



Southern New Hampshire Services serving ROCKINGHAM COUNTY

If you live in the Derry, Seabrook or Raymond area,
Call 1-800-256-9880.

FINANCIAL AND SOCIAL SERVICES FOR NH FAMILIES WITH YOUNG CHILDREN

<p style="text-align: center;">TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF)</p> <p>TANF provides financial assistance through the Family Assistance Program (FAP), and financial assistance and employment and training services through the New Hampshire Employment Program (NHEP), to families with dependent children to help them become self-supporting.</p> <p style="text-align: center;">CHILD SUPPORT SERVICES</p> <p>This program locates absent parents, establishes paternity and support orders, and enforces child support orders. Services are provided whether the absent parent lives in New Hampshire or out of state. Any parent living with a child is eligible to apply for and receive any or all child support services.</p>	<p style="text-align: center;">MEDICAID</p> <p>Medicaid pays for health care costs, such as prenatal care, well childcare, doctor and hospital bills, dental care for children, and prescriptions. Pregnant women and children through age 18 may have higher incomes and still be eligible.</p> <p style="text-align: center;">FOOD STAMP PROGRAM</p> <p>The Food Stamp Program allows eligible households to buy more food of greater variety to improve their daily food intake. Eligibility is based on a household's income, resources, and expenses.</p>	
<p>Seacoast District Office 800-821-0326 19 Rye Street Portsmouth NH 03801</p>	<p>Nashua District Office (800) 852-0632 26 Whipple St. Nashua NH 03060</p>	<p>Manchester District Office (800)852-7493 1050 Perimeter Rd. Suite 501 Manchester NH 03103</p>
NEW HAMPSHIRE HOUSING AUTHORITY		
<p>Tel: 472-8623 32 Constitution Drive Bedford, NH 03110</p>	<p>Tel: 434-8717 17 Peabody Rd. Derry, NH 03038</p>	<p>Tel: 778-8110 277 Water Street Exeter, NH 03833</p>
<p>Tel: 659-5444 34 Gordon Avenue Newmarket, NH 03857</p>	<p>Tel: 436-4310 245 Middle St. Portsmouth, NH 03801</p>	<p>Tel: 893-6417 70 Telfer Circle Salem, NH 03079</p>

