



# 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 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:

**Concord**..... 1-800-322-9191 or 603-271-6201  
40 Terrill Park Drive

**Laconia**..... 1-800-322-2121 or 603-524-4485  
65 Beacon Street West

#### Head Start/Early 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.

Concord, Franklin, Laconia, Pittsfield and Tilton locations call Community Action Program Belknap-Merrimack Counties, Inc. 1-800-856-5525 or 603-225-3295

Plymouth call 603-752-7138 (Tri-County Head Start)

#### 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.

Waypoint serving Merrimack County.....603-224-7479

Lakes Region Community Services.....603-524-8811

Plymouth Whole Village Family Resource Center  
603-536-3720

Granite United Way.....603-224-4093

Archways Franklin 603-671-0060/Tilton.....603-286-4255

### 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.

**Concord**.....1-800-322-9191 or 271-6200  
40 Terrill Park Drive

**Laconia**.....1-800-322-2121 or 524-4485  
65 Beacon Street West

### NH Legal Assistance (NHLA)

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

Telephone: 1-800-562-3174 – 603-668-2900

Web: [www.nhla.org](http://www.nhla.org)

Address: 1361 Elm Street, Manchester, NH 03101

### 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: 800-639-5290, 603-224-3333

Web: [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.

Concord: 603-225-6880 Ashland/Plymouth:603-968-3560

Suncook: 603-485-7824 Warner: 603-456-2207

Laconia: 603- 524-5512 Bristol: 603-745-3058

Meredith: 603-279-4096

### 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

Crises Center of Central NH 79 S State St, Concord  
603-225-7376

New Beginnings Women's Crises Laconia, NH  
603-528-6511

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

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>

**This institution is an equal opportunity provider.**

3-2025

Food Pantries

**Alton** - Alton Community Services 603-875-CARE (2273)  
(Wed 5:30pm-7pm & Sat.9-11am)

**Ashland** - Ashland Community Food Pantry -603- 968-9698

**Barnstead** –Families in Need – 435-7768 (Sun 11:45)  
–Barnstead Food Pantry/Thrift Shop – 603-235-1895  
(By Appointment only)

**Belmont** - St. Joseph Food Pantry (residents only)603-267-8174  
6 High Street (M+F 9-12 W 1-4)  
First Baptist Church 49 Church St 603-490-1135(Tues  
9:30-11:30am & 6:30-7:30pm

**Boscawen** - Boscawen Congregational Church Food Pantry  
603-998-2853(Mon.10am-12pm; Wed.3-6 pm & Sat 10-12pm)  
Town of Boscawen (residents only) –603-753-9188  
(M/Th 8:30-11:00am & 12-4:30pm)

**Bow** - Town of Bow – 603-228-1187 – ext. 119 (by appointment)

**Bradford** - Bradford Community Food Pantry-1<sup>st</sup> Baptist Church  
603-938-2086(3<sup>rd</sup> Wed of each month 5:30-6:30pm)  
or call for an appointment (residents only)

**Bristol**- Bristol Community Services 24 Pleasant St, 603-744-2222  
(M/W/F 9am-1:30pm)

**Campton**- Campton Baptist Church 1345 Main St 603-726-4662  
Every Wed & Evening as needed- call for time

**Chichester** - Welfare Office, 54 Main St. (residents only)  
603-798-5350 x1 (M 8:30-4pm & T/W/TH 8:30-2)

**Concord**  
Concord Area Center CAP – 603-225-6880 (M-F 8:30-4:30  
**(residents only)**  
1st Cong. Church Food Pantry,177 N Main St – 603-228-4990  
(M/T/TH 9:30-11:30 am) **ID REQUIRD**  
1st Center Point Church Pantry,20 N State St -603- 224-7427  
(1st & 3rd Saturday of month 7-10 am)  
Friends of Forgotten Children-224 Bog Rd–603-753-4801  
(Thurs 9:00am-8:00pm) **need proof of income**  
St. VDP/St. John the Evangelist – 67 ½ South State St.  
603-224-2328 (Mon-Thurs 7pm-9pm)  
St. VDP/Peters, 135 No State St-603-225-2123  
(M/W/F call for apt, TH 6-7 pm)  
St. Paul’s Church, 21 Centre St F/P –603- 225-2523 (T & Th 10-  
12pm & Wed 12-2pm)  
Salvation Army, 58 Clinton St – 603-225-5586 (By apt Tues 12-  
3pm & Wed/Fri 10-3pm)  
Seventh Day Adventist Church- 310 Sheep Davis Rd 224-3641  
Call for apt  
West Cong. Church, 499 N State St - 224-4142 (F 10am-noon)

