

# Special Community Resources Newsletter

Volume 10

## FAMILY SUPPORT PROGRAM

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## 2023 RESOURCES

Due to the increased cost of necessities, the Family Support Program has once again updated our list of available community resources to assist families. As a team, we have compiled resources in areas such as: Food, Clothing, Fuel, Medical, Dental, Finances, Vision, along with other areas. We strive to make this a valuable resource to help families in Strafford County.

Please contact Paula Fraser (pfraser@communitypartnersnh.org) if you discover something inaccurate, a change in a resource, or if you know of another resource we should include in future editions.



## ABOUT COMMUNITY PARTNERS

Community Partners has been in operation for over 40 years. Established as the Area Agency for Developmental Services in 1983, Community Partners sought and was awarded the contract to provide behavioral health services in Strafford County in 2001. We also contract with the State of New Hampshire for the Service Link Resource Center and the Partners in Health Program

We have a long and rich history of providing critical supports and services for individuals and families living with developmental disabilities and/or behavioral health challenges, and are one of only two places in the state where people can find both behavioral health and developmental supports and services within one agency.

Last year Community Partners served over 4,700 individuals and families. The agency's mission is to promote respect, wellness, full inclusion, and empowerment of individuals and their families who experience mental illness, emotional distress, developmental disability, chronic health need, or acquired brain disorder.

## ASSISTANCE WITH FOOD

### Barrington

- **Community Food Pantry** (*residents only*)  
105 Ramsdell Ln  
Thurs 6–7:30pm  
(603) 664-0233
- **Joseph's Storehouse at Journey Baptist Church**  
8 Eastern Ave  
3rd Sat of the month 9-11am  
(603) 664-0880

### Dover

- **Food Pantry at First Parish Church** (*need proof of residency*)  
One Silver St  
Tues 3–5pm & Thurs 9–11am  
(603)742-5664
- **Food Pantry at St. Joseph's Church**  
150 Central Ave  
Tues, Weds & Sat 9-11:50am  
(603)742-4837
- **CAP Outreach and Food Pantry**  
577 Central Ave Suite 10  
Mon-Fri 8:30-4:30pm  
(603)435-2500 x 8136
- **Seacoast Eat Local:**  
2 Washington St, Suite 331  
(603)241-4400
- **St. Thomas Episcopal Church**  
5 Hale St (*enter Locust St, church lot*)  
Tues & Thurs 5pm  
(603)742-3155
- **University of NH Cooperative Extension**  
Strafford County office, 273 Locust St, Suite A  
Mon-Fri 8-3pm  
by appointment only (603)749-2529  
ce.strafford@unh.edu

### Durham

- **Cornucopia Food Pantry**  
15 Mill Rd  
Tues 3–6pm, Wed 1-4pm, & Fri 12–2pm  
by appointment only (603)862-1165
- **St. Thomas Moore Food Pantry**  
6 Madbury Rd  
Thurs 4–6pm  
(603)868-2666

### Farmington

- **Interfaith Food Pantry**  
400 Main St  
Last Sat of month 9:00–10:30am (except August)  
(603)755-4816

### Lee

- **Wilkinson Food Pantry in Congregational Church** (*Lee, Madbury, Durham, Nottingham and Newmarket residents only*)  
17 Mast Rd  
1<sup>st</sup> & 3<sup>rd</sup> Mon of the month 5:30–7pm  
(603)659-2861

### New Durham

- **Food Pantry** (*residents only*)  
5 Main St  
Sat 9-10am  
(603)817-0372

### Rochester

- **Salvation Army Food Pantry** (*Rochester, E. Rochester, Gonic, and Barrington residents only*)  
10 Olde Farm Ln  
Mon, Wed, & Fri 9am-2pm  
(603)332-2623
- **Gerry's Emergency Food Pantry** (*Rochester & Farmington residents only & must show photo ID*)  
150 Wakefield St  
Drive up Mon & Wed 9–3pm & morning delivery Fri  
(603)330-3468
- **East Rochester Bethany Methodist Church**  
24 Main St  
Sat mornings  
(603)332-3618
- **Gather Meals-4-Kids**  
Alternating locations; 150 Wakefield St or 57 Wakefield St  
Tues 12-4pm,  
[schedule on gathernh.org](http://schedule.ongathernh.org)  
(603)436-0641
- **First Church Congregational UCC Food Pantry**  
63 South Main St  
Mon-Fri 10-1pm  
(603)332-1121
- **Rochester Fellowship Kitchen** (*to go meals*)  
34 South Main St  
Sun, Tues, & Thurs 5-6 pm  
(207)200-6983
- **Grace Place Food Pantry** (*Grace Community Church*)  
9 Mechanic St Thurs 9:00–11:00am  
57 Wakefield St  
last Sat of month, 3:45-5pm  
(603)332-9689
- **CAP Rochester Food Pantry**  
10 Cold Spring Manor  
Tue 12-4pm  
(603)435-2500 x 8136

### Milton

- **We Care Food Pantry** (*Strafford County and Lebanon*)  
370 Mountain Hwy  
Fri 9:30– 6:30pm  
(603)923-9456

### Somersworth

- **The Community Food Pantry** (*First Parish Church*)  
176 West High Street  
Mon 10–12pm, Wed 6–8pm, & Thurs 3–5pm  
(603)692-2907
- **Frontier Angels** (*delivery only*)  
35 Maple St  
(603)389-7318



**Strafford**

- **Food Pantry** (*Strafford residents only*)  
30 Strafford Rd (Christian Center of the Third Baptist Church in Center Strafford)  
Thurs 8–10am  
(603)664-7750

