



## Community Action Partnership Hillsborough and Rockingham Counties

### WIC Program

130 Silver Street, Manchester  
(603) 668-8010 or 1-800-256-9880  
134 Allds Street, Nashua, NH  
(603)889-3440 or 1-877-211-0723

## Financial and social services for NH Families with young children

### Temporary Assistance to Need Families (TANF)

Temporary Assistance for Needy Families (TANF), also known as the Financial Assistance to Needy Families Program (FANF) provides cash assistance to families with dependent children.

TANF is provided through the following programs:

- New Hampshire Employment Program (NHEP);
- Family Assistance Program (FAP);
- Interim Disabled Parent (IDP) program; or
- Families With Older Children (FWOC) program

### Child Support Services

The Bureau of Child Support Services (BCSS) program encourages responsible parenting, family self-sufficiency and child well-being by providing assistance in locating parents, establishing paternity, establishing, modifying and enforcing support obligations and obtaining child and medical support for children.

### SNAP/Food Stamps Program

The Supplemental Nutrition Assistance Program (SNAP)/Food Stamps provides nutrition benefits to eligible low-income individuals and families so they can purchase healthy food and move towards self-sufficiency.



**To find out more about the programs above, call your NH DHHS district office**

1-800-852-7493 or 603-668-2330  
1050 Perimeter Road  
Manchester, NH 03103

1-800-852-0632 or 603-883-7726  
26 Whipple Street  
Nashua, NH 03060

### Emergency Shelter List

Nashua Soup Kitchen  
2 Quincy St, Nashua  
603-889-7770

Harbor Care  
77 Northeast Blvd, Nashua  
603-882-3616

Front Door 7  
Concord St, Nashua  
603-886-2866

Marguerite's Place  
87 Palm St, Nashua  
603-598-1582

Keystone Hall Inpatient & Outpatient  
Addiction Treatment  
615 Amherst St, Nashua  
603-881-4848

The Way Home 214 Spruce St,  
Manchester 603-627-3491

Manchester Homeless Hotline  
877-606-5173

NH Homeless Hotline  
www.211.org 211 or 866-444-4211

Families In Transition  
122 Market St, Manchester  
603-641-9441

New Horizons Shelter  
199 Manchester St, Manchester  
603-668-1877



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### NH Employment Security

NH Works  
300 Hanover St, Manchester  
603-627-7841

6 Townsend West, Nashua  
603-882-5177

### Fuel Assistance

CAPHR  
Hillsboro: 603-464-5835  
Manchester: 603-924-4470  
Milford: 603-924-2243  
Nashua: 603-889-3440  
Peterborough: 603-924-2243

### Head Start

CAPHR  
(603) 668-8010 ext. 6098  
headstart@caphr.org

### Mental Health Centers

Mental Health Center of  
Greater Manchester  
2 Wall St, Suite 300 & 400  
Manchester, NH  
603-668-4111

Greater Nashua Mental Health  
7 Prospect St, Nashua  
603-889-6147

### 211 NH

Information & Referral  
Resources Statewide:  
866-444-4211  
NH: 211

### NH Housing

Rental Assistance rental & tenant  
assistance programs, supportive  
housing, housing choice vouchers,  
family self-sufficiency program  
800-439-7247;  
rentinfo@nhhfa.org

### NH Legal Assistance

1850 Elm St, #7, Manchester  
800-562-3174

### Our Place

Adolescent pregnancy, child  
birth & parenting education  
16 Oak St, Manchester  
603-647-2244

### Parenting Questions/Concerns

Waypoint Parent line:  
800-640-6486  
Parent Support:  
800-242-6264  
Parents Anonymous:  
800-894-5533

### Diapers and More

Through your Medicaid you may  
be able to receive diapers,  
bicycle helmets, car seats, and  
more. Talk to your care advisor  
to see what your health plan  
offers

WellSense:  
877-957-1300

NH Healthy Families:  
866-796-3085

### Diaper Pantry

53 S. Curtis Rd, Concord  
2nd Tues of Every Month  
3:30pm-5:30pm

No appt necessary, door all the  
way down on the right  
1 pkg per child, up to 3 children