**Contoocook** - Slusser Senior Center (lower level) – 746-6448  
41 Houston Drive, Hopkinton, Wed 6:30-7:30pm

**Danbury** – Danbury Community Center- 768-3424  
(T 10:00am-12:00pm & TH 6:00pm-8:00pm)

**Dunbarton** - Dunbarton Cong Church - 774-3208 by appt only

**Epsom** – 736-4024 (W, 12-2 & S, 10-12) or call for appointment

**Franklin**  
Twin Rivers Interfaith Food Pantry, 2 Central St -603- 934-  
2662 (T/Th 9-1 pm)  
**Need proof of residency and meet federal income  
guidelines. Services Tilton, Danbury, Franklin,  
Andover, Salisbury, and Northfield.**

**Henniker** – Henniker Food Pantry- 21 Western Ave  
603- 428-7474 Mon 11-12pm; Wed 5:30-6:30pm

**Hill**- Bread and Roses Kitchen, 91 New Chester Rd, 603-934-  
6086 (Mon & Thurs 4-6pm)

**Hopkinton** – Slusser Senior Center (lower level) 603-746-6448  
41 Houston Drive Wed 6:30-7:30 pm)  
(residents only)

**Hooksett** - Hooksett Community Food Pantry – 603-485-7222  
35 Main Street, Mon & Fri 9:30-12pm, Tues & Thurs  
2:00-4:30pm; Wed 9-12pm & 3:30-6pm Resident only  
Giving Hands Food Pantry-14 Mammoth Rd,  
603-668-6473  
1<sup>st</sup> Sun/month 12-1:30pm; 3<sup>rd</sup> Tues/month 6:30-8pm  
& 3<sup>rd</sup> Wed/month 4:30-6pm

**Laconia**  
Laconia F/P-CAP,121 Belmont Rd -603- 524-5512  
(M-F 8:30am-4:30pm)  
Christ Life Center –603-527-2662 (TH 9:00am-11:45am)  
St. Vincent de Paul – 603-528-5683 (Mon 12-2 pm – Wed 6-8  
Salvation Army Food Pantry – 603-524-1834 (Tues-Fri 9-3pm)

**Lakeport** – St. Vincent de Paul –603- 528-5683  
(Mon-Fri 10am-4pm & Sat 10am-3pm)

**Loudon** – Loudon Food Pantry,30 Chichester Rd, Unit D  
603-724-9731– (Tues 9-6pm; Wed 9-1pm & Thurs 9-4  
**Services Belmont, Canterbury, Chichester and Loudon**

**Meredith**  
Calvary Bible Church, 6 St. James Street – 603-279-6025  
(By appointment only)  
  
Meredith Food Pantry, 147 Main Street –603- 279-1115  
(T/W/Th 10 am – 1 pm)

**New London** - Kearsarge Valley CAP –603- 526-6511  
(Wed 5:30-7pm & Sat 10-11:30am)

**Newbury** - Kearsarge Valley CAP – 603-456-2207  
(Thurs. 10am – 12noon or by appointment)

**Northfield** - Northfield-Tilton Food Pantry 283 Main St, Tilton  
603-455-7505(Tues 9:00am-11:00)

**Pembroke** - Interfaith FP – Wed 1-3 pm, 5:30-6:30  
Welfare –603 485-4747 ext204 (M-F 9 am -12 pm)  
CAP Food Pantry, 15 Glass St, Suncook  
603-485-7824 (M-Th 11 am - 4 pm)

**Penacook**  
Immaculate Conception Church, 9 Bonney St-603-753-4413 x5  
(Tue & Wed 6-7 pm, Thu & Sat 9-10 am)  
United Church of Penacook, 21 Merrimack St-603-753-4072  
(Tues 9:30-11:30am)

