



White Mountains Regional School District



Health is a state of body. Wellness is a state of being.”
- J. Stanford

Community Resources

This is intended to be a resource list for use with families which we serve. It is not intended to be used as a referral or recommendation for services

Where to Find Food:

[UNH Food Map](#)

Housing



Tri-County Cap

(866) 444-4211

The CAP Homeless Outreach helps the homeless to find appropriate housing.

They may be able to provide Homeless Motel Vouchers, Homeless Transportation Programs, Street Outreach Programs, Street Outreach Programs for Homeless Families, Street Outreach Programs for Homeless Mentally Ill, Street Outreach Programs for Homeless People to assist the homeless in obtaining shelter.

Section 8 (through NH Housing Finance Authority)

(800) 640-7239 or (603) 472-8623

A federally-supported, tenant-based housing program administered by local housing authorities that provides assistance in the form of vouchers that enable income-eligible families to find and lease approved privately owned housing where the landlord has agreed to enter into a contract with the housing authority and/or finance agency. Tenant-based assistance provides rental subsidies that move with a household into any qualifying housing within a certain area. The housing can be (and often is) private housing that may not have been built with the intention of accepting solely low-income tenants, but if the quality and cost of the unit fall within a specified range, it may qualify. Eligible households pay approximately 30% to 40% of their adjusted gross income for rent and the housing authority subsidizes the balance.

New Hampshire Housing Finance Authority

(800) 640-7239 or (603) 472-8623

NHFA provides rent subsidies to eligible low income individuals and families in the form of Housing Choice (Section 8) Vouchers. They have access to a list of apartments for rent through landlords who are willing to participate in the Housing Choice Voucher Program, which is updated periodically. Coaches work one to one with Housing Choice Voucher clients to find a job, build credit, save money, and more.

Subsidized Apartments in the Local Area

Parker Village: Managed by Maloney Properties, Inc.

(603)444-2013



Crane Street Apartments: SK Management Company

(603) 878-2400

AHEAD:

(603) 444-1377

quality affordable rental housing, financial education, and homeownership opportunities that strengthen the families and communities of Northern New Hampshire.

Tri County Cap:

(866) 444-4211

Assistance with rental security deposits is available through Tri County Cap as well as rent assistance to those in imminent danger of becoming homeless. There are income restrictions.

Child and Family Services Transitional Living Program:

(603) 444-2462

provides assisted independent living services for young people, ages 18-21, who are homeless, pregnant and/or parenting. The program endeavors to help young people make life decisions in a supportive environment. Participants learn to develop parenting skills, life skills and achieve self-sufficiency. The program case-worker assists with: job skills, education or career exploration, nutrition and safety, apartment hunting/renting/maintenance, money

management/budgeting, social skills/healthy relationships, problem solving/decision making,
community resources

Food and Nutrition Resources



Women, Infants and Children Nutrition Program (WIC): (603) 225-2050 or (800) 578-2050

The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. A program for families with pregnant women and/or children younger than age five who meet eligibility criteria. For those who do meet the criteria for the WIC program, they will which issue certificates for food. Commodity Supplemental Food Program (CSFP) A nutrition education program that provides free food and nutrition information to promote good health for seniors age 60 and over.

Supplemental Nutrition Assistance Program (SNAP): (603) 271-9700 or (800) 852-3345

provides eligible people and families with benefits to buy food items at grocery stores, farmers

markets and other approved food retailers. The Food Stamp/SNAP Program also gives recipients a chance to learn more about purchasing and preparing nutritious meals.

