilitation Services; Deaf Services; Developmental Disability Day and Residential Services; Good Neighbor Program; Retail Stores.

### **GRANITE STATE AMBASSADORS**

One Airport Road, Suite 198  
Manchester, NH 03103-7450  
(603) 621-0638  
[www.nhgsa.com](http://www.nhgsa.com)  
[kbryer@gmail.com](mailto:kbryer@gmail.com)

**OVERVIEW:** Granite State Ambassadors are volunteers, industry professionals, and residents of New Hampshire who have been trained and certified as “New Hampshire Information Specialists”. Granite State Ambassadors, Inc. adds value to state agencies, local businesses, and individuals through a training and service support network that sustains and enhances the New Hampshire experience. Over the past decade we have worked tirelessly to promote and protect our sense of place by valuing both built and natural environments, culture, aesthetics, heritage, and the well-being our residents and guests alike. As a 501(c)(3) non-profit, charitable organization, we serve hundreds of travel and tourism related businesses including key partners, Manchester-Boston Regional Airport and the NH Division of Travel and Tourism Development.

**SERVICES OFFERED:** Volunteer Training Program; Trained Volunteers.

## **GRANITE STATE INDEPENDENT LIVING**

21 Chenell Drive  
Concord, NH 03301-7268  
(603) 228-9680  
(800) 826-3700 Toll Free  
[www.gsil.org](http://www.gsil.org)  
[info@gsil.org](mailto:info@gsil.org)

**OVERVIEW:** Granite State Independent Living (GSIL) is a statewide non-profit organization whose mission is to promote life with independence for people with disabilities and those experiencing the natural process of aging through advocacy, information, education and support.

**SERVICES OFFERED:** Four core services—advocacy, information, education, and support—including Independent Living Skills Training; Information and Referral; Peer Support; Employment; Transportation; Housing Program; NH Spinal Cord Injury Association; ASL Interpreter Referral; Independent Care; Access Modification; Deaf and Hard of Hearing Services; Service Coordination.

## **GRANITE STATE SENIOR GAMES**

c/o 37 Everett Street  
Manchester, NH 03104  
(603) 232-3900  
[www.nhseniorgames.org](http://www.nhseniorgames.org)  
[nhgssg1@comcast.net](mailto:nhgssg1@comcast.net)

**OVERVIEW:** The Granite State Senior Games are New Hampshire's premier multi-sport event for the 50 and better population.

**SERVICES OFFERED:** Recreational Activities/Sports for Older Adults; Senior Olympics.

## **GRANITE UNITED WAY**

### **GREATER MANCHESTER/DERRY/SALEM REGION**

22 Concord Street, Floor 2

Manchester, NH 03101

(603) 625-6939

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

[info@graniteuw.org](mailto:info@graniteuw.org)

### **MERRIMACK COUNTY REGION**

46 South Main Street

Concord, NH 03301

(603) 224-2595

### **NORTH COUNTRY REGION**

P.O. Box 311

Littleton, NH 03561

(603) 444-1555

### **UPPER VALLEY REGION**

21 Technology Drive, Suite 4

West Lebanon, NH 03784

(603) 298-8499

**OVERVIEW:** Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to solve local problems. Granite United Way works with hundreds of companies and thousands of donors every year to help improve the lives of individuals and families by focusing on the building blocks for a better life: education, health, and income. United Way creates long lasting community change by addressing the underlying causes of problems and funding over 100 non-profit programs that prevent progress in these areas.

**SERVICES OFFERED:** Granite United Way offers funding to non-profit programs that qualify and seek to improve our community in the areas of education, health, and income. United Way also works collaboratively with corporate donors and other non-profit and government agencies to offer initiatives such as Day of Caring, 2-1-1 New Hampshire, Volunteer Income Tax Assistance (VITA), and Manchester Homeless Services in partnership with the City of Manchester.

## **GREATER DERRY COMMUNITY HEALTH SERVICES**

41 Birch Street

Derry, NH 03038

(603) 425-2545

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

[info@chsgreaterderry.org](mailto:info@chsgreaterderry.org)

**OVERVIEW:** Through a network of nearly 120 participating physicians, Greater Derry CHS provides access to primary care, referral to specialists, hospital-based care when needed and an array of other services including dental care services through collaborating providers.

**SERVICES OFFERED:** Members have access to a wide range of health care and prevention services, including: Office visits with a Primary Care Physician; Referrals to Medical Specialists when needed; Dental Care Services; Prescription Medications; Diagnostic Tests; Behavioral Health Care Services; Hospital-based Services; Community Support Referrals; Case Management and on-site Pharmacy.

## **GREATER DERRY HUMANE SOCIETY**

P.O. Box 142  
East Derry, NH 03041  
(603) 434-1512  
[www.derryhumanesociety.com](http://www.derryhumanesociety.com)  
[contact@derryhumanesociety.com](mailto:contact@derryhumanesociety.com)

**OVERVIEW:** The Greater Derry Humane Society, Inc. (GDHS) is an all-volunteer, non-profit charitable organization that rescues animals and places them in permanent loving homes. We do not maintain a shelter; instead, all of our rescued animals are kept in foster homes until we can place them. We have a no-kill policy.

**SERVICES OFFERED:** Animal Rescue and Adoption; Foster Care for Animals; Animal Cruelty Prevention and Education.

## **GREATER DERRY LONDONDERRY CHAMBER OF COMMERCE**

39 East Broadway  
Derry, NH 03038  
(603) 432-8205  
[www.derry-chamber.org](http://www.derry-chamber.org)  
[derrychamber@earthlink.net](mailto:derrychamber@earthlink.net)

**OVERVIEW:** To promote business by providing access to people, information, services and products.

**SERVICES OFFERED:** Membership and Benefits; Resources; Summer Intern Program.

## **GREATER DERRY ORAL HEALTH COLLABORATIVE CORPORATION**

c/o Hope D. Saltmarsh  
28 South Main Street  
Derry, NH 03038  
(603) 434-2327

**OVERVIEW:** Provides school based dental programs to students enrolled in local public elementary schools.

**SERVICES OFFERED:** Oral health services.

## **GREATER MANCHESTER AIDS PROJECT**

170 Lowell Street  
Manchester, NH 03104  
(603) 623-0710  
(800) 639-1122  
[www.mvap.org](http://www.mvap.org)

**OVERVIEW:** The Greater Manchester AIDS Project is a non-profit agency supporting and assisting people infected and/or affected by HIV/AIDS in maintaining a high quality of life through direct assistance, advocacy, and education.

**SERVICES OFFERED:** Case/Care Management; Electric Bill Payment Assistance; Gas Bill Payment Assistance; Heating Fuel Bill Payment Assistance; Rent Payment Assistance; Food Pantries; General Clothing Provision; Personal/Grooming Supplies; Group Counseling; Individual Counseling; HIV Testing; Sexually Transmitted Disease Screening; Individual Advocacy; Local Transit Passes; Taxi Services; and Nutrition Education.

## **GREATER MANCHESTER CHAMBER OF COMMERCE**

54 Hanover Street  
Manchester NH 03101  
(603) 666-6600  
[www.manchester-chamber.org](http://www.manchester-chamber.org)

**OVERVIEW:** It is the mission of the Greater Manchester Chamber of Commerce to be a member-focused organization that drives the greater Manchester business environment and the economic health and vitality of the region by supporting business growth, professional development and networking opportunities, while advocating for our membership.

**SERVICES OFFERED:** Membership; Programs and Events; Economic Development; Advocacy; Information and Referral.

## **GREATER MANCHESTER HABITAT FOR HUMANITY**

250 Commercial Street, Suite 4019  
Manchester, NH 03101  
(603) 626-3944  
[www.habitatmanchester.org](http://www.habitatmanchester.org)  
[gmhfh@habitatmanchester.org](mailto:gmhfh@habitatmanchester.org)

**OVERVIEW:** Habitat for Humanity International is a non-profit, ecumenical Christian housing ministry. Greater Manchester Habitat for Humanity works in partnership with local people and businesses to assist people in need by building and renovating houses, with the conviction that every man, woman and child should have a simple, decent, affordable place to live in dignity and safety.

**SERVICES OFFERED:** Affordable Housing for low-income families.



## **GREATER SALEM CAREGIVERS**

287 Lawrence Hill Road  
Salem, NH 03079  
(603) 898-2850  
[www.salemcare.org](http://www.salemcare.org)  
[salemcare@myfairpoint.net](mailto:salemcare@myfairpoint.net)

**OVERVIEW:** Greater Salem Caregivers volunteers are at work in the community helping homebound adults and elders maintain independence by providing services such as transportation to medical appointments, grocery shopping and friendly visiting.

**SERVICES OFFERED:** “Gap” services such as: Transportation; Medical Transportation; Senior Ride Programs; Errands; Friendly Visiting; Grocery Shopping; Respite; Telephone Reassurance; Referrals; Education/Support Groups for Family Caregivers; and Minor Home Repairs.

## **GREATER SALEM CHAMBER OF COMMERCE**

224 North Broadway  
Salem, NH 03079  
(603) 893-3177  
[www.salemnhchamber.org](http://www.salemnhchamber.org)

**OVERVIEW:** The Greater Salem Chamber of Commerce’s mission is to affirm and promote the retail, commercial, industrial, educational, financial and civic interest of greater Salem, NH and its trade area.

**SERVICES OFFERED:** Membership benefits; committees; educational and social events; newsletter.

## **HAMPSTEAD HOSPITAL**

218 East Road  
Hampstead, NH 03841  
(603) 329-5311  
(800) 600-5311 Toll Free  
[www.hampsteadhospital.com](http://www.hampsteadhospital.com)  
[info@hampsteadhospital.com](mailto:info@hampsteadhospital.com)

**OVERVIEW:** Built in 1974, Hampstead Hospital was the first private psychiatric hospital licensed by the State of New Hampshire. As a fully licensed and accredited 111-bed private specialty hospital, we serve the psychiatric and chemical dependency needs of patients and their families throughout the New England area.

**SERVICES OFFERED:** Hampstead Hospital specializes in intensive, acute inpatient treatment of patients with severe and complex diagnostic mental health presentations. Family Counseling; Individual Counseling; Marriage Counseling; Intensive Outpatient Treatment; Medical Detox; and Inpatient Program for Psychiatric Treatment.

## **HELPING HANDS OUTREACH CENTER**

50 Lowell Street  
Manchester, NH 03101  
(603) 623-8778

**OVERVIEW:** Helping Hands Outreach Center is a shelter and recovery program in Manchester, NH, primarily serving recovering substance abusers. It is a two-part shelter: one is an emergency/transitional program, and the second is a next step housing program (safe haven for men in recovery).

**SERVICES OFFERED:** Alcoholism Related Recovery Homes/Halfway Houses; Drug Related Recovery Homes/Halfway Houses; Recovery Homes/Halfway Houses; Transitional Housing/Shelter for Recovering Alcoholics; Transitional Housing/Shelter for Recovering Drug Abusers; Transitional Housing/Shelter for Recovery; Emergency Shelter for Recovering Alcoholics; Emergency for Recovering Drug Abusers.

## **HIGH HOPES FOUNDATION OF NEW HAMPSHIRE**

301 Daniel Webster Highway  
Merrimack, NH 03054  
(603) 429-1010 Administrative  
(800) 639-6804 Toll Free  
[www.highhopesnh.org](http://www.highhopesnh.org)

**OVERVIEW:** The High Hopes Foundation of New Hampshire is an all-volunteer organization dedicated to granting the wishes of New Hampshire's severely chronically ill children between the ages of 3 and 18. Each year for over two decades, the Foundation has brought hope, joy, and light to the lives of between 20 and 30 very special New Hampshire children.

**SERVICES OFFERED:** Grant wishes to qualifying children.

## **INGRAM SENIOR CENTER**

**One Sally Sweet's Way  
Salem, NH 03079  
(603) 890-2190**

**OVERVIEW:** The Ingram Senior Center is a 12,000 sq. ft. facility for community residents 60 years of age and older. Seniors can drop in any time just for coffee and conversation or partake in any of our more than 130 structured activities, programs and services. General participation is free for Salem residents and \$25 per year for non-residents. Salem Senior Services runs the Senior Center. Its mission is to assist the Town of Salem's Senior Citizens in maintaining self-sufficiency in their homes; acquaint them with local, county, state and federal programs; increase their opportunities to interact in the community; and provide them with a center which fosters mental, physical, social and nutritional well-being in a wholesome environment.

**SERVICES OFFERED:** Drop in center and structured activities, programs and services including Blood Pressure Monitors; Exercise Classes/Groups; Podiatry/ Foot Care, Senior Center; Tax Preparation Assistance; Yoga.

## **INTERNATIONAL DYSLEXIA ASSOCIATION NEW HAMPSHIRE BRANCH**

**P.O. Box 3724  
Concord, NH 03302  
(603) 229-7355  
(800) 222-3123 Toll Free  
[www.nhida.org](http://www.nhida.org)  
[info@nhida.org](mailto:info@nhida.org)**

**OVERVIEW:** The New Hampshire Branch of the International Dyslexia Association (NH/IDA) is a 501(c)(3) non-profit, scientific and educational organization dedicated to the study and treatment of the learning disability, dyslexia. The New Hampshire Branch was formed in 2002 to increase public awareness of dyslexia. The New Hampshire Branch serves New Hampshire, Maine and Vermont.

**SERVICES OFFERED:** Information and Referral; Free Screening Tools; and Support.

## **INTERNATIONAL INSTITUTE OF NEW HAMPSHIRE**

315 Pine Street  
Manchester, NH 03103  
(603) 647-1500  
[www.iiboston.org](http://www.iiboston.org)

**OVERVIEW:** Offering comprehensive resettlement services to newcomers in New Hampshire, the International Institute of New Hampshire's mission is to provide the resources, guidance, and educational opportunities that enable new Americans – single parents, children, families and individuals – to make a positive contribution to our communities and to become economically self-sufficient.

**SERVICES OFFERED:** Refugee Resettlement; English-as-a-Second-Language; Health Services; Employment Services; Social Services; Immigration Legal Services; Citizenship; Community Orientation and Outreach.

## **JEWISH FEDERATION OF NEW HAMPSHIRE**

698 Beech Street  
Manchester, NH 03104  
(603) 627-7679  
[www.jewishnh.org](http://www.jewishnh.org)  
[office@jewishnh.org](mailto:office@jewishnh.org)

**OVERVIEW:** The JFNH promotes Jewish continuity by enhancing and expanding a connected and vibrant Jewish community in NH, Israel, and around the world.

**SERVICES OFFERED:** Cultural Heritage Groups and Events; Community Programs; Preschool; Israel Experience; Campership Grants; Publications.

## **JOBS FOR NEW HAMPSHIRE GRADUATES**

175 Ammon Drive, Suite 208  
Manchester, NH 03103  
(603) 647-2300 Administrative  
(877) 610-5644 Toll Free  
[www.newhampshire.jag.org](http://www.newhampshire.jag.org)

**OVERVIEW:** The mission of Jobs for New Hampshire's Graduates is to assist at-risk, disadvantaged youth in staying and graduating from high school or attaining GED and thereafter finding and keeping quality jobs and/or post-secondary training.