SOUP KITCHENS AND FOOD PANTRIES

Liberty Baptist Church
62 Freeman Hall Road
W. Nottingham Tel: 942-9237

Holy Angels Food Pantry
8 Atkinson Depot Road
Plaistow Tel: 382-8324

Raymond CAP
55 Prescott Road
Raymond Tel: 895-2303

Salvation Army
324 Lafayette Ave.
Hampton Tel: 929-1729

Triumphant Cross Church
171 Zion Hill Rd.
Salem Tel: 893-0305

St Anne Ecumenical
26 Emerson Ave
Hampstead Tel: 329-5886

Deerfield Food Pantry
15 Church St.
Deerfield Tel: 463-7734

St. Joseph Church
844 1st NH Turnpike
Northwood Tel: 942-8716

Salvation Army
15 Middle Street
Portsmouth Tel: 436-2606

The Upper Room
36 Tsienneto Rd.
Derry Tel: 437-8477

Nottingham Food Pantry
139 Stage Rd.
Nottingham Tel: 679-5209

Seabrook Food Pantry
146 Lafayette Rd.
Seabrook Tel: 474-3507

First Baptist Church
36 Winnacunnet Road
Hampton Tel: 926-3200

Operation Blessing
600 Lafayette Road
Portsmouth Tel: 430-8561

St. Vincent De Paul
53 Lincoln Street
Exeter Tel: 772-9922

Church of Christ
867 Lafayette Road
Seabrook Tel: 474-2660

Our Lady of the Miraculous
289 Lafayette Road
Hampton Tel: 929-2206

Salem Food Pantry
85 Stiles Rd. Ste. 103
Salem Tel: 893-9172

EMERGENCY SHELTERS

Haven
Tel: 994-7233

New Generations
Tel: 436-4989

Cross Roads House
Tel: 436-2218



ROCKINGHAM COMMUNITY ACTION

<p><u>FAMILY PLANNING CLINICS:</u> For information on birth control methods, physical examinations, and pregnancy tests.</p> <p>Joan G Lovering Health Center 559 Portsmouth Avenue Greenland Tel: 436-7588</p> <p>Planned Parenthood of Northern New England 4 Birch Street Derry Tel: 434-1354</p> <p>Planned Parenthood of Northern New England 108 High Street Exeter Tel: 772-9315</p>	<p><u>PRENATAL CLINICS:</u></p> <p>Families First of Greater Seacoast 100 Campus Drive Suite 12 Portsmouth Tel: 422-8208</p> <p>Greater Derry Community Health Services 14 Tsienneto Rd. Suite 301 Derry Tel: 425-2545</p> <p>Lamprey Health Care 207 South Main Street Newmarket Tel: 659-3106</p> <p>Lamprey Health Care 128 State Route 27 Raymond Tel: 895-3351</p>
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<p><u>INFANTS AND TODDLERS PROGRAM</u> Call 1-800-298-4321 to get information on resources available for infants and toddlers with special needs, birth through age two or call:</p> <p>One Sky Community Services 755 Banfield Road Suite 3 Portsmouth Tel: 436-6111</p> <p>Region 10 Community Support Services Inc 8 Commerce Drive Suite 801 Atkinson Tel: 893-1299</p> <p>Families First of Greater Seacoast 100 Campus Drive Suite 12 Portsmouth Tel: 422-8208</p> <p>Richie McFarland 11 Sandy Point Rd. Stratham Tel: 778-8193</p>	<p align="center"><u>HEAD START PROGRAM</u></p> <table border="0"> <tr><td>DERRY</td><td>216-8864</td></tr> <tr><td>RAYMOND</td><td>244-2937</td></tr> <tr><td>PORTSMOUTH</td><td>422-8231</td></tr> <tr><td>HAMPTON</td><td>601-2196</td></tr> <tr><td>SEABROOK</td><td>474-3507</td></tr> </table> <p align="center"><u>NH WORKS OFFICES</u></p> <p align="center">2000 Lafayette Rd. Portsmouth Tel: 436-3702</p> <p align="center">29 South Broadway Salem Tel: 893-9185</p>	DERRY	216-8864	RAYMOND	244-2937	PORTSMOUTH	422-8231	HAMPTON	601-2196	SEABROOK	474-3507
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SEABROOK	474-3507										

<p><u>HIV/AIDS HOTLINE</u></p> <p>To find out more about testing information: Call 1-800-852-3345</p> <p>AIDS Response of the Seacoast 7 Junkins Ave Portsmouth Tel: 433-5377</p> <p>Joan G Lovering Health Center 559 Portsmouth Avenue Greenland Tel: 436-7588</p> <p>Planned Parenthood 4 Birch Street Derry Tel: 434-1354</p> <p>Planned Parenthood 108 High Street Exeter Tel: 772-9315</p>	<p align="center"><u>MENTAL HEALTH CENTERS</u></p> <p>Center for Life Management 10 Tsienneto Road Derry Tel: 434-1577</p> <p>Center for Life Management 103 Stiles Road Salem Tel: 434-1577</p> <p>Child and Family Services 9 Hampton Road Exeter Tel: 772-3786</p> <p>Seacoast Mental Health 1145 Sagamore Avenue Portsmouth Tel: 431-6703</p> <p>Seacoast Mental Health 30 Magnolia Avenue Exeter Tel: 772-2710</p>	<p align="center"><u>FUEL ASSISTANCE</u></p> <p align="center">Derry: 965-3029 Portsmouth: 436-3896 Raymond: 895-2303 Salem: 893-9172 Seabrook: 474-3507</p> <p><u>SPECIAL MEDICAL SERVICES</u> For information about medical services and financial help for a child with physical disability or chronic illness, call: 603-271-4488.</p> <p>Help is available for children with heart disease, epilepsy, birth defects, vision and hearing problems, and other conditions.</p> <p><u>NH 2-1-1</u> Dial 2-1-1 or outside of NH 1-866-444-4211 24/7 assistance for information, resources and referrals.</p>
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RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE 1-800-854-3552

POISON CONTROL CENTER 1-800-562-8236

Don't smoke, drink alcohol or take drugs. They may harm you, your baby and your children.
If you want to stop smoking, drinking, or taking drugs, ask your WIC nutritionist for information.
You can call 1.800.662.HELP (4357) for help with drugs or alcohol.
For smokers call 1-800-Quit-Now (800.784.8669).