**MORE FOOD ASSISTANCE PROGRAMS**

- ⇒ **Meals on Wheels:** Provides home delivered meal services to older adults and adults with disabilities. 25 Bartlett Ave, Suite A, Somersworth, NH 03878-1802 Mon, Tues, Thurs, & Fri 8-3pm; Wed 8-12pm (603)692-4211
- ⇒ **Women, Infant and Children (WIC):** Federally-funded free program to improve nutritional health for low income new mothers, infants, children to age 6. Available through Goodwin Community Health in Somersworth. (603)332-4358
- ⇒ **Commodity Supplemental Food Program (CSFP):** Federally-funded free program to improve nutritional health for seniors 60+. Available through Goodwin Community Health in Somersworth. (603)994-6368
- ⇒ **End 68 Hours of Hunger:** Parents of children can contact their school's guidance counselor to see if their school is participating and request a backpack of food to take home over weekends or holiday breaks, [end68hoursofhunger.org](http://end68hoursofhunger.org)
- ⇒ **Community Action Partnership of Strafford County Summer Meals Programs:** provides free breakfast and lunch for children ages 0 to 18 during the summer months only. For locations and times, [straftfordcap.org](http://straftfordcap.org) or call (603)435-2500 x2339
- ⇒ **NH Food Bank:** SNAP/Food stamp application, assistance, and advocacy (603)669-9725 x1147
- ⇒ **Granite State Market Match:** At farmer's market, shop with SNAP/EBT and Granite State Market Match or Double up Food bucks at participating acceptance sites and get 50% off on fruits, vegetables, herbs, & seeds, [granitestatemarketmatch.org](http://granitestatemarketmatch.org)
- ⇒ **Food Stamps:** NH Health and Human Services Community Center 150 Wakefield St., Rochester NH (603)332-9120 or apply on [NHeasy.nh.gov](http://NHeasy.nh.gov)
- ⇒ **United Way of the Greater Seacoast:** list of all local food pantries, [uwgs.org](http://uwgs.org)
- ⇒ **At Risk After School program:** provides dinner and a snack. Available at Idlehurst Elementary, Somersworth Middle School, Rochester Middle School and Farmington Recreation Center. Children enrolled in school programs are eligible for free meals. Ask about the program at your child's school.

**COMMUNITY MEALS**

- **Dover Friendly Kitchen:** St. Thomas Episcopal Church, Tues & Thurs 5pm (Corner of Locust and Hale) (603)742-5664
- **Table of Plenty:** Take out or in person meals at 2 locations: 37 School Street @ Berwick United Methodist Church, Wed 4:00-5:30pm or Whipple Rd. St. Raphael's Church Thurs 4-5:00pm (207)517-7000
- **House of Hope Community Meals:** 25 Saw Mill Hill, Berwick, ME. Mon, Tues, & Thurs 5:15-6:30pm (207)698-9944

**FUEL & ELECTRIC ASSISTANCE**

- **Fuel Assistance: Community Action Partnership of Strafford County: The Low Income Heating Program (LIHEAP)** provides eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs, and housing type. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. (603)435-2500, [straftfordcap.org](http://straftfordcap.org)
- **Electrical Assistance: Community Action Partnership of Strafford County: The New Hampshire Electric Assistance Program** gives income-eligible customers a discount on their monthly electric bills depending on gross household income, household size, and electricity use. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. (603)435-2500, [straftfordcap.org](http://straftfordcap.org)
- **Call supplier for payment plan options, if available**
- **WEATHERIZATION: Community Action Partnership of Strafford County,** designed to reduce household energy use and costs in the homes of low-income persons throughout the state by installing energy efficiency improvements, (603)435-2500 ext. 2350, [straftfordcap.org](http://straftfordcap.org)
- **Our Town Electricity:** [OTElectricity.com](http://OTElectricity.com), or call (603)301-4012
- **New Hampshire Neighbors Helping Neighbors:** Families who are not eligible for any other type of heating or fuel assistance and have received a disconnection notice. (603)435-2500, [straftfordcap.org](http://straftfordcap.org) or [NHNfund.org](http://NHNfund.org)
- **ENH POWER:** compare energy plans; residential electricity for less, [providerpower.com](http://providerpower.com)
- **New Hampshire Department of Energy:** (800)852-3793
- **Visit 211NH.org** or call 211
- **Eversource– New Start Program;** [eversource.com/content/residential/account-billing/payment-assistance/new-start](http://eversource.com/content/residential/account-billing/payment-assistance/new-start)


### DENTAL SERVICES

- ⇒ **Dental Center at Goodwin Community Health**  
Accepts Medicaid & most insurances, has a sliding scale fee for those without insurance  
Mon-Fri 8am-5pm  
**(603)749-2346**
- ⇒ **Wentworth-Douglass Community Dental Center**  
668 Central Ave, Dover NH  
For low-income, Medicaid, & uninsured children and adults in the WDH catchment area  
Mon-Fri 8-4pm  
**(603)749-3013**
- ⇒ **NH Dental Society**  
Provides low cost dentures for income-eligible individuals  
**(603)225-5961**
- ⇒ **New Hampshire Medicaid Client Services**  
For help locating and accessing NH Medicaid dental services call  
**(603)271-5254**
- ⇒ **CareCredit**  
Plans for dental, vision, auditory and other specific health care needs. Low interest loans for larger amounts  
[carecredit.com](http://carecredit.com) or **(866)893-7864**
- ⇒ **Easter Seals Oral Health Center**  
555 Auburn Street #1, Manchester  
Mon-Fri 9-5pm  
**(603)621-3482**

### VISION & HEARING RESOURCES

- ⇒ **Sight For Students**  
[sightforstudents.org](http://sightforstudents.org)  
**(800)877-7195**
- ⇒ **New Eyes for the Needy**  
[new-eyes.org](http://new-eyes.org)  
Apply online
- ⇒ **Operation Kid Sight & Lion's Sight & Hearing Foundation**  
applications at [nhlions.org](http://nhlions.org)
- ⇒ **The Hike Fund**  
Provides ages 0-20 hearing devices for those with hearing loss  
[TheHikeFund.org](http://TheHikeFund.org)  
**(712)325-0812**
- ⇒ **Alexander Graham Bell Association**  
[agbell.org](http://agbell.org)  
**(202)337-5220**
- ⇒ **Disabled Children's Relief Fund (DCRF)**  
P.O. Box 89 Freeport, New York 11520  
**(516)377-1605**
- ⇒ **Miracle Ear Children's Foundation**  
[miracle-ear.com](http://miracle-ear.com)  
**(888)596-0065**
- ⇒ **Coastal Contacts**  
cheapest contact lenses/coupons online  
[coastal.com](http://coastal.com)
- ⇒ **Buy Glasses on-line**  
[39dollarglasses.com](http://39dollarglasses.com)  
[glassesUSA.com](http://glassesUSA.com)
- ⇒ **Zennioptical.com**  
can get glasses for under \$20
- ⇒ **Alliance for Hearing Care**  
**(866)956-5400 x 2**
- ⇒ **Hear of New Hampshire**  
**(603)206-6800**
- ⇒ **Northeast Deaf/Hard of Hearing Services, Inc**  
**(603)224-1850**  
[ndhhs.org](http://ndhhs.org)
- ⇒ **Services for Blind and Visually impaired**  
Future-In-Sight offer transportation, group support, phones- resources for all ages with visual impairments  
**(603)271-3537**  
[futureinsight.org](http://futureinsight.org),
- ⇒ **New Hampshire Medicaid**  
Wellsense, NH Healthy Families, AmeriHealth; may provide coverage for hearing aides and glasses.