Food Pantries:

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|---|----------------|
| White Mountain Christian Church Food Pantry | (603) 444-6517 |
|---|----------------|

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|-------------------------------|----------------|
| All Saints Church Food Pantry | (603) 444-3414 |
|-------------------------------|----------------|

Tuesday, Thursday and Saturday 9-10am

| | |
|-----------------------------|----------------|
| Tri-county Community Action | (603) 788-4477 |
|-----------------------------|----------------|

Mondays through Fridays 8am - 4pm

| | |
|------------------------------------|----------------|
| Friends and Neighbors Thrift Store | (603) 837-9044 |
|------------------------------------|----------------|

| | |
|--------------------------------|----------------|
| Christ United Methodist Church | (603) 788-2734 |
|--------------------------------|----------------|

Clothing Assistance



The Revolving Closet a free teen boutique located in The First Church of Christ in North Conway Open 2:00-5:00 the first and third Sundays of every month, Young adults, ages 12-18 able to fill a bag with clothing for free.

Child and Family Services Partners in Health

(603) 788-4172

Partners in Health (PIH) is a statewide community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income.

Friends and Neighbors Thrift Store

(603) 837-9044

Education Resources

Head Start

(603) 837-3026

Tri-County CAP's Head Start Program is a comprehensive child development program for families with young children between the ages of 3 and 6.

Woodland Community School

(603) 444-1221

An alternative to the public school system for ages 5-14. The children learn at their own pace as well as from each other as all ages are together.

Adult Education

Adult Learning Services

(603) 444-6036

Offers free, confidential one-to-one and small group instruction in basic reading, writing, math, English as a Second Language and preparation for the high school equivalency exam, the HISET to ages 16 and over who are not enrolled in school. Also provides United States citizenship exam preparation.

Granite State College

(603) 444-6319

White Mountains Community College

(603) 752-1113 ext. 3000

Parenting Education/Support Programs

Child and Family Services Partners in Health

(603) 788-4172

Partners in Health (PIH) is a statewide community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income.

Family Resource Center

(603) 466-5190 ext 303

Healthy Families America Prenatal Program- A home based program that provides services to: increase knowledge of child development, improve parenting attitudes, support a quality home environment, promote positive parent-child interaction, improve family health, prevent child abuse or neglect

Family Support Programs- a home based program which families can choose to focus on topics such as: budgeting skills to increase financial awareness and stability, positive discipline, life and stress management, community resources, prenatal and infant care, infant growth and child development, childcare, preschool and after-school services, parenting and co-parenting education, Ages and Stages Developmental Screenings, Positive Parenting Program Curriculum

Pathways Pregnancy Care Center

(603) 444-3991

Offer parenting education on prenatal development, healthy pregnancy, basic child development, nutrition, safety in the home, effective discipline, building healthy relationships, age appropriate play, building routines, toilet training, and more.

Offers a “Learn to Earn Program” where participants receive one dozen diapers (12) and a box of wipes weekly, as well as access to the “Baby Boutique” where there are a variety of baby items

and clothing. All services are free. The classes meet weekly for 1 hour, and parents may bring their child(ren).

Daycare Resources

Division of Family Assistance

(603) 444-6786 or (800) 552-8959

The child care scholarship program helps with the cost of child care. Parents must be working, looking for work or in a training program. Gross family income is used to determine eligibility. Gross family income must not exceed 250% of the federal poverty guidelines.

Local Area Daycare Centers

| | |
|---|----------------|
| Lancaster Play and Learn | (603) 788-4005 |
| Centennial View Child Care and Enrichment | (603) 631-5571 |
| Sunnybrook Montessori | (603) 788-3884 |
| Shining Lights | (603) 444-7379 |
| Childcare Express | (603) 444-6334 |
| Small Wonders-Lisbon | (603) 838-1049 |
| Lupine Montessori School | (603) 728-9221 |

Mental Health Resources



National Suicide Prevention Lifeline

1-800-273-8255

NAMI (National Alliance on Mental Illness)

(800) 242-6263

Support groups, 1:1 support, and education programs/resources for families who have a loved one with mental illness.

www.naminh.org

info@naminh.org (Email a specific question or need)

Center for New Beginnings

(603) 444-6465 or (888) 999-5009

offers individual, family and group psychotherapy to clients of all ages, ethnic backgrounds, socioeconomic status and orientations. Offers the following services: Child and adolescent, adult counseling, substance abuse treatment, victim services for children, adult and families, domestic violence offender program, emergency services

White Mountain Mental Health

(603) 444-5358

Provides outpatient counseling to adults, children and families; substance abuse counseling; community, workplace and school-based supports; case management and crisis intervention.