**Southern New Hampshire Services
WIC Program**

**40 Pine Street, Manchester NH 03103
603-668-8010 or 1-800-256-9880
134 Allds Street, Nashua NH 03060
603-889-3440 or 1-877-211-0723**



Financial and Social Services for New Hampshire families with young children				
<p>Temporary Assistance to Needy Families (TANF) provides financial assistance through the Family Assistance Program (FAP), and financial assistance and employment and training services through the New Hampshire Employment Program (NHEP), to families with dependent children to help them become self-supporting.</p> <p align="center">Medical Assistance (Medicaid) 1-877-464-2447</p> <p>Medicaid pays for health care costs, such as prenatal care, well childcare, doctor and hospital bills, dental care for children, and prescriptions. Pregnant women and children through age 18 may have higher incomes and still be eligible.</p>	<p align="center">Child Support Services</p> <p>This program locates absent parents, establishes paternity and support orders, and enforces child support orders. Services are provided whether the absent parent lives in New Hampshire or out of state. Any parent living with a child is eligible to apply for and receive any or all child support services.</p> <p align="center">Food Stamp Program</p> <p>The Food Stamp Program allows eligible households to buy more food of greater variety to improve their daily food intake.</p>			
<p>To find out more about the programs above, call your NH Division of Human Services district office.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> <p>1-800-852-7493 or 668-2330 1050 Perimeter Rd. Manchester, NH 03103</p> </td> <td style="width: 50%;"> <p>1-800-852-0632 or 883-7726 26 Whipple St. Nashua, NH 03060</p> </td> </tr> </table>			<p>1-800-852-7493 or 668-2330 1050 Perimeter Rd. Manchester, NH 03103</p>	<p>1-800-852-0632 or 883-7726 26 Whipple St. Nashua, NH 03060</p>
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Emergency Shelter List				
<p>Nashua Soup Kitchen 2 Quincy Street Nashua Tel: 889-7770</p> <p>Harbor Homes, Inc. 45 High St. Nashua Tel: 882-3616</p> <p>Front Door 7 Concord Street Nashua Nashua Tel: 886-2866</p> <p>Marguerite's Place 87 Palm Street Nashua Tel: 598-1582</p> <p>Inpatient and Outpatient substance abuse Keystone Hall Nashua Tel: 881-4848</p>	<p>Manchester Homeless Hotline Manchester Tel: 877-606-5173</p> <p>Families in Transition 122 Market Street Manchester Tel: 641-9441</p> <p>New Horizons Shelter 199 Manchester Street Manchester Tel: 668-1877</p> <p>The Way Home 214 Spruce Street Manchester Tel: 627-3491</p> <p>NH Homeless Hotline Web: www.211.org Dial 211 or 866-444-4211</p>			
<p>Dept of Employment Security</p> <p>NH Works 300 Hanover Street Manchester, NH 03104 Tel: 627-7841 6 Townsend West Nashua, NH 03063 Tel: 882-5177</p>	<p align="center">Fuel Assistance</p> <p>Hillsboro: 924-2243 Manchester: 647-4470 Milford: 924-2243 Nashua: 889-3440 Peterborough: 924-2243</p>	<p align="center">Head Start</p> <p>Southern NH Services 40 Pine Street Manchester Tel: 668-8010 or 1-800-322-1073</p>		
<p align="center">Information and Referral</p> <p>Statewide 1-866-444-4211 In NH only 211</p>	<p align="center">Mental Health Centers</p> <p>Mental Health Center of Greater Manchester 401 Cypress Street Manchester Tel: 668-4111</p> <p>Greater Nashua Mental Health 7 Prospect Street Nashua Tel: 889-6147</p>			
<p align="center">NH Legal Assistance</p> <p>1850 Elm Street #7 Manchester Tel: 668-2900 or 1-800-562-3174</p>	<p align="center">Our Place</p> <p>An adolescent pregnancy and parenting program 16 Oak Street Manchester Tel: 647-2244</p>	<p align="center">Parenting Questions/Concerns</p> <p>Waypoint Parentline Tel: 1-800-640-6486 or 889-7189 Parent Support 800-242-6264 Parents Anonymous (800) 894-5533</p>		
<p align="center">Poison Control Center</p> <p align="center">1-800-222-1222</p>	<p align="center">Response to Sexual & Domestic Violence</p> <p align="center">24 Hour Hotline 1-866-644-3574 or 1-800-277-5570</p>			
<p align="center">Domestic Violence Shelters</p> <p>YWCA Crisis Service, Manchester 668-2299 or 625-5785 Bridges, Nashua 883-3044 or 672-9833 or 889-0858</p>				

