



Lebanon Area WIC Program

Community Action Program Belknap-Merrimack Counties, Inc.
117 Manchester St. Suite #1, P.O. Box 1016, Concord, NH 03302-1016

1-800-578-2050/603-225-2050

Serving Belknap, Coos, Grafton and Merrimack Counties

Financial and Social Services for New Hampshire Families with Young Children

NH Easy Website link to apply for services online

www.nheasy.nh.gov

Temporary Assistance to Needy Families (TANF)

TANF provides financial assistance through the Family Assistance Program (FAP) and financial assistance and employment and training services through the NH Employment Program (NHEP), to families with dependent children to help them become self-supporting.

Child Support Enforcement Program

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.

Food Stamp Program

Food stamps allow 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.

To find out more about the above programs, call your NH Division of Human Services district office:

Claremont..... 1-800-982-1001 or 542-9544
404 Washington St.

Littleton 1-800-552-8959 or 444-6787
80 North Littleton Rd.

NH Medicaid

Free and low-cost health coverage for uninsured children and pregnant women. 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 up to age 19 may have higher incomes and still be eligible.

Claremont 1-800-982-1001 or 603-542-9544
404 Washington St.

Littleton..... 1-800-552-8959 or 603-444-6787
80 North Littleton Rd.

NH Legal Assistance (NHLA)

NHLA provides free legal help to low-income and elderly persons who cannot afford a private attorney. Handles legal matters involving health care, public and private housing issues and persons applying for federal and state disability benefits.

Telephone: 1-800-562-3994 – 603-542-8795
Web: www.nhla.org
Address: 24 Opera House Square, Claremont

Legal Advice and Referral Center (LARC)

Serves indigent clients working in conjunction with other legal services programs. Provides access to experienced paralegals and attorneys for callers with legal problems in targeted areas of law: family, consumer, housing and local welfare.

Telephone: 1-800-639-5290 or 603-224-3333
Web: www.nhlegalaid.org

Fuel Assistance Program (FAP) Electric Assistance Program (EAP)

Provides financial assistance to help income-eligible individuals and families with home heating and electricity costs.

Grafton County Office: 603-968-3560
41 School St. Ashland NH

Domestic & Sexual Violence Support Services

24-hour crisis line, emergency shelter, legal advocacy, accompany to hospital and court, and support groups.

Confidential 24/7 Statewide NH Helplines:

- Domestic Violence: 1-866-644-3574
- Sexual Assault: 1-800-277-5570

Emergency Shelters

Domestic Violence Women's Services (WISE)
38 Bank Street, Lebanon, NH 03766
Office Tel: 603-448-5922
Text: 603-836-9472
Hot Line Tel: 1-866-348-WISE (9473)

Upper Valley Haven
713 Hartford Avenue, White River Junction, VT
Tel: 802-295-6500 info@uppervalleyhaven.org

Call 211 NH or 1-866-444-4211 for free and confidential assistance 24 hours a day/7 days a week if you need more information or you have trouble finding assistance.

www.211nh.org

Early Childhood & Family Support Services

Family Resource Centers provide parent education and support, child development assessment, safety and postpartum depression as well as resource connection.

TLC Family Resource Center.....603-790-3779

Upper Valley Family Resource Center... 603-298-8237

Counseling Services

Headrest (Drug & Alcohol)

14 Church Street, Lebanon, NH 03766
Crisis Hotline Tel: 603-448-4400 info@headrest.org

Waypoint

3 Atwood Ave, West Lebanon, NH 03784
Tel: 603-298-8237

West Central Behavioral Health

The Counseling Center of Lebanon
85 Mechanic Street, Suites 360, Lebanon, NH 03766
Tel: 603-448-1101

Emergency Services 24/7 1-800-564-2578

National Maternal Mental Health Hotline 24/7: call or text
1-833-TLC-MAMA or 1-833-852-6262

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 nutritionists 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)**, or use the Alcohol and Drug treatment locator at <https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/nh-drug-alcohol-treatment-locator>

Community Dinners and Food Pantries
Listen Community Services
60 Hanover St, Lebanon, NH 03766
(603) 448-4553.
Hours: Mon 12pm-4pm & Tues-Fri 10am-4pm

Cross Point Church
45 Buckingham Place, Lebanon Last Saturday of the month
9am-10am 603-448-3333

Friends of Mascoma Foundation
Canaan: 9 on the Common Way Unit 5
(603) 632-4542 Mon-Fri 9am-5pm
Enfield: 23 Main St. (603) 4542 Mon-Fri 9am-5pm

Free Meals:
Canaan Assembly of God — 1162 U.S. 4, Canaan, NH
Mondays ONLY at 5pm 603-523-4870

