



# 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](http://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 Services

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

**Berlin** ..... 1-800-972-6111 or 752-7800  
650 Main Street

**Littleton** ..... 1-800-552-8959 or 444-6786  
80 North Littleton Road

### Head Start

A developmental preschool program for income-eligible families. Serving children 0-5 years of age. Sites for this program are available throughout Belknap, Merrimack and Grafton Counties.

**Berlin**.....603-752-5464 **Lancaster/**  
**Colebrook**....603-237-8190 **Whitefield**....603-837-3026  
**Groveton**.....603-636-2625 **Pittsburg**.....603-237-8190  
**Littleton**.....603-444-6022 **Woodsville**...603-747-4186

### Early Childhood & Family Support Services

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](#)

### Medical Assistance (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 through at 19 may have higher incomes and still be eligible.

**Berlin**..... 1-800-972-6111 or 603-752-7800  
650 Main Street

**Littleton** ..... 1-800-552-8959 or 603-444-6786  
80 North Littleton Road

### 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: 1-800-562-3174  
Web: [www.nhla.org](http://www.nhla.org)

### 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  
[www.nhlegalaid.org](http://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.

Tri-County Community Action Program

**Coos County**  
603-752-3248 or 1-800-552-4617  
53 Main Street, Berlin

**Grafton County**  
603-968-3560  
41 School Street, Ashland

### 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

Voices Against Violence 28 Main St,  
Plymouth.... 603-536-5999

Domestic/Sexual Violence Support Center  
Berlin.....1-866-662-4220  
Littleton...1-800-774-0544

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

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>

Food Pantries		
<div> <div> <b>Berlin</b>  Community Bible Church .....603-752-4315  539 Sullivan Street – Community Supper TH 4-6pm  Feeding Hope Food Pantry .....603-752-5374  219 Willow Street – M-TH 10am-1pm  Salvation Army .....603-752-1644  15 Cole Street – T/TH 9am-12pm </div> <div> <b>Bethlehem</b>  Bethlehem Food Pantry .....603-869-3351 x102  Bethlehem Town Hall – M/W 10am-11am  T 2pm-3pm </div> <div> <b>Colebrook</b>  Area Churches Working Together .....603-237-8030  55 Pleasant Street – Mon/Thurs 9am-2pm &amp; Tues 10-4pm  Trinity United Methodist Church ..... 603-237-4031  28 Bridge Street – TH 2-7pm  Helping Hands North Inc.....603-237-5891  96 Main St- Tues/Thurs 10-2pm </div> <div> <b>Franconia</b>  Good Neighbor Food Pantry .....603-823-8421  Church Street – Tues 11am-12pm </div> <div> <b>Groveton</b>  St. Francis Church Food Pantry .....603-636-1047  11 State Street – Thurs/Fri 1-2:30pm </div> </div>		
<div> <div> <b>Lancaster</b>  Christ United Methodist Church .....603-788-2734  135 Main Street – M, W, F 12:30-3pm </div> <div> <b>Lincoln-Woodstock</b>  Community Center .....603-745-8958  194 Pollard Road – T 10:30am-1:30pm or by appointment </div> <div> <b>Littleton</b>  All Saints Episcopal Church .....603-444-3414  35 School Street  T/TH 9am-10am Sun. 9am-9:45am  The Bridge Outreach Center .....603-575-5734  70 Redington Street – Food Pantry  M 4:30pm-6:30pm – T 10am-12pm – W 10am-12pm </div> <div> <b>Twin Mountain</b>  Town Hall .....603-846-5754  92 School Street – M- Thurs 8am-3pm </div> <div> <b>Warren</b>  Warren-Wentworth Food Pantry .....603-470-3203  F 1-3 pm Off Studio Road – beneath ambulance bldg </div> <div> <b>Whitefield/Dalton/Jefferson</b>  Friends-N-Neighbors Food Pantry .....603-837-9044  38 Kings Sq, Whitefield- By apt T 11am-2pm TH 2pm-4pm </div> <div> <b>Woodsville</b>  Good Shepherd Ecumenical Food Pantry  6 Church St – M/T/TH 10am-1pm W 6pm-7pm  603-243-0327 </div> </div>		
Free Meals		Support Services & Shelters for Homeless
<div> <div> <b>Berlin</b>  Community Café  219 Willow St.....603-752-5374 Wed. 4:30-5:30pm  Except 1<sup>st</sup> Wed of the month  Salvation Army  15 Cole St.....603-752-1644 M 4:30-5:30pm </div> <div> <b>Colebrook</b>  Area Churches Working Together  28 Bridge St.....603-237-8030 Thurs 5pm </div> <div> <b>Lancaster</b>  Christ United Methodist Church  135 Main St.....603-788-2734  M 5pm-6pm; TH 12pm-1pm; F 7am-9am </div> <div> <b>Littleton</b>  The Dinner Bell  35 School St.....603-444-3414 Sept-June T 5pm-6pm </div> </div>		<div> <div> Bancroft House  Havard St Franconia  603-823-8842 </div> <div> CCFHS Response  54 Willow St Berlin  752-5679  1-866-662-4220 </div> <div> Bridge House  260 Highland St  Plymouth  603-536-7631 </div> </div> <div> <div> Tyler Blain House  56 Prospect St Lancaster  603-788-2344 </div> <div> Tri-County CAP  Homeless Outreach  Grafton County 444-0184  Coos County 603-788-2683 </div> </div>
		Tobacco Prevention and Cessation Services
		<div> Resources for those who want to quit tobacco products, access specially trained Quit Coaches.  1-800-QUIT-NOW (1-800 784-8669) </div>
<div> <b>Nutrition Connections</b> - A nutrition program from UNH Cooperative Extension. Nutrition Connections helps people develop skills and confidence to feed their families healthy, low-cost meals. <div> ➤ <b>Coos County</b>- 629A Main St. Lancaster, 03584- 603-788-4961 ➤ <b>Grafton County</b> - 3855 Dartmouth College Hwy, Box 5, North Haverhill, NH 03374 – 603-787-6944 </div> </div>		