In April 2023, Adult Medicaid dental benefits for preventative care, more information to follow




**FREE BIRTHDAY GIFT**

Families of children ages 1- 12: Call Bethany Methodist Church (24 Main St. in East Rochester) **(603) 332-3618**.  
Birthday child will receive a free birthday gift, birthday cupcake, photo and coupon for a McDonald's sundae.

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NH's No Wrong Door connects you to a range of community supports, through a collaboration of state wide partners

- Department of Health and Human Services (DHHS)
- ServiceLink
- Area Agencies offering developmental services
- Community Mental Health Centers
- Cash assistance
- Food stamps
- Children's Medicaid
- Child care



**[www.nhcarepath.dhhs.nh.gov](http://www.nhcarepath.dhhs.nh.gov)**  
**1-866-634-9412**





## ASSISTANCE WITH CLOTHING

- Blessed Bargains**  
 400 Main Street, Farmington  
 2nd & last Saturday of the month 9:30am-2pm  
 (603)755-4816
- Salvation Army**  
 28 Signal St, Rochester  
 Mon- Sat 9am-5:30pm  
 (603)332-2698
- SHARE Clothing & Thrift Shop**  
 150 Wakefield Street, Rochester  
 Mon & Wed. 9am -3pm  
 2nd and 4th Sat of the month. 9am-12pm.  
 40 free items for families in need with referral  
 letter from community agency.  
 (603)994-3199
- E. Rochester Bethany Church**  
 24 Main St, East Rochester  
 Tues & Thurs 10-12pm, Sat 10-1pm  
 (603)332-3618
- Goodwill**  
 450 High St Somersworth  
 Mon-Thurs 9am-8pm, Fri and Sat 9-9, Sun 10am-7pm  
 (603)343-5560
- Savers**  
 Woodbury Ave adjacent to Fox Run Mall, Newington  
 Mon-Sat 10-9pm & 10-11am, Sun 10-7  
 (603)427-0814
- Seacoast Birthright**  
 278 Washington St, Dover  
 They may be able to provide layettes for new moms  
 in crisis and occasionally diapers  
 Mon 6pm-8pm, Wed 2-5pm, Appointment only on  
 off days.  
 (603)436-5558



- First parish Church Thrift Store**  
 218 Central Ave, Dover  
 Sat Mornings  
 (603)742-5664
- Kid's Closet**  
 Hall at Great Falls  
 49 Market St, Somersworth  
 Check Facebook page for more information

## SLEEP IN HEAVENLY PEACE

Individuals ages 3-17  
 who are in need of a bed/mattress  
[shpbeds.org](http://shpbeds.org)

## HOUSEHOLD ITEMS/REPAIRS

**Habitat for Humanity's ReStore**  
 Donated new and reusable building materials such as kitchen  
 cabinets, appliances, doors, windows, flooring, etc. Available  
 at low cost, 29 Fox Run Road, Newington,  
 (next door to Wal-Mart)  
 Open Tues-Sat 9-5pm, [nhrestore.org](http://nhrestore.org), (603)750-3200

**Operation Blessing**  
 clothing, furniture & more, 600A Lafayette Road, Portsmouth,  
[admin@theobnh.org](mailto:admin@theobnh.org), (603)430-8561

**Community Toolbox**  
 Serves veterans, seniors, people with disabilities and those  
 who have fallen on hard times, referral needed-  
[commtoolbox.org](http://commtoolbox.org)

## WELFARE OFFICES

- Barrington: (603) 664-0154
- Dover: (603) 516-6500
- Durham: (603) 868-8043
- Farmington: (603) 755-3100
- Lee: (603) 534-9119
- Madbury: (603) 742-5131
- Milton/Milton Mills: (603) 652-4501 x8
- New Durham: (603) 859-0204
- Rochester: (603) 332-3505
- Rollinsford & Somersworth: (603) 692-9509
- Strafford: (603) 664-2192 x107
- Middleton: (603) 832-1461



Community Action  
 Partnership of Strafford County  
 (603) 435-2500  
 Head Start and Early Head Start  
 Home Visiting  
 Child Care (Farmington Children's Center)  
 Nutrition Services  
 Parent Education  
 Fuel and Electrical Assistance  
 Weatherization  
 Senior Transportation  
 Food Pantries  
 Housing Stability Services  
 Homeless Outreach  
 Workplace Success  
 Workplace Development  
 Visit us at [www.straffordcap.org](http://www.straffordcap.org)

## ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- ⇒ If you can't afford your prescriptions, ask your doctor for samples
- ⇒ **Patient Advocate Foundation**  
Financial Assistance with Co-Pays with specific diagnoses  
[patientadvocate.org](http://patientadvocate.org)  
(800)532-5274
- ⇒ **Wentworth Douglass Hospital**  
Financial assistance  
(603)740-3232  
[Wdhospital.org](http://Wdhospital.org)
- ⇒ **Frisbie Memorial Hospital**  
Financial assistance  
(800)849-0829  
[Frisbiehospital.com](http://Frisbiehospital.com)
- ⇒ **Prescription Drug Savings Card Program**  
Save an average of 20%  
[familywize.org](http://familywize.org)
- ⇒ **Target, Hannaford and Wal-Mart**  
hundreds of \$4.00 prescriptions, check their websites or ask the pharmacist.
- ⇒ **New Generation, Inc**  
Transitional shelter for pregnant women and new mothers/babies age 18+  
586 Portsmouth Ave, Greenland  
Mon-Fri 9-5, Sat 10-4  
(603)436-4989  
[newgennh.org](http://newgennh.org)
- ⇒ **Goodwin Community Health**  
Healthcare for the uninsured and underinsured—adults, elders, children and teens  
311 Rte. 108, Somersworth  
MWF 8-5pm, Tu &Th 8-7pm  
[goodwinch.org](http://goodwinch.org)  
(603)749-2346
- ⇒ **Children's Medicaid**  
(800) 852-3345
- ⇒ **NH DHHS Rochester Office**  
NH Medicaid; NH Healthy Families, Wellsense or Ameri Health  
[dhhs.nh.gov](http://dhhs.nh.gov)  
(603)332-9120 or (800)852-3345
- ⇒ **NH Medication Bridge**  
[healthynh.com](http://healthynh.com)  
(603)225-0900
- ⇒ **Let No Woman be Overlooked**  
Low income breast and cervical screening  
[Nhbcc.org](http://Nhbcc.org)  
(603) 966-0685
- ⇒ **NH Partners in Health (at Community Partners)**  
Program for children, ages 0-21, with a chronic health condition  
(603)516-9300
- ⇒ **Needy Meds**  
No cost meds to eligible participants  
[needymeds.org](http://needymeds.org)
- ⇒ **Coupons for low cost medication**  
[GoodRx.com](http://GoodRx.com)  
[Rxaver.com](http://Rxaver.com)  
[Singlecare.com](http://Singlecare.com)
- ⇒ **Recycled Equipment Marketplace (REM)**  
Clean, refurbished equipment.  
Open Mon—Fri 8:30-3:30pm  
[rem.crotchedmountain.org](http://rem.crotchedmountain.org) or [shopREM.com](http://shopREM.com)  
(603)226-2903
- ⇒ **The Joan G. Lovering Health Center**  
Offers pregnancy resources, contraceptive education, confidential testing and confidential counseling.  
559 Portsmouth Ave, Greenland  
Tu-Th 8:30-4:30pm. Fri 9:15-4:00pm  
(603)436-7588  
[Jglhc.org](http://Jglhc.org)
- ⇒ **Health Market Contact New Hampshire**  
We can help determine your eligibility, help you pick out a plan, enroll, and show you how to use your new coverage. We can help you apply, complete your enrollment, select a plan, and show you how to use your new coverage. We're funded through a federal grant, so our services are always available at no cost to you  
(800)208-5164  
[Hmcnh.com/coverage-assistance](http://Hmcnh.com/coverage-assistance)
- ⇒ **NHNavigator**  
New Hampshire's Health Insurance Helpline  
1-877-211-NAVI or (603) 931-3858  
[acanavigator.com/nh/contact](http://acanavigator.com/nh/contact)

