



## 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

1-800-821-0326  
19 Rye Street  
Portsmouth, NH 03801

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

### Emergency Shelter List

Haven 603-994-7233

New Generations  
603-436-4989

Cross Roads House  
603-436-2218

### NH Housing Authority

T17 Peabody Rd, Derry  
603-434-8717

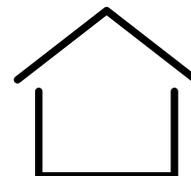
245 Middle St, Portsmouth  
603-436-4310

277 Water Street, Exeter  
603-778-8110

70 Telfer Circle, Salem  
603-893-6417

32 Constitution Dr, Bedford  
603-472-8623

34 Gordon Ave, Newmarket  
603-659-5444



This institution is an equal opportunity provider

HELPING PEOPLE. CHANGING LIVES.



## 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

### NH Employment Security

NH Works  
2000 Lafayette Rd, Seabrook  
603-436-3702  
  
29 South Broadway, Salem  
603-893-9185

### Fuel Assistance

CAPHR  
Derry: 603-965-3029  
Portsmouth: 603-436-3896  
Raymond: 603-895-2303  
Salem: 603-458-6392  
Seabrook: 603-474-3507

### Head Start

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

### Mental Health Centers

Center for Life Management  
10 Tsienneto Rd, Derry  
103 Stiles Rd, Salem  
603-434-1577  
  
Child and Family Services  
9 Hampton Rd, Exeter  
603-772-3786

Seacoast Mental Health  
1145 Sagamore Ave, Portsmouth  
603-431-6703  
  
30 Magnolia Ave, Exeter  
603-772-2710

### 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

1-800-562-3174  
603-224-3333



### 211NH

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

### 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



### Deaf or Hard of Hearing Services

Relay Services call: 800-735-2964

This institution is an equal opportunity provider

HELPING PEOPLE. CHANGING LIVES.



## 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

### Poison Control Center

1-800-222-1222

### Response to Sexual & Domestic Violence

24-hour Hotline  
800-854-3552

### Soup Kitchens and Food Pantries

Gather Pantry & Pop-ups  
210 West Rd, #3, Portsmouth  
603-436-0641

Salvation Army  
324 Lafayette Ave, Hampton  
603-929-1729

Deerfield Food Pantry  
15 Church St, Deerfield  
603-436-7734

The Upper Room  
36 Tsienneto Rd, Derry  
603-437-8477

First Baptist Church  
36 Winnacunnet Rd, Hampton  
603-926-3200

Church of Christ  
867 Lafayette Rd, Seabrook  
603-474-2660

Holy Angels Food Pantry  
8 Atkinson Depot Rd, Plaistow  
603-382-8324

Triumphant Cross Church  
171 Zion Hill Rd, Salem  
603-893-0305

St. Joseph Church  
844 1st NH Turnpike, Northwood  
603-942-8716

Nottingham Food Pantry  
139 Stage Rd, Nottingham  
603-679-5209

Operation Blessing  
600 Lafayette Rd, Portsmouth  
603-430-8561

Our Lady of Miraculous  
289 Lafayette Rd, Hampton  
603-929-2206

CAPHR Raymond Outreach  
55 Prescott Rd, Raymond  
603-895-2303

St. Anne Ecumenical  
26 Emerson Ave, Hampstead  
603-329-5886

Salvation Army  
15 Middle St, Portsmouth  
603-436-2606

CAPHR Seabrook Outreach  
146 Lafayette Rd, Seabrook  
603-474-3507

St. Vincent De Paul  
53 Lincoln St, Exeter  
603-772-9922

CAPHR Salem Outreach  
85 Stiles Rd, Ste 103, Salem  
603-458-6392



This institution is an equal opportunity provider

**HELPING PEOPLE. CHANGING LIVES.**



## 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

### Prenatal Clinics

Families First of Greater Seacoast 100  
Campus Drive, Ste 12, Portsmouth  
603-422-8208

Greater Derry Community Health Services  
14 Tsienneto Rd, Ste 301, Derry  
603-425-2545

Lamprey Health Care  
207 South Main St, Newmarket  
603-659-3106

Lamprey Health Care  
128 State Route 27, Raymond  
603-895-3351

### Family Planning clinics

Lovering Health Center  
559 Portsmouth Ave Greenland  
603-436-7588

Planned Parenthood of  
Northern NE  
4 Birch St, Derry  
603-434-1354

Planned Parenthood of  
Northern NE  
108 High Street, Exeter  
603-772-9315

### HIV/AIDS Services

Can provide confidential low-cost testing and counseling

AIDS Response of the Seacoast  
7 Junkins Ave, Portsmouth  
603-433-5377

Planned Parenthood of  
Northern NE  
108 High Street, Exeter  
603-772-9315

Joan G Lovering Health Center  
559 Portsmouth Ave, Greenland  
603-436-7588

Planned Parenthood of  
Northern NE  
4 Birch St, Derry  
603-434-1354

### 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)

NH Statewide Addiction Crisis Line  
844-711-HELP

### Infant & Toddler Program

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

One Sky Community Services  
1755 Banfield Rd, Ste 3, Portsmouth  
603-436-6111

Region 10 Community Support Svcs  
8 Commerce Dr., Ste 801, Atkinson  
603-893-1299

Families First of Greater Seacoast  
8 Greenleaf Woods Dr., Ste 100  
Portsmouth  
603-422-8208

Waypoint  
11 Sandy Point Rd, Stratham  
603-518-6260

This institution is an equal opportunity provider

HELPING PEOPLE. CHANGING LIVES.