**SERVICES OFFERED:** Out-Of-School Programs at the Community Technical Colleges; Multi-Year Programs serving high school students from 9th through 12th grade; Special Events.

## **JUNIOR ACHIEVEMENT (J.A.) OF NORTHERN NEW ENGLAND, INC.**

400 Fifth Avenue, Suite 300

Waltham, MA 02451

(781) 373-1170

[www.boston.ja.org](http://www.boston.ja.org)

[deustis@ja-easternmass.org](mailto:deustis@ja-easternmass.org)

**OVERVIEW:** Junior Achievement is the world's largest organization dedicated to inspiring and preparing young people to succeed in a global economy.

Through a dedicated volunteer network, Junior Achievement provides in-school and after-school programs for students which focus on three key content areas: work readiness, entrepreneurship, and financial literacy. Today, 126 individual area operations reach more than four million students in the United States, with an additional 5.7 million students served by operations in 122 other countries worldwide.

**SERVICES OFFERED:** Curricula, Program Content, Training, and Instruction Survey for teachers to deliver JA programs to youth from the elementary level through middle and high school; Teacher of the Year; Thinkfinity: free lessons, interactive games, and educational resources from the Verizon Foundation; Educators Forum.

## **JUVENILE DIABETES RESEARCH FOUNDATION**

175 Ammon Drive, Suite 201

Manchester, NH 03103

(603) 222-2300

(866) 268-0832

[www.jdrf.org/nne](http://www.jdrf.org/nne)

**OVERVIEW:** The mission of Juvenile Diabetes Research Foundation (JDRF) is to find a cure for diabetes and its complications through the support of research.

**SERVICES OFFERED:** Specialized Information and Referral; Advocacy; and Support.

## **KIMI NICHOLS CENTER**

17 East Road

Plaistow, NH 03865

(603) 382-8586

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

**OVERVIEW:** The Kimi Nichols Center, Inc. provides a full array of day program and residential supports for adults with developmental delays.

**SERVICES OFFERED:** Day and Residential Programs; Transportation Services; Case Management; and Therapy Services including nursing and physical therapy.

## **LATIN AMERICAN CENTER, INC.**

521 Maple Street

Manchester, NH 03104-4949

(603) 669-5661

[www.snhshome.homestead.com/hispaniclatino.html](http://www.snhshome.homestead.com/hispaniclatino.html)

[lac\\_manchester@yahoo.com](mailto:lac_manchester@yahoo.com)

**OVERVIEW:** The Latin American Center provides bilingual assistance and interpretation assistance with forms and applications, information and referral about insurance, jobs, housing, medical services, etc. Interacts with many other social agencies in the city.

**SERVICES OFFERED:** Escuelita (a summer enrichment program for inner city children); Bilingual assistance in completing forms and applications; Spanish interpretation and translation services; English as a Second Language (ESL) classes; computer classes; renting classes; Resiliency Training; Mentoring and positive role modeling; cultural enrichment events and community forums; “La Voz”, a quarterly informational bilingual newsletter.

## **LATINOS UNIDOS DE NEW HAMPSHIRE**

P.O. Box 1202

Manchester, NH 03105

(603) 321-1291

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

[latinounidosnh@yahoo.com](mailto:latinounidosnh@yahoo.com)

**OVERVIEW:** Latinos Unidos provides and shares cultural awareness of the Latino Community in New Hampshire throughout an Annual Latino Festival. Encourage Latino students to pursue higher education.

**SERVICES OFFERED:** Annual Latino Festival; Other Events; Scholarships; Other Activities.

## **LIBERTY HOUSE, INC.**

75 West Baker Street  
Manchester, NH 03103  
(603) 669-0761

**OVERVIEW:** Liberty House provides transitional housing and case-management operation for qualifying honorably discharged American veterans in need of assistance.

**SERVICES OFFERED:** Housing; Case Management.

## **LONDONDERRY BAPTIST CHURCH**

368 Mammoth Road  
Londonderry, NH 03053  
(603) 437-5623  
[www.londonderrybaptist.org](http://www.londonderrybaptist.org)  
[pastor@londonderrybaptist.org](mailto:pastor@londonderrybaptist.org)

**OVERVIEW:** Local church with a food pantry and other community outreach programs.

**SERVICES OFFERED:** Food Pantry; Regular Nursing Home Visits.

## **LUTHERAN SOCIAL SERVICES OF NEW ENGLAND**

888 Worcester Street, Suite 160  
Wellesley, MA 02482  
(877) 500-8263 Toll Free  
[www.lssne.org](http://www.lssne.org)  
[info@lssnorth.org](mailto:info@lssnorth.org)

**OVERVIEW:** Lutheran Social Services (LSS) is one of the largest social service organizations in New England. We combine personalized, compassionate care with high standards of clinical sophistication and operational excellence to deliver a broad variety of services to children, youth and families; persons with developmental disabilities, mental illness and Deafness; the economically disadvantaged; refugees and older adults. In keeping with our mission, we serve and care for people in need, regardless of background or belief.

**SERVICES OFFERED:** Services for Older Adults; Services for New Americans; Children and Family Services; Disability Services; LSS In-Home Services; Good News Garage; Lutheran Disaster Response New England.

## **MADD (MOTHERS AGAINST DRUNK DRIVING)**

123 Goffe Street  
Manchester, NH 03102  
(603) 622-0399 Administrative  
(800) 764-6233 Toll Free  
[www.madd-nh.org](http://www.madd-nh.org)  
[info@madd-nh.org](mailto:info@madd-nh.org)

**OVERVIEW:** Mothers Against Drunk Driving (MADD)'s mission is to stop drunk driving, support the victims of this crime, and prevent underage drinking.

**SERVICES OFFERED:** Alcohol Abuse Education/Prevention; Court Monitoring; Victim Assistance; Legislative Reform.

## **MAKE A WISH FOUNDATION OF NEW HAMPSHIRE**

814 Elm Street, Suite 300  
Manchester, NH 03101  
(603) 623-9474  
[www.newhampshire.wish.org](http://www.newhampshire.wish.org)  
[info@newhampshire.wish.org](mailto:info@newhampshire.wish.org)

**OVERVIEW:** Part of the nation's largest wish-granting organization, the Make A Wish Foundation of New Hampshire grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

**SERVICES OFFERED:** Wish grants.

## **MANCHESTER ANIMAL SHELTER**

490 Dunbarton Road  
Manchester, NH 03102  
(603) 628-3544 Administrative  
[www.manchesteranimalshelter.org](http://www.manchesteranimalshelter.org)  
[info@manchesteranimalshelter.org](mailto:info@manchesteranimalshelter.org)

**OVERVIEW:** Animal shelter providing critical medical care, food, shelter, and comfort to the stray and homeless animals of Manchester, NH.

**SERVICES OFFERED:** Animal Adoption; Animal Lost and Found; Disaster Related Animal Shelters; Foster Care for Animals.



## **MANCHESTER CHRISTIAN CHURCH**

1308 Wellington Road  
Manchester, NH 03104  
(603) 622-9677 Main  
[www.manchesterchristian.com](http://www.manchesterchristian.com)  
[office@manchesterchristian.com](mailto:office@manchesterchristian.com)

**OVERVIEW:** Christian Church in Manchester.

**SERVICE SUMMARY:** Food Pantry; Financial Counseling.

## **MANCHESTER CHURCH OF CHRIST**

66 Mammoth Road  
Manchester, NH 03109  
(603) 623-5559  
[www.mhtchurch.org](http://www.mhtchurch.org)  
[mht\\_church@comcast.net](mailto:mht_church@comcast.net)

**OVERVIEW:** The Manchester congregation is a dynamic and enthusiastic family of brothers and sisters in Christ. We seek to be active in reaching out to the community to help answer the call for those seeking to know and serve Christ.

**SERVICES OFFERED:** Food pantry; Retreats and other programs.

## **MANCHESTER COMMUNITY HEALTH CENTER**

145 Hollis Street  
Manchester, NH 03101  
(603) 626-9500 - Dial 0 for 24/7 Answering Service for Patients  
[www.mchc-nh.org](http://www.mchc-nh.org)

**OVERVIEW:** Their mission is to meet the community need for access to quality healthcare services for the underserved.

**SERVICES OFFERED:** Adolescent Preventive Services; Breast and Cervical Cancer Screening; Counseling; Diabetes Education; Diabetic Eye Screening; Diabetic Support Group; Lab Services; Language Interpretation; Medicaid Enrollment; Medication Assistance; Nutrition; Pediatric Primary Care; Podiatry; Prenatal Care; and Primary Care/Family Medicine.

## **MANCHESTER COMMUNITY RESOURCE CENTER**

177 Lake Avenue  
Manchester, NH 03103  
(603) 647-8967  
www.mcrcnh.com  
mcrc@mcrcnh.org

**OVERVIEW:** The Manchester Community Resource Center was built to serve the center city of Manchester, a federally designated Enterprise Community, and to meet the needs of the community through innovative program development and specialized services.

**SERVICES OFFERED:** Employment Services; Education Services; Other Services including Information and Referral Services, Computer Lab for Public Use, Community Information Center, Volunteer/Community Service Opportunities, and free faxing and photocopying services for individuals seeking employment.

## **MANCHESTER HOUSING & REDEVELOPMENT AUTHORITY**

198 Hanover Street  
Manchester, NH 03104  
(603) 624-2100  
(800) 545-1833 Toll Free  
www.manchesterhousing.org

**OVERVIEW:** The Manchester Housing and Redevelopment Authority (MHRA) is the largest public housing agency—and largest landlord—in Northern New England. The mission of the Manchester Housing and Redevelopment Authority is to provide and sustain affordable, secure, quality living environments for low income families and individuals; to provide personal and economic enrichment and independence opportunities for residents; to act as a catalyst and community partner in developing new low income affordable housing opportunities; and to engage in community revitalization initiatives to improve neighborhoods, promote economic development, increase employment opportunities, and broaden the local tax base.

**SERVICES OFFERED:** Housing for low income families, elderly, and adults with disabilities; Subsidies; Homeownership Programs; licensed after school child care program, teen educational and recreational activities, adult employment and vocational services, social activities for the elderly and adults with disabilities, and a seven-site Congregate Services Program which provides the supports needed (meals, housekeeping, etc.) to allow the elderly and persons with disabilities to maintain their independence.

## **MANCHESTER OUTRIGHT**

**P.O. Box 492**

**Manchester, NH 03105**

**(603) 537-7004**

**[www.manchesteroutright.webs.com](http://www.manchesteroutright.webs.com)**

**[manchesteroutright@yahoo.com](mailto:manchesteroutright@yahoo.com)**

**OVERVIEW:** Manchester Outright (MO) is a strictly confidential social/support group for gay, lesbian, bisexual, transgender, questioning (GLBTQ) youth and their allies ages 21 and under.

**SERVICES OFFERED:** Support Groups; Events; Resources and Links; Important Contact Information.

## **MANCHESTER POLICE ATHLETIC LEAGUE**

**409 Beech Street**

**Manchester, NH 03103**

**(603) 626-0211**

**[www.manchesterpal.org](http://www.manchesterpal.org)**

**OVERVIEW:** The Manchester Police Athletic League (MPAL) is a not for profit organization that was formed in 1992 by police officers who wanted to create and cement a positive bond with the youth in our community. The programs stress education, self-discipline, self-respect and self-confidence. These officers become role models for many of the children involved in the programs and more importantly become entrenched in the community they patrol.

**SERVICES OFFERED:** Judo, football, basketball, cheerleading, boxing, tennis, velodrome bike racing, and lacrosse.

## **MANCHESTER SCHOOL OF TECHNOLOGY**

530 South Porter Street  
Manchester, NH 03103  
(603) 624-6490  
[www.mansd.org](http://www.mansd.org)

**OVERVIEW:** The Manchester School of Technology (MST) is a regional Career and Technical school offering career related programs to juniors and seniors from Manchester, Goffstown, and Londonderry. Unlike a comprehensive vocational high school, students remain enrolled in their regular high schools. Students enrolled at MST go for one program (100 minutes) and then return to their home school. Transportation is provided to and from MST. They receive two high school credits per year upon successful completion of their courses. Extra high school credits may be earned through the cooperative work experience program, as well as apprenticeship hours towards licensing (electrical, plumbing, and cosmetology).

**SERVICES OFFERED:** Classes Offered In The Following Disciplines: Automotive Technology and Repair; Business Management; Cosmetology; Culinary Arts; Early Childhood Education; Electronics; Engineering and Architectural Drawing Finance; Fire Prevention and Law Enforcement; Graphics and Printing; Landscaping and Horticulture Health Sciences; Hospitality and Tourism Marketing; Residential Carpentry; Residential Electricity; and Residential Plumbing.

## **MANCHESTER SEVENTH-DAY ADVENTIST CHURCH**

37 Back River Road  
Bedford, NH 03110  
(603) 623-8718  
[www.manchester22.adventistchurchconnect.org](http://www.manchester22.adventistchurchconnect.org)

**OVERVIEW:** A Christian church, Seventh-day Adventists are a faith community rooted in the beliefs described by the Holy Scriptures.

**SERVICES OFFERED:** Food Pantry and Vouchers; Toys for Tots.

## **MANCHESTER VET CENTER**

103 Liberty Street  
Manchester, NH 03104  
(603) 668-7060

**OVERVIEW:** The Manchester Vet Center offers a wide range of services to help you make a successful transition from military to civilian life.

**SERVICES OFFERED:** A wide variety of readjustment counseling to eligible Veterans and their families; outreach; referrals.

## **MARCEL'S WAY**

P.O. Box 392  
New Boston, NH 03070  
(603) 487-5500 Administrative  
(877) 412-4141 Toll Free  
[www.marcelsway.org](http://www.marcelsway.org)  
[info@marcelsway.org](mailto:info@marcelsway.org)

**OVERVIEW:** Marcel's Way provides those whose lives are touched by Mitochondrial Disorders with information, education, and support.

**SERVICES OFFERED:** Support Groups; Education; Financial Assistance; Voucher Program; Specialized Information and Referral; Social Events.

## **MARION GERRISH COMMUNITY CENTER AND THRIFT SHOP**

39 West Broadway  
Derry, NH 03038  
(603) 434-8866

**OVERVIEW:** Community Center and Thrift Shop.

**SERVICES OFFERED:** Community Resources; General Bereavement Support Groups; Tax Preparation Assistance; Thrift Shop; Room Rentals; Bingo.

## **MAXIMPACT INSTITUTE**

221 Hanover Street  
Manchester, NH 03104  
(603) 624-6102  
[www.maximpactinstitute.org](http://www.maximpactinstitute.org)  
[info@maximpactinstitute.org](mailto:info@maximpactinstitute.org)

**OVERVIEW:** MaxImpact Institute provides career training and related support services to help people break the cycle of poverty and encourage self-sufficiency for individuals and families. The Institute serves a diverse population of low- to moderate-income families and individuals including: at-risk youth, people with disabilities, persons faced with multiple barriers, the unemployed and under-employed, displaced workers, refugees and immigrants, families receiving public assistance and seniors.