Bright Day Psychology Services

(603) 444-1512

Dr Deborah Warner

Center for Balanced Health

(603) 823-7701

Center for Balanced Health integrates traditional and complementary healing methods to take care of the mind, body and spirit.

Ammonoosuc Community Health Services

(603) 444-8296

Megan Trudell, Behavioral Health Referral Contact Person
Littleton, NH

(Must be established patient at Ammonoosuc Community Health Services)

Weeks Medical Center

(603) 788-2521

Shawna Delworth, LCMHC, MLADC

Ages 13+

Lancaster, NH

(Must be established patient at Weeks Medical Center)

Jenn Hagan, LCMHC

Ages 5+

Lancaster, NH

(Must be established patient at Weeks Medical Center)

Evelyn Robbennolt-Jones, LICSW

Ages 5+

Lancaster, NH

(Must be established patient at Weeks Medical Center)

Dr. Kelly McCann, Psychologist

(603) 631-4528

Adolescents/Age 12 +

Specialize in Childhood Trauma/PTSD/CBT

(Appointments available in Lancaster and Littleton Offices)

Janice MacKenzie, LICSW

(603) 444-7727

Ages 12+

Non- Profit NH Catholic Charities

Littleton, NH

(Appointments also available in Lancaster & Berlin Offices)

Bill Belcher, LCMHC

(603) 616-5655

Littleton, NH

Aleda Stith, LCMHC

(603) 616-4025

Littleton, NH

Dr. Jeffrey Kay, Psychologist

(603) 444-5826

Ages 10+
Littleton, NH

Susan Brown, LCMHC
Littleton, NH
balancedhealthstudio.com

(603) 823-7701

Angela T. Jones, MA, LADC, RYT
Littleton, NH
www.angelathomasjones.com

(603) 616-2019

Dr. Joseph Keenan, Psychologist

(603) 788-2288

Northern Human Services Infant Mental Health

(603) 444-8878

- Early Supports and Services
- Family based services for children and families birth to 7
- Consultation and training to local child care, preschool, and elementary school staff

Ajilla Pospesil

(603) 444-8900

Mountainside Wellness

(603) 575-9075

Littleton Peer Support Center

(603) 444-5344

North Country Warmline

(603) 447-1765 or (866) 447-1765

This service is an alternative to calling emergency services. The Warmline is open from 5 to 10 pm, seven days a week. It is not designed to be a hotline. The service is one of peers helping peers.

Transportation

Littleton Care-A-Van

(800) 499-0231

Provides free scheduled rides to Littleton Regional Healthcare. Advance notice required

Taveras Transportation

(603) 259-6048

Provides non emergency medical transport. Some insurance companies will cover.

Dave's Taxi

(603) 444-0407

Garey's Taxi

(603) 991-4546

Tri-County Transit

(888) 997-2020

This service operates on a route and can be flagged down. If requesting off the regular route, call for information.

Transportation to medical appointments may be covered through their insurance company:

New Hampshire Healthy Families

(866) 769-3085

Call New Hampshire Healthy Families to get your cost covered when you drive to your health related appointments. Please call 2 business days before. However, you can call the same day for urgent or short notice appointments. CTS is the company that will approve your request.

WellSense

(855) 739-4775

Cost covered when driving to health related appointments. 48 hour advance notice required

Medical Assistance

NH Medicaid

(800) 852-3345

NH Medicaid is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements. The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients.