### Healthcare for the Homeless Mobile Health Clinics

Not only for people living in shelters or on the street, but for anyone living in temporary housing, including those "sofa-surfing", living in a campground or a winter rental. Patients seen on the van can pay with Medicaid or other insurance if they have it; if not, there is no charge.

Sponsored by Families First  
(603)766 9220

#### MOBILE HEALTH CARE VAN LOCATIONS

##### Dover Public Library

46 Locust Street, Dover

Mon, 3-5pm

##### Salvation Army

10 Olde Farm Lane, Rochester

Wed, 12-2pm

##### Community Action Partnership

577 Central Ave Dover

Wed, 3-5pm

## MORE ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- ⇒ **ServiceLink Strafford County/Aging and Disability Resource Center:** seniors 60 and older, and adults 18 and older with a disability or chronic illness, their caregivers, and anyone interested in long term care. Also help with fraud prevention, Medicaid and Medicare counseling. [servicelink.org](http://servicelink.org), Community Partners 25 Old Dover Road, Rochester (603)332-7398
- ⇒ **Annie’s Angels:** 501(c)3 non-profit helps families with the financial challenges of life threatening diseases and disabilities through fund raising networks. [anniesangels.org](http://anniesangels.org), (603) 686-4224
- ⇒ **Transfer prescriptions** to a new grocery or drug store when it offers a gift card for store credit and use that to help pay for prescriptions.
- ⇒ **Find the lowest-cost place to purchase prescription drugs:** Check not only your local pharmacies, but also local supermarkets, area discount centers and mail order pharmacies.
- ⇒ **Skip the ER:** if you have non-life-threatening medical issues such as fevers, cuts, minor burns or headaches. A more affordable alternative is a walk-in urgent care center open 7 days a week, no appointments necessary. If you are not sure, call the ER and talk to a nurse before hand.
- ⇒ **Free Tests:** Get basic health tests by attending free health fairs in your area. Many drug stores offer free blood pressure checks.
- ⇒ **When overnight hospital stays are necessary for your child:** ask a social worker about free or discounted housing for the family (i.e. David’s House at Dartmouth Hitchcock Medical Center).


## ASSISTANCE WITH LEGAL SERVICES

- **603 Legal aid**  
Free legal assistance to those who meet financial eligibility  
Mon-Fri 9-1pm  
[603legalaid.org](http://603legalaid.org)  
(800)639-5290 or (603)224-3333
- **Disabilities Rights Center**  
Legal assistance for individuals with disabilities.  
[Drcnh.org](http://Drcnh.org)  
(603)228-0432
- **NH Pro Bono Referral Program**  
Help for low income folks w/non-criminal legal problems and needs  
[Nhlegalaid.org](http://Nhlegalaid.org)  
(800)639-5290
- **Domestic Violence Emergency (DOVE) Project**  
Provides legal assistance to victims of domestic abuse who meet financial eligibility.  
Contact local domestic violence support center\* for referral (available 24 hrs.)  
**NH DV hotline: (866)644-3574**  
**NH Sexual Assault hotline: (800)277 5570**
- **Senior Citizens Legal Advice Line**  
(888)353-9944
- **GLAD—Gay and Lesbian Advocates and Defenders**  
18 Tremont St, Suite 950 Boston, MA  
[glad.org](http://glad.org)  
(617)426-1350
- **Strafford County Family Justice Center**  
Support and resources to victims of domestic violence, sexual assault, elder abuse and stalking  
Community Center 150 Wakefield Street, Rochester  
[iscfjc.com](http://iscfjc.com)  
(603)509-1916



- **Modest Means Legal Program**  
Legal services at reduced rates  
[Nhbar.org](http://Nhbar.org)
- **The low-income taxpayer project**  
Referral needed  
(603)228-6028
- **Lawline**  
Volunteer lawyers provide free legal information over the phone  
2nd Wednesday of each month  
[Larcnh.org](http://Larcnh.org)  
(800)868-1212

## TRANSPORTATION & CAR ASSISTANCE



### NON-EMERGENCY MEDICAL TRANSPORTATION QUICK SUMMARY GUIDE

#### NH Medicaid FFS & MCO Vendors

Effective 7/1/2022

To request rides for NH Medicaid's Fee for Service (FFS) and Managed Care Organization (MCO) Members, please call the appropriate telephone number listed below.