LISTEN Community Dinner Hall —
42 Maple St. White River Junction, VT
Monday through Saturday at 5pm 802-698-8767

Well Spring Worship Center
407 North Main St, West Lebanon
603-643-2700 Saturday 4-5pm and Community Dinner 5pm

Thrift Stores

Canaan
236 US Route 4
Canaan, NH 03741
Store Hours: Monday-Saturday: 10:00AM-5:00PM |
Sunday: 12:00 – 5:00
(603) 632-5331

Lebanon (Miracle Mile)
387 Miracle Mile
Lebanon, NH
Store Hours: Monday-Sunday 9:00 AM – 6:00 PM
(603) 448-2510

Pregnancy Support
Care Net Pregnancy Center of the Upper Valley
1 South Main Street, Suite 2
W. Lebanon NH 03784
Tel: 603-298-6123

Family Planning - Planned Parenthood
79 South Main Street
White River Junction, VT
Tel: 1-802-281-6056

Women’s Health Resource Center
Provides Parent Support classes on childbirth, Lending Library, breastfeeding, taking care of baby-birth to 6 months and parenting your children. Call 603- 650-2600 for more information. Located on the Mall in Lebanon.
9 Hanover Street, Lebanon
Monday-Saturday 9-5

Family Planning and STD Clinic
For information on birth control methods, immunizations, smoking cessation, physical examinations, pregnancy tests, and testing for sexually transmitted diseases, call:

White River Junction Health Center
79 South Main Street
White River Junction, VT
Tel: 1-866-479-1321

St. Johnsbury Health Center
501 Portland Street
St. Johnsbury, VT 1-802-751-7821

Nutrition Connections - A nutrition program from UNH Cooperative Extension. Nutrition Connections helps people develop skills and confidence to feed their families healthy, low-cost meals.

➤ **Grafton County** - 3855 Dartmouth College Hwy, Box 5, North Haverhill, NH 03374 603-787-6944

Parenting Resources

Good Beginnings of the Upper Valley
93 South Main Street, Lebanon
www.gbuvt.org 603-298-9524

Waypoint of the Upper Valley
85 Mechanic St. Suite B2-6, Lebanon 603-298-8237

A free home visitor program that provides help. Free Parenting education to Pregnant women to kids age 18
TLC Family Resource Center
24 Hanover St., Lebanon... 603-790-3779
62 Pleasant St. Claremont... 603-542-1848

Waypoint of the Upper Valley
85 Mechanic St. Suite B2-6 Lebanon... 603-298-8237

Family Centered Early Supports and Services for children birth to 3 years who have or are at risk for developmental delays or who have an established condition... 603-271-3770
[Birth To 3: Family Centered Early Supports & Services | New Hampshire Department of Health and Human Services](#)

Dental Services

Red Logan Dental Clinic (non-emergency)
70 North Main Street
White River Junction, VT 05001
Tel: 1-802-295-7573 Age: 18 Years and Up

Medicaid Dental Service
For help locating a dentist accepting Medicaid, call
1-844-275-3447

HIV Testing and Counseling

Low-cost Infectious disease testing and counseling for HIV call:

Dartmouth-Hitchcock Medical Center
1 Medical Center Drive
Lebanon, NH 03766
Tel: 603-650-8840

Tobacco Prevention and Cessation Services

Resources for those who want to quit tobacco products, access to specially trained Quit Coaches.

1-800-QUIT-NOW (1-800 784-8669)

Healthy Homes and Lead Poisoning Prevention Program

1-800-897-LEAD(5232) or 603-271-4507
[Lead Poisoning Prevention Program | New Hampshire Department of Health and Human Services](#)



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Health Services for

New Hampshire Families with Young Children

Pediatric Services		Immunizations
Dartmouth Hitchcock Medical Center One Medical Center Drive Lebanon, NH 03756 603-650-5000	Alice Peck Day Hospital Pediatrics 10 Alice Peck Day Dr. Lebanon, NH 03766 603-448-3121	The NH Immunization Program provides information, resources and guidance on immunizations for any one living or working in NH. Call your health care provider to schedule vaccines. https://www.dhhs.nh.gov/programs-services/disease-prevention/immunizations State Immunization Program: 603-271-4482
Dartmouth Hitchcock Clinics Heater Road 18 Old Etna Road Lebanon, NH 03766 603-650-5000	New London Pediatric Care Center 249 County Rd New London 603-526-5363	
Montshire Pediatrics 1 Oak Ridge Rd West Lebanon, NH 03784 603-643-6700		
<u>Family Planning Programs</u> Provides reproductive healthcare on a sliding fee scale. No one is denied due to an inability to pay.		
White River Junction Health Center 79 South Main Street White River Junction, VT Tel: 1-802-281-6056		St. Johnsbury Health Center 185 Sherman Dr. St. Johnsbury, VT Tel: 1-802-748-5041
<u>Family-Centered Early Supports & Services (FCESS)</u> FCESS supports the family’s and other caregiver’s ability to care for a child (0 -3) with delays and disabilities to address his/her individual needs. 603-271-3770 <u>Healthy Home and Lead Poisoning Prevention Program</u> https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program 1-800-897-5323 603-271-4507		<u>Special Medical Services</u> For information about medical services and financial help for a child with a physical disability or chronic illness, call 603-271-4488 Help is available for children with heart disease, birth defects, vision & hearing problems, and other conditions.

