

NTSO
Community Resource
Guide
2003

The Non-Traditional Student Organization (NTSO) is pleased to present the **NTSO Community Resource Guide** for students at UNH. Items in this guide are categorized both alphabetically and categorically for ease of use. Please feel free to contact us with any ideas or suggestions for improvement of this guide. This is only meant to be a guide. For additional information about services in this guide please contact the appropriate organization.

Thank you,

The NTSO

Mission Statement

The NTSO is committed to providing support, friendship, and guidance to Non-Traditional and Commuter students at UNH while encouraging them to become active in academic, social, and recreational opportunities on campus.

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NTSO

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Directory Information of Agencies

AARP-American Association of Retired Persons

Dover Area Chapter #611

Phone: 742-4185

Meetings are the fourth Thursday of every month at 1pm at St John's Methodist Church, Cataract Ave, Dover.

AL-ANON

Phone: 1-877-825-2666

Group of friends/relatives who meet to share experiences, give support and solve the common problems of living with an alcoholic.

ALATEEN

Phone: 1-877-825-2666

Group for teenagers who live with a problem drinker.

Alcoholics Anonymous

Phone: 1-800-593-3330

Website: www.NHAA.net

Voluntary group for alcoholics seeking help with their drinking problem. 24-hour answering service.

American Cancer Society

Phone: Toll Free 1-800-277-2345 (24 hours)

Website: www.cancer.org

360 Rte 101, Unit 501, Bedford, NH 03110-5032

Hours: M-F 9-5

The purpose of the American Cancer Society is to educate the public and professional sectors on cancer treatment and rehabilitation. Rehabilitation & Support Programs offered. Call for more information.

The program provides patients and their families with information regarding federal, state and local resources. Cancer related information on the many topics associated with the cancer experience. Information on government regulations and legal issues. Information regarding cancer related rehabilitative and support programs.

American Diabetes Association, Inc

Phone: 1-877-627-9579

Website: www.diabetes.org

249 Canal Street, Manchester, NH 03101

Hours: M-F 8:30-5

Disseminates literature about diabetes and how to better control diabetes. Provides educational programs for professional and general public; sponsors Camp Carefree, a recreational and educational camp for children with diabetes, ages 8-15; funds diabetes research projects.

American Heart Association- New England Affiliate

Phone: Toll Free 1-888-907-6933

Website: www.americanheart.org

Programs center around cardiovascular disease and include research grants, public/professional education, referral info, CPR training info for public, cardiac life support training system for health professionals, health education for youth programming material, and sample pamphlets provided free.

American Lung Association of NH

Phone: 1-800-835-8647

Website: www.nhlung.org

9 Cedarwood Drive, Unit 12, Bedford, NH 03110

Health education organization whose mission is to prevent and control lung disease and provide information on tobacco prevention, tobacco cessation, asthma and Chronic Obstructive Pulmonary Disease. ALANH has been the primary source of lung health information and education to the people of NH since 1916. They fight lung disease through research, education, community service and advocacy.

American Red Cross- Strafford County Chapter

Phone: 742-3449 Fax: 742-4510

Suite 5 Webb Place, Dover, NH 03820

Hours: 9am to 5pm Monday thru Friday.

Emergency services available 24 hours a day, every day of the year. Programs include Disaster Relief and Education, Service to the Armed Forces and their Families, Blood Services, Health Services including First Aid, CPR, Swimming, Life Guarding, Water Safety and AIDS Education, Community Volunteer Services. This chapter services all of Strafford County and Lebanon, Maine.

Amtrak

Phone: 1-800-USA-RAIL

Northern New England Passenger Rail Authority

Website: www.thedowneaster.com

Amtrak's service connects UNH-Durham to Portland and Boston with four round trip trains daily. The Down Easter stops in Durham weekends only with Wildcat transit providing frequent access to the daily station stop in Dover. Student, roundtrip and multi-ride discounts will be offered to travelers. The rail station is located on the UNH campus adjacent to the Whittemore Center at the Dairy Bar Restaurant.

Anxiety Disorder Support Group

Phone: 207-384-4222

Wentworth-Douglass Hospital

Bellamy Room

789 Central Ave Dover, NH 03820

6-7:30 pm Every Tuesday

Arthritis Foundation- NH Region

Phone: 224-9322 or 1-800-639-2113

E-mail: info.nne@arthritis.org

Website: www.arthritis.org

6 Chenell Drive, Suite 260, Concord, NH 03301

Information & physician referral, arthritis/fribromyalgia support & education groups; aquatic classes; PACE (land based) exercise programs; self-help courses; speakers' bureau; juvenile rheumatoid arthritis programs. Scholarships available.

Avis Goodwin Community Health Center

Phone: 749-2346

19 Old Rollinsford Rd, Dover, NH 03820

22 So Main St, Rochester, NH 03867

Hours: 8:30-4:30

A Community Based Health Center serving the uninsured and underinsured who cannot afford health care. We provide family and primary health care, prenatal care, child health and immunizations. Reproductive health care, women's health care and supporting social services with patient co-pays. We accept Medicaid, Medicare, Maine Medicaid and most insurances. Low cost or no cost prescriptions are available based on qualifications. Sliding scale fee.

WIC Program available at both offices and in Milton and Somersworth (332-4358).

Sexually Transmitted Disease Clinic and HIV/AIDS Testing and Counseling: Confidential and anonymous testing and prevention counseling. Both available in Dover on Tuesdays 5pm-6pm and Rochester on Thursdays, 6:30-7:30.

Bereavement

Phone: 740-3364

Wentworth Douglass Hospital

Salmon Falls/Bellamy Rooms

789 Central Ave Dover NH 03820

5:30-8pm First Tuesday of the month

Bereavement Education Support

(Surviving grief)

Phone: 740-3364

Wentworth Douglass Hospital

Salmon Falls Room

789 Central Ave Dover NH 03820

5:30-8pm Second Tuesday of the month

Behavioral Health Services of Strafford County

Phone: 749-3244

One Washington Center, Dover

For the Prospects Substance Abuse Treatment Program call 743-1840 ext 247

Behavioral Health Services offers comprehensive mental health treatment for people of all ages. This includes outpatient counseling, crisis care, intensive outpatient treatment for psychiatric or substance abuse problems, and short-term psychiatric inpatient care. Treatment is available for a

of all ages. This includes outpatient counseling, crisis care, intensive outpatient treatment for psychiatric or substance abuse problems, and short-term psychiatric inpatient care. Treatment is available for a wide range of mental health needs, including marital or personal relationship problems, adjustment difficulties, grieving and loss, family violence, and mental illness. Psychological evaluations and psychiatric services are also available for children, adults and elders. Most insurances, including NH Medicaid, are accepted.

Better Business Bureau of NH, Inc.

Phone: 224-1991, 228-3789, 228-3844

410 S. Main Street, Concord, NH 03301

Phone Hours: M-TH 9am-4pm, Friday 9am-3pm

Office Hours: M-TH 8:30am-4pm, Friday 8:30am-3pm.

Services provided include: reliability reports issued to consumers in order that they may make better buying decisions. A complaint resolution division handles consumer's complaints that cannot be handled between the consumer and business. Every effort should be made on the part of the consumer before we mediate. Pamphlets are available on most subjects such as insurance, working at home, buying a car, etc. Speakers are available for businesses, school, etc. Binding arbitration is offered to both consumers and businesses. Referrals are made to hundreds of agencies in and out of state and referrals to 190 other BBB offices are also made when the consumer has a question or complaint regarding a business in another state.

Big Brothers/Big Sisters Organization

Phone: 664-6061

Website: www.bigbrothersbigsisters.org

P.O. Box 475 Barrington NH 03825

Nonprofit organization that provides a one-on-one big buddy mentor service for children ages 7-18. Recruits adult mentors, trains, matches and supervises them, and also provides monthly activities for matches and children on the waiting list.