Type of Transportation Needed	NH DHHS Fee for Service (CTS)	NH Healthy Families (MTM)	WellSense Health Plan (CTS)	AmeriHealth Caritas New Hampshire (CTS)
Routine Non-Emergency Medical Transportation (Non-Urgent)	Call 844-259-4780 to arrange ride <b>48-Hour Notice Required</b>	Call 888-597-1192 to arrange ride <b>3-Day Notice Required</b>	Call 844-909-7433 to arrange ride <b>48-Hour Notice Required</b>	Call 833-301-2264 to arrange ride <b>48-Hour Notice Required</b>
Urgent Non-Emergency Medical Transportation: Urgent Care or Emergency Room needing a ride home	Call 844-259-4780 to arrange ride <b>2-Hour Notice Required</b>	Call 888-597-1192 to arrange ride <b>3-Hour Notice Requested</b>	Call 844-909-7433 to arrange ride <b>3-Hour Notice Required</b>	Call 833-301-2264 to arrange ride <b>2-Hour Notice Required</b>
After Hours Non-Emergency Medical Transportation or Hospital Discharge	Call 844-259-4780 Select 'Less than 48 hours' and leave a message <b>Calls generally returned within 1 hour</b>	Call 888-597-1192 Follow prompts to connect to call center	Call 844-909-7433 Select 'Less than 48 hours' and leave a message <b>Calls generally returned within 1 hour</b>	Call 833-301-2264 Select 'within next 2 business days' and leave a message <b>Calls generally returned within 1 hour</b>
Family and Friends Mileage Reimbursement Program <b>Advance Approval Required</b>	Call 844-259-4780 for authorization	Call 888-597-1192 for authorization	Call 844-909-7433 for authorization	Call 833-301-2264 for authorization
Medical provider escalation number for quick response to transportation need or issue	Call 844-259-4780, press Provider prompt (2) for immediate assistance	Call 888-597-1182	Call 844-909-7433, press Provider prompt (1) for immediate assistance	Call 833-301-2264, press Provider prompt (2) for immediate assistance

- To file a complaint, contact the broker directly using their non-Urgent number.
- TTY Services and the hearing impaired, call: 7-1-1 or 800-735-2964 (relay New Hampshire).
- **Coordinated Transportation Services (CTS):** Business Hours, **ACNH** Monday – Wednesday: 8:00am – 8:00pm; Thursday – Friday: 8:00am – 6:00pm. / **WSHP** Monday – Friday 8:00am - 8:00 pm / **NH DHHS Fee for Service** Monday – Friday: 8:00am – 5:00pm.
- **Medical Transportation Management (MTM):** Business Hours, Monday – Wednesday: 8:00am – 8:00pm; Thursday – Friday: 8:00am – 5:00pm.

- **Wheelchair Van Services:**  
For NH Medicaid recipients who need accessible transportation to medical appointments  
For prior approval contact Client Services at **(800)852-3345 x9700**
- **COAST/Alliance for Community Transportation (ACT)/Paratransit**  
COAST Online community transportation directory that lists a variety of services, including buses, volunteer driver programs for trips to doctor, shopping shuttles, tax services and more (application required)  
[coastbus.org](http://coastbus.org)  
**(603)743-5777**
- **Community Action Partnership of Strafford County Senior Transportation**  
Transportation to grocery stores and shopping for people 60 and over. Wheelchair accessible and suggested donation of \$2.00  
[straffordcap.org](http://straffordcap.org)  
**(603)817-8207**
- **CARE-VAN:**  
for medical appointments at Wentworth Douglass Hospital  
**(603)740-2520**
- **Granite State Independent Living**  
may be able to provide van transportation for people with disabilities.  
[gsil.org](http://gsil.org)  
**(603)228-9680**
- **Rideshare**  
[nh.gov/dot/programs/rideshare/](http://nh.gov/dot/programs/rideshare/)
- **READY RIDES**  
Transportation assistance for Barrington, Durham, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham, Strafford  
[ireadyrides.org](http://ireadyrides.org)
- Traveling to **CHaD** in Lebanon? Check in with the Family Center at the hospital for an Irving gas voucher  
**(603)653-9899**
- **Gasbuddy:**  
Find the cheapest gas in your area  
[gasbuddy.com](http://gasbuddy.com)
- Assistance in obtaining a car  
[freecharitycars.org](http://freecharitycars.org)  
**(603)224-8719**



## HOUSING AND HOMELESSNESS

- **NH Housing Authority (Section 8)**  
nhhfa.org  
(800)439-7247
- **Dial 211**  
NH statewide comprehensive, information and referral service
- **Community Action Partnership of Strafford County Housing Program**, assistance with rent, utilities vehicle repairs as funding allows and where assistance not available through other sources  
(603)435-2500 or (603)534-1813
- **Community Action Partnership Strafford County NH Security Deposit Loan Program** is assistance in the form of a guarantee certificate to the landlord and a loan to the client, which must be paid back to CAPSC  
(603)534-1813
- **Community Action Partnership Strafford County Homeless Outreach and Intervention Program (HOIP)** offers outreach services to unsheltered homeless throughout Strafford County. HOIP is a state-wide initiative designed to help the homeless obtain emergency shelter, provide referrals, and get connected to other emergency services  
(603)534-0713
- **USDA Rural Development**  
Helps NH families to achieve housing goals with creative financing and other funds  
rd.usda.gov/nh
- **Counseling for at-risk homeowners**  
HomeHelpNh.org
- **Emergency Housing**  
Home4Hope.com  
(603)641-9441 ext. 251
- **Subsidized Housing for Elderly and Disabled**  
Stewart Property Management  
(603)641-2163
- **Helping Hands Outreach Center**  
Provides a safe, sober environment for men in recovery  
(603)623-8778
- **Veterans Inc.**  
veteransinc.org  
(800)482-2565
- **Seeds of Faith**  
Community Outreach for those at risk of homelessness, food pantry, clothing, diapers, advocacy  
21 Grand St Somersworth  
seedsoffaiethnh.org  
(603)692-3100 (call ahead to make an appt)
- **Manchester and Seacoast Street Outreach by Waypoint**  
Provides a safe, supportive resource center and healthy connection for at-risk youth in the community between the ages of 12-22  
Manchester: (603)518-4170  
Seacoast: (603)828 3385

⇒ Dover Housing Authority : (603) 742-5804  
 ⇒ Rochester Housing Authority : (603) 332-4126  
 ⇒ Somersworth Housing Authority : (603) 692-2864