ASK your local WIC Program Staff if you would like to know more about these or other services.

OB-GYN Resources	Family Resource Centers
<p>Dartmouth Hitchcock Medical Center OB/GYN 1 Medical Center Drive Lebanon, NH 603-653-9300</p> <p>Alice Peck Day OG/GYN 9 Alice Peck Day Dr. Lebanon, NH 603-308-0070</p> <p>Plymouth OB-GYN Speare Memorial 16 Hospital Road Plymouth NH 603-536-1104</p> <p>Substance Use Disorder Resources</p> <p>For information on treatment, recovery, referral for medication assisted treatment, https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/nh-drug-alcohol-treatment-locator or call 211</p> <p>Doorways Doorways NH will direct you to the help you need, from screening to treatment including medication-assisted treatment, to recovery supports. Web: http://thedoorway.nh.gov</p> <p>Support Groups New Hampshire Alcoholics Anonymous: nhaa.net New Hampshire Narcotics Anonymous: gsana.org SMART Recovery: smartrecoverynh.org Heroin Anonymous: heroinanonymousnh.org New Hampshire Al-Anon: nhal-anon.org</p> <p>Counseling Services Headrest (Drug & Alcohol) 14 Church Street, Lebanon, NH 03766 Crisis Hotline Tel: 448-4400 info@headrest.org</p> <p>Waypoint (Formerly Child & Family Services) 85 Mechanic St. Suite B2-6 Lebanon, NH 03784 Tel: 603-298-8237</p> <p>West Central Behavioral Health The Counseling Center of Lebanon 85 Mechanic Street, Suites 360, Lebanon, NH 03766 Tel: 603-448-5610 Emergency Services 24/7 1-800-710-6477</p> <p>National Maternal Mental Health Hotline 24/7 Call or Text 1-833-TLC-MAMA or 1-833-852-6262</p> <div> <p>Call 211 NH or 1-866-444-4211 for free and confidential assistance Call 211 NH or 1-866-444-4211 for free and confidential assistance 24 hours a day/7 days a week if you need more information or you have trouble finding assistance. www.211nh.org</p> </div>	<p>Family Resource Centers are community-based programs that provide a variety of services to children and families, including parent education, information and referrals, grandparent support groups, mentoring, educational support, cultural and arts events, and other services.</p> <p>Parenting Resources</p> <p>Good Beginnings of the Upper Valley 93 Main Street Lebanon, NH 03784 www.gbuval.org 603-298-9524</p> <p><u>A free home visitor program</u> that provides help. Free Parenting education to Pregnant women to kids age 18 TLC Family Resource Center PO Box 1098 62 Pleasant St. Claremont, NH 03743 603-542-1848 Monday-Friday 8:00-5:00</p> <p>Home-based education & support for pregnant women and families with young children regardless of ability to pay.</p> <p>VNH(A Dartmouth-Hitchcock Affiliate) 88 Prospect St. Lebanon, NH 03766 1-888-300-8853</p> <p>Waypoint Family Resource Center-Upper Valley 85 Mechanic St. Suite B2-6 Lebanon, NH 03766 603-298-8237</p> <p>Infant and Toddler Programs</p> <p>Pathways of the River Valley 654 Main Street Claremont, NH 03743 Lebanon: 603-448-2077 Claremont: 603-542-8706</p> <p>Resources available for infants and toddlers with special needs, birth through age three option for care for disabilities respite.</p>
	Dental Resources
	<p>Dental Clinics</p> <p>Red Logan Dental Clinic (non-emergency) Monday-Thursday 9-4 70 North Main Street White River Junction, VT 05001 Tel: 802-295-7573 Age: 18 Years and Up</p> <p>Medicaid Dental Services for Children for help locating a dentist accepting NH Medicaid, call 1-800-852-3345 ext. 4344</p>

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This institution is an equal opportunity provider.