Bipolar Support Group

Phone: 431-6703 ext 3167

E-mail: dianec@smhc.seacoastmentalhealth.org

Community Campus Lower Level Portsmouth NH

Second Monday of the Month 6:30-8:30 pm

Meetings are open to those with bipolar disorder, their families and friends in hope of bettering their lives.

Birthright

Phone: 436-5558 or 1-800-550-4900 (24 hours a day)

323 Islington Street, Portsmouth, NH 03801

Hours: M-W 10-1, M 6-8, Th-F 12-3

An emergency pregnancy service operating crisis centers where any woman distressed by an unplanned or untimely pregnancy can find help as near as her phone. No appointment necessary.

Breast Cancer Support Group

Phone: 740-3364

Seacoast Cancer Center

Wentworth Douglass Hospital

789 Central Ave Dover NH 03820
6:30-8pm Second and Fourth Tuesday

Bureau of Disease Control

Phone: 271-4502

STD/HIV Program- 752-2437

6 Hazen Drive, Concord, NH 03301-6527

HIV-AIDS Hotline 1-800-752-AIDS 8:00am-4: 30pm

STD Hotline: 1-800-752-AIDS 8:00 am- 4:30pm, M-F

This program continues to educate the public (including people at risk) about how HIV and other sexually transmitted diseases are spread, and how people can protect themselves from becoming infected. To achieve this, a variety of services are used. They include: seminars and health education programs, public information campaigns that use the mass media to reach selected audiences, and state-wide operation of the two hotlines.

Cancer Support

Phone: 740-3364

Wentworth Douglass Hospital

Seacoast Cancer Center

789 Central Ave Dover NH 03820

5:30-7:30 pm Second and Fourth Tuesday

Catastrophic Illness Program

Office of Community & Public Health

Phone: Toll Free 1-800-852-3345, 271-4488 or 271-4352

Health & Welfare Bldg., Hazen Drive, Concord, NH 03301

A state-funded program designed to provide financial assistance to individuals requiring extensive medical treatment for specific medical conditions. These medical conditions are cancer, hemophilia, end state renal disease, cystic fibrosis, and spinal injuries.

The CATCH Program

(Comprehensive Assessment and Treatment for Children)

Phone: 433-4015 ext 109

Ste 203, Newington Park, 2064 Woodbury Ave., Newington, NH 03801

Serves children ages 0-16, accepts Medicaid and is a vendor for E1 Services. Has a central based clinic offering outpatient occupational speech and physical therapy and pediatric therapy services. Also offers speech/language pathology and occupational therapy. The program offers experienced pediatric therapists, home and center based therapy and a pool for therapy. Programs include sensory integration therapy, neurodevelopmental therapy and evaluations for therapeutic simulation. Has a new satellite office opening in Hampton, NH.

Center for Health Enhancement

Phone: 862-0248

Website: www.che.unh.edu

Nesmith Hall, Durham, NH 03824-3597

The Center for Health Enhancement is a faculty-student operated program with a three-fold mission of education, research and community service in the areas of nutrition and health.

The center offers analysis of body composition and fat distribution, analysis of blood lipid levels, dietary analysis and consultation, metabolic testing, individual diet design, fitness assessment and exercise prescription.

Child & Family Services Group Home and Runaway & Homeless Youth Program

Phone: 224-9313

240 N. Main Street, Concord, NH 03301

Voluntary, residential, aftercare & outreach program for adolescents (13-18) with psychological, emotional and behavioral problems. Sponsored by the Greater Concord Regional Office of Child & Family Services of NH.

Civil Liberties Union- NH

Phone: 225-3080

18 Low Ave, Concord, NH 03301

Hours: M-F, 9am to 1pm.

Provides representation to individuals whose Constitutional rights have been violated by any branch of government. Office hours by appointment only. Legal inquiries must be submitted by mail, as there is no attorney on the staff.

C&J Trailways

Phone: 603-430-1100/ 1-800-258-7111

E-mail: customercare@cjtrailways.com

Website: www.cjtrailways.com

185 Grafton Dr Portsmouth NH 03801

Provides transportation to Boston, Logan Airport and links to other destinations.

Client and Legal Services Office

Phone: 603-271-5024 Fax: 603-271-5058

105 Pleasant St, Concord NH 03301

Hours: 8:30 am- 4:30 pm

Offers information and referral to mental health and developmental services including information and guardianship of incapacitated adults.

Fees: Free

COAST Public Transportation

Phone: 743-5777; Fax: 743-5786

Website: www.coastbus.org

42 Sumner Drive, Dover, NH 03820

Provides regularly scheduled transportation to: Berwick, Dover, Durham, Exeter, Farmington, Newton, Newmarket, Portsmouth, Rochester, Somersworth, and Stratham.

Cocaine Abuse

24-Hour Action Helpline: 800-234-0420

24-Hour Hotline: 800-444-9999

Cocheco Valley Humane Society

Phone: 749-5322

262 County Farm Road Dover, NH 03820

Hours: Th 12-4 F-Sat 12-5

Private, non-profit organization

Shelter services for unwanted, lost and abused animals. Offers animals for adoption, provides humane education and community outreach programs such as Visiting Companion and pet care information for owners. Provides cruelty investigations and pet tagging services, tracks lost and found animals reported to the shelter, and publishes a newsletter.

Commodity Supplemental Food Program (CSFP Program)

Phone: 332-4358

22 South Main Street, Rochester, NH 03867

A nutrition program, sponsored by the WIC program, offers free nutritious foods. The food is distributed monthly to Strafford County participants from our Dover and Rochester locations. CSFP services are free of charge. Eligibility required.

Communications Disorders Clinic- Speech & Language

Phone: 862-2110

UNH, Paul Creative Arts Center, Durham, NH 03824

A UNH training facility offering speech & language services; evaluation & therapy for a fee, articulation problems, language delay, stuttering, aphasia, problems due to cerebral palsy, cleft palate, hearing dysfunction, voice disorder, laryngectomies. Sliding Scale Fee.

The Community Clothing Shop (CCS)

Phone: 335-0011

150 Wakefield Street at the Rochester Community Center

Offers clothing and household items to anyone. There are no geographical limitations. CCS is open September through June. Saturdays from 9am-3pm and Wednesdays 12pm-3pm; July and August, 9am-noon. Donations may be brought to 93 Charles Street, Rochester and left beside the sliding glass doors.

Community Fitness Testing Program

Phone: 862-1830

E-mail: tjq@unh.edu

Department of Kinesiology, Field House, Room 35, Durham, NH 03824-3572

The Exercise Physiology Laboratory in the Department of Kinesiology offers a fee-for-service assessment of functional capacity, body composition, and general fitness.

Tests and fees are as follows: graded exercise tests with physician approval, \$35-\$200, body composition analysis, with interpretation and recommendation \$25-\$60; blood lipid analysis including total cholesterol, HDL, LDL, VLDL, triglycerides and TC/HDL ratio, \$10-\$25; fitness assessment of muscular strength, muscular endurance, and flexibility, \$20. Group, senior and student rates are negotiable.

Community Resources and Prevention

Phone: 603-332-4120 Fax: 603-335-7573

150 Wakefield St, Suite #1 Rochester NH 03867

Develops, supports and coordinates prevention programs for the City of Rochester. Coordinates the neighborhood coalitions, which improve the quality of life in specific areas (Cold Spring Manor, Cold Spring Park, Hideaway Village, Village at Riverside, Leonard Street and Gonic Square). Collaborates with the Rochester Police Department on community policing programs. Developed the Cooperative Games Project to improve problem solving and communication skills. Also provides information and referral services to individuals and families with a particular need.

Compassionate Friends

Phone: 603-742-3155

St Thomas Episcopal Parish House 5 Hale St Dover NH 03820

Support group for bereaved parents; offers friendship and understanding. Group meets second Tuesday of each month at 7 pm at the Parish House. Purpose is to promote a positive resolution of grief through listening to and sharing with others. Call for a specific meeting information in your area.