Soup Kitchens and Food Pantries

Goffstown Network Food Pantry 7 N. Mast Rd. Goffstown 497-3433	Salvation Army Food Pantry 121 Cedar St Manchester 627-7013	Harbor Homes 14 Maple St. Nashua 882-3616
St. Vincent de Paul 378 Notre Dame Ave Manchester 622-4615	Community Food Pantry 646 DW Highway Merrimack 440-9597	Open Cupboard 47 Maple St Wilton 654-2635
Hillsboro District Food Pantry 107 Windsor Rd. Hillsboro 464-4080	Riverside Christian Church 27 Depot St Merrimack 424-1711	Nashua Soup Kitchen 2 Quincy St. Nashua 889-7770
New Hampshire Food Bank 700 E. Industrial Park Dr. Manchester 669-9725	St John Neumann Food Pantry 708 Milford Rd Merrimack 880-4689	Salvation Army 1 Montgomery Ave Nashua 889-5151
New Horizons Soup Kitchen/Food Pantry 199 Manchester St Manchester 668-1877 x122	SHARE Outreach 1 Columbus Ave Milford 673-9898	St Vincent de Paul 15 High Street Greenville 878-0518
St. Raphael's Church Food Pantry 103 Walker Street Manchester 623-2604	Corpus Christi Food Pantry 3 Crown Street Nashua 882-6372	Peterborough Food Pantry 25 Elm Street Peterborough 924-3008

Child Health Clinics: Can provide free services such as physical examinations and lead poisoning screenings.

Capitol Region Family Health Center
250 Pleasant Street
Concord Tel: 226-0106

Amoskeag Health
145 Hollis Street
Manchester Tel: 626-9500

Amoskeag Health
1245 Elm Street
Manchester Tel: 668-6629

Lamprey Health Care
22 Prospect St.
Nashua Tel: 883-1626

Prenatal Clinics: Can provide information on free prenatal care and childbirth education.

Capitol Reg Family Health Ctr
250 Pleasant St
Concord Tel: 226-0106

Lamprey Health Care
22 Prospect St
Nashua Tel: 883-1626

Amoskeag Health
145 Hollis Street
Manchester Tel: 626-9500

Pregnancy Care Center (provides parenting classes, pregnancy tests, and counseling only)
88 McGregor Street, Manchester Tel: 663-6661



Family Planning Clinics: Information on birth control methods, physical examinations, and pregnancy tests.

CareNet
50 Bridge Street #104
Manchester Tel: 623-1122

Planned Parenthood of New England
24 Pennacook Street
Manchester Tel: 669-7321

CareNet
110 Main Street
Nashua Tel: 883-1122

Lamprey Health Care
22 Prospect Street
Nashua Tel: 883-1626

HIV/AIDS Services: Can provide confidential low-cost testing and counseling.

Manchester Health Dept
1528 Elm Street
Manchester Tel: 624-6466

Nashua Health Dept
18 Mulberry Street
Nashua Tel: 589-4560

Immunization Clinics: Protect your children and have them immunized.

Manchester Health Dept
1528 Elm Street
Manchester Tel: 624-6466

Nashua Health Dept
142 Main St.
Nashua Tel: 589-4560

Infants and Toddlers Program

Call **1-800-298-4321** for information on resources for infants/toddlers with special needs, birth through age two.

Gateway Community Services
144 Canal Street, Nashua Tel: 882-6333

Moore Center Services
195 McGregor St., Manchester Tel: 206-2700

Deaf or Hard of Hearing Services

Deaf or Hard of Hearing Relay services call: **1-800-735-2964**.

Alcohol / Drug Addiction / Smoking Cessation

Don't smoke, drink alcohol or take drugs. They may harm you, your baby and your children. If you want to stop smoking, drinking, or taking drugs, ask your WIC nutritionist for information. You can call 1.800.662.HELP (4357) for help with drugs or alcohol. For smokers call 1-800-Quit-Now (800.784.8669).

Families in Transition for parenting and pregnant women
NH Statewide Addiction Crisis Line

Manchester 641-9441 Ext. 401
844-711-HELP