**SERVICES OFFERED:** Basic and Advanced Computer Training, General, Accounting, and Graphic Design Programs.

## **THE MAYHEW PROGRAM**

Newfound Lake  
P.O. Box 120  
Bristol, NH 03222  
(603) 744-6131  
[www.mayhew.org](http://www.mayhew.org)  
[mayhew@mayhew.org](mailto:mayhew@mayhew.org)

**OVERVIEW:** The Mayhew Program is a preventive program that strives to encourage the positive social, emotional, physical, and behavioral development of at-risk New Hampshire boys, so that they can become happy, successful, and contributing members of their communities. Moreover, Mayhew strives to serve as a lifelong support community for these boys as they mature. The Mayhew Program offers a summer program, school year mentoring, and support for teen boys.

**SERVICES OFFERED:** Tuition-Free Camp; Adult/Child Mentoring Programs; Children's/Adolescent Residential Treatment Facilities; Juvenile Delinquency Prevention; Social Responsibility Programs; Youth Enrichment Programs; Wilderness Therapy Programs.

## **MEDIA POWER YOUTH**

1245 Elm Street  
Manchester, NH 03101  
(603) 222-1200  
[www.mediapoweryouth.org](http://www.mediapoweryouth.org)  
[media@mediapoweryouth.org](mailto:media@mediapoweryouth.org)

**OVERVIEW:** Media Power Youth (formerly MediaSmart of Child Health Services) collaborates with public health and prevention programs, school districts and communities to create and implement evidence-based programs with positive results that help parents, professionals and youth understand media's role in influencing behavior.

**SERVICES OFFERED:** School and after school curricula and programs; Youth production workshops and camps; Speakers and workshops for parents; Trainings, speakers, workshops for professionals caring for and working with youth; Consultation in implementing media literacy for schools, communities, public health, healthcare, education and prevention coalitions; Assistance in advocating for healthy media environments; Consultation to media on media and youth.

## **MENTAL HEALTH CENTER OF GREATER MANCHESTER**

401 Cypress Street

Manchester, NH 03103

(603) 668-4111 Main Line and Psychiatric Emergencies

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

[info@mhcgm.org](mailto:info@mhcgm.org)

**OVERVIEW:** The Mental Health Center of Greater Manchester provides a wide range of mental health services to individuals and families. With more than five sites, we offer programs to people of all ages, aimed at restoring health and improving quality of life. Our comprehensive system of service enables clients to access care to meet their changing needs. We feature an experienced staff of well-qualified, mental health professionals with training in a wide variety of specialties.

**SERVICES OFFERED:** Child, Teen, Adult and Senior Mental Healthcare; Crisis Intervention; Naturopathic Medicine; Bariatric/Weight Loss Surgery Support; Child Impact.

## **MERRIMACK VALLEY ASSISTANCE PROGRAM**

170 Lowell Street

Manchester, NH 03104

(603) 623-0710

(800) 639-1122

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

**OVERVIEW:** The mission of the Merrimack Valley Assistance Program is to support and assist persons infected and/or affected by HIV/AIDS in maintaining a high quality of life through direct assistance, advocacy, and education.

**SERVICES OFFERED:** Case Management; Client Advocacy; Mental Health Services; Prevention/Education Programs; Emergency Assistance; Food Services; Transportation; Clothing.

## **MICROCREDIT – NEW HAMPSHIRE**

7 Wall Street

Concord, NH 03301

(800) 769-3482

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

[geninfo@microcreditnh.org](mailto:geninfo@microcreditnh.org)

**OVERVIEW:** MicroCredit-NH provides loans to people who want to become self-employed or who want to further develop their existing small businesses – people such as hair stylists, accountants and electricians.

**SERVICES OFFERED:** MicroCredit-NH provides self-employed and small business entrepreneurs with access to: Business training; Loans up to \$15,000; and Networking opportunities

## **MOORE CENTER SERVICES**

195 McGregor Street, Unit 400  
Manchester, NH 03102  
(603) 206-2700 Service/Intake  
[www.moorecenter.org](http://www.moorecenter.org)  
[editor@moorecenter.org](mailto:editor@moorecenter.org)

**OVERVIEW:** Moore Center Services is committed to the principles of self-determination. The agency supports individuals with developmental disabilities and acquired brain injuries in their right to make choices about the kinds and types of services they receive, and to make cost-effective quality services available to all they serve.

**SERVICES OFFERED:** Main Categories: Family Support; Moore Options for Seniors; Children’s Services; Individual Development Services; Family Directed Services. Specific Programs include: Adult Foster Homes; Adult Guardianship Assistance; Career Development for those with Developmental Disabilities; Supported Employment for those with Developmental Disabilities; Case/ Care Management for those with Developmental Disabilities; Respite Care for those with Developmental Disabilities; Child Care Centers; Day Habilitation Programs; Developmental Assessment; Family Support Centers/Outreach for Parents and Siblings of Children with Disabilities; Parent to Parent Networking; Prescription Medication Monitoring Systems for those with Developmental Disabilities.

## **MORE THAN WHEELS - Formerly “BONNIE CLAC”**

250 Commercial Street, Suite 4021  
Manchester, NH 03101  
(866) 455-2522 Toll Free  
[www.morethanwheels.org](http://www.morethanwheels.org)

**OVERVIEW:** Formerly known as “Bonnie CLAC”, More Than Wheels is a non-profit organization that helps people get the best deal on a reliable and fuel-efficient car.

**SERVICES OFFERED:** Low-Interest Automobile Purchase Loans; Credit Counseling; Financial Management Classes; Coaching on Insurance Options.



## **MUSCULAR DYSTROPHY ASSOCIATION**

360 Route 101, Unit 5  
Bedford, NH 03110  
(603) 471-2722  
[www.mda.org](http://www.mda.org)  
[manchestera@mdausa.org](mailto:manchestera@mdausa.org)

**OVERVIEW:** In 1950, a group of adults with neuromuscular diseases and parents of children with these disorders joined forces to form the Muscular Dystrophy Association. Recognized by the American Medical Association “for significant and lasting contributions to the health and welfare of humanity,” MDA raises funds to defeat more than 40 forms of neuromuscular disease through programs of worldwide research, medical and support services, professional and public health education, and advocacy. The Association provides services in the United States and Puerto Rico through more than 200 local offices.

**SERVICES OFFERED:** Specialized health care and referrals; Research advances; Durable medical equipment needs; Explaining the disease to family members and others; Connecting with others locally with a similar diagnosis; Informational brochures and publications; Support groups (in person, on the phone and online); Support and resources for caregivers; Free flu shots; Presentations to schools; Referrals to community-based resources; Advocacy; How to join the fight against neuromuscular disease.

## **MULTIPLE SCLEROSIS SOCIETY – GREATER NEW ENGLAND CHAPTER**

101A First Ave, Suite 6  
Waltham, MA 02451  
(781) 890-4990  
[www.nationalmssociety.org/chapters/MAM/index.aspx](http://www.nationalmssociety.org/chapters/MAM/index.aspx)  
[CommunicationsGNE@nmss.org](mailto:CommunicationsGNE@nmss.org)

**OVERVIEW:** The mission of the National Multiple Sclerosis Society and the Greater New England Chapter is to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. The mission is supported by five strategies: Research, Advocacy, Programs, Awareness, and Clinical.

**SERVICES OFFERED:** A full spectrum of community-based education, financial and social supports, and advocacy programs.

## **NARCOTICS ANONYMOUS – GRANITE STATE AREA**

P.O. Box 5171

Manchester, NH 03108

(888) 624-3578 (888-NA-Help-U) Toll Free 24-hour Help Line

(603) 645-4777 Local Help Line

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

**OVERVIEW:** Narcotics Anonymous is a fellowship of men and women who get together regularly to share their experience, strength and hope. Ours is a spiritual, not religious, program that comes from the 12 steps and 12 traditions of Narcotics Anonymous. Our third tradition states that the only requirement for membership is the desire to stop using.

**SERVICES OFFERED:** Meetings; Events; Resources; Information.

## **NATIONAL ABLE NETWORK**

22 Concord Street, 4th Floor

Manchester, NH 03101

(800) 652-8808 Toll Free

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

[able@nationalable.org](mailto:able@nationalable.org)

**OVERVIEW:** National Able Network is a non-profit agency working to serve individuals, families and communities by bringing together qualified job seekers and businesses. Since 1977, Able's experienced, multicultural professionals provide the training, the personal skills, and the job search techniques that help people enter or re-enter the workforce as quickly and as easily as possible.

**SERVICES OFFERED:** Employment Assistance for Job Seekers; Customized Services for Employers; One Stop Management and Operations; Temporary Staffing Services; Skills Training and Career Development; Career Transition Assistance; Collaborative Community and Corporate Partnerships.

## **NATIONAL ALLIANCE FOR MENTALLY ILL NEW HAMPSHIRE (NAMI)**

15 Green Street

Concord, NH 03301

(603) 225-5359 Administrative

(800) 242-6264 Toll Free

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

[info@naminh.org](mailto:info@naminh.org)

**OVERVIEW:** NAMI New Hampshire (The National Alliance on Mental Illness) is dedicated to improving the quality of life of persons of all ages with mental illness/SED (Serious Emotional Disorders) and their families so they may have the opportunity to recover from mental illness, achieve their aspirations and live, work and play in the community of their choice.

**SERVICES OFFERED:** Family Support Groups; Educational Programs; Information and Referral Services; Public Presentations; Legislative Advocacy.

## **NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN**

Charles B. Wang International Children's Building  
699 Prince Street  
Alexandria, VA 22314-3175  
(703) 224-2150 Administrative  
(800) 843-5678 (800 THE LOST) Toll Free  
[www.missingkids.com](http://www.missingkids.com)

**OVERVIEW:** The National Center for Missing & Exploited Children (NCMEC) was established in 1984 as a private, non-profit 501(c)(3) organization working in partnership with the U.S. Department of Justice to find missing children, reduce the incidence of child sexual exploitation and prevent child victimization.

**SERVICES OFFERED:** Call Center; Case Management; Photo and Poster Distribution; International Cases; National Emergency Child Locator; Specialized Units like Team Adam; Safety, Training, and Education Programs; CyberTipline; Child Victim Identification Program; Background Check Unit; Reunification Assistance.

## **NATIONAL ORGANIZATION FOR ALBINISM & HYPOPIGMENTATION**

P.O. Box 959  
East Hampstead, NH 03826  
(603) 887-2310 Administrative  
(800) 473-2310 Toll Free  
[www.albinism.org](http://www.albinism.org)  
[webmaster@albinism.org](mailto:webmaster@albinism.org)

**OVERVIEW:** NOAH, National Organization for Albinism and Hypopigmentation, is a volunteer organization for persons and families involved with the condition of albinism. NOAH seeks to expand service to the albinism community by publishing comprehensive information for parents of young children with albinism, publishing grade level specific materials for children with albinism in the regular classroom and bringing on more paid professional staff.

**SERVICES OFFERED:** Conferences; Toll Free Information Number; Publications; Newsletter; Web site.

**NAVY-MARINE CORPS RELIEF SOCIETY  
NEW HAMPSHIRE OFFICE**

Portsmouth Naval Shipyard, Bldg. 241  
Portsmouth, NH 03804  
(207) 438-1832 Administrative  
684-1832 - DSN  
(860) 694-3285 Groton Office - After Hours Help  
[www.nmcrcs.org](http://www.nmcrcs.org)

**OVERVIEW:** The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

**SERVICES OFFERED:** Emergency Aid; Interest-free loans and grants; Scholarships and interest-free loans for education; Financial Counseling; Budget for Baby Workshops; Thrift Shops; Visiting Nurse Services.

**NEIGHBORWORKS GREATER MANCHESTER**

20 Merrimack Street  
Manchester, NH 03101  
(603) 626-4663  
[www.nwgm.org](http://www.nwgm.org)

**OVERVIEW:** NeighborWorks® Greater Manchester enhances peoples' lives and the community environment by providing access to quality housing services, revitalizing neighborhoods and supporting opportunities for personal empowerment.

**SERVICES OFFERED:** Home Buyer Courses; Landlord Courses; Financial Fitness Courses; Loans and Savings Programs; Real Estate Development Projects.

**NEW BOSTON BAPTIST CHURCH**

184 Mont Vernon Road  
New Boston, NH 03070  
(603) 487-2713  
[www.newbostonbaptist.com](http://www.newbostonbaptist.com)  
[khbutch1@juno.com](mailto:khbutch1@juno.com) - Pastor Kevin Hobi

**OVERVIEW:** Baptist Church.

**SERVICES OFFERED:** Food Pantry.

## **NEW ENGLAND HANDICAPPED SPORTS ASSOCIATION**

P.O. Box 2135

Newbury, NH 03255-2135

(603) 763-9158

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

[info@nehsa.org](mailto:info@nehsa.org)

**OVERVIEW:** NEHSA bears witness to the triumph of the human spirit by helping people with disabilities and their families enrich their lives through adaptive sports, recreation, and social activities.

**SERVICES OFFERED:** Winter Programs: Ski Clinics and Ski and Snow Boarding Instruction; Race Program; Summer Programs: Kayak, Climbing and Rowing Programs; Disabled Vets Program.

## **NEW HAMPSHIRE ASSOCIATION FOR THE BLIND**

25 Walker Street

Concord, NH 03301

(603) 224-4039

(800) 464-3075 Toll Free

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

[services@sightcenter.org](mailto:services@sightcenter.org)

**OVERVIEW:** The Association offers a complete range of specialized, professional vision rehabilitation services to help people with low vision or no vision live full, independent lives.

**SERVICES OFFERED:** Social Work programs including individual and family adjustment to vision loss counseling, support groups, and referrals to appropriate community services; Rehabilitation Therapy; Orientation and Mobility Instruction; Low Vision Services; Educational Services; Adaptive Technology; Volunteer Services; Public Education; Braille and audio transcription services.

## **NH-ATECH (NEW HAMPSHIRE ASSISTIVE TECHNOLOGY EVALUATION AND CONSULTATION)**

57 Regional Drive, Suite 7

Concord, NH 03301

(800) 932-5837

(603) 226-2900

[www.crotchedmountain.org/crotchedmountain/html/atechservices.htm](http://www.crotchedmountain.org/crotchedmountain/html/atechservices.htm)

[LorraineH@atechservices.org](mailto:LorraineH@atechservices.org)

**OVERVIEW:** ATECH Services is a non-profit statewide organization, whose mission is to maximize abilities at home, school, work or play, for individuals affected by disabilities or the aging process, through the provision of assistive technology, education, or community health services. Since 1991 ATECH Services has assisted over 20,000 New Hampshire residents affected by disabilities or the aging process in achieving their goals at home, school, work, or play through the provision of assistive technology.