### Diaper Programs

CAPHR WIC: 800-256-9880

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### Poison Control Center

1-800-222-1222

### Response to Sexual & Domestic Violence

24-hour Hotline  
866-644-3574  
800-277-5570

### Domestic Violence Shelters

Reach NH Crisis Services  
603-668-2299  
603-836-9620 (text)

Bridges Nashua  
603-889-0858  
603-672-9833

### Soup Kitchens and Food Pantries

Goffstown Network Food Pantry  
7 N. Mast Rd, Goffstown  
603-497-3433

St. Vincent de Paul  
378 Notre Dame Ave, Manchester  
603-622-4615

Hillsboro District Food Pantry  
107 Windsor Rd, Hillsborough  
603-464-4080

New Hampshire Food Bank  
700 E. Industrial Park Dr, Manchester  
603-669-9725

New Horizons Soup Kitchen/Pantry  
199 Manchester St, Manchester  
603-668-1877 ext. 122

St. Raphael's Church Food Pantry  
103 Walker St., Manchester  
603-623-2604

Salvation Army Food Pantry  
121 Cedar St, Manchester  
603-627-7013

Community Food Pantry  
646 DW Highway, Merrimack  
603-440-9597

St. John Neumann Food Pantry  
708 Milford Rd, Merrimack  
603-880-4689

SHARE Outreach  
1 Columbus Ave, Milford  
603-673-9898

Corpus Christi Food Pantry  
3 Crown St, Nashua  
603-882-6372

Harbor Homes  
14 Maple St, Nashua  
603-882-3616

Open Cupboard  
47 Maple St, Wilton  
603-654-2635

Nashua Soup Kitchen  
2 Quincy St, Nashua  
603-889-7770

St Vincent de Pail  
15 High St, Greenville  
603-878-0518

Peterborough Food Pantry  
25 Elm St, Peterborough  
603-924-3008

Riverside Christian Church  
27 Depot St, Merrimack  
603-424-1711



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### Prenatal & Child Health Clinics

Amoskeag Health  
145 Hollis St, Manchester  
603-626-9500

Capitol Region Family Health Center  
250 Pleasant St, Concord  
603-226-0106

### Child Health Clinic

Amoskeag Health  
1245 Elm St, Manchester  
603-668-6629

Lamprey Health Care  
22 Prospect St, Nashua  
603-883-1626

### Pregnancy Care Center

88 McGregor St, Manchester  
603-663-6661

*Provides parenting classes, pregnancy tests, and counseling*

### Family Planning Clinics

CareNet  
50 Bridge St, #104, Manchester  
603-623-1122

Planned Parenthood of NE  
24 Pennacook St, Manchester  
603-669-7321

Lamprey Health Care  
22 Prospect St, Nashua  
603-883-1626

110 Main St, Nashua  
603-883-1122

### HIV/AIDS Services

Can provide confidential low-cost testing and counseling

Manchester Health Dept  
1528 Elm St, Manchester  
603-624-6466

Nashua Health Dept  
18 Mulberry St, Nashua  
603-589-4560

### Immunization Clinics

Manchester Health Dept  
1528 Elm St, Manchester  
603-624-6466

Nashua Health Dept  
18 Mulberry St, Nashua  
603-589-4560

### Infant & Toddler Program

Call 800-298-4321 for information & resources of infants/  
toddlers with special needs, birth through age 2 years

Gateway Community  
Services  
144 Canal St, Nashua  
603-882-6333

Moore Center Services  
195 McGregor St, Manchester  
603-206-2700

### Deaf or Hard of Hearing Services

Relay Services call: 800-735-2964

### Alcohol, Drug Addiction, Smoking Cessation

Avoid smoking, drinking alcohol or taking recreational drugs. These may harm you, your baby, and your children. If you want support to stop smoking, drinking alcohol, or using recreational drugs, as your WIC Nutritionist for information. Or call: 800-662-HELP (4357) for help with drugs or alcohol. For smoking cessation call: 800-Quit-Now (800-784-8669)

Families in Transition Manchester, parenting  
& pregnant women  
603-641-9441 ext. 401

NH Statewide Addiction Crisis Line  
844-711-HELP

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