## HOMELESS EMERGENCY SERVICES

- **Drop-in center:** provides safe, welcoming place for unhoused individuals to connect to supportive services and access care, 9:30 to 4:30 pm Mon-Fri, 577 Central Ave, Dover
- **Homeless Center for Strafford County:** Referral needed, (603)332-3065
- **My Friend's Place:** Dover, Referral needed, myfriendsplacenh.org, (603)749-3017
- **Crossroads House:** Emergency and transitional shelter to Seacoast individuals and families. 600 Lafayette Road, Portsmouth, crossroadshouse.org , (603)426-2218, Shelter referrals, (866)444-4211
- **New Generation:** Shelter and support for single mothers and their children in Greenland, Emergency and transition services and aftercare, newgennh.org, (603)436-4989
- **Seacoast Family Promise:** Shelter, case management, and aftercare for families with children who are experiencing homelessness, 27 Hampton Road, Exeter, seacoastfamilypromise.org, (603)658-8448
- **HAVEN:** Short-term emergency shelter. Provides women and their children with a safe environment to heal from domestic violence and to rebuild their lives, havennh.org, 24 Hour Hotline: (603)994-7233, (603)436-4107 (appt. needed)
- **Lydia's House of Hope:** Transitional housing & training program for homeless families and single women.  
lydiashousenh.org, (603)692-3100
- **Emergency Assistance:** the Emergency Assistance Program helps families get or keep their homes. EA helps pay for rent or utility security deposits, first month's rent, home heating fuel deliveries, or past due rent, mortgage, or utility debts. Families must meet all the eligibility rules for Financial Assistance for Needy Families, dhhs.nh.gov/financial-assistance
- **Home Help NH:** haf.homehelpnh.org

## FINANCIAL ASSISTANCE

- **Modest Needs Foundation**  
on-line opportunity for individuals to request financial assistance  
[modestneeds.org](http://modestneeds.org)
- **Rochester Share Fund:**  
(Roch/Gonic/Farmington/Somersworth residents only)  
183 N. Main St  
Must call for appt; (603)335-0011  
[Sharefund.org](http://Sharefund.org)
- **Dover Share Fund: (Dover residents only)**  
PO Box 385  
(603)617-6942
- **Internet (Comcast)**  
\$9.95/mo. internet service and inexpensive computers to eligible families. New computers for \$149.99 if eligible and free internet training  
[internetessentials.com](http://internetessentials.com)
- **Netwish**  
A non-profit group of business people who provide a financial helping hand when it is needed the most  
[netwish.org](http://netwish.org)
- **Harry Alan Gregg Foundation**  
Small grants for special equipment or other treatment for individuals with disabilities including camperships. Based on need  
[Harrygreggfoundation.org](http://Harrygreggfoundation.org)
- **Green Path Financial Wellness**  
250 Commercial St, Suite 3016, Manchester, NH  
Mon, Tues, Weds, Fri 9:30-6; Thurs 11:30-6  
(603)626-4530 or (800)550-1961  
[greenpath.com](http://greenpath.com)
- **Temporary Assistance for Needy Families TANF**  
provides cash assistance to families with dependent children. To qualify, the dependent children must lack parental support or care due to death, continued absence, or because at least one parent in a two-parent home is disabled or incapacitated  
[dhhs.nh.gov/financial-assistance](http://dhhs.nh.gov/financial-assistance)
- **Contact local Town Welfare Office; see page 5 for phone number**

## HOLIDAY ASSISTANCE

Please call to confirm

- **Barrington Food Pantry**  
Holiday food basket & Christmas gift program  
(603)664-0233
- **Dover Residents**  
Toys for Tots  
City Welfare Office at City Hall, 61 Locust St. Suite #334  
[Dover.nh.gov](http://Dover.nh.gov)  
(603)516-6000
- **Somersworth Residents**  
Toys for Tots  
Somersworth Fire Dept.  
(603)692-3457
- **Rollinsford, Seeds of Faith Food Pantry**  
Holiday baskets  
(603)692-3100
- **Durham residents**  
Toys for Tots  
Fire Department  
(603)868-5531
- **Strafford County Community Action Partnership**  
provides holiday food baskets for eligible individuals and families. (There are application deadlines)  
(603)435-2500

Check with Welfare offices, your child's school, local police/fire departments regarding food baskets for Thanksgiving and Christmas. If your town is not listed, call the **Salvation Army** (603)332-2623, they may be able to assist you further.

## TAX PREPARATION

- ⇒ **IRS—Tax prep assistance**  
[IRS.gov](http://IRS.gov)  
(800)906-9887
- ⇒ **Tax highlights for persons with disabilities**  
ask IRS for publ. 907  
[IRS.gov/pub907](http://IRS.gov/pub907)



## FREE INCOME TAX PREPARATION

*Granite United Way's Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low to moderate income households. VITA is a free tax preparation program available to individuals and families with household incomes up to \$60,000 annually. Two ways to file for free,*

*Visit [nhtaxhelp.org](http://nhtaxhelp.org) to schedule a virtual appointment with an IRS-certified tax preparer (call 211 if you don't have internet access)*

*Visit [MyFreeTaxes.com](http://MyFreeTaxes.com) to prepare your own return, for free online, with guidance from a toll-free helpline.*

## MENTAL HEALTH AND SUBSTANCE ABUSE ASSISTANCE

- ⇒ **National Alliance on Mental Illness (NAMI) NH:**  
To connect with resources and supports, Mon-Fri 9AM-5PM, (800)242-6264 to leave a confidential message
- ⇒ **Dover Mental Health Alliance/The Community Circle**  
A support group to connect with others  
Meets 1st and 3rd Wednesday of each month; 5:15 to 6:45pm, McConnell center room 340  
[dovermentalhealthalliance.org](http://dovermentalhealthalliance.org)
- ⇒ **NH Rapid Response Access Point**  
Mental Health or substance use crisis, (833)710-6477
- ⇒ **Crisis text line**  
Text HOME to [741741](tel:741741) to connect with a volunteer Crisis Counselor
- ⇒ **The Doorway Operated by Wentworth Douglas Hospital**  
Mental Health or substance use, telephone screening and crisis stabilization, in-person screening and crisis stabilization, evaluation, care planning, facilitated referral, continuous recovery monitoring, Naloxone (Narcan) distribution, & transportation assistance, 798 Central Ave, Dover, call 211
- ⇒ **National Suicide Prevention Lifeline**  
Call 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones (800)237-TALK (8255)
- ⇒ **Trevor Project**  
The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. If you are an LGBTQ young person in need of support, reach out to one of our crisis counselors, available 24/7, text: 678-678 or call (866)488-7386, [thetrevorproject.org](http://thetrevorproject.org)
- ⇒ **Hope on Haven Hill**  
Serves pregnant and postpartum women who are homeless or imminently homeless with a substance use disorder, 326 Rochester Hill Rd, Rochester, (603)841-5353; [hopeonhavenhill.org](http://hopeonhavenhill.org)
- ⇒ **Psychology Today**  
A resource to find a local therapist. This tool also makes it easy to find a therapist that specializes in certain areas. There is a filter to search by Insurance; [psychologytoday.com](http://psychologytoday.com)
- ⇒ **Community Partners Behavioral Health**  
(603)516-9300, [Communitypartnersnh.org](http://Communitypartnersnh.org) Locations in Dover and Rochester
- ⇒ **Great Bay Mental Health**  
Wentworth Health Partners  
15 Old Rollinsford Rd STE 302, Dover, (603)742-9200
- ⇒ **NH Community Behavioral Health Association**  
website to find mental health services in your town  
[nhcbha.org/nhcbha-member-locations](http://nhcbha.org/nhcbha-member-locations)
- ⇒ **Goodwin Community Health**  
311 NH-108, Somersworth