Concord Feminist Health Center

Phone: 225-2739, 24-hour answering service; Fax: 228-6255

Website: www.fhc.org/concord/pages/about.html

38 So. Main St., Concord, NH 03301

Hours: M-F 8:30am-4: 30pm

Clinic hours vary, some evening appointments available; currently no weekend hours. Medical services include: First trimester abortion and follow-up care, well-woman gyn exams (pap tests, breast checks, infection testing/treatments, contraceptive maintenance, etc), STD testing and treatment for women and men, anonymous HIV screening for women and men, menopause management, pregnancy detection and pregnancy options counseling, abnormal pap test follow-up including coposcopy and cryosurgery, contraceptive counseling and devices including; oral contraceptives, Depo-Provera, diaphragms and cervical caps, IUDS, condoms, spermicides and tubal ligations. No parent or spousal consent required. Referrals made for health/well-being related concerns.

Consumer Credit Counseling Service

Phone: 1-800-327-6778 or 224-6593

P.O.Box 818, Concord, NH 03302-0818

Hours: M-F, 9am to 5pm

Designed to provide professional counseling to families needing guidance in money management/ wise use of credit. In acute cases where over-extension of indebtedness is major problem the agency will attempt to work out a program of orderly debt payment.

They're available to provide programs to schools, social/civic groups on budgeting, money management and use of credit at no charge. Contributions are accepted.

Consumer Protection & Anti-Trust Bureau

Phone: 271-3641

Office of the Attorney General, 33 Capitol Street, Concord, NH

Hours: M-F 8am to 5pm

This state agency is responsible for the enforcement of public protection laws regarding patterns of unfair, deceptive or fraudulent business practices, including fraud, deception in advertising, misrepresentation of facts, unfair trade practices, anti-trust, unfair methods of competition and sales, and other trade matters. Provides mediation services when appropriate to help resolve consumer-business disputes. Written complaint necessary.

Cool Aid

Phone: 603-862-2293

UNH Durham 03824

Hours: 6pm – midnight September to May

Hotline for any crisis situation- people answering phone will listen to the problems and help find a solution. Suicide prevention, rape, abortion, anorexia, ride service if intoxicated, as well as referrals and information.

The Counseling Center of the Dover- Rochester Area

Phone: 335-1066

First Church Congregational, 1 Liberty St, Rochester NH

Individual, marital & family counseling on a sliding scale. Office hours by appointment. A center for pastoral psychotherapy and spiritual growth at Durham Congregational Church. Phone: 868-5166.

Dental Clinic at NH Technical Institute

Phone: 271-7160

Low cost dental check-ups and general oral prophylaxes. NHTI's services to the public under supervision of faculty include oral prophylactics exams, x-rays, and the application of sealants. For seniors who qualify. Clinic runs Sept-April. Appointments M-F. Call for appointment or information.

NH Dental Society Professional Denture Care Program

23 South State Street, PO Box 2229, Concord, NH 03302-2229. The program is sponsored by dentists of the NH Dental Society to help provide professional care to people who otherwise could not afford the regular costs of dentures. If you are living on a low and/or fixed income, you may qualify to pay for the dentures at a reduced rate, Services are limited to full dentures or replacement dentures; partials, immediate dentures or extractions are not covered under this program. Must apply at Concord central office and prepay. Program uses participating dentists from around the state.

Developmental Services of Strafford County Inc.

Phone: 749-4015

Forum Court, 113 Crosby Road, Suite 1, Dover, NH 03820

Case management, Residential Services, Day Program and Early Intervention and Family Support programs for people with developmental disabilities.

Diabetes Education/Support

Phone: 740-2861
Wentworth Douglass Hospital
Cafeteria
789 Central Ave Dover NH 03820
7:30 pm, last Thursday of the month

Disabilities Rights Center, Inc.

Phone: 228-0432 or 1-800-834-1721 Fax: 225-2077
18 Low Ave, Concord, NH 03302
Hours: M-F 8:30am-5pm
Provides legal services for individuals with disabilities. Services include information and referral, short-term assistance and individual representation. Also responds to requests for rights training from persons with disabilities, their families, and advocates. DRC's policy specialist monitors legislation and advocates for policies that promote and protect the civil, legal and other rights of persons with disabilities. Sliding scale fee.

Divorce/Separation Support Group

Phone: 332-3160 Donna Hebert
Wentworth Douglass Hospital
Salmon Falls Room
789 Central Ave Dover NH 03820
9:30 am, first and third Saturdays of the month

Divorce Support Group of the Seacoast (DSGS)

Website: www.geocities.com/dsgs/
First Congregational Church, York Street, York, Maine
Meetings Every Thursday from 7-9pm.
Provides support and information to separated and divorced individuals. Facilitators are volunteers who have experienced the divorce process themselves. Confidentiality is stressed.

DOVE-Domestic Violence Emergency Project of the NH Bar Association

Phone: 224-6942 Helpline- 1-800-852-3388
Provides emergency referrals for income eligible victims of domestic violence for representation at the final restraining order hearings. Victims may access the program through their local crisis center by calling the 24-hour helpline. Free

Dover Gay, Lesbian, Bisexual, Transgender, and Questioning Support Group

Quaker Meeting House 141 Central Ave Dover NH 03820
7-8:30 pm every Sunday

Dover Recreation

Phone: 516-6401
Office located in Butterfield Gym, 6 Washington St., Dover, NH. The downtown recreation complex is located in Henry Law Park, consisting of Butterfield Gym & Indoor Pool. Ample

parking is available at the rear of the facility and is accessed from Henry Law Avenue. The Gym has a regulation basketball court, a boxing loft, 2 fully equipped exercise rooms containing a universal conditioning machine, olympic machines, treadmill, rowing machine and exercycles; and a teen center with various games. The Indoor Pool facility is comprised of a regulation swimming pool, a separate diving pool, sauna and exercise equipment on deck. There are separate locker and shower facilities at both the gym and the pool.

Guppy Park is located on Portland Avenue and features an Ice Arena, and Olympic 50-Meter (outdoor) pool, lighted softball fields, volleyball field, and picnic pavilion. Parking is located behind the Ice Arena and is accessed from Portland Avenue. Ice Arena is equipped with locker room and shower facilities.

Programs offered to people of all ages, some of which are aerobics, basketball, soccer, volleyball, school vacation day camps, tennis, summer day camp, summer playground/trips, baseball, special events, fitness activities; swimming, ice skating and others upon request. (Fees vary with each program).

Dover Area Senior Service Council

Phone: 603-742-6916

35 Third St, Dover, NH, 03820

Hours: M-F 9am-3pm

Offers opportunities for learning, social recreation, day and extended trips. Tri-Area Nurses are available the last Thursday of each month from 10am to 12 pm. Monthly get-togethers are held the last Friday of every month.

Eligibility: Age 55+ and disabled adults

Fees: \$10.00 per year

Dover Rehabilitation & Living Center

Phone: 742-2676

307 Plaza Drive, Dover, NH 03820

Offers comprehensive short-term physical therapy as well as occupational and speech therapy on both inpatient and outpatient basis specific to the individual. In addition, offers long term services to the elderly in a warm, comfortable environment.

The Dover Yoga Studio

Phone: 740-9700

Open studio practice time

7:15pm on every Wednesday

All styles of yoga welcome

\$2 suggested donation

Easter Seal Society of NH, Inc.

Phone: 623-8863 (Voice/TDD) Fax: 625-1148

555 Auburn Street, Manchester, NH 03101

Provide diagnostic, habilitative, rehabilitative and support services to children and adults with disabilities, injuries or other special needs.

147 Congress Street, Portsmouth, NH 03801 Phone: 431-7242

Services from Portsmouth office include Job Placement and Training, Return to Work, Vocational Evaluation, Community Inclusion Program and Residential Services.

Educational Resources

Robert Kantar, Educational Consultant

Phone: 603-228-8442

102 N State Street, Concord, NH 03301

Scheduled appointments only- for further information leave name, phone and address.

Evaluates adolescents and adults for the purpose of private school placement, special education placement, college planning and career placement. Advocate for children in junior high and secondary education. Opportunities for talented people and help for troubled adolescents. Fee for services, some adjustment or long term payment arranged. More than 20 years experience as advocate.