**Pittsfield** – Pittsfield F/P, 85 Main St – 603-435-7300  
(M 11-2 pm & 4-6 pm, & Thurs 11-2 pm)

**Plymouth**  
Helping Hands Food Pantry-Restoration Church 319 Highland  
Street, 603-536-1966 (1<sup>st</sup> & 3<sup>rd</sup> Mon/month 12-2 pm)  
Bridge House -603-536-7631 (M-F 8 am-4 pm) L/M  
Plymouth Congregational Church (T/TH 9:00am-11:00am)  
Plymouth Area Community Closet- 5 Main St, 603-536-9889  
(Tues & Thursday 8am-10am

**Sanbornton**  
Second Baptist Church 603-524-5996 (1<sup>st</sup> and 3<sup>rd</sup> Wed 4-6pm)

**Suncook** - CAP Food Pantry, 15 Glass St, Suncook, 603-485-7824  
(M-TH 1-3 pm)  
Suncook Methodist Church, 152 Main St.  
(Wed 5:30 pm - Sept thru June)

**Tilton** – Twin Rivers Interfaith F/P, 237 Central St, Franklin  
603-934-2662 (T/Th 9-11am & W 5-7pm)

**Warner** - Kearsarge Valley CAP, 49 West Main St. 603-456-2207  
(Mon-Thurs 10am-2pm)

**Webster** - Webster Food Pantry Webster Congregational Church  
603-568-2526 (By apt. 1<sup>st</sup> Wednesday 6:00 pm -8:00 pm)

Free Meals

**Concord**  
The Friendly Kitchen, Inc. 2 South Commercial Street  
603-224-7678  
Monday – Friday: Lunch: 12–12:45; Dinner: 5 – 5:45 PM  
Saturday - Sunday: Breakfast: 8–8:45 Dinner: 5–5:45 PM  
December 1-March 31 M-F 8:00-8:45 am

**Franklin** - Bread & Roses Unitarian Church, 206 Central St.  
603-934-2141 Monday & Thursday 5:00-5:30

**Hill**- Bread And Roses Kitchen 91 New Chester Rd.,  
603-934-6086 (Mon & Thurs 4-6pm)

**Laconia** - Salvation Army – 603-524-1834, 177 Union Ave.  
Tuesday to Sat – 12-12:30ppm  
Hands Across the Table 31 Gilford Ave,  
St Andre Bessette Parish Hall 603-556-9918 Wed  
4pm-7pm  
Isaiah 61 Café, 100 New Salem St, 603-714-3239  
Mon-Fri 9am-2pm  
First Baptist Church of Belmont, Belmont,  
603-490-1135 (Tues 9:30-11:30am & 6:30-7:30pm)

**Penacook** - United Church of Penacook, 21 Merrimack St.  
603-753-4072 Monday & Wednesday 4:30 -5:30

**Plymouth** – Meals for Many Congregational Church  
4 Post Office Sq, 603-536-1101 – Thursday 5-6pm

Support Services & Shelters for Homeless

**Concord**  
Friends Emergency Program, 30 Thompson St: 603- 228-1462  
(families only)  
McKenna House Shelter, 100 S. Fruit St.: 603-228-3505  
(18+older)

**Laconia**  
Salvation Army Carey House, 6 Spring St.: 603- 528-8086  
Isaiah 61 Café 100 New Salem St.: 603-524-5835

**Plymouth** - Bridge House, 260 Highland St.:603-536-7631

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)

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**Health and Community Support Services for  
New Hampshire Families with Young Children**