## NETWORKING RESOURCES FOR FAMILIES RAISING CHILDREN

- ⇒ **Family Connections Program**  
Connects a family needing support to a family who has been there, 162 Pembroke Road, Concord, (800)499-4153, (603)225-4153, [communitybridgesnh.org](http://communitybridgesnh.org)
- ⇒ **Parent Information Center**  
Providing families and those who work with them with the resources, information, and training they need to help children thrive, (603)224-7005, (800)947-7005 (NH Only), [picnh.org](http://picnh.org)
- ⇒ **New Hampshire Family Voices**  
Provides free, confidential services to families and professionals caring for children with chronic conditions and or disabilities. (800)852-3345 ext. 4525, (603)271-4525, [nhfv.org](http://nhfv.org)



## ASSISTANCE WITH TELEPHONES

- **SafeLink**  
Free cell phone if income eligible  
[safelinkwireless.com](http://safelinkwireless.com)  
(800)723-3546
- **Link-up**  
Telephone programs can reduce installation fees and reduce your telephone bills  
[reegovernmentcellphones.net/states](http://reegovernmentcellphones.net/states)
- **Call Free Telephone Directory**  
(800)373-3411 or 411

## HAIR CARE

- **Empire Beauty School**  
Low cost Services  
456 High St, Somersworth  
[empirebeautyschools.com](http://empirebeautyschools.com)  
(603)692-1515



## CHILDCARE SUPPORT

- **Child care scholarship**  
helps with the cost of child care. Parents must be working, looking for work or in a training  
apply on [nheasy.nh.gov](http://nheasy.nh.gov)

## ASSISTANCE WITH PETS

- **Reduced fee spaying and neutering** and pre-surgery immunizations for pets of NH residents who receive Food Stamps, Medicaid, TANF, APTD, ANB, OAA and/or SSI. Obtain a "Plan B" application from Human Services, NHSPCA, or call Animal Population Control Program at [www.nhspca.org/spay-neuter-information](http://www.nhspca.org/spay-neuter-information)  
(603)772-2921 x147
- **Animal Population Control Program:** (603)271-3697
- **COCHeco Valley Humane Society** [popememorialcvhs.org](http://popememorialcvhs.org) (603)749-5322
- **Elderpet** provides various services to low income elders, persons with disabilities and hospice families. Services include limited transportation, pet food assistance, pet grooming, short term pet care, pet medication assistance & consultations  
[elderpet.org](http://elderpet.org), (603)767-6856
- **The Pet Fund** [thepetfund.com](http://thepetfund.com)
- **Care Credit** For veterinary services: (800)677-0718
- **Tails to Freedom, Inc:** Dedicated to educating the community around animal and environmental protection. Provides financial assistance to animals, charities, and pet-owners (603)882-3647
- **NH Pet Aid** Cat or dog must have an urgent, potentially treatable condition or injury with a favorable prognosis, [nhpetaid.org](http://nhpetaid.org)
- **Strachpay** payment plans for veterinary services. Need to go on website to see which offices participate in this program, [Strachpay.com](http://Strachpay.com)



## ASSISTANCE WITH RECREATION

FREE passes to local and out of state museums may be available through your local library

**NH Fish and Game Department** offers several hunting and fishing permits for people with physical disabilities. Free or nominal fee, (603)271-3422

Check with your local Town/city recreation departments: scholarships may be available for eligible children.

**Children's Museum of NH:** Henry Law Park, 6 Washington Street, Dover (603)742-2002

**Harry Alan Gregg Foundation:** Small grants for special equipment or other treatment for individuals with disabilities including camperships; [crotchedmountain.org](http://crotchedmountain.org), (603)547-1490

**Rekindling curiosity:** Department of Education: up to \$650.00 in camp fees [rekindlingcuriosityeducation.nh.gov](http://rekindlingcuriosityeducation.nh.gov)





## MORE GREAT RESOURCES

- **Strafford County Public Health Network**  
In person and virtual parenting classes, play groups, support groups, senior groups, and home visiting  
(603)994-6367
- **Social Security Administration**  
SSI and SSDI  
215 Commerce Way, Portsmouth  
Mon, Tues, Thurs, Fri 9-4; Weds 9-12.  
[ssa.gov](http://ssa.gov)  
(800)772-1213
- **NH Department of Health and Human Services**  
Medicaid, MEAD, APTD, Food Stamps, QMBY, TANF, & Child Support  
150 Wakefield St, Rochester M-F 8-4  
Can apply on [nheasy.nh.gov](http://nheasy.nh.gov)
- **Child Protection Services & Bureau of Adult and Elderly Services**  
[dhhs.nh.gov](http://dhhs.nh.gov)  
(603)332-9120
- **NH Employment Security**  
6 Marsh Brook Dr, Somersworth  
M-F 8:30-4:30  
[nhworks.org](http://nhworks.org)  
(603)742-3600
- **211 Info line**  
(Dial 211 from any NH Phone)  
[211nh.org](http://211nh.org)
- **Seacoast Outright**  
Serving LGBTQIA+ Youth  
25 Highland Street, Portsmouth  
(603)552-5824
- **Benefits Checkup for Seniors**  
[nhla.org](http://nhla.org)
- **Veteran's Affairs Regional Office**  
(800)827-1000
- **Catholic Charities**  
Assessment, case management, financial education, support groups  
23 Grant St, Rochester  
(603)332-7701
- **Strafford County Child Advocacy Center**  
259 County Farm Road, Suite 201, Dover  
(603)516-8100  
[straffordcountycac.org](http://straffordcountycac.org)
- **Northeast Passage**  
Seasonal adaptive sports  
(603)862-0070  
[Nepassage.org](http://Nepassage.org)
- **NH Special Olympics**  
(603)624-1250  
[Sonh.org](http://Sonh.org)
- **NH Family Caregiver Support Program**  
Information about community programs and local resources, respite services, education and training opportunities, and access to support groups  
(866)634-9412  
[Servicelink.nh.gov/about-us/nhfcsp/htm](http://Servicelink.nh.gov/about-us/nhfcsp/htm)
- **Institute on Disability**  
University of New Hampshire  
(603)862-4320 ext. 711



## YOUR CREDIT SCORE....

What is a **credit score**? It's a number representing the creditworthiness of a person, the likelihood that person will pay his or her debts. Lenders use credit scores to evaluate the potential risk posed by lending money to consumers.