Educational Talent Search

Robinson House, UNH, Durham, NH 03824

Assists NH residents with high financial need in planning further education, gaining admission to post-secondary schools and obtaining necessary financial aid.

Elder Options

Phone: 569-1865

PO Box 299, Wolfeboro Falls, NH 03896

Services Offered: Elder Care Planning; by appointment.

Service: Statewide. Fee for services.

Elderly & Adult Services, Division of

Phone: 332-9120 or 1-800-862-8300; Fax: 335-5993

150 Wakefield Street, Ste 22, Rochester, NH 03867-1309

State Office:

Phone: 271-4394

115 Pleasant St., Annex Bldg #1, Concord, NH 03301

The Division of Elderly and Adult Services (DEAS) provides social and supportive services to elderly adult or persons living with disabilities/chronic illnesses. Some of the services available are: case management, counseling, adult group day care, adult in-home care, home-delivered and congregate meals, homemaker services, emergency support, transportation and respite care. In addition, special programs also available are:

Alzheimer's Disease and Related Disorder Program:

1-800-351-1888 or 1-800-852-3345 ext 4687

Information and referral for families and professional, including NH's Family Care Guide- a comprehensive caregiver's manual, Lending library of books and videotapes, consultations and presentations to general public, agencies and facilities.

Adult Protection Services:

332-9120 or 1-800-862-5300 or State Office 271-4680 or 1-800-351-1888

Within DEAS, the Office of Community Services receives and investigates reports of alleged abuse, neglect or exploitation of elderly adults/persons with disabilities/chronic illnesses.

Office of the State Long Term Care Ombudsman:

1-800-422-5640

For assistance to residents of Long Term Care Facilities (such as nursing homes, residential care homes), in resolving complaints made by residents or on behalf of a resident.

Senior Citizens Law Project Advice Line:

1-888-353-9944

For legal questions involving civil matters, not criminal, such as Medicare/Medicaid, nursing home, pension, consumer and family issues.

NH Help Line:

1-800 852-3388

24 hour, 7 days a week service

Elderly Transportation

150 Wakefield St, Rochester, NH 03867

Phone: 335-5128

Elderpet

Phone: 862-1014

E-mail: jaz@christa.unh.edu

Barton Hall, 291 Mast Road, Durham, NH 03824-3562

Elderpet provides pet visits to area nursing homes, assists homebound seniors by providing rides for pet-related appointments, provides information and referrals on all aspects of pet care and behavior, serves as a resource center to other organizations wishing to provide pet visiting programs, and provides pet food to low-income pet owners.

Elderpet is a service provided to Strafford and Rockingham Communities by students and faculty of the Thompson School of Applied Sciences and other volunteers.

Volunteers are always welcome. Donations of pet food may be dropped off at Barton Hall.

Contributions are appreciated and can be made payable to UNH.

Empire Beauty School

Phone: 692-1515

362 Rte 108, Somersworth, NH 03878

Hours: Daytime M/Sat 9:15am-1 T 9:15am-2 W-F 9:15am-3; Evening T-TH 5:15-9

Offers a wide variety of spa services (haircuts, manicures, pedicures, facials, etc) at very economical prices. The salon is staffed with students who perform all services under the supervision of trained staff.

Epilepsy Foundation of America

Phone: 301-459-3700

EZ Defense Lesson

Phone: 743-6500

E-mail: MattRandall@ttlc.net

Black Belt Academy of Dover

453 Central Ave, Dover, NH 03820
7:30-8:15 First Tuesday
Free

Fair Housing Project

Sponsored by NH Legal assistance
Phone: 800-921-1115 Fax: 603-625-1840
1361 Elm St #307 Manchester, NH 03101
Hours: M-F 9am –5 pm

Assists people who have experienced discrimination in housing. Offers information, education, and community outreach on fair housing issues. Makes referrals to appropriate sources of help, including the NH Commission on Human Rights and the US Department of Housing and Urban Development. Provides legal assistance to enforce Fair Housing laws, from investigations to representation in administrative hearings and in court. Federal and State Fair Housing laws make it illegal to discriminate due to race, color, national origin, disability, sex, religion, family status, age marital status, or sexual orientation.

Fees: Free, if income eligible.

Families First

Phone: 422-8208
One Campus Drive, Portsmouth, NH 03801
Hours: M-F 8:30am-5pm

Provides comprehensive health and family support care including prenatal care, well childcare and primary care for children and adults. Family support programs include parent education and support programs and parent/child groups. Home visiting programs offered for families with children 0-12. Health care on a sliding scale fee.

Family Empowerment Project of Strafford County

Sponsored by Strafford County HeadStart
Phone: 603-330-9124
150 Wakefield St, Rochester, NH 03867
PO Box 607, Farmington, NH 03835

The project provides resources and referrals to families who feel “stuck” in the system by teaching self-help skill and providing support and encouragement while respecting the needs of the family. They can offer workshops and trainings. The Family Empowerment Project’s mission is to empower families to recognize and use the strengths in themselves through support from other families, education, and resources in their communities. They believe that a network of families can facilitate individual and community growth.

Eligibility: Must be a parent of a child (you do not have to have legal custody)

Fees: Free

Family Pastoral Counseling Service

Phone: 603-335-1066
Hours: By appointment
Congregational Church, 2 Liberty St, Rochester, NH 03867

Offers individual marriage and family counseling services. Counselors on call serving Strafford County. Sliding Scale Fee.

Family Resource Connection

Phone: 800-298-4321, Fax: 603-271-6826

Website: www.state.nh.us/nhsl/frc

Hours: M-F 8am-4: 30pm

NH State Library, 20 Park St, Concord, NH 03301

A free lending library which offers books and videos on all aspects of raising and caring for children, with a special focus on children with special needs, Is also a statewide information and referral center regarding children's needs, and a research facility dealing with child-related concerns. A statewide calendar of events regarding child development concerns and parenting subjects can be found online.

Eligibility: NH Residents

Fee: Free

Family Strength

Phone: 742-5662 Fax: 743-5106

728 Central Ave, Dover, NH 03820

A non-profit agency providing state of the art, in-home counseling and support to individuals and families throughout NH.

Farmington Senior's Center

Town Hall, 39 North Main Street, Farmington, NH 03835

Hours: 9am-2: 30 pm

Offers a nutrition program, Social Security information, recreational trips and senior services.

Eligibility: 60+

No fees.

Food Addicts in Recovery Anonymous (FA)

Phone: 781-321-9118

St John's Baptist Church

Parish House

Chapel Street Portsmouth NH

7-8:30pm every Monday

Food Stamp Program

Phone: 332-9120 in Rochester

Provides an opportunity for low-income persons and families to increase their purchasing power through the use of food stamps. For more information on the application process, call NH Div. of Human Services at above number.

Friends Foster Grandparent Program

Phone: 692-6540

28 Franklin Street, Suite 311, Somersworth NH 03878

The Friends Foster Grandparent Program bridges generations by encouraging income-eligible men and women, 60 years of age and older, to work with exceptional needs children in a variety of settings. In return these volunteer receive an hourly, tax-free stipend, transportation reimbursement, daily meals, yearly physical and liability insurance, community involvement, and the love of a child.

Fuel Assistance

The New Hampshire Fuel Assistance Program provides income-eligible households with help paying energy bills during the winter heating season. Payments may be made to gas, electric, oil or wood vendors. The Fuel Assistance Program can also pay a portion of rent, if heat is included. Program eligibility and benefit level are determined by household income, family size and fuel usage.

Call the Community Action Outreach Office nearest your home:

Rochester: 332-3963

Milton: 652-9893

Farmington: 755-9305

Dover: 749-5160

Administrative Office: 749-1334

Goodwill Retail Stores

2454 Lafayette Road, Portsmouth, NH

47 Chestnut, Dover, NH

Lilac Mall, Rochester, NH

Great Bay Services

Phone: 436-2014

2061 Woodbury Ave Newington NH 03801-2893

Great Bay Services, formerly known as Great Bay School and Training Center, provides support for people with developmental disabilities to enable them to live and work in the community as independently as possible and with a high quality of life. Having been established in 1963 by a group of concerned parents, our organization has a long history of serving the Seacoast Area.