Pediatric Services		Immunizations
Concord Hospital Family Health Center 250 Pleasant Street Concord 603-228-7200	Health First Family Care 841 Central Street #101 Franklin 603- 934-1464	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>  State Immunization Program:  <b>603-271-4482</b>
Dartmouth-Hitchcock Pediatrics 253 Pleasant St Concord 603-226-6100	Concord Hospital Pediatrics-Belmont 8 Corporate Dr. Belmont 603-528-0995	
Concord Pediatrics 248 Pleasant St #1700 Concord 603-224-1929	Westside Healthcare Pediatrics Franklin Regional Hospital 15 Aiken Ave. Franklin 603-934-4259	
Health First Family Care 22 Strafford Street Suite 1 Laconia 603-366-1070	New London Pediatric Care Center 249 County Rd New London 603-526-5363	
Midstate Health Center 101 Boulder Point Rd Plymouth 603-536-4000 101 Robie Rd Bristol 603-536-4000	Plymouth Pediatrics 71 Highland Rd 603-536-3700	
<b>Family Planning Programs</b> <b>Provides reproductive healthcare on a sliding fee scale. No one is denied due to an inability to pay.</b>		
Family Planning Lakes Region Family Center 121 Belmont Road <b>Laconia</b> .....603-524-5453		
<b>Family-Centered Early Supports &amp; Services (FCESS)</b> 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. Lakes Region Community Services 719 North Main Street Laconia ..... 603-524-8811  Community Bridges ..... 1-800-499-4153 70 Pembroke Road Concord ..... 603-225-4153  <a href="#">Birth To 3: Family Centered Early Supports &amp; Services   New Hampshire Department of Health and Human Services</a> <b>603-271-3770</b>  <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. <ul style="list-style-type: none"><li>➤ <b>Belknap County</b> 64 Court St, Laconia, NH 03246 603- 527-5475</li><li>➤ <b>Merrimack County</b> 315 DW Hwy, Boscawen, NH 03303 603-255-3556</li><li>➤ <b>Grafton County</b> - 3855 Dartmouth College Hwy, Box 5, North Haverhill, NH 03374 – 603-787-6944</li></ul>		<b>Special Medical Services</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> <a href="#">Children with Special Health Care Needs   New Hampshire Department of Health and Human Services</a> Help is available for children with heart disease, birth defects, vision & hearing problems, and other conditions.
		<b>Healthy Home and Lead Poisoning Prevention Program</b>  <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>1-800-897-5323</b> 603-271-4507

**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>Concord Hospital OB/GYN 734 N. Main Street, Laconia .....603-527-1855</p> <p>Plymouth OB-GYN 16 Hospital Road, Plymouth.....603-536-1104</p> <p>Concord OB/GYN Professional Assoc. 189 N. Main Street Concord .....603-228-1111</p> <p>Dartmouth-Hitchcock Clinic OB/GYN 253 Pleasant Street, Concord.....603-226-6117</p> <p>Franklin Hospital   Caring for Women 15 Aiken Avenue, Franklin .....603-934-4249</p> <p>Elliott Family Health Center at Suncook Route 28, Suncook.....603-485-7861</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 support. 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>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>Waypoint - Concord 103 North State Street Concord NH 03301....603-224-7479</p> <p>Archways 5 Prospect St. Tilton .....603-286-4255</p> <p>Archways Franklin 175 Central Street Franklin.....603-671-0060</p> <p>Whole Village Family Resource Center 258 Highland St. Plymouth .....603-536-3720</p> <p>Lakes Region Community Services 719 North Main St. Laconia.....603-524-8811</p> <p>Parent Information Center .....603-224-7005 For information on special education services</p>
	Counseling and Mental Health Resources
	<p><b>Lakes Region Mental Health Center</b> 81 Highland St., Plymouth, NH Plymouth.....603-536-1118</p> <p>40 Beacon St East Laconia .....603-524-1100</p> <p><b>Health First Family Care Center</b> 841 Central Street Franklin .....603-934-1464</p> <p><b>Riverbend Community Mental Health</b> 130 Pembroke Road Concord (Adult) .....603-228-1600</p> <p>105 Loudon Road Bldg. 3 Concord (Children).....603-228-0547</p> <p>53 Kendall St Franklin.....603-934-3400</p> <p><b>National Maternal Mental Health Hotline 24/7:</b> call or text   1-833-TLC-MAMA or 1-833-852-6262</p>
Recovery Support Services	Dental Resources
<p>Navigating Recovery of the Lakes Region 102 Court St., Laconia .....603-524-5939</p> <p>Archways 5 Prospect Street, Tilton.....603-286-4255 175 Central St, Franklin.....603-671-0060 202 North State St, Concord.....603-671-0300 570 Main St, Plymouth.....603-346-4477</p> <p>Plymouth Area Recovery Connections 258 Highland St., Plymouth.....603-238-3555</p>	<p>NH Technical Institute of Dental Services - NIS for low-cost dental work.</p> <p>Adults &amp; Children ..... 603-230-4023 (cleaning, x-ray, sealants)</p> <p>Medicaid Dental Services for Children for help locating a dentist accepting Medicaid, call <b>1-844-275-3447</b></p>
<p>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 <b>1-800-662-HELP (4357)</b> for help with <b>drugs or alcohol</b>. For <b>smokers</b> call <b>1-800-Quit-Now (800-784-8669)</b> or use the Alcohol and Drug treatment locator at <b>nhtreatment.org</b>.</p>	

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