**SERVICES OFFERED:** Specialized evaluations and consultations for wheelchair seating and mobility services; Augmentative and Alternative Communication (AAC) services for those who are unable to effectively use speech to express themselves; computer access services for individuals who require special hardware or software to use a computer at home, school or work; home and worksite modification services; and modification and fabrication services to modify commercial products and fabricate equipment not otherwise available.

## **NEW HAMPSHIRE AUDUBON**

84 Silk Farm Road

Concord, NH 03301

(603) 224-9909 Main

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

[nha@nhaudubon.org](mailto:nha@nhaudubon.org)

**OVERVIEW:** The New Hampshire Audubon (NHA) is a non-profit statewide membership organization dedicated to the conservation of wildlife and habitat throughout the state. Independent of the National Audubon Society, NHA has offered programs in wildlife conservation, land protection, environmental policy, and environmental education since 1914. The mission of New Hampshire Audubon is to protect New Hampshire's natural environment for wildlife and for people.

**SERVICES OFFERED:** Conservation Research and Policy; Camps; Adult, Family and Youth Programs; Home School, School and Youth Group Programs; Nature Tours; Birding Activities; Publications.

## **NEW HAMPSHIRE CATHOLIC CHARITIES**

215 Myrtle Street  
Manchester, NH 03104-4354  
(603) 669-3030 Administrative  
(800) 562-5249 Toll Free  
[www.nh-cc.org](http://www.nh-cc.org)  
[info@nh-cc.org](mailto:info@nh-cc.org)

**OVERVIEW:** New Hampshire Catholic Charities reaches out to the poor and vulnerable of all faiths and socioeconomic backgrounds. Since 1945, our vast array of dynamic programs and services, run by trained professionals and supported by dedicated volunteers, has served our Christian mission to heal, comfort, and empower.

**SERVICES OFFERED:** Adoption Services; Immigration and Refugee Services; Counseling; New Hampshire Food Bank; OUR PLACE; Parish and Community Outreach; Health and Senior Care Services; St. Charles Children's Home; Services to Persons with Disabilities; Protecting God's Children/Child Sexual Abuse Prevention Sessions.

## **NEW HAMPSHIRE CHARITABLE FOUNDATION**

37 Pleasant Street  
Concord, NH 03301  
(603) 225-6641 Administrative  
(800) 464-6641 Toll Free  
[www.nhcf.org](http://www.nhcf.org)  
[info@nhcf.org](mailto:info@nhcf.org)

**OVERVIEW:** The New Hampshire Charitable Foundation is a community foundation. Our fundamental purpose is to improve the well-being of every community we serve. Many community foundations are dedicated to a city or county; our Foundation is one of the few with a statewide span and was one of the first to develop a regional structure. Seven regions, which include communities throughout New Hampshire, Southern York County in Maine, and the Connecticut River Valley of east-central Vermont, tap local leadership and expertise. Both the breadth of vision and deep local knowledge can help target philanthropic capital where it will have the greatest impact.

**SERVICES OFFERED:** Charitable Giving; Grants and Loans; Leadership Addressing Emerging Issues.

## **NEW HAMPSHIRE CITIZENS ALLIANCE**

4 Park Street, Suite 304

Concord, NH 03301

(603) 225-2097

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

**OVERVIEW:** NH Citizens Alliance is a statewide non-profit, nonpartisan organization devoted to social, economic, and political justice. For thirty years, we have worked on a range of issues, including access to and quality of health care, education equity, civil rights, improving communities, voter rights, good jobs, and improving the environment.

**SERVICES OFFERED:** Consumer Advocacy for Legislative Issues/  
Environmental Issues; Health Care Reform.

## **NEW HAMPSHIRE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE**

P.O. Box 353

Concord, NH 03302

(866) 644-3574 Toll Free 24/7 Statewide Domestic Violence Hotline

(800) 277-5570 Toll Free 24/7 Statewide Sexual Assault Hotline

911 If you are in Immediate Danger

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

**OVERVIEW:** The New Hampshire Coalition Against Domestic and Sexual Violence is a statewide network of independent member programs committed to ending domestic and sexual violence.

**SERVICES OFFERED:** Emergency shelter and transportation; Legal advocacy in obtaining restraining orders against abusers; Hospital, police, and court accompaniment; Information about and help in obtaining public assistance; Advocacy. Member Group Support Includes Technical Assistance and Training, Program Development, Statewide Clearinghouse and Coordinating Organization.



## **NEW HAMPSHIRE COMMUNITY LOAN FUND**

7 Wall Street  
Concord, NH 03301  
(603) 224-6669  
(800) 432-4110 Toll Free  
[www.communityloanfund.org](http://www.communityloanfund.org)  
[info@communityloanfund.org](mailto:info@communityloanfund.org)

**OVERVIEW:** The New Hampshire Community Loan Fund's mission is to serve as a catalyst, leveraging financial, human, and civic resources to enable traditionally underserved people to participate more fully in New Hampshire's economy.

**SERVICES OFFERED:** Loans, Capital and Technical Assistance; MicroCredit-NH; Vested for Growth; Individual Development Accounts; Childcare Provider Support and Services; Renewable Energy Programs; Policy.

## **NEW HAMPSHIRE DONATED DENTAL SERVICES**

P.O. Box 3487  
Concord, NH 03302  
(603) 233-1531  
(800) 292-1241  
<http://nfdh.org/donated-dental-services-dds>  
[jdenson@nfdh.org](mailto:jdenson@nfdh.org)

**OVERVIEW:** The New Hampshire Donated Dental Services (DDS), in conjunction with the New Hampshire Dental Society, tends to the essential and comprehensive dental care needs of our nation's most vulnerable people; disabled, elderly or medically-compromised individuals who cannot afford necessary treatment nor get public aid. DDS patients have slipped through the cracks of Medicaid and Medicare programs with nowhere else to turn. Due to lengthy waiting lists, New Hampshire DDS is closed in the following counties: Belknap, Coos, Hillsborough, Merrimack, Rockingham, Strafford, and Sullivan.

**SERVICES OFFERED:** Low or no cost dental care; Coordinator who serves as liaison for patient.

## **NEW HAMPSHIRE HEALTHY KIDS**

1 Pillsbury Street, Suite 300  
Concord, NH 03301-3556  
(603) 228-2925  
(877) 464-2447  
(800) 735-2964 TDD  
[www.nhhealthykids.com](http://www.nhhealthykids.com)  
[lhandschumaker@nhhealthykids.com](mailto:lhandschumaker@nhhealthykids.com)

**OVERVIEW:** Provides access to low-cost and free health coverage options for New Hampshire's uninsured children and teens up to the age of 19.

**SERVICES OFFERED:** State/Local Health and Dental Insurance Programs.

## **NEW HAMPSHIRE HIGHER EDUCATION ASSISTANCE FOUNDATION NETWORK ORGANIZATIONS (NHHEAF)**

4 Barrell Court  
Concord, NH 03302-0877  
(603) 225-6612  
(800) 525-2577 Toll Free  
[www.nhheaf.org](http://www.nhheaf.org)  
[customerservice@gsmr.org](mailto:customerservice@gsmr.org)

**OVERVIEW:** The NHHEAF Network Organizations are the largest source for college funding within New Hampshire and have over 45 years of experience in helping families plan for and fund higher education. The Organizations are comprised of four independent, non-profit organizations. The interconnectedness of these four organizations provides students and schools with expertise in all aspects of the student loan industry. The collective mission is to provide funding assistance for New Hampshire residents, parents and students pursuing a higher education; and to provide quality service to not only those individuals, but to the educational and financial institutions which participate in and utilize our programs.

**SERVICES OFFERED:** Student Financial Aid and Student Loans.

## **NEW HAMPSHIRE HOUSING FINANCE AUTHORITY**

**P.O. Box 5087  
Manchester, NH 03108  
www.nhhfa.org  
webmaster@nhhfa.org**

**OVERVIEW:** New Hampshire Housing Finance Authority is a non-profit public benefit corporation established by the state legislature. Although established by statute as a public instrumentality, the Authority is not a state agency and receives no operating funds from the state government. The Authority operates a broad range of programs designed to assist low and moderate income persons and families to obtain decent, safe and affordable housing.

**SERVICES OFFERED:** Affordable Housing; Home Ownership Programs; Direct Tenant Assistance; Programs for Seniors; Housing Research and Advocacy; Research Library.

## **NEW HAMPSHIRE HUMANE SOCIETY**

**1305 Meredith Center Road  
P.O. Box 572  
Laconia, NH 03246  
(603) 524-8236 Service/Intake  
(603) 524-3252 Administrative  
www.nhhumane.org  
Reception@nhhumane.org**

**OVERVIEW:** The New Hampshire Humane (NHHS) is a private non-profit organization that was founded in 1900. As one of the largest and oldest humane societies in New Hampshire, we provide care for more than 2,000 animals each year, offer a low cost spay/neuter clinic, cruelty investigations and community outreach programs for more than 32 cities and towns.

**SERVICES OFFERED:** Animal Adoption; Animal Lost and Found; Animal Rescue; Foster Care for Animals; SNAP Program; Obedience/Behavior Training; Humane Education; Memorials; Store; Cruelty Investigations; Landlord and Tenant Resources.

## **NEW HAMPSHIRE HUMANITIES COUNCIL**

19 Pillsbury Street  
Concord, NH 03301  
(603) 224-4071  
www.nhhc.org  
acoughlin@nhhc.org

**OVERVIEW:** The New Hampshire Humanities Council is a private non-profit organization that strengthens New Hampshire by providing free public humanities programs in its communities. While the Humanities Council's mission is specific to New Hampshire, we are not part of the state government. We are part of a national network of Humanities Councils affiliated with the National Endowment for the Humanities. We rely on individual, corporate, and foundation support for our diverse programs, which foster reflection, discussion, and civil debate where people live, work, study, and play.

**SERVICES OFFERED:** Connections: a literacy program for adult new readers; Literature and Medicine Series; Special Programs like Fences and Neighbors: NH's Immigration Stories; What Is New Hampshire Reading; Grants; Scholarships.

## **NEW HAMPSHIRE LEGAL ASSISTANCE**

Administrative Office  
117 North State Street  
Concord, NH 03301  
(603) 224-4107 (800) 634-8989 TTY  
(603) 624-6000 Senior Citizens Advice Line  
(888) 353-9944 Toll Free Senior Citizens Advice Line  
www.nhla.org  
officemanager@nhla.org

**OVERVIEW:** New Hampshire Legal Assistance (NHLA) is a non-profit law firm offering legal services in civil matters to seniors and eligible low-income persons. In providing legal services to the poor, NHLA helps balance the scales of justice for all citizens.

**SERVICES OFFERED:** NHLA provides high quality legal services to vulnerable low-income people, ranging from simple legal information and advice to vigorous and thorough representation in all of New Hampshire's courts and before many of the local, state and federal agencies which play large roles in the lives of low-income people.

## **NEW HAMPSHIRE LEGAL SERVICES**

48 South Main Street  
Concord, NH 03301  
(603) 224-3333 Service/Intake  
(800) 639-5290 Toll Free  
[www.nhlegalaid.org](http://www.nhlegalaid.org)

**OVERVIEW:** New Hampshire Legal Services is a community of agencies dedicated to the ideal of equal access to justice. Working together, we provide a range of services to low income people across the state.

**SERVICES OFFERED:** Legal Advice and Referral; Legal Representation, Information and Support.

## **NEW HAMPSHIRE MINORITY HEALTH COALITION**

25 Lowell Street, 3rd Floor  
Manchester, NH 03101  
(603) 627-7703 Administrative  
[www.nhhealthequity.org](http://www.nhhealthequity.org)

**OVERVIEW:** Our mission is to identify underserved populations in the state with barriers to accessing appropriate healthcare, to advocate for adequate and appropriate services and to educate and empower these populations to be active participants in their own health care.

**SERVICES OFFERED:** HIV Prevention; Cultural Competency Training; Health Education for those with Limited English Proficiency; Let's Talk Diabetes; Breast Cancer Small Group Education and Referral; CEED-New Hampshire Health Equity Partnership; Bright Start Pregnancy and Parenting Services; Medical Interpretation Services Project; Research and Evaluation.

## **NEW HAMPSHIRE SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS**

P.O. Box 196  
Stratham, NH 03885  
(603) 772-2921  
[www.nhspca.org](http://www.nhspca.org)  
[info@nhspca.org](mailto:info@nhspca.org)

**OVERVIEW:** The New Hampshire Society for the Prevention of Cruelty to Animals (NHSPCA) is a community resource center bringing animals and people together. We provide adoption, education, investigation and sheltering services in a professional and compassionate way.

**SERVICE OFFERED:** Animal Adoption; Animal Lost and Found; Animal Rights; Animal Shelters; Cruelty to Animals Investigation; Disaster Preparedness; Neuter/Spay Services; Rabies Clinics; Training classes, behavior consultations, seminars and workshops.

## **NEW HAMPSHIRE STATE OFFICE OF VETERANS SERVICES**

275 Chestnut Street, Room 517  
Manchester, NH 03101-2411  
(603) 624-9230 Administrative  
(800) 622-9230 Toll Free  
(800) 735-2964 TTY

**OVERVIEW:** The State Office of Veterans Services is a state agency whose task is to assist New Hampshire veterans, and their families, to obtain all the benefits and preferences to which they may be entitled under any state or federal laws or regulations. Our staff is comprised of veterans who are all retired from active duty in different branches of the United States Armed Forces. All have been through Department of Veterans Affairs processes and are trained and accredited by both the U.S. Department of Veterans Affairs and the National Veterans Legal Services Program. There is no charge for any of the services we provide to veterans.

**SERVICES OFFERED:** Veteran Benefits Assistance; Veteran Burial Benefits; Veteran Disability; Veteran Pensions; Assistance for Families of Veterans.

## **NEW HAMPSHIRE TASKFORCE ON WOMEN AND RECOVERY**

816 Elm Street, Box 189  
Manchester, NH 03101  
(603) 647-4629  
[www.nhtwr.org](http://www.nhtwr.org)  
[info@nhtwr.org](mailto:info@nhtwr.org)

**OVERVIEW:** The New Hampshire Taskforce On Women and Recovery (NHTWR) provides treatment, prevention, and recovery services for females and their families in New Hampshire affected by drugs or alcohol.

**SERVICES OFFERED:** Women's Leadership Training Initiative; Corrections: groups and activities for women who are incarcerated, reentering communities, and on parole/probation.

## **NEW HORIZONS FOR NEW HAMPSHIRE**

199 Manchester Street  
Manchester, NH 03103  
(603) 668-1877 Service/Intake  
[www.newhorizonsfornh.org](http://www.newhorizonsfornh.org)  
[ProgramDirector@newhorizonsfornh.org](mailto:ProgramDirector@newhorizonsfornh.org)

## **ANGIE'S**

434 Union Street  
Manchester, NH 03103  
(603) 668-8698  
[Angies@newhorizonsfornh.org](mailto:Angies@newhorizonsfornh.org)

**OVERVIEW:** New Horizons is an adult Homeless Shelter, a Soup Kitchen and a Food Pantry. It also operates Angie's, which serves the unique needs of homeless women - especially those with addictions - and who may be facing homelessness as they leave, or await openings in, treatment centers or IOP (Intensive Outpatient Programs).