To accomplish their mission, they operate five group homes in the area to provide housing for 46 people. They also operate our own manufacturing operation where people serve package and assemble various products, as well as, manufacture pallets and other wood structures for many local businesses. They assist many of our clients with finding a job in the community and provide the necessary ongoing supports for them to keep their jobs.

Habitat for Humanities~ south east NH

Phone: 433-9555

PO Box 4428, Portsmouth, NH 03802

Health Officers

Town

Phone Number

Dover 742-7220

Farmington 755-3631

Milton Mills	473-2160
Rochester	332-3976
Somersworth	692-4262

Help Line

Toll Free 1-800-852-3388 or local 225-9000; Fax: 225-4033

E-mail: NHHelpline@info.org

Website: www.NHHelpline.org

2 Industrial Park Drive, Concord, NH 03301

24-Hour service providing information on social services and emergency help. Referral to appropriate agencies, aid in crises involving suicide, child and adult abuse, domestic violence, alcohol and drug abuse, assistance in locating basic needs, such as food, housing, fuel, clothing and financial support.

Health Insurance Counseling Education Assistance Service (HICEAS)

Phone: 1-800-852-3388

A network of specially trained volunteers who assist clients with questions about Medicare, Medicaid, long-term care insurance, billing questions and concerns regarding Medicare/Medicaid fraud, abuse or wasteful practices.

The Homemakers of Strafford County

Phone: 335-1770 or 1-800-660-1770; Fax: 335-1771

Website: www.atthehomemakers.org

215 Rochester Hill Road, Rochester, NH 03867

Complete Visiting Nurse/Home Health and Adult Medical/Social Day Care Services. Incorporated in 1974, The Homemakers provide comprehensive health services to residents of Strafford County. Services include: visiting nurses, rehabilitative therapies, in-home care providers, medical social work, case management, home health aides, homemakers, in-home provider and Alzheimer's respite. The agency also operates the only certified adult medical/social day care program in the country. They provide community preventative care seminars and clinics, physical fitness programs such as Strong Living Weight Training and the Sports Classic as well as a Safe at Home Program. Medicare/Medicaid certified and accepts third party insurance. A member of the Home Care Association of NH.

Home Rehabilitation

Phone: 749-1334

A program designed to provide health and safety upgrades in conformance with HUD Section 8 housing requirements to homes needing plumbing, heating, electrical, and/or structural as well as other necessary repair.

The program is for owner-occupied, single-family dwellings only. Ten year "forgivable loan". Owner must meet income requirements. Property taxes, mortgage payments and homeowners insurance must be paid up to date.

Housing Authorities

Dover Housing Authority:

Admin. Office: 742-5804 Social Services Office: 749-6692; Fax: 742-6911

62 Whittier St, Dover, NH 03820

Provides housing for low-income families/elderly individuals. Applications for housing are taken on Thursdays in the DHA office. Information on resident services is available by calling the office.

Rochester Housing Authority

Phone: 332-4126

Wellsweep Acres, Rochester, NH 03867

Hours: M-F 8:30am- 4:30pm

Provides subsidized housing for low-income families and the elderly. Telnet services and hot meal program are offered.

Somersworth Housing Authority

Phone: 692-2864

9 Bartlett Ave, PO Box 31, Somersworth, NH 03878

Hours: M-F 8am-4pm

Headquarters at above address in Martin J Flanagan Community Center. Assisted Housing Offices and Community Development, 692-2864; Strafford County Nutrition Program, 692-4211; Filion Terrace Senior center at 75 Washington Street, 692-5169; Charpentier Congregate Housing Services Program, 692-2357; Queensbury Mill Assisted Living program, 692-8020.

The Housing Consortium

PO Box 28, Dover, NH 03820

Develops and implements strategies to expand housing opportunities and provides support for people who have been denied access due to low income and/or discrimination. The consortium is made up of member organizations that represent a diverse group of people who share resources and identify and solve problems around housing issues.

The Housing Partnership

Phone: 431-3620

Two Greenleaf Woods Drive, Suite 201, Portsmouth, NH 03801

A non-profit corporation providing below-market rental apartments in Rockingham, Strafford and York Counties.

HUB Family Support Center

Phone: 749-9754

23 Atkinson St, Dover, NH 03820

Education, support, information, and referral for anyone raising children. On-site childcare provided for most activities. Van transportation available for medical and social service appointments. Family literacy program (Even Start) available for parents wishing to earn their GED or are struggling with ESL issues. Home visiting program (Healthy Beginnings) available to expectant and new parents needing extra support.

INFOLINK

Phone: 1-888-499-2525 Fax: 422-8220

E-mail: infolink@infolinknh.org

Hours: M-F 8am-6pm

A free community service that provides information and referral. They listen to the situation, help to identify and prioritize the problem, and refer the caller to an appropriate agency. InfoLink keeps a database of over 2000 organizations and support groups.

Information & Referral Center of Strafford County

Phone: 742-8078

Justice & Administration Bldg., Dover, NH 03820

Hours: M-Th 8:30am- 8 pm, Friday 8:30am-4: 30pm

Helps people who have a problem or need info and do not know where to turn for help. The Center helps people by directing them to the appropriate service that will meet their need.

Internal Revenue Service (IRS)

Phone: toll free: 1-800-829-1040 for Tax Assistance; 1-800-829-3676 to request forms

Hours: M-F 8am-4: 30pm

For help in preparing your income tax.

Journeys Pastoral Counseling Center

Phone: 603-868-5166

Main Street, PO Box 684, Dover, NH 03824

Hours: By Appointment

Counseling for individuals, couples and families. Marriage counseling, family treatment and evaluation sessions.

Kidney Foundation

Phone: 224-6641

One Tremont St., Concord, NH 03301

Hours: M-F 9am-5pm

Provides support services to individuals and families affected by kidney and urinary tract diseases. Serves as a referral resource and also promotes organ and tissue donor awareness. Programs include complimentary medical alert bracelets and public, patient, and professional education opportunities. Supports research to prevent kidney and urinary disease.

Kids with Voices

Phone: 603-964-2882

P.O. Box 31, Rye Beach, NH 03871

Kids with Voices is an organization whose mission is to offer support to children and their parents in the Seacoast area who have gone through or are experiencing divorce. It is their intention to help children express their feelings and emotions around divorce using creative outlets, while providing a safe and loving atmosphere.

La Leche League

Phone: 742-8916

14 Birch Drive, Dover, NH 03820

Aids mothers wishing to breast feed by offering help, encouragement and practical suggestions. Meetings are open to any person interested. Phone counseling is available. Library books

available on childbirth, childcare, breastfeeding, and nutrition. Breast pumps also available. Call for meeting schedule and hours of operation. Eligibility: expectant mothers/fathers.

LawLine

Phone: 800-868-1212

Provides legal advice

Hours: 7pm –9pm the second Wednesday of every month.

Lead Safe Dwelling

Phone: 749-1334

A program designed to make both single-family and multi-family dwellings lead-safe for children. It applies to older homes, built prior to 1978, when lead paint was used extensively.

The program will put a second mortgage on the property, but it is in the form of a “forgivable” loan.

No payments are made, and the mortgage is reduced by 10% per year and completely taken off (forgiven) at the end of 10 years. The owners/tenants must meet income requirements. Property taxes, mortgage payments, and homeowners insurance must be paid to date.

Legal Advice and Referral Center (LARC)

Phone: 224-3333 or 1-800-639-5290

The mission of LARC is to provide information, legal advice and referral services to indigent residents of NH. LARC concentrates its efforts in four areas of the law: family, public benefits, consumer/bankruptcy, and housing. While LARC represents clients in court in certain limited cases, the primary focus is to provide clients with advice, counsel and referral. Call LARC for referrals to Pro Bono program, NH legal assistance and other legal and social services.