**35% – Payment History:** Bills paid on time will improve your score.

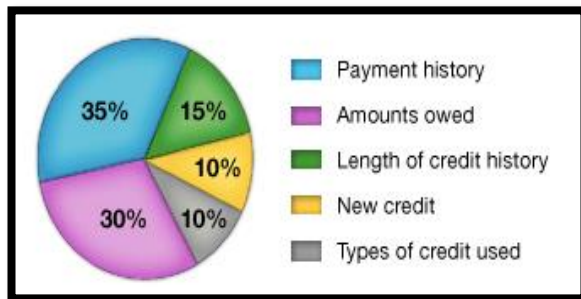
**30% – Credit Utilization:** The ratio of current revolving debt (such as credit card balances) to the total available credit limit. The lower the ratio, the better your credit.

**15% – Length of Credit History:** A long credit history can have a positive impact on your score.

**10% – Types of Credit Used:** You can benefit by having a history of managing different types of credit, such as mortgage, credit card, car loan.

**10% – Recent Searches for Credit:** Inquiries, which occur when you are seeking new credit, can hurt scores.

For instant access to your FREE credit report, visit [annualcreditreport.com](http://annualcreditreport.com) & [creditcharma.com](http://creditcharma.com) for your credit score.



### A GOOD CREDIT CAN....

- ⇒ Save you thousands of dollars, even tens of thousands of dollars on interest payments for car loans, home loans, other debt, etc.
- ⇒ Lower the cost of premiums for things like auto insurance!
- ⇒ Help you get a job.
- ⇒ Help you to rent an apartment.
- ⇒ Increase chances for loan approval or approval for other credit cards.
- ⇒ Give you more negotiating power!
- ⇒ Enable you to buy a cell phone without having to put down a security deposit.
- ⇒ Give you access to locking in lower utility rates.

### WAYS TO IMPROVE YOUR SCORE...

- ⇒ **Pull Your Credit Report:** Be sure to use a credible site like [annualcreditreport.com](http://annualcreditreport.com)
- ⇒ **Improve Payment History:** If you have missed payments, get current and stay current! The longer those bills sit, the larger long-term impact that debt will have on your credit score!
- ⇒ **Pay Down Balances to Improve Your Credit Utilization:** High outstanding debt can decrease your credit score.
- ⇒ **Keep Credit Amounts As Long As You Can:** Pay off debt and work through it with fewer cards by meeting monthly minimum payments, rather than opening a new card.
- ⇒ **Don't Open Too Many New Credit Accounts Right Away!** Sometimes, having too many credit cards can backfire! Try to avoid this.

CATEGORY	SCORE
<b>Excellent</b> (30% of People)	750 - 850
<b>Good</b> (13% of People)	700 - 749
<b>Fair</b> (18% of People)	650 - 699
<b>Poor</b> (34% of People)	550 - 649
<b>BAD</b> (16% of People)	350 - 549

**Consumer Credit Counseling:**  
Free budget, debt, and housing counseling  
(800)327-6778

### FREE COVID TEST

- ⇒ Check with your health insurance to see if they provide free covid test
- ⇒ Check the following website, [governor.nh.gov/news-and-media/free-home-rapid-covid-19-tests-now-available-new-hampshire-residents](https://governor.nh.gov/news-and-media/free-home-rapid-covid-19-tests-now-available-new-hampshire-residents), to learn if more test are available in your area.
- ⇒ [special.usps.com/testkits](https://special.usps.com/testkits)
- ⇒ Check your local pharmacy to see if they provide Covid testing



### FINANCIAL AID

- ⇒ New Hampshire Higher Education Assistance Foundation  
(888)747-23-82 ext. 119  
[Nhheaf.org](https://Nhheaf.org)
- ⇒ NH Charitable Foundation  
(603)225-6641  
[Nhcf.org](https://Nhcf.org)
- ⇒ Federal Student Aid  
[studentaid.gov/h/apply-for-aid/fafsa](https://studentaid.gov/h/apply-for-aid/fafsa)
- ⇒ Check with your child's school for a list community scholarships to apply for

### EDUCATION SUPPORTS

- ⇒ **Preschool Special Education**  
NH Department of Education, Early Childhood Education  
(603)271-2178  
[Education.nh.gov](https://Education.nh.gov)
- ⇒ **Early Headstart and Headstart**  
Federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development.  
(603)435-2500  
[Straffordcap.org/head-start](https://Straffordcap.org/head-start)
- ⇒ **Early Supports and Services** (birth to age 3)  
Family support, education, vision services, hearing services, health and nursing services. Service coordination, speech and language therapy, Occupational therapy, physical therapy and evaluation services.  
**Community Partners, Dover**  
(603)516-9300  
[communitypartnersnh.org/early-supports](https://communitypartnersnh.org/early-supports)
- ⇒ **Spectrum Connection:**  
An autism treatment clinic located in Rochester, New Hampshire. Services are typically funded by Medicaid or private insurance. Individualized programs are developed based on each learner's specific needs.  
**Community Partners, Dover**  
(603)516-9300  
[communitypartnersnh.org/applied-behavioral-services](https://communitypartnersnh.org/applied-behavioral-services)
- ⇒ **NH Department of Education**  
(603)271-3494  
[Education.nh.gov](https://Education.nh.gov)
- ⇒ **Bureau of Special Education**  
(603)271-3791  
[Education.nh.gov](https://Education.nh.gov)

### DISCOUNTED RESTAURANT COUPONS

[restaurant.com](https://restaurant.com) for coupons to a variety of local restaurants.  
[nhdollarsaver.com](https://nhdollarsaver.com) for coupons for restaurants and recreation



**Community Partners**

113 Crosby Road Suite 1  
Dover NH 03820

Phone: 603-516-9300

Fax: 603-743-3244

Editor: Family Support Department

Email: [pfraser@communitypartnersnh.org](mailto:pfraser@communitypartnersnh.org)

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[communitypartnersnh.org](http://communitypartnersnh.org)

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Return Service Requested



**13th Annual Family Support  
Community Resources Newsletter  
2023**

**Save this Issue for  
Future Reference**