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### Health Services for

### New Hampshire Families with Young Children

Pediatric Services		Immunizations
Primary Care Pediatrics 580 St Johnsbury Rd # C Littleton, NH 03561 603-444-7070	Coos Family Health Center Berlin: 133 Pleasant St. 752-2040 Gorham: 2 Broadway Ave 603-466-2741 Colebrook: 6 First St. 603-237-4262	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.  <a href="https://www.dhhs.nh.gov/programs-services/disease-prevention/immunizations">https://www.dhhs.nh.gov/programs-services/disease-prevention/immunizations</a>  <b>State Immunization Program:</b> 603-271-4482
<b><u>Family Planning Programs</u></b> Provides reproductive healthcare on a sliding fee scale. No one is denied due to an inability to pay.		
To get information on birth control methods, physical exams, and pregnancy tests, call ACHS:  Franconia..... 603-823-7078 Littleton..... 603-444-2464 Woodsville ..... 603-747-3740 Whitefield...603-837-2333 Warren.....603-764-5704	Family Planning Weeks Medical  Berlin: 603-788-5095	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  <a href="#">Birth To 3: Family Centered Early Supports &amp; Services   New Hampshire Department of Health and Human Services</a>
<b><u>Family-Centered Early Supports &amp; Services (FCESS)</u></b> 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  <a href="#">Birth To 3: Family Centered Early Supports &amp; Services   New Hampshire Department of Health and Human Services</a>  <b><u>Healthy Home and Lead Poisoning Prevention Program</u></b>  603-271-4507  <a href="https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program">https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program</a>		<b><u>Special Medical Services</u></b>  For information about medical services and financial help for a child with a physical disability or chronic illness, call <b>1-603-271-4488.</b> Help is available for children with heart disease, birth defects, vision & hearing problems, and other conditions.    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

**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>North Country Womens Health 580 St Johnsbury Rd, Littleton 603-444-9371</p> <p>Weeks Medical Center 7 Page Hill Rd, Berlin 603-752-2300</p> <p>Androscoggin Ob/Gyn 59 Page Hill Rd, Berlin 603-750-2300</p> <p>Coos Family Health Center 133 Pleasant Street Berlin 603-752-2040</p> <p><b>Substance Use Disorder Resources</b></p> <p>For information on treatment, recovery, referral for medication assisted treatment, <a href="https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/nh-drug-alcohol-treatment-locator">https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/nh-drug-alcohol-treatment-locator</a> or call 211</p> <p><b>Doorways</b> Doorways NH will direct you to the help you need, from screening to treatment including medication-assisted treatment, to recovery supports. Web: <a href="http://thedorway.nh.gov">http://thedorway.nh.gov</a></p> <p><b>Support Groups</b> 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><b>Counseling Services:</b></p> <p><b>Northern Human Services (Developmental Services and Mental Health Services)</b> Berlin-69 Willard Street..... 603-752-1005 Colebrook 24 Depot St..... 603-237-5721 Littleton: 32 Main St..... 603-444-2998 Whitefield: 24 Lancaster Rd..... 603-837-9547 Woodsville: 250 Swiftwater Rd....603-747-2681</p> <p><b>The Mental Health Center</b> Berlin-3 Twelfth Street..... 603-752-7404 Colebrook- 55 Colby Street.....603-237-4955 Groveton-69 Brooklyn Street.....603-.636-2555</p> <p><b>White Mountain Mental Health</b> Littleton-29 Maple Street.....603-444-5358 Woodsville-250 Swiftwater Road.....603-747-3658</p> <p>Upper Conn. Valley Hospital- Colebrook-81 Corliss Ln.....603-237-4971</p> <p><b>Center for New Beginnings-</b> 229 Cottage Street Littleton..... 603-444-6465 or (888) 999-5009</p> <p><b>National Maternal Mental Health Hotline 24/7</b> Call or Text 1-833-TLC-MAMA or 1-833-852-6262</p>	<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. 603-466-5190</p> <p>Locations: Berlin.....117 Main St. Colebrook....107 S. Main St. Gorham.....123 Main St. Lancaster.....113 Main St. Littleton.....241 Main St.</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 9:00-5:00</p> <p><b>Home Visitor Services</b> Family Resource Center 123 Main Street #1 Gorham..... 603-466-5190</p> <p>Weeks Medical Center 278 N Main St. Lancaster..... 603-788-8201</p> <p><b>Infant and Toddler Programs</b></p> <p>White Mtn Mental Health &amp; Developmental Services 29 Maple Street, Littleton .....603-444-5358</p> <p>Child Care Referral Network White Mountain Community College Berlin 603-752-1113 x1063</p>
	Dental Resources
	<p>Medicaid Dental Services for help locating a dentist accepting NH Medicaid, call</p> <p><b>1-800-852-3345 ext. 4344</b></p>

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