Library Services for the Handicapped

Phone: toll free 1-800-491-4200

Hours: M-F 8am-4: 30pm except State Holidays.

This is a section of the NH State Library that lends recorded books, magazines and social playback equipment to people unable to see regular print comfortably or handle conventionally printed material. Disability may be permanent or temporary. Collection exceeds 40,000 titles of every type. Service is completely free to eligible borrowers; there is no rental fee, no repair costs, and no postage/shipping fees.

Lions Camp Pride

Phone: 603-859-0417; Fax 859-0418

Lions Camp, Pride Way, New Durham, NH 03855

PO Box 543, Farmington, NH 03835

A summer camp facility offering educational and recreational overnight programs to “special needs” children and adults ages 8-80+. Special needs may range from moderate to profound. Specific camp programs include diabetes, developmental disabilities and Muscular Dystrophy. Scholarships available.

Programs include:

Camp Pride- for children and adults with special needs. Ages 8-80+

Camp Carefree- serves children with Diabetes. Ages 8-15

One on One care also available

Lions Club

Provides help with hearing impairment and vision problems. Needs donations of used eyeglasses and frames as well as used or unused hearing aids. Telephone: Rochester 332-7746-answering machine, leave message; 332-4065-James Brock.

Somersworth Lions: 20 Walnut Street Somersworth;

Dover Lions: 15 Charter grant Road;

Farmington Lions: PO Box 256 Farmington;

Rollinsford/South Berwick: PO Box 11, Rollinsford;

Barrington Area Lions: 314 Rte 4W Barrington.

March of Dimes Birth Defects Foundation –NH Chapter

Phone: toll free 1-800-287-0317 or 228-0317

22 Bridge St, Concord, NH 03301

The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality. The March of Dimes carries out this mission through programs, research, advocacy, education and community service. Questions regarding pregnancy care can be directed to the March of Dimes Resource Center at 1-888-MODIMES.

Marriage and Family Therapy Center

Phone: 862-2146

Website: <http://www.unh.edu/family-studies/mft.html>

Department of Family Studies, University of New Hampshire,
218 Pettee Hall, 55 College Road, Durham, NH 03824-3599

Hours: 8:30-4:30 M-F

The Marriage and Family Therapy Center (MFT) is a non-profit counseling service operated by the Department of Family Studies. The MFT Center provides clinical services to the public and graduate training and research opportunities for students in marriage and family therapy. It is staffed by advanced graduate student therapists who are supervised by clinical faculty members. Therapists provide clinical assistance to individuals and families experiencing a wide range of problems including difficulties within marital or partner relations, difficulties related to children and/or adolescents, premarital concerns, family stress management (e.g. coping with illness, death and divorce), family violence, substance abuse, depression and anxiety.

The MFT Center is located on campus in Craft Cottage and serves the seacoast region. Fees are based on family size and income; no one is refused service for financial reasons. Open year-round, the center offers weekend and evening appointments.

Milton Community Services

Phone: 603-652-9893

Rte 16, Milton, NH 03851

Hours: M-F 10AM – 12PM

Provides information and referral to health and social agencies. Assists CAP with Fuel Assistance Program, Weatherization, Food Pantries, Summer Youth Programs, Meals-On-Wheels, and Christmas Basket Program.

MS Support

Phone: 207-384-5940
Wentworth Douglass Hospital
Lamprey/Great Bay Rooms
789 Central Ave Dover NH 03820
6:30-8pm, last Wednesday of each month

Multiple Sclerosis Society- Central New England Chapter

Toll Free: 1-800-493-9255 Fax: 623-4205
Website- www.msnewengland.org

Hours: M-F 9am-5pm

The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS. The Central New England Chapter serves 11,000 people with MS in NH and Mass. Programs include: information and referral, publications, educational programs, self-help groups, advocacy, legal referral, network, individual or family support programs and financial assistance. The Chapter raised funds for local programs and national research.

Muscular Dystrophy Association, Inc.

Phone: 339-3749
360 Route 101, Bedford, NH 03110
Hours: M-F 9am-5pm

Provides clinic services, assistance with purchasing and maintaining of wheelchairs as well as a summer camp program to residents of NH suffering from any one of 40 neuromuscular diseases.

My Friend's Place

Phone: 749-3017
368 Washington Street, Dover, NH 03820

Purpose is to provide temporary housing and support. Once sheltered, a personalized long-range plan is developed to assist residents in obtaining goals, housing, jobs and an income.

Narcotics Anonymous

Dover Crisis Center
Phone: 645-4777

Website: www.na.org

Meetings: Tues 5:30pm; Wed 8:00 pm

Narcotics Anonymous (NA) members learn from one another how to live drug free and recover from the effects of addiction on their lives. For further information you may call the phone number above or access the Narcotics Anonymous website.

NAACP-National Association for Advancement of Colored People

Phone: 669-5727
PO Box 5414, Manchester, NH 03108
Hours: M-F 7am-6pm. After hours 668-0963

Serves blacks and other minority groups with problems resulting from discrimination. Assists in securing adequate housing and better opportunities, also tries to alleviate social problems and open lines of communication between minority and white communities.

Neighbor Helping Neighbor

Phone: 749-1334

A grant program designed for families who are not eligible for fuel assistance but who have experienced a natural gas or electrical disconnection, or those who have broken their extended payment plan.

Grant funds of up to \$250 per eligible household are made available through the generosity of Public Service Co. of New Hampshire and Northern Utilities Gas Co. and their contributing customers and administered through the Community Action Program. For further information, contact your nearest Community Action office.

New Generation

Phone: 436-4989

568 Portsmouth Ave, Greenland, NH 03840

Hours: Open 24 hours a day

Provides assistance for pregnant women from varying backgrounds with a homeless shelter that also offers nutrition and parenting skills.

Eligibility: Homeless pregnant women, age 18+

NH Association for the Blind

Phone: 224-4039 or 1-800-464-3075; Fax: 224-4378

Website: www.sightcenter.com

McGreal Sight Center, 25 Walker Street, Concord, NH 03301

Hours: M-F 8am-4: 30 pm

The mission is to advance the independence of persons who are blind or visually impaired. The agency is statewide. Our major objectives are to provide: specialized rehabilitation services, sight enhancement services, technology and Braille services and public education. Core services include: counseling and referral, rehabilitation teaching, orientation and mobility training, low vision services, technology, Braille and volunteer services.

NH Catholic Charities

Phone: 332-7701

23 Grant Street, Rochester, NH 03867

Hours: M-F 8:30-4:30

Offers counseling to individuals and families for marital, family and social problems. Counseling and supportive services are offered to unmarried mothers regarding pregnancy and parenting.

Licensed adoption agency. Affiliated with six statewide nursing homes. Community Outreach.

NH Children's Heart Program

Phone: 650-8658; Appointments 695-2740

Specialty care for children ages 0-21 years with cardiac conditions. Clinics held at Wentworth-Douglass Hospital in Dover, 18 times a year. Care coordination and financial assistance for treatment available through NH Divisions of Public Health Services, Office of Health Planning and Medicaid
Tel: 1-800-852-3345 ext 4553.

NH Office of Child Support Enforcement Services

Phone: 1-800-852-3345 or 1-800-862-5300

6 Hazen Drive, Concord, NH 03301

30 Winter Street, Rochester, NH 03867

Provides help in locating an absent parent, determining paternity, establishing child support orders and enforcement.

NH Employment Security Cochecho Valley NH Works Job and Information Center

Phone: 742-3600

243 Route 108, Somersworth, NH 03878

Hours: M-F 8am-4:30pm

This one stop career center provides the users with PC's for self-directed work search activities including resume formats, cover letters, job search, resume-writing workshops, and career exploration. Services include job and information resources, economic and labor market information, employment recruitment, unemployment compensation, temporary assistance for needy families (TANF), and counseling services. Partner agencies that provide information and services include NH Community Technical College System, Community Action Program, Vocational Rehabilitation, and Department of Health and Human Services.