Local Providers

Ammonoosuc Community Health

(603)444-2464

Offices in Littleton, Whitefield, Franconia, Warren and Woodsville

Ammonoosuc Community Health Services (ACHS) offers a broad range of quality, affordable health care services in rural Coös and Grafton Counties. Access to a full-range of primary preventive health care services. Specialize in Family Medicine, Women's Health, Prenatal Care, Chronic Disease Management and Behavioral Health. ACHS also offers a variety of support services including pharmacy assistance, oral health, a sliding fee scale for payment of services for those who qualify, health screenings and many other resources.

Weeks Medical Center

(603) 788-4911

Offices available in Lancaster and Whitefield. Wide range of quality health care services and specialties.

Littleton Regional Healthcare

(603) 444-9000

Wide range of quality health care services and specialties.

Addiction/Substance Use

White Mountain Recovery Homes

Cynthia Day Program

Center for New Beginnings

(603) 444-6465 or (888) 999-5009

Provides treatment to help identify underlying causes for the need to seek substances and to help develop alternative healthy coping strategies. Can assist in making lifestyle adjustments needed to attain and sustain sobriety, offering the following services: counseling for Substance Abuse and Recovery, treatment for dual diagnosis, counseling for family members of substance users.

Northern Human Services

(603) 444-5358

Offers Comprehensive Outpatient Treatment for Substance Abuse with the following services: alcoholism counseling for court ordered individuals, comprehensive outpatient alcoholism treatment, comprehensive outpatient drug abuse treatment, drug abuse counseling for court ordered individuals, LADC

Tri-County Community Action Program

(603) 752-7941

Offers outpatient alcohol and drug counseling services including LADC. It is a community service for individuals of all ages who have a problem with substance abuse. Services being offered are individual, couple, adolescent, group and family counseling, and consultations/evaluations for other health care professionals. Provides the following services: alcoholism counseling for court ordered individuals, comprehensive outpatient alcoholism treatment, comprehensive outpatient drug abuse treatment, drug abuse counseling for court ordered individuals, inpatient alcoholism treatment facilities, inpatient drug abuse treatment facilities

Weeks Medical Center**(603) 788-4911**

Community based treatment program

R.O.A.D. TO A BETTER LIFE**(603) 692-1859**

An anonymous service that provides therapy and treatment for drug & alcohol addiction in a safe, respectful and friendly environment that is focused on recovery, relapse prevention, and a return to normalcy. In order to be eligible, applicants must be off of methadone for 72 hours, heroine for 12 hours, and oxycontin, morphine, and percocet for 24 hours. Physicians certified in prescribing Suboxone to treat opiate addiction. Services offered: alcoholism counseling, comprehensive outpatient alcoholism treatment, comprehensive outpatient drug abuse treatment, court ordered DUI evaluations, drug abuse counseling, suboxone/subutex maintenance treatment

Other Resources

National Suicide Prevention Lifeline

(800) 273-8255

24/7 free and confidential emotional support for people in suicidal crisis or emotional distress, and support/resources for individuals and families

www.suicidepreventionlifeline.org

The Dougy Center

The National Center for Grieving Children & Families

Resources and online links for grieving families can be accessed through their website.

www.dougy.org

PFLAG

Largest organization for support and resources for parents, families, friends, and allies united with people who are lesbian, gay, bi-sexual and transgender.

www.pflag.org

The Trevor Helpline

(866) 488-7386

24 hour Nationwide helpline for lesbian, gay, bi-sexual, and transgender individuals and their families

www.thetrevorproject.org

New Hampshire Employment Security

(603) 444-2971

Response: Domestic and Sexual Violence Support Center

(603) 636-1747

Advocacy, emergency shelter, 24 hour crisis line, education/prevention

NH Family Voices

(603) 271-4525

New Hampshire Family Voices provides free, confidential services to families and professionals caring for children with chronic conditions and/or disabilities

Parent Information Center

(800) 947-7005

Information resource for parents