**SERVICES OFFERED:** Adult Shelter; Women's Shelter; Soup Kitchen; Food Pantry; Case Management; Health Services.

## **NEW LIFE HOME FOR WOMEN AND CHILDREN**

P.O. Box 148  
Manchester, NH 03105  
(603) 624-8444  
[www.newlifehome.org](http://www.newlifehome.org)  
[newlifehome@comcast.net](mailto:newlifehome@comcast.net)

**OVERVIEW:** New Life Home for Women and Children is a non-profit, non-denominational, Christian, voluntary, long-term, residential drug and alcohol crisis intervention facility for women and their children.

**SERVICES OFFERED:** Residential detox program; assist women in reclaiming their lives and living a drug/alcohol free, self-sufficient life; break the cycle of poverty and abuse in families; train and develop job readiness skills; on-site job training programs; transitional housing.

## **NORTHEAST DEAF AND HARD OF HEARING SERVICES**

57 Regional Drive  
Concord, NH 03301  
(603) 224-1850 Administrative & Video Phone  
63.131.36.210 Video Phone  
(603) 224-0691 TTY  
[www.ndhhs.org](http://www.ndhhs.org)  
[info@ndhhs.org](mailto:info@ndhhs.org)

**OVERVIEW:** Northeast Deaf and Hard of Hearing Services, Inc. (NDHHS) seeks to empower, educate and advocate for equal access and opportunity for Deaf and Hard of Hearing citizens of New Hampshire and is dedicated to serving Deaf and Hard of Hearing individuals in an environment that is communicatively unrestricted and “natural” to them.

**SERVICES OFFERED:** Community Education; Family Sign Language Program; Resource Loans; Listening Devices Loan Program; Outreach; Parent-Infant Services; Peer Support Services; Shared Reading Program for Children birth-3; Relay Services; Translation Services; Transition to Employment; Part B Interpreting; Educational Support Services; New Hampshire Telecommunication Equipment Distribution Program; Interpreter/CART Referrals.

## **NUTFIELD SENIOR CENTER**

3 Horseshoe Drive  
Derry, NH 03038  
(603) 434-7378  
[info@nutfieldseniorcenter.com](mailto:info@nutfieldseniorcenter.com)  
[www.nutfieldseniorcenter.com](http://www.nutfieldseniorcenter.com)

**OVERVIEW:** Plans are underway to build a 5,000 square foot facility at the Boys and Girls Club of Greater Derry. The Nutfield Senior Center will provide an environment for intergenerational activities, a variety of rooms, technology lab, library, gift shop, full-service kitchen, TV lounge, health office etc.

## **ON THE ROAD TO RECOVERY**

13 Orange Street  
Manchester, NH 03104  
(603) 623-4523  
(800) 306-4334 Toll Free Warmline: 5 PM – 10 PM Daily  
(603) 623-0652 Peer Center Ten-Minute Member’s Phone  
[www.otrtr.org](http://www.otrtr.org)  
[admin@otrtr.org](mailto:admin@otrtr.org)

**OVERVIEW:** On The Road To Recovery is a community of peers dedicated to providing a safe environment with acceptance and respect for the dignity of all members to carry out their plan for recovery.

**SERVICES OFFERED:** Warmlines; Peer Center; Peer Counseling; Peer Groups; Weekly Community Meetings; Shelter for Homeless.



## **OUR LADY OF PERPETUAL HELP**

266 Cypress Street  
Manchester, NH 03103  
(603) 622-2535

**OVERVIEW:** A Parish of The Roman Catholic Diocese of Manchester, NH.

**SERVICES OFFERED:** Caregiver/Care Receiver Support Groups;  
Friendly Visiting.

## **OXFORD HOUSE, INC.**

1010 Wayne Avenue, Suite 300  
Silver Spring, MD 20910  
(301) 587-2916  
(800) 689-6411 Toll Free

Oxford House Manchester  
133 Riddle St, 2nd Floor  
Manchester, NH 03102-4739  
(603) 254-2625

**OVERVIEW:** Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home. Parallel to this concept lies the organizational structure of Oxford House, Inc. This publicly supported, non-profit 501(c)(3) corporation is the umbrella organization which provides the network connecting all Oxford Houses and allocates resources to duplicate the Oxford House concept where needs arise.

**SERVICES OFFERED:** Self-Run, Self-Supported Addiction Recovery Houses.

## **PARENT INFORMATION CENTER (PIC)**

P.O. Box 2405  
Concord, NH 03302  
(603) 224-7005  
(800) 947-7005 V/TDD NH ONLY  
[www.picnh.org](http://www.picnh.org)

**OVERVIEW:** PIC assists families and schools in building strong family/school/community partnerships to increase parental involvement in children's education, with the goal of increasing student academic achievement.

**SERVICES OFFERED:** Support families and schools by: providing assistance over the phone; offering workshops around the state and on-line, including train-the-trainer sessions and support materials; supporting school change efforts with technical assistance, training, and resources; distributing family-friendly information; connecting families for parent-to-parent support; locating useful resources for families and schools; sponsoring conferences, roundtables, and public input sessions; providing advocacy and leadership training; offering volunteer opportunities; responding to community needs; and producing DVDs, CDs, and cable access shows on a variety of educational topics.

## **PARENTS WITHOUT PARTNERS – NEW HAMPSHIRE CHAPTER**

P.O. Box 4591  
Manchester, NH 03108  
(603) 669-4275  
[www.pwp1239.org](http://www.pwp1239.org)  
[pwp1239\\_contact\\_us@yahoo.com](mailto:pwp1239_contact_us@yahoo.com)

**OVERVIEW:** Parents Without Partners provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques. Their goal is to provide help in many facets of single parenthood. Throughout every month they have both family and adult activities.

**SERVICES OFFERED:** Parent Support Groups for Single Parents; Orientations and Educational and Social Events.

## **PARISH OF THE TRANSFIGURATION FOOD PANTRY & OUTREACH**

107 Alsace Street  
Manchester, NH 03103  
(603) 623-4715  
[www.transfigurationnh.org](http://www.transfigurationnh.org)

**OVERVIEW:** Catholic Church.

**SERVICES OFFERED:** Food Bank; Outreach to Homebound, Harborside Healthcare and Hospitals.

## **PARKLAND MEDICAL CENTER**

One Parkland Drive  
Derry, NH 03038  
(603) 432-1500 Administrative  
(877) 642-2362 Consult-A-Nurse  
[www.parklandmc.com](http://www.parklandmc.com)

**OVERVIEW:** Parkland Medical Center is a regional acute care hospital located in Derry serving the populations of Derry, East Derry, Londonderry, Windham, Salem, Chester, Atkinson and Hampstead. Established in 1983, the hospital has become a leader in providing high quality healthcare services to its patients.

**SERVICES OFFERED:** Heart Care; Cancer Care; Surgical Services; Robotic Services; Diabetes and Metabolism; Urology; Weight Loss Surgery; Emergency Care; Pain Management; Maternity Care; Rehab; Lab and Testing; Sleep Center; Radiology and Testing; Women's Care; Nutrition; Surgery Center; Health Related Support Classes and Support Groups; Financial Assistance Programs; Health Library.

## **PARTNERS IN HEALTH**

**33 South Commercial Street, Suite 401  
Manchester, NH 03101  
(603) 622-3781  
www.nhpih.dartmouth.edu  
skatsikas@Elliot-HS.org**

**OVERVIEW:** The New Hampshire Partners in Health Program helps families of children with chronic health conditions advocate, access resources, navigate systems and build capacity to manage the chronic health condition of their child. We serve families with children from birth to age 21 with a chronic health condition: certified by a physician, expected to last six months or more, and having a significant impact on daily life.

**SERVICES OFFERED:** Family Support Coordinators provide Advocacy, Specialized Information, Financial Assistance, and Referral Services.

## **PASTORAL COUNSELING SERVICES**

**Manning House  
2013 Elm Street  
Manchester, NH 03104  
(603) 627-2702  
www.pcs-nh.org**

**OVERVIEW:** Pastoral Counseling Services, Inc. provides psychotherapy and counseling to individuals, couples, families, and groups. Our Licensed staff includes: Pastoral Counselors, Mental Health Counselors, Marriage and Family Therapists, Clinical Psychologists, Social Workers, and Drug and Alcohol Counselors.

**SERVICES OFFERED:** Individual, Couple, Family, and Group Psychotherapy and Counseling; Groups and Seminars – Meditation Classes, Homeless Programs, Parenting Groups; Recovery Programs.

## **PELHAM SENIOR CENTER**

8 Nashua Road  
Pelham, NH 03076  
(603) 635-3800  
[www.pelhamweb.com/srcenter](http://www.pelhamweb.com/srcenter)  
[seniors@pelhamweb.com](mailto:seniors@pelhamweb.com)

**OVERVIEW:** Our mission at the Pelham Senior Center is to help the senior population achieve an independent lifestyle by providing access to services and current information. The Senior Center is also devoted to programming that promotes healthy, social, and emotional well-being. The Pelham Senior Center welcomes our elder community in a cooperative effort to provide educational, social, wellness, and recreational opportunities in a warm, supportive, and accessible environment. Our continuing goal is to maintain and enhance the quality of life for seniors, to assist in managing senior affairs, and to meet the future needs of the community.

**SERVICES OFFERED:** Blood Pressure; Elderly Housing applications; Handicap Parking applications; Health Screenings; Living Will forms; Notary Public services; Passport applications; Foot Care; Vaccinations; Commodity Foods; Nutrition Programs; Transportation To/From Senior Center; Handicap and medical equipment Loans; Volunteer Opportunities; Tax Preparation Assistance; Thrift Shop; Weekly, Monthly and Special Events; Day Trips and Multi-Day Trips.

## **PLANNED PARENTHOOD OF NORTHERN NEW ENGLAND**

(800) 230-7526 Toll Free  
[www.ppnne.org](http://www.ppnne.org)  
[webwizard@ppnne.org](mailto:webwizard@ppnne.org)

Manchester Health Center  
24 Pennacook Street  
Manchester, NH 03104  
(603) 669-7321

Derry Health Center  
4 Birch Street  
Derry, NH 03038  
(603) 434-1354

**OVERVIEW:** Planned Parenthood delivers reproductive health care, education, and information to millions of people worldwide.

**SERVICES OFFERED:** Abortion Services; Birth Control Services; Emergency Contraception; General Health Care; HIV Testing; HPV & Hepatitis Vaccines; Men's Health Services; Patient Education; Pregnancy Testing, Options & Services; STD Testing & Treatment; Women's Health Services.

## **RELAY NEW HAMPSHIRE**

125 Airport Road  
Concord, NH 03301  
(603) 224-1850 x206  
(800) 735-2964 TDD  
(866) 634-4764 TTY  
(866) 269-2463 Video Phone  
[www.relaynewhampshire.com](http://www.relaynewhampshire.com)  
[relaynh@ndhhs.org](mailto:relaynh@ndhhs.org)

**OVERVIEW:** Relay New Hampshire (RNH) is a free service that provides full telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind, and speech-disabled. This service allows text-telephone (TTY) users to communicate with standard telephone users through specially training relay operators. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls. All calls are strictly confidential and no records of any conversations are maintained.

**SERVICES OFFERED:** Telecommunication Relay Services; 7-1-1.

## **RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)**

1915 Front Street  
Manchester, NH 03102  
Phone: (603) 634-1169  
[lcollins@snhs.org](mailto:lcollins@snhs.org)  
[www.snhshome.homestead.com/RSVP.html](http://www.snhshome.homestead.com/RSVP.html)

**OVERVIEW:** RSVP invites adults age 55 and over to share their life experiences, skills, and talents in meaningful volunteer opportunities responding to community needs. RSVP offices in Manchester and Nashua support over 732 volunteers county-wide who provided 129,000 hours of service in 2008. The benefit of these services to the community is estimated \$2.4 million.

**SERVICES OFFERED:** RSVP volunteers conduct safety patrols for local police departments, participate in environmental projects, provide intensive educational services to children and adults, and respond to natural disasters, among other activities.

## **ROCKINGHAM COMMUNITY ACTION**

4 Cutts Street  
Portsmouth, NH 03801  
(603) 431-2911  
(800) 556-9300 Toll Free  
[www.rcaction.org](http://www.rcaction.org)  
[info@rcaction.org](mailto:info@rcaction.org)

**OVERVIEW:** Rockingham Community Action is an umbrella agency offering practical and immediate relief for senior citizens, families with young children and adults who find themselves in need of food and shelter whether from a natural catastrophe such as a flood or any other unforeseen or catastrophic event.

**SERVICE SUMMARY:** Head Start; Crisis Assistance and Support; Health and Nutrition; Employment and Training; Literacy; Seniors; Women, Infants and Children Programs; Child Care Services; Housing, Fuel Assistance and Environmental; Homeless Advocacy; Food Pantries.

## **ROCKINGHAM NUTRITION AND MEALS ON WHEELS PROGRAM**

106 North Road  
Brentwood, NH 03833  
(603) 679-2201 Administrative  
(800) 298-6006 Toll Free  
[www.rockinghammealsonwheels.org](http://www.rockinghammealsonwheels.org)  
[admin@rnmow.org](mailto:admin@rnmow.org)

**OVERVIEW:** Rockingham Nutrition & Meals on Wheels provides nutritious meals and beneficial support services to older and disabled residents of Rockingham County who need assistance to help them preserve long-term health, well-being, and independence. We serve all 37 towns of Rockingham County with congregate meal sites located in 12 towns. Each site offers a center for gathering, parties, socializing and lunch. Home delivered meals are package at these meal sites and delivered throughout the County.

**SERVICES OFFERED:** Home Delivered Meals; Senior Dining Hall Meals; Transportation to Meal Sites; Limited Shopping and Medical Appointment Transportation Available.

## **SACRED HEART ROMAN CATHOLIC CHURCH**

265 South Main Street  
Manchester, NH 03102  
(603) 625-9525  
[www.sacredheartchurch-nh.com](http://www.sacredheartchurch-nh.com)  
[sacredheartmanchester@comcast.net](mailto:sacredheartmanchester@comcast.net)

**OVERVIEW:** Founded almost 100 years ago on the west side of Manchester, Sacred Heart Church welcomes new members to our church family.

**SERVICES OFFERED:** St. Vincent de Paul/Sacred Heart Church Food Pantry.

## **SALEM ANIMAL RESCUE LEAGUE**

4 SARL Drive  
Salem, NH 03079  
(603) 893-3210  
[www.sarl-nh.org](http://www.sarl-nh.org)

**OVERVIEW:** The Salem Animal Rescue League (SARL) is a volunteer not for profit organization whose goal is to find permanent, loving homes for the abandoned and unwanted animals in Salem, NH and surrounding communities. We are committed to a 100% spay/neuter policy of all animals adopted from our shelter. SARL is a limited admission shelter. We assist all Salem strays as a first priority.

**SERVICES OFFERED:** Animal Adoption; Animal Lost and Found; Animal Shelters; Spay/Neuter Programs; Educational Programs; Pet Care Programs.

## **SALEM FAMILY RESOURCES/SUCCESS BY SIX**

c/o Triumphant Cross Lutheran Church  
171 Zion Hill Road  
Salem, NH 03079  
(603) 898-5493  
[www.salemfamilyresources.org](http://www.salemfamilyresources.org)  
[info@salemfamilyresources.org](mailto:info@salemfamilyresources.org)

**OVERVIEW:** Salem Family Resources - Success By 6 provides support and programs to families in the Greater Salem, New Hampshire area to help them meet the physical, social, emotional and educational needs of their young children.

**SERVICES OFFERED:** We provide information and referrals to appropriate services and resources in our community, including: parenting information, children's health care, children's services agencies, childcare, babysitting and babysitting co-ops, special education, and Developmental Milestones, a guide for parents.

## **SALVATION ARMY**

121 Cedar Street  
Manchester, NH 03101  
(603) 627-7013  
[www.use.salvationarmy.org/manchester](http://www.use.salvationarmy.org/manchester)  
[Shaun\\_Belanger@use.salvationarmy.org](mailto:Shaun_Belanger@use.salvationarmy.org)  
[Kimberly\\_Belanger@use.salvationarmy.org](mailto:Kimberly_Belanger@use.salvationarmy.org)

**OVERVIEW:** The Salvation Army is a worldwide organization committed to serving people, changing one life at a time. It is an evangelical part of the universal Christian church. There are over 14,000 Corps (centers for worship) as well as a wide range of social, medical, educational and other community services. The Salvation Army maintains an integrated network of community centers, or Corps to meet community needs in major population areas. Additionally, Service Unit volunteers help provide emergency assistance.

**SERVICES OFFERED:** Centers for Worship and Service; Adult Rehabilitation Centers; Youth Services; Senior Services; Seasonal Assistance; Union Leader Santa Fund; Emergency Assistance; Transitional Support; Thrift Stores; Emergency Shelter.

## **THE SAMARITANS**

103 Roxbury Street, Suite 304  
Keene, NH 03431  
(603) 357-5510 Administrative  
(603) 357-5505 Confidential Anonymous Crisis Line  
(603) 924-7000 Confidential Anonymous Crisis Line  
(877) 583-8336 Toll Free - Confidential Anonymous Crisis Line  
[www.samaritansnh.org](http://www.samaritansnh.org)  
[director@samaritansnh.org](mailto:director@samaritansnh.org)

**OVERVIEW:** As Samaritans, we strive to reduce the incidence and impact of suicide through programs that befriend, support, and educate the community while offering anonymity and treating all individuals with care dignity and respect.

**SERVICES OFFERED:** 24 Hour Confidential and Anonymous Hotlines For Adults and Teens; Education To Youth In Area Schools On Prevention Of Suicide; Safe Place Support Group For Individuals Who Have Lost A Friend Or Loved One To Suicide; Educational and Outreach Programs For The Community.



## SCORE – SOUTHERN NEW HAMPSHIRE

**MANCHESTER OFFICE**  
Norris Cotton Federal Building  
275 Chestnut Street, Suite 133  
Manchester, NH 03101  
603-666-7561

**NASHUA OFFICE**  
Chamber of Commerce  
142 Main Street  
(603) 881-8333

[www.score-manchester.org](http://www.score-manchester.org)  
[info@score-manchester.org](mailto:info@score-manchester.org)

**OVERVIEW:** The SCORE Association, “Counselors to America’s small business”, is a nonprofit association comprised of 10,500 volunteer business counselors throughout the U.S. and its territories. There are 389 SCORE chapters in urban, suburban and rural communities. SCORE members are trained to serve as counselors, advisors and mentors to aspiring entrepreneurs and business owners. These services are offered at no fee, as a community service. SCORE was formed in 1964 and more than 7.5 million American small businesses have utilized SCORE services.

**SERVICES OFFERED:** Free counseling, advising and mentoring to aspiring entrepreneurs and business owners; workshops; library and other resources.

### **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)**

**Workforce Opportunity Council**  
64 Old Suncook Road  
Concord, NH 03301  
(603) 229-3470  
[jackie.heuser@dred.state.nh.us](mailto:jackie.heuser@dred.state.nh.us)

**OVERVIEW:** At SCSEP, we believe that achieving the American Dream is possible for everyone, regardless of age. Our mission is to promote economic self-sufficiency for older individuals who are working to achieve this dream. SCSEP enhances employment opportunities for unemployed older Americans and promotes them as a solution for businesses seeking trained, qualified, and reliable employees. Older workers are a valuable resource for the 21st century workforce, and SCSEP is committed to providing high-quality job training and employment assistance to participants. We have an extensive network of service providers in every county in the U.S.

**SERVICES OFFERED:** Community Services - the program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services; Participant Services - Individual Employment Plan (IEP) development, orientation, community service placement, training specific to community service assignment, other training as identified in the IEP, supportive services, wages, fringe benefits, annual physicals, assistance in securing unsubsidized employment, and access to local One-Stop Career Centers.

## **SENIORS COUNT**

c/o Easter Seals  
555 Auburn Street  
Manchester, NH 03103  
(603) 644-2240 Manchester Region ServiceLink  
[www.seniorscountnh.org](http://www.seniorscountnh.org)  
[info@seniorscountnh.org](mailto:info@seniorscountnh.org)

**OVERVIEW:** Seniors Count is a citywide collaborative community initiative involving many organizations partnering together to raise awareness, leverage resources and coordinate services for the at-risk elderly members of our community. The initiative creates positive, systemic change for seniors by bringing together community partners to initiate and guide the transformation process. The coalition of partners is highly participatory and inclusive, composed of representatives from public sector agencies, not-for-profit senior service provider agencies, local business/industry, and seniors and their caregivers.

**SERVICES OFFERED:** Home Maintenance; Community Liaison for Comprehensive Non-Medical Needs; Flex Spending Initiative; Short Nursing Home Stay Initiative; Resource Guides.

## **SERENITY PLACE**

101 Manchester Street  
Manchester, NH 03105  
(603) 625-6980  
[www.serenity-place.org](http://www.serenity-place.org)  
[info@serenityplace.org](mailto:info@serenityplace.org)

**OVERVIEW:** The mission of Serenity Place is to provide opportunities for the chemically dependent person to become free of those chemicals, to maintain that freedom and to return to the community as a contributing member.

**SERVICES OFFERED:** Crisis Services, Including Social Detox and Sobriety Maintenance; Resource For Evaluating Alcohol Problems (REAP) Program For Impaired Driver Education; 24/7 Crisis Support; Crisis Site Offering Detoxification, Counseling, Education, and Referrals.

## **SERVICELINK RESOURCE CENTER NETWORK**

(866) 634-9412 Toll Free

(800) 272-3900 Toll Free - National Alzheimer's Hotline

[www.state.nh.us/servicelink](http://www.state.nh.us/servicelink)

**Hillsborough County**  
555 Auburn Street  
Manchester, NH 03103  
(603) 644-2240

**Rockingham County**  
287 Lawrence Road  
The Mary Foss School  
Salem, NH 03079  
(603) 893-9769

**OVERVIEW:** ServiceLink is a statewide network of locally administered community-based resources for seniors, adults with disabilities and their families. ServiceLink is a free information, referral, and assistance, with local offices in 13 communities and with many satellite offices throughout New Hampshire. ServiceLink answers questions and connects users to the appropriate services that support healthy and independent living.

**SERVICES OFFERED:** Free Community Resource Information and Referral Source.

## **SOCIETY FOR THE PROTECTION OF NEW HAMPSHIRE FORESTS**

54 Portsmouth Street

Concord, NH 03301

(603) 224-9945

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

[info@forestsociety.org](mailto:info@forestsociety.org)

**OVERVIEW:** The Forest Society is dedicated to protecting the state's most important landscapes while promoting the wise use of its renewable natural resources.

**SERVICES OFFERED:** Conservation Center; John Hay Land Studies Center; Field Trips and Special Events; The Rocks Estate, North Country Conservation and Education Center.

## **SONSHINE SOUP KITCHEN**

First Baptist Church  
4 Crystal Avenue #4  
Derry, NH 03038  
(603) 437-2833  
[www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

**OVERVIEW:** The Sonshine Soup Kitchen is an interfaith community project that reaches out to individuals and families who are struggling to live independently. We do this primarily by serving a free meal in a spiritually uplifting atmosphere to any person who enters our facilities and by seeking to exhibit the love and grace of Jesus Christ in our service.

**SERVICES OFFERED:** Free, Hot Meal Served at 4:30 PM Monday through Friday; Home Delivery; Clothing Ministry.

## **SOUTHERN NEW HAMPSHIRE HIV/AIDS TASK FORCE**

12 Amherst Street  
Nashua, NH 03064  
(603) 595-8464 Service/Intake  
(800) 942-7437 Toll Free  
[www.aidstaskforcenh.org](http://www.aidstaskforcenh.org)  
[info@aidstaskforcenh.org](mailto:info@aidstaskforcenh.org)

**OVERVIEW:** The Southern NH HIV/AIDS Task Force (The Task Force) works to increase the quality and availability of knowledge, services, and resources in all matters relating to HIV infection and AIDS to people in Southern New Hampshire regardless of race, religion, ethnicity, disability, gender, age or sexual orientation. The Task Force is the only HIV/AIDS service organization in the Greater Nashua area providing important community based HIV prevention education and direct services to people living with HIV and AIDS.

**SERVICES OFFERED:** Individual Case Management; Food Pantry; Nutritional Counseling; Support Groups; Client Advocacy; Mental Health Counseling; Substance Abuse Counseling; Transportation; Emergency Housing and Utility Assistance; Latino/Latina Services; Free and Confidential HIV Testing and Counseling To Certain Populations.

## **SOUTHERN NEW HAMPSHIRE SERVICES**

40 Pine Street  
Manchester, NH 03103  
(603) 668-8010 Administrative  
(800) 322-1073 Toll Free  
[www.snhs.org](http://www.snhs.org)  
[contact@snhs.org](mailto:contact@snhs.org)

**OVERVIEW:** The mission of Southern New Hampshire Services (SNHS) is to provide activities designed to assist low-income participants, including the elderly poor, to secure and retain meaningful employment, attain an adequate education, and make better use of available income; to ameliorate the causes of poverty within the community; to meet urgent and immediate individual and family needs, including health, nutrition, housing and employment-related assistance; and to address the problems and barriers which block the achievement of self-sufficiency.

**SERVICES OFFERED:** Child Development Programs (Head Start, Early Head Start, Child Care, Child Care Resource and Referral, SEE Science Center); Health, Food and Nutrition (Commodity Supplemental Food, Community Gardens, Summer Food Service, Emergency Food Service, USDA's Child and Adult Food Care Food, Women Infants Children); Housing and Homeless (Homeless Prevention, Homeless Support/Case Management, Housing Management, Lead-Based Paint Hazard Control, Supportive Housing for Homeless, Supportive Housing for the Elderly); Workforce Development (Families@Work, Workforce Investment Act, Workplace Success, Youth Empowerment); Energy Programs (National Grid Natural Gas, NHSaves@Home, Stay Warm New Hampshire, Weatherization, Electric Energy Assistance, Emergency Energy, Fuel Assistance FAQ, Heating Repair and Replacement, Low-Income Home Energy, Manchester Energy); Community and Multi-Cultural Programs.

## **SPECIAL OLYMPICS NEW HAMPSHIRE**

650 Elm Street  
Manchester, NH 03101-2508  
(603) 624-1250 Administrative  
(800) 639-2608 Toll Free  
[www.sonh.org](http://www.sonh.org)  
[PamL@sonh.org](mailto:PamL@sonh.org)

**OVERVIEW:** Special Olympics New Hampshire (SONH) is a non-profit organization providing year-round participation in sports training and athletic competition in a variety of well-coached Olympic-type sports for all individuals with intellectual disabilities by providing athletes with continuing opportunities to develop physical fitness skills, express courage, experience joy and participate in the sharing of talents, skills and friendship with their families, friends, other Special Olympics athletes and the community. 3,500 participants and thousands of volunteers, friends and family members take part in SONH activities.

**SERVICES OFFERED:** Sports and Training; Special Events; Athlete Leadership Programs.

## **ST. ANDREW'S EPISCOPAL CHURCH**

102 North Main Street  
Manchester, NH 03101  
(603) 622-8632  
[www.standrewsmanchester.com](http://www.standrewsmanchester.com)  
[standrewsmanchester@comcast.net](mailto:standrewsmanchester@comcast.net)

**OVERVIEW:** Whether you are an Episcopalian recently transplanted to Manchester or someone who has never been in a church, you are welcome at St. Andrew's. We gather to worship on Sunday mornings.

**SERVICES OFFERED:** Food Pantry; Thrift Shop.

## **ST. ANTHONY OF PADUA PARISH**

172 Belmont Street  
Manchester, NH 03103-4452  
(603) 625-6409  
[www.stanthonyofpaduanh.org](http://www.stanthonyofpaduanh.org)  
[info@stanthonyofpaduanh.org](mailto:info@stanthonyofpaduanh.org)

**OVERVIEW:** St. Anthony of Padua is a Roman Catholic Church dedicated to serving its members and surrounding community with religious guidance, support and faith. As part of the Manchester, NH, Catholic Diocese, we celebrate the Catholic Sacraments and provide religious education at different levels.

**SERVICES OFFERED:** Food Pantry; Spiritual Counseling; Location for Social Groups.

## **ST. CATHERINE OF SIENA PARISH**

207 Hemlock Street  
Manchester, NH 03104  
(603) 622-4966  
(603) 622-2094 Prayer Requests  
[www.saintcatherines.org](http://www.saintcatherines.org)  
[parishoffice@saintcatherineparish.com](mailto:parishoffice@saintcatherineparish.com)

**OVERVIEW:** The mission of St. Catherine Parish is to foster and nurture the spiritual life and sense of community of its members as together they seek eternal salvation through their relationship with God and each other.

**SERVICES OFFERED:** Outreach Group for Sick and Homebound; Hospice Volunteer Program.

## **ST. ELIZABETH SETON PARISH**

190 Meetinghouse Road  
Bedford, NH 03110  
(603) 669-7444  
[www.stelizabethsetonchurch.org](http://www.stelizabethsetonchurch.org)  
[sesparish@comcast.net](mailto:sesparish@comcast.net)

**OVERVIEW:** St. Elizabeth Seton Parish is a loving, welcoming community of worshipers in the Catholic tradition. Our mission is to share the good news of Christ through the celebration of sacraments, liturgy and unconditional service to all.

**SERVICES OFFERED:** Bereavement Counseling; Outreach Ministry including Transportation, Light Housekeeping Services, Assistance with Meal Preparation, and Errand Running/Shopping Assistance; Yard Work; Fix-it Team; Parish Nurse Program; Mercy Meal Program.

## **ST. JOSEPH CATHEDRAL**

145 Lowell Street  
Manchester, NH 03105  
(603) 622-6404  
[www.stjosephcathedralnh.org](http://www.stjosephcathedralnh.org)

**OVERVIEW:** As the Cathedral, the Mother Church and Teacher of the Diocese of Manchester, through love and servant leadership, we witness to the presence of Jesus Christ and the truth of His Gospel of peace and justice. Our parish family seeks to be a welcoming and spiritually enriching sign of the Kingdom of God in the world.

**SERVICES OFFERED:** Saint Vincent de Paul Society; Volunteer Program at New Horizons Soup Kitchen; “Brown Bag Sunday” Food Program; Meeting Space; Parish Nurse.

## **ST. JOSEPH CHURCH**

33 Main Street  
Salem, NH 03079  
(603) 898-4933 Main  
[www.stjosephsalemnh.org](http://www.stjosephsalemnh.org)  
[st.josephs@comcast.net](mailto:st.josephs@comcast.net)

**OVERVIEW:** A Roman Catholic Church in Saints Mary and Joseph Parish.

**SERVICES OFFERED:** Food Pantry.

## **ST. JOSEPH COMMUNITY SERVICES – MEALS ON WHEELS COMMUNITY DINING PROGRAM**

395 Daniel Webster Highway  
P.O. Box 910  
Merrimack, NH 03054  
(603) 424-9967  
[www.mealsonwheelsnh.org](http://www.mealsonwheelsnh.org)  
[meals@sjcsinc.org](mailto:meals@sjcsinc.org)

**OVERVIEW:** St. Joseph Community Services is dedicated to promoting better physical, mental, and social well being of older and other qualified adults. Providing nutritious meals, health education, opportunities for social interaction, and other related services helps improve the lives of those we serve. St. Joseph Community Services is committed to promoting self-reliance and independence through dependable, well managed and compassionate services. We strive to meet the diverse needs of our clients through volunteerism and extensive collaboration with other community services.

**SERVICES OFFERED:** Hot Lunch Delivery; Daily Contact and Safety Check; Information and Referrals For Other Social Service Programs; Community Dining; Limited Transportation to Community Dining; Health Promotion and Wellness; Recreation and Nutrition Education.

## **ST. JUDE ROMAN CATHOLIC PARISH**

435 Mammoth Road  
Londonderry, NH 03053  
(603) 432-3333  
[www.stjudenh.com](http://www.stjudenh.com)  
[ste.jude@juno.com](mailto:ste.jude@juno.com)

**OVERVIEW:** St. Jude Parish is a dynamic faith-filled community dedicated to preaching and practicing the Gospel of Jesus Christ. The parish is committed to providing a variety of programs and activities designed to foster and enhance spiritual growth and a closer relationship with Jesus Christ. We accomplish this objective through varied ministries of worship, faith formation, pastoral care, community service, outreach, and adult and youth religious education. The parish vision is focused on meeting the spiritual needs of a diverse population currently and in the future while dedicated to building community and building faith.

**SERVICES OFFERED:** Food Pantry.



## **ST. LUKE'S UNITED METHODIST CHURCH**

63 East Broadway  
Derry, NH 03038  
(603) 434-4767  
[www.gbmg-umc.org/stlukesumcnh](http://www.gbmg-umc.org/stlukesumcnh)  
[stlukesumc@gmail.com](mailto:stlukesumc@gmail.com)

**OVERVIEW:** To bring people to Jesus and membership in God's family, experience God's Love in Worship, grow in Christ-like maturity equipped to share God's Love through service in the world.

**SERVICES OFFERED:** Food Pantry.

## **ST. MATTHEW'S EPISCOPAL CHURCH**

7 North Mast Street  
Goffstown, NH 03045  
(603) 497-2003  
[www.stmattsepiscopal.org](http://www.stmattsepiscopal.org)  
[office@stmattsepiscopal.org](mailto:office@stmattsepiscopal.org)

**OVERVIEW:** Seeking to nurture the power of Christ in its members, to encourage the recognition of the presence of Christ in our neighbor, and to perpetuate the loving service of God in our homes, community, diocese, nation and world.

**SERVICES OFFERED:** Network Food Pantry; Community Nurse; Locally Deployed Family Programs including Handy Helper Program and Family Dinners.

## **ST. RAPHAEL PARISH**

103 Walker Street  
Manchester, NH 03102  
(603) 623-2604  
[www.parishesonline.com/scripts/hostedsites/Org.asp?ID=2691](http://www.parishesonline.com/scripts/hostedsites/Org.asp?ID=2691)

**OVERVIEW:** A Parish of The Roman Catholic Diocese of Manchester, NH.

**SERVICES OFFERED:** Food Pantry.

## **ST. TERESA REHABILITATION AND NURSING CENTER BISHOP PRIMEAU SENIOR LIVING COMMUNITY**

519 Bridge Street

Manchester, NH 03104

(603) 668-2373

[www.nh-cc.org/what-we-do/health-services/st-teresa.asp](http://www.nh-cc.org/what-we-do/health-services/st-teresa.asp)

**OVERVIEW:** St. Teresa Rehabilitation and Nursing Center, overlooking Derryfield Park in Manchester, offers a comfortable, warm, and inviting environment for short-term patients and longer-term residents. The rooms and common areas of this 51-bed center are all on one level allowing for convenient access to common dining, activity, and outdoor areas. Bishop Primeau Senior Living Community, adjacent to St. Teresa Rehabilitation and Nursing Center, offers seniors an independent living experience in a warm and supportive environment.

**SERVICES OFFERED:** Rehabilitation and Nursing Center; Service-Enhanced Independent Living For Seniors.

## **ST. THOMAS AQUINAS CHURCH**

26 Crystal Avenue

Derry, NH 03038

(603) 432-5000

(603) 537-0912 Food Pantry

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

[ssherman@stthomasderry.org](mailto:ssherman@stthomasderry.org)

**OVERVIEW:** We are dedicated to continuing the mission of Jesus Christ in the Roman Catholic tradition.

**SERVICES OFFERED:** Food Pantry; St. Gianna's Children's Closet.

## **ST. VINCENT DE PAUL THRIFT SHOP**

177 Wilson Street

Manchester, NH 03103

(603) 627-1412

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

[stvincentdepaul1@verizon.net](mailto:stvincentdepaul1@verizon.net)

**OVERVIEW:** Thrift store that sells clothing and furniture, and accepts vouchers from local human service agencies in exchange for clothing.

**SERVICES OFFERED:** Baby Clothing; Children's Clothing; General Clothing Provision; General Furniture Provision; Donation Drop Off Points; Donation Pickups; General Clothing Donation Programs.

## STE. MARIE ROMAN CATHOLIC PARISH

133 Wayne Street  
Manchester, NH 03102  
(603) 622-4615  
[www.stemarieparish.org](http://www.stemarieparish.org)  
[sritav@yahoo.com](mailto:sritav@yahoo.com)

**OVERVIEW:** The vision of Suite Marie Parish is that all who join Suite Marie Parish may come to know Jesus Christ in a more personal way, to accept Him as their Lord and Savior, and to be His Light in the world, proclaiming the Good News in word and deed.

**SERVICES OFFERED:** Food Pantry; Support Groups; Support Group for Separated/Divorced Parishioners; St. Vincent DePaul Society; St. Vincent DePaul Store.

## THE ARC, INC.

The Arc of the United States  
1660 L Street, NW, Suite 301  
Washington, DC 20036  
Phone: (202) 534-3700  
(800) 433-5255 Toll Free  
[www.thearc.org](http://www.thearc.org)  
[info@thearc.org](mailto:info@thearc.org)

The Arc of Greater Manchester  
P.O. Box 3363  
Manchester, NH 03105-3363  
(603) 434-2738  
[www.arcmanchester.org](http://www.arcmanchester.org)  
[president@arcmanchester.org](mailto:president@arcmanchester.org)

Salem Arc, Inc.  
8 Centerville Drive  
Salem, NH 03079  
(603) 893-9889

**OVERVIEW:** The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. It provides an array of services and support for families and individuals and includes over 140,000 members affiliated through more than 730 state and local chapters across the nation. The Arc is devoted to promoting and improving supports and services for all people with intellectual and developmental disabilities.

**SERVICES OFFERED:** Issue Advocacy; Social Clubs/Events; Online Community.

## THE CINDERELLA PROJECT OF NEW HAMPSHIRE

c/o Joanne Sowa  
266 Deerfield Road  
Allenstown, NH 03275

Boutique Address:  
Rite Aid/Dollar Store Plaza  
48 Allenstown Road  
Allenstown, NH 03275

(603) 210-1415

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

[cinderellaprojnh@aol.com](mailto:cinderellaprojnh@aol.com)

Drop Off locations: [www.thecinderellaprojectofnh.org/donate](http://www.thecinderellaprojectofnh.org/donate)

**OVERVIEW:** The Cinderella Project is a non-profit organization that collects donations of new and “gently worn” formal dresses and accessories and donates them to financially disadvantaged high school students in New Hampshire so they can attend their high school formal occasions in style.

**SERVICES OFFERED:** New and Gently-Worn Formal Dresses and Accessories For Financially Challenged Women.

## THE UPPER ROOM, A FAMILY RESOURCE CENTER

36 Tsienneto Road

Derry, NH 03038

(603) 437-8477

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

**OVERVIEW:** The Upper Room is a non-profit Family Resource Center, committed to the development of strong individuals and families in our community. We are a team of dedicated professionals who are actively working to improve the family life of the citizens of Derry and surrounding communities in a way that is unique to any place in New Hampshire. The Upper Room is here to help individuals and families in need of education, support, and resources to “make it” in today’s world!

**SERVICES OFFERED:** Drug and Alcohol Education and Self-Awareness Program; Youth Anger Management Program; GED Preparation Class; Juvenile Diversion; YES, a Youth Shoplifting Program; Youth Community Service Programs; Teen Information for Parenting Success (TIPS), A Young Parent Support Program; Parenting Skills Classes; Co-Parenting Workshops; Parent/Infant Exercise Classes; Support Groups for Parents of Adolescents; Greater Derry Family Outreach (GDFO) - Short Term In-Home Parenting Education and Counseling; Families on the GO (FOG) - A Support And Playgroup For Parents And Children 0-6; Parenting Education Classes - including Active Parenting of Teens, Active Parenting Today, 1, 2, 3, 4 Parents!, Cooperative Parenting, and Divorce and Active Parenting for Step Families; Community Resources.

## **THE WAY HOME**

214 Spruce Street

Manchester, NH 03101

(603) 644-0180 Service/Intake

(603) 644-0181 Service/Intake Secondary Number

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

**OVERVIEW:** The Way Home, a non-profit dedicated to helping low-income households obtain and succeed in safe, affordable housing. Since 1988, The Way Home has assisted 15,000 families and individuals with their housing needs.

**SERVICES OFFERED:** Housing Resource Center; Housing Counseling; Homelessness Prevention; Foreclosure Prevention; Budget Counseling; Step to Success Coaching and Skills; Healthy Home Services; Community Advocacy; Affordable Housing; Security Deposit Loans; Landlord Negotiation Assistance; Information and Referral.

## **TOWARD INDEPENDENT LIVING AND LEARNING, INC.**

154 Broad Street

Nashua, NH 03063-3205

(603) 880-1919

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

**OVERVIEW:** Toward Independent Living and Learning's (T.I.L.L.) mission is to create community based residential, vocational, and support services to help people reach their full potential and attain an optimal quality of life. Beyond our commitment to making people's lives fuller and as independent as possible, what sets TILL apart is our ability to take carefully considered risks to develop new models of services that are in keeping with what we learn from our individuals and families. This innovation is obvious in our entrepreneurial culinary and food service programs, as well as our residential Creative Living Options. Our sports, fitness and recreation programs create respect and confidence in one's talents and those of others.

**SERVICES OFFERED:** Day Habilitation Programs; TILL Central Programs; Employment Supports; Vocational Training and Placement Leading To Supported Work Or Competitive Employment; Culinary Training; Development Of Artistic Talents; Retail Cafes and Gift Shops For Individuals and Neighborhoods To Enjoy; Alternative and Traditional Housing Options; Clinical Services.

## **TOYS FOR TOTS - NEW HAMPSHIRE**

64 Harvey Road  
Londonderry, NH 03053  
[www.toysfortotslondonderry.org](http://www.toysfortotslondonderry.org)  
[mtftf@toysfortots.org](mailto:mtftf@toysfortots.org)

**OVERVIEW:** The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted. The program is a national effort administered locally; the community in which toys will be distributed is the same community in which they were collected. The success of the Program relies on volunteer support and community involvement.

**SERVICES OFFERED:** Toys for Needy Children.

## **TRIUMPHANT CROSS LUTHERAN CHURCH**

171 Zion Hill Road  
Salem, NH 03079  
(603) 893-0305  
[www.triumphantcross.org](http://www.triumphantcross.org)  
[info@triumphantcross.org](mailto:info@triumphantcross.org)

**OVERVIEW:** The mission of Triumphant Cross Lutheran Church is to provide for the spiritual, emotional, and physical well being of its members through worship, learning, and outreach, to provide an environment for building community, to bring new members into the church, and to support the Lutheran Church at large, so that we and others may experience God's love through Jesus Christ.

**SERVICES OFFERED:** Bread of Life Food Pantry.

## **UPREACH THERAPEUTIC RIDING CENTER**

153 Paige Hill Road  
P.O. Box 355  
Goffstown, NH 03045  
(603) 497-2343  
[www.upreachtrc.org](http://www.upreachtrc.org)  
[karen@upreachtrc.org](mailto:karen@upreachtrc.org)

**OVERVIEW:** UpReach sits on 96 acres in Goffstown, NH, and is dedicated to improving the physical, emotional, and psychological development of challenged children and adults through progressive therapies, specifically those centered around the horse—high quality therapeutic riding and driving lessons. We are dedicated to enhancing quality of life for those we serve, by providing challenge, promoting independence, and celebrating success.

**SERVICES OFFERED:** Equine Therapeutic Riding; Equine Therapeutic Driving (Participant sits in a horse-drawn cart); Horses as Our Partners in Education (HOPE) Workshops and School-based Programs; Adopt-A-Horse Program; Facility Rental.

## **VETERANS ADMINISTRATION MEDICAL CENTER**

718 Smyth Road  
Manchester, NH 03104  
(603) 624-4366 Administrative  
(800) 892-8384 Toll Free  
[www.manchester.va.gov](http://www.manchester.va.gov)

**OVERVIEW:** Our mission is to honor America's Veterans by providing exceptional health care that improves their health and well-being.

**SERVICES OFFERED:** Urgent Care; Primary Care; Ambulatory Surgery; Specialty Clinics; Mental Health; Hospital Based Home Care; Community Acute Care; Long Term Care; Research Department; Community-Based Outpatient Clinics in Conway, Portsmouth, Somersworth, and Tilton.

## **VIC GEARY SENIOR CENTER**

18 Greenough Road  
Plaistow, NH 03865  
(603) 382-5995

**OVERVIEW:** Services for seniors are offered to residents of Plaistow, Hampstead, Atkinson, Danville, Kingston and Newton.

**SERVICES OFFERED:** Trips, Clinics and Other Senior Citizens' Gathering, Social Opportunities and Activities.

## **VINTAGE GRACE ADULT CENTER**

12 Peabody Road  
Derry, NH 03038  
(603) 425-6339  
[www.vintagegraceonline.com](http://www.vintagegraceonline.com)  
[vintagegrace@comcast.net](mailto:vintagegrace@comcast.net)

**OVERVIEW:** Adult medical day center and senior housing.

**SERVICES OFFERED:** Adult Day Health Programs; Adult Day Program; Senior Housing.

## **VISITING NURSE ASSOCIATION OF MANCHESTER AND SOUTHERN NEW HAMPSHIRE, INC.**

33 South Commercial Street, Suite 401  
Manchester, NH 03101  
(603) 622-3781 Administrative  
(800) 624-6084 Toll Free  
[www.manchestervna.org](http://www.manchestervna.org)  
[Info@ManchesterVNA.org](mailto:Info@ManchesterVNA.org)

**OVERVIEW:** Since 1897, the Visiting Nurse Association (VNA) of Manchester and Southern New Hampshire has helped the residents of the greater Manchester community face the challenges of recovering from surgery, physical disabilities, short-term, chronic or life-limiting illnesses and enjoy a quality of life while maintaining their dignity, all in the comfort of home.

**SERVICES OFFERED:** Child Care Services; Home Medical Equipment and Infusion Services; Home Care; Hospice Services; Homemaker Services; The Parent/Baby Adventure Program; Maternal Child Health; Personal Services; Partners in Health; Spiritual Care/Bereavement Support; Volunteer Opportunities; Speakers Bureau; Senior Life Planning.



## **VOLUNTEER NEW HAMPSHIRE**

117 Pleasant Street  
Concord, NH 03301  
(603) 271-7200 Administrative  
(800) 780-8058 Toll Free  
[www.VolunteerNH.org](http://www.VolunteerNH.org)  
[info@volunteernh.org](mailto:info@volunteernh.org)

**OVERVIEW:** Volunteer NH is a non-profit organization with a mission to promote the tradition of service in New Hampshire. Building on that strong volunteer spirit, we support and sponsor national service initiatives and provide training, recognition, and a central site for volunteers and volunteer programs to help them strengthen their communities.

**SERVICES OFFERED:** Web-based Information and Resources for Volunteers and Volunteer Programs; Education and Training for Non-Profit, State Agency and Business Volunteer Initiatives; Governor's Conference on Volunteerism; Administers AmeriCorps in New Hampshire; Volunteer Recognition.

## **VOLUNTEER SOLUTIONS**

[www.volunteersolutions.org](http://www.volunteersolutions.org)  
[sales@volunteersolutions.org](mailto:sales@volunteersolutions.org)

**OVERVIEW:** Volunteer Solutions is a Volunteer Matching Website that helps Volunteer Centers and individuals seeking volunteer opportunities connect to volunteer opportunities in their community.

**SERVICES OFFERED:** Database of volunteer opportunities.

## **WEBSTER HOUSE**

135 Webster Street  
Manchester, NH 03104  
(603) 622-8013  
[www.websterhouse.org](http://www.websterhouse.org)

**OVERVIEW:** The Webster House exists to meet a condition that is prevalent in New Hampshire: youth who are unable to live at home for some period of time. Our intent is to address four areas of youths' lives: Physical: By providing a safe home. Social: By applying the norms of society. Personal: Through counseling, activities and a wide range of interpersonal relationships. Family: By rebuilding the bonds and reuniting the family.

**SERVICES OFFERED:** Safe haven for children unable to live at home.

## **WESTBRIDGE COMMUNITY SERVICES**

1361 Elm Street, Suite 207  
Manchester, NH 03101  
(603) 634-4446 Service/Intake  
(877) 461-771 Toll Free  
[www.westbridge.org](http://www.westbridge.org)  
[info@westbridge.org](mailto:info@westbridge.org)

**OVERVIEW:** WestBridge Community Services is a private, non-profit, organization dedicated to providing evidence based treatment of individuals and their families that experience co-occurring mental illness and substance use disorders.

**SERVICES OFFERED:** Fully Integrated Continuum of Community-Based Services, including Residential Stabilization, Consultation, Care Management, Family Education and Support to help individuals and their families achieve a healthy life of recovery.

## **WILLIAM B. CASHIN SENIOR ACTIVITY CENTER**

151 Douglas Street  
Manchester, NH 03102  
(603) 624-6533  
[www.manchesternh.gov/website/Departments/SeniorServices/  
WilliamBCashinSeniorActivityCenter/tabid/408/Default.aspx](http://www.manchesternh.gov/website/Departments/SeniorServices/WilliamBCashinSeniorActivityCenter/tabid/408/Default.aspx)

**OVERVIEW:** The William B. Cashin Senior Activity Center is a recently constructed facility with modern amenities for many programs. Facility boasts dance studio, kiln, computer lab, commercial kitchen, a lounge with fireplace, a gift shop and outdoor picnic area. The center also serves as a gathering place for individuals and a starting point for trips and events that take place outside the facility.

**SERVICES OFFERED:** Offers Classes, Activities, and Events; Facilities include a Line Dancing Studio, Kilns, Computer Lab, Large General Purpose Rooms, Gift Shop, Outdoor Picnic Area, a Commercial Kitchen, and a Lounge With a Fire Place.

## **WINDHAM PRESBYTERIAN CHURCH**

One Church Road  
Windham, NH 03087  
(603) 432-2150  
[www.windhamchurch.org](http://www.windhamchurch.org)  
[lkish@windhamchurch.org](mailto:lkish@windhamchurch.org)

**OVERVIEW:** The Windham Presbyterian Church’s mission is: “Loving God and empowered by His Spirit, we seek to be a growing body of maturing disciples of Jesus Christ.”

**SERVICES OFFERED:** Food pantry; Support Groups.

## **WORK OPPORTUNITIES UNLIMITED**

**Manchester Office**  
116 South River Road, Building D  
Bedford, NH 03110  
(603) 562-6992

**Salem Office**  
6 West Broadway, 2nd Floor #7  
Derry, NH 03038  
(603) 421-2504

[www.workopportunities.net/Locations/NewHampshire/Manchester](http://www.workopportunities.net/Locations/NewHampshire/Manchester)  
[ALange@WorkOpportunities.Net](mailto:ALange@WorkOpportunities.Net)

**OVERVIEW:** Work Opportunities Unlimited is a community-based employment service provider specializing in job seekers who experience barriers to employment. In addition to private citizens, our company provides services to individuals referred by state-specific school districts, welfare, mental health, developmental disability, vocational rehabilitation and youth services agencies, as well as the U.S. Social Security Administration through the Ticket to Work program. New Hampshire offices in Concord, Dover/Seacoast, Littleton, Manchester, and Salem.

**SERVICES OFFERED:** Supported Employment; Vocational Rehabilitations; Ticket-To-Work; Youth Services; Community Supports Services; Employer Services.

## YMCA OF GREATER MANCHESTER

Downtown Manchester  
30 Mechanic Street  
Manchester, NH 03103  
(603) 623-3558  
[www.manchesterymca.org](http://www.manchesterymca.org)

Goffstown  
YMCA Allard Center  
116 Goffstown Back Rd  
Goffstown, NH 03045  
(603) 497-4663

Londonderry  
206 Rockingham Rd  
Londonderry, NH 03053  
(603) 437-9622

Strafford  
Strafford County YMCA  
63 Lowell St  
Rochester, NH 03866  
(603) 332-7334

**OVERVIEW:** The YMCA of Greater Manchester, established in 1854, is part of the worldwide Y organization. With branches in Manchester, Goffstown, Londonderry and Strafford, the YMCA of Greater Manchester focuses on youth development, healthy living, and social responsibility. Across the country, YMCAs engage 21 million men, women and children – regardless of age, income or background – to improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

**SERVICES OFFERED:** State-of-the-art fitness facilities with free weights, personal training, over 130 weekly group fitness classes and a friendly, knowledgeable staff to help you get started and stay motivated. We also offer full-size gymnasiums for basketball, dodge ball, and volleyball, as well as indoor and outdoor pools for lap swimming, lessons, and competitive swimming, as well as a wide array of full and part time child care and after school programs to help your kids grow healthy, happy and strong. Summers are a particularly exciting time at the Y, with over 35 exciting day, overnight, and specialty camps for kids of all ages.

## **YOUTH EMPOWERMENT PROGRAM**

49 Manchester Street

Manchester, NH 03101

(603) 626-7941 Service/Intake

(800) 735-2964 Toll Free

~~(800) 622-9180 TDD~~

[www.snhshome.homestead.com/youthempowermentprogram.html](http://www.snhshome.homestead.com/youthempowermentprogram.html)

**OVERVIEW:** Southern New Hampshire Services, Inc.'s Youth Empowerment Program is a place of learning for young adults ages 18-21. Workshops, counseling and group activities designed to help these 18-21 year olds develop their skills in education and career development by overcoming barriers.

**SERVICES OFFERED:** Employment Preparation including Work Readiness Skills; Job Search/Placement; GED Instruction; Academic Support; Mentoring; Incentive Plans; Support Groups; Field Trips and Educational Events. They will help with transportation, child care, housing, work uniforms, work related tools or equipment, counseling, medical services, obtaining a driver's license, paying for a GED, paying for education. They will provide referrals to day care, housing counseling, medical services and more.

## **YWCA OF NEW HAMPSHIRE**

72 Concord Street

Manchester, NH 03101

(603) 625-5785

(603) 668-2299 Crisis Line

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

[info@ywcanh.org](mailto:info@ywcanh.org)

**OVERVIEW:** The YWCA Crisis Service provides confidential emotional support and advocacy services to victims of domestic violence, sexual violence and stalking. YWCA Crisis Services are based on the empowerment philosophy, helping victims/survivors take back the power that was taken from her/him at the time of physical violence, sexual assault, and/or verbal put downs. All services are free and confidential and provided in a non-judgmental manner. The YWCA Crisis Service is a member of the New Hampshire Coalition Against Domestic and Sexual Violence.

**SERVICES OFFERED:** Walk-In Crisis Service in Manchester and Derry; 24-Hour Crisis Line; Language Line & TTY; Emily's Place: Emergency Shelter for Women and Their Children; Crisis Counseling: Walk In or Office Appointments; Court Accompaniment: Protective Orders and Criminal Proceedings; Hospital & Social Services Accompaniment; Child Advocacy Center Accompaniment; Law Enforcement & Prosecutor Accompaniment; Domestic Violence Specialist at DCYF; Support Groups; Community Outreach and Education.

## Local City/Town Contact Information

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### **Atkinson, NH**

21 Academy Avenue  
Atkinson, NH 03811  
Telephone (603) 362-5761  
Fax (603) 362-5305  
[www.town-atkinsonnh.com](http://www.town-atkinsonnh.com)

### **Auburn, NH**

47 Chester Road  
Auburn, NH 03032-0309  
Telephone (603) 483-5052  
Fax (603) 483-0518  
[www.auburnnh.us](http://www.auburnnh.us)

### **Bedford, NH**

24 North Amherst Road  
Bedford, NH 03110  
Telephone (603) 472-5242  
Fax (603) 472-4573  
[www.bedfordnh.org](http://www.bedfordnh.org)

### **Candia, NH**

74 High Street  
Candia, NH 03034  
Telephone (603) 483-8101  
Fax (603) 483-0252  
[www.candianh.org](http://www.candianh.org)

### **Chester, NH**

Municipal Office Building  
84 Chester Street  
Chester, NH 03036  
Telephone (603) 887-5629  
Fax (603) 887-4404  
[www.chesternh.org](http://www.chesternh.org)

### **Danville, NH**

210 Main Street  
P.O. Box 11  
Danville, NH 03819  
Telephone (603) 382-8253  
Fax (603) 382-3363  
[www.townofdanville.org](http://www.townofdanville.org)

### **Derry, NH**

14 Manning Street  
Derry, NH 03038  
Telephone (603) 432-6110  
Fax (603) 432-6109  
[www.derry-nh.org](http://www.derry-nh.org)

### **Goffstown, NH**

Town Office  
16 Main Street  
Goffstown, NH 03045  
Telephone (603) 497-8990  
Fax (603) 497-8993  
[www.goffstown.com](http://www.goffstown.com)

### **Hampstead, NH**

11 Main Street  
Hampstead, NH 03841  
Telephone (603) 329-4100  
Fax (603) 329-6628  
[www.hampsteadnh.us](http://www.hampsteadnh.us)

### **Hooksett, NH**

35 Main Street  
Hooksett, NH 03106-1397  
Telephone (603) 485-8472  
Fax (603) 485-4423  
[www.hooksett.org](http://www.hooksett.org)

### **Londonderry, NH**

268 B Mammoth Road  
Londonderry, NH 03053  
Telephone (603) 432-1100  
Fax (603) 432-1128  
[www.londonderrynh.org](http://www.londonderrynh.org)

### **Manchester, NH**

One City Hall Plaza, Suite 110  
Manchester, NH 03101-2099  
Telephone (603) 624-6505  
Fax (603) 624-6308  
[www.ManchesterNH.gov](http://www.ManchesterNH.gov)

**New Boston, NH**

7 Meetinghouse Hill Road  
New Boston, NH 03070  
Telephone (603) 487-5504  
Fax (603) 487-2975  
[www.new-boston.nh.us](http://www.new-boston.nh.us)

**Pelham, NH**

6 Village Green  
Pelham, NH 03076  
Telephone (603) 635-7811  
Fax (603) 635-6954  
[www.pelhamweb.com](http://www.pelhamweb.com)

**Plaistow, NH**

145 Main Street  
Plaistow, NH 03865  
Telephone (603) 382-8469 or 382-5200  
Fax (603) 382-7183  
[www.plaistow.com](http://www.plaistow.com)

**Salem, NH**

33 Geremonty Drive  
Salem, NH 03079  
Telephone (603) 890-2083  
Fax (603) 898-1223  
[www.townofsalemnh.org](http://www.townofsalemnh.org)

**Sandown, NH**

320 Main Street  
P.O. Box 1756  
Sandown, NH 03873  
Telephone (603) 887-3646  
Fax (603) 887-5163  
[www.sandown.us](http://www.sandown.us)

**Windham, NH**

3 North Lowell Road  
P.O. Box 120  
Windham, NH 03087  
Telephone (603) 432-7732  
Fax (603) 965-1234  
[www.windhamnewhampshire.com](http://www.windhamnewhampshire.com)





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**Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.**

[www.211nh.org](http://www.211nh.org)