NH Department of Health and Human Services

Child Support Service:

Phone: 332-9120

150 Wakefield Street, Rochester, NH

Hours: M-F 8am-4: 30pm

Division of Human Services:

Phone: 332-9120

150 Wakefield Street Rochester NH

Hours: M-F 8am-4: 30 pm

Responsible for administering programs to provide financial and medical assistance to people in NH who are in need and meet eligibility requirements. Financial Assistance Programs include Old Age Assistance, Aid to Needy and Blind, Aid to Permanently and Totally Disabled, and Aid to Families with Dependent Children. Medical Assistance: Medicaid is designed to help persons with limited income obtain medical services. Food Stamps: administers Food Stamp Program.

Division of Children, Youth and Family Services

Phone: 332-9120

150 Wakefield Street, Rochester, NH

Hours: M-F 8am-4: 30pm.

Protective services, investigation of abuse and neglect, placement of children in foster homes, adoption services and counseling for both unwed mothers and adoptive parents.

Division of Elderly & Adult Services:

Phone: 332-9120 or 1-800-862-5300; Fax: 335-5993

150 Wakefield Street, Rochester, NH

State Office:

Phone: Phone: 271-4680 or 1-800-351-1888; Fax: 271-4643; TDD Access 1-800-735-2964

129 Pleasant Street State, Office Park South, Concord, NH 03301

The Division of Elderly and Adult Services (DEAS) provides social and supportive services to elderly adults or people living with disabilities or chronic illnesses. Some of the services available are case management, counseling, adult group day care, adult in-home care, home-delivered and congregate meals, homemakers' services, emergency support, transportation and respite care. In addition, special programs also available are:

STD/HIV Program:

Phone: 271-4576

6 Hazen Drive Concord, NH 03301

HIV/AIDS Hotline: 1-800-752-2437 Automated 24 hours a day

STD Hotline: 1-800-228-0254 M-F 8am-4: 30 pm

This office provides funding to local agencies statewide to provide HIV/STD prevention programs as well as HIV Counseling and Testing Clinics and STD Clinics. Local clinics must offer sliding fee scales and no one can be denied services due to an inability to pay. Prevention programs are directed to those individuals most at risk for infection with HIV/AIDS and other sexually transmitted diseases. The office also publishes HIV/STD statistics.

NH Division of Mental Health Developmental Services- Office of Client Services

Phone: 271-5024 TDD Access Relay NH 1-800-735-2964, 271-5000

Provides consultation, information & referral to mentally ill or developmentally-disabled individuals and children, families and agencies.

NH Division of Vocational Rehabilitation

Phone: 436-8884

30 Maplewood Ave, Suite 206, Portsmouth, NH 03801

Hours: M-F 8am-4: 30 pm

The purpose is to rehabilitate individuals to return to gainful employment through training, medical treatment, on-the-job training, transition employment, job placement, and counseling.

NH Legal Assistance

Phone: toll free 1-800-334-3135 or 431-7411

Simeon Smith House, The Hill, 146 High Street, PO Box 778, Portsmouth, NH

Hours: M-F 9am – 5pm

Provides legal advice and representation to eligible residents of NH who cannot afford to hire an attorney for such problems as subsidized housing matters, child support, domestic violence, food stamps, foreclosures, welfare & unemployment compensation, social security, and problems of the elderly, financial problems, health services & mobile homes. They do not handle criminal cases, private landlord-tenant matters, divorce or those, which are fee generating or in which money damages are sought against another person.

Also see **Legal Advice and Referral Center**.

Northeast Passage

Phone: 862-0070

E-mail: northeast.passage@unh.edu

Website: www.nepassage.org

P.O. Box 127, Durham, NH 03824

Hours: Monday-Friday, 8:30a.m. -4:30p.m.

Northeast Passage (NEP) offers those with physical disabilities safe, positive, entry-level experiences in water-skiing, kayaking, cycling, and hockey. The program offers adaptive equipment (such as sport chairs, hand cycles, bi-skis, mono-skis, ice sleds and water skis) for rent. NEP provides consultation and awareness training in accessibility and disability to businesses and community organizations. A partnership with the Department of Recreation Management and Policy, NEP is a nonprofit organization and a chapter of Disabled Sports USA.

Non-Deadly Force Training

Phone: 743-6500

E-mail: MattRandall@ttlc.net

Black Belt Academy of Dover

453 Central Ave, Dover, NH 03820

7:30-8:15 Wednesdays

Free

Observatory

Phone: 862-1950

Website: www.physics.unh.edu

UNH Observatory Physics Department, Demeritt Hall, Durham, NH 03824-3568

Visitors to the UNH Observatory are invited to view the stars through the University's 14-inch reflective telescope. A guided tour of the sky is presented twice a month, clear skies permitting.

Observatory visitors see planets, galaxies, binary stars, nebulae, the moon, and other celestial wonders. The dome-shaped facility, located in the field adjacent to Cowell Stadium, has no climate control and no electricity. Visitors are encouraged to dress appropriately and bring a flashlight to assist them in crossing the field in the dark. Admission is free, no reservation is necessary. Dates and times change frequently so visitors are urged to call or check the website for confirmation. A great family activity, but not recommended for preschool children.

Odyssey House

Phone: 603-516-84444 Fax 603-516-8440

Executive Offices: One Washington Center, Suite 300, One Washington Street, Dover, NH 03820

Programs include residential therapeutic facility for adolescents with an on-site special education school, a supervised independent living program for older adolescents, a short-term prescriptive diagnostic residential program, treatment program for substance abusing pregnant and postpartum women and their children, and a community outreach program.

Office of Health Planning and Medicaid

Phone: 1-800-852-3345 Ext. 4488

Services offered include screening of all newborns for six potentially harmful disorders, diagnostic and genetic counseling for families and children with concerns, comprehensive assessment of development for 0-6 year olds. Specialty clinics for children with disabilities or chronic illness, which include amputation, cleft and lip palate, cystic fibrosis, spina bifida, cerebral palsy and heart problems. Care coordination and family support services are also offered.

Financial assistance with cost of health care for eligible families with medical need. Consultation regarding the special needs of health impaired children to school, early intervention and other agencies upon request. Professional and public education.

Eligibility requirements are determined based on medical and financial need, with medical needs taking precedence. Families who may benefit from these services should contact OHPM for an application. You can do so in writing to Division of Public Health, OHPM, Hazen Drive, Concord, NH 03301.

Office of Woodlands and Natural Areas

Phone: 862-3951

Website: www.unh.edu/woodlands

Nesmith Hall, Room 11, Durham, NH 03824-5399

The office manages more than 4,000 acres of forested property throughout New Hampshire. About 1,500 acres of Woodlands properties are located in Durham, Lee and Madbury. Recreational activities include skiing, hiking, hunting, fishing, bird watching, and biking. There are no fires allowed on Woodlands properties, no mountain biking in natural areas (including College Woods), and no hunting in College Woods and the Horticulture Farm. Groups are required to register activities with the UNH Woodlands office. Maps and information for all properties are available.

Options for Women- Pregnancy Help Center

24 Hour Hotline and business phone: 749-4441

559 Central Ave, Dover, NH 03820

Hours: M, T,W 10-5, Th 10-7

Provides help for women and families facing an unplanned or crisis pregnancy. Offers information regarding choices in dealing with pregnancies and support throughout pregnancy for clients who carry to term. Free and confidential pregnancy testing and on-going counseling. Lending closet for maternity clothing and baby items, including furniture. Post-partum healing program, financial counseling, and referral service. Adoption referrals. Appointments preferred, but will take walk-ins, as time permits. One-on-one parenting classes for clients and abstinence education.

Our House- A Place of Caring

Phone: 742-2963; Fax: 749-0487

567 Central Ave, Dover, NH 03820

Hours: 9-5 Monday thru Friday

Residential facility for female adolescents ages 12-18 in need of supervision because of abuse or neglect. Aim of program is to return youth to independent living situation or reunite with family.

Overcomer's Outreach

Phone: 652-9007

Emmanuel Church, 24 Eastern Ave, Rochester NH

Hours: Tuesdays 7:30pm –9pm

Christ-centered, biblically based support system based on the Twelve Steps of Recovery used in AA and Al-Anon. Open to alcoholics, drugs addicts, adult children of alcoholics, workaholics,

overeaters, smokers, sex addicts, co-dependents, mental disorders and all family members of the above.

Paperpushers

Phone: (603) 740-1991

E-mail: mail@affordable-resumes.com

Website: <http://www.affordable-resumes.com/index.html>

Low-cost resume service. In general, the company charges \$30-\$65 per resume page and \$20 for cover letters. \$15 for thank-you letters. For additional information e-mail or check out the website.

Parents Anonymous in Strafford County

Phone: 1-800-750-4495

First Church Congregational, South Main Street, Rochester, NH

Hours: Friday 6:30pm- 8pm

A group of parents that meet regularly to talk, listen, learn and support each other and to improve relationships with children and families.

Parent to Parent of Strafford County

Phone: 603-749-4015

Forum Court 113, Crosby Road, Suite #1, Dover, NH 03820

Program of Developmental Services of Strafford County that connects parents of children who have medical needs, chronic illness, developmental, emotional, physical, or learning disabilities with parents of children who have similar needs. Telephone support or home visits occur in a mutually agreed upon place. Also provides information regarding local, statewide and national resources. Support groups available.

Eligibility: Parents

No fees

Parents without Partners, Inc.

Phone: 743-5054

PO Box 611, Durham, NH 03824-0611

(207) 698-4902

Sandpiper Chapter #957 PO Box 272, Portsmouth, NH 03801

An international non-profit educational organization devoted to the welfare and interests of single parents and their children. Throughout each month, the Portsmouth Chapter offers a variety of educational and social activities for members to enjoy with or without their children. Membership is open to divorced, separated, widowed or never married parents of all ages, regardless of custody.

Meetings are held the first and third Wednesday of each month at the JFK Center, Parrott Ave, Portsmouth, NH. Newcomers' orientation at 6:30pm, meeting at 8pm.

Dover Chapter- Newcomers orientation at 6pm at the Veterans Council Building Back River Road Dover.

Peer Support-Eating Disorders

Phone: 742-0047

Wentworth Douglass Hospital

Bellamy Room
789 Central Ave Dover NH 03820
7-8:30 pm Every Thursday

Pete's Place

Phone: 603-740-2689

Wentworth Douglass Hospital, 750 Central Commons, Suite K, Dover, NH 03820

The mission of Pete's Place is to provide safe, trusting support to children and families grieving the death of a family member, or experiencing a serious or life threatening illness of a family member. Pete's Place also extends supportive services to the community for those involved with grieving children.

Services are provided to the community at no cost.

Poison Information Center (New Hampshire)

Phone: toll free 1-800-562-8236 or outside of NH (603) 650-8000

Dartmouth-Hitchcock Medical Center, Lebanon, NH 03756.

Designated as the state's Poison control center. 24-hour coverage to help with emergency poisoning episodes as well as informational services.

Portsmouth Feminist Health Center

Phone: 603-436-7588

559 Portsmouth Ave, Greenland, NH 03840

Hours: Gynecological Services: M/Th 9am-5pm, Fri 8am- 4pm

STD/HIV Walk-In Clinic: M 5pm-6pm

HIV Appointments: Tu/F Afternoons

Abortions: Wed 1pm-9pm

Offers gynecological and abortion services by appointment.

Fees: \$25 basic fee includes screening and treatment for all STD's

Post Polio Support

Phone: 692-6490

Wentworth Douglass Hospital

Salmon Falls Room

789 Central Ave, Dover, NH 03820

1pm, every third Saturday

Presidents' Commission on the Status of Women

Phone: 862-1058

Website: www.unh.edu/womens-commission/index.html

Batcheller House, Rosemary Lane, Durham, NH 03824-3530

The Presidents' Commission on the Status of Women presents monthly women's networking breakfasts, which offer women in the community the opportunity to meet one another and listen to presentations on a variety of topics. The commission also sponsors the International Women's Club, an independent group of women from all nationalities who meet monthly to learn about one another's culture and enjoy a variety of programs. The Commission coordinates Women's History Month in March, which comprises many events and organizations on campus that

celebrate the achievement of women in arts, sciences, and more. The Commission hosts an e-mail list to promote an awareness of women's issues and events, and sponsors programming throughout the year that is of interest to women in the community. The Commission's website features a calendar of events, on-line women's resources, the *Legal Handbook for Women in New Hampshire*, and their newsletter *Connections*.

Prevent Child Abuse NH

Phone: 225-5441; Fax: 228-5322

Parenting Hotline: 1-800-750-4494

1 Tremont Street, PO Box 607, Concord, NH 03302

A non-profit organization that works to prevent child abuse and neglect and to improve the lives of children and families in NH.

Programs include:

- ❖ Parents Anonymous of NH- offers free and confidential self-support groups (free child care provided for attendees).
- ❖ Public Awareness Education and Training- provided through speaking engagements, special events, media releases, and training professionals.
- ❖ Advocacy- volunteers and staff work hard to bring services and programs to children and their families.

Pro Bono Referral Program of the NH Bar Association

Phone: 800-639-5290, 603-224-3333; Fax: 603-224-2910

112 Pleasant St Concord NH 03301

The Pro Bono Referral Program, in collaboration with the Legal Advice and Referral Center and NH Legal Assistance, provides a referral service for low-income individuals in need of legal representation in civil matters. Pro Bono maintains a list of volunteer attorneys willing to represent income-eligible individuals in such matters as family law, bankruptcy, and consumer and landlord/tenant disputes. Generally, an individual will access these services by contacting the Legal Advice Referral Center (LARC) at 800-639-5290.

Professional Denture Program

Phone: 225-5961

PO Box 2229, Concord, NH 03302-2229

Helps provide low-cost dentures (full dentures only) to those in need. Must apply to Concord and prepay. Program uses dentists around the state.

Public Health Nursing (NH Health Dept)

Local Office: c/o Div of Human Services, 30 Maplewood Ave, PO Box 599, Portsmouth NH

Phone: 433-8305

Central Office: Health & Welfare Bldg., Hazen Dr., Concord NH

Toll Free: 1-800-853-3345 ext 4477 or 271-4496

Provides a TB Program, Refugee Health Program, epidemiological investigations, communicable disease control and investigation and food borne illness investigations.

Rental Security Deposits

Phone: 749-5160

The goal of the Strafford County Community Action Rental Security Deposit Program is to provide a guaranteed fund for security deposits for those in need of affordable housing in Strafford County. The program is designed to prevent homelessness, which might otherwise occur to those families who are without resources to assume the financial burden of the added expense of a security deposit. Strafford County Community Action may also act as a mediator between tenant and landlord to negotiate deposit payments for up to eight months of the rental lease. The security deposit may take 8-10 months to repay.

Resolve

(Infertility)

Phone: 427-0410

First Monday of the month

Wentworth Douglass Hospital

Bellamy Room

789 Central Ave, Dover, NH 03820

The Rochester Parent/ Child Center

Phone: 335-0207

PO Box 634, Rochester, NH 03866-0634

Church of the Redeemer, Wakefield Street, Rochester, NH 03867

Established to enhance and strengthen families by offering support, parent education, opportunities for play, and community outreach programs.

Rochester Senior Citizens Center

Phone: 332-7845

Rochester Recreational Center, 150 Wakefield Street, Rochester, NH 03867

Hours: M-F noon-4pm (Thursday closed)

Provides recreational trips and activities. Foot clinic on the 2nd Wednesday of each month, 9am-10am. Call to register if planning to attend.

Rochester Support Group

Phone: 539-8718 Paula Dempsey

Frisbee Memorial Hospital (Carroll Room)

6pm, second Thursday of the month

Rochester Youth Connection

Phone: 332-4124

Rochester Community Center

150 Wakefield Street, Ste 1, Rochester, NH 03867

Consists of 2 programs: the Big Buddy Program and The Youth Volunteer Program. The Big Buddy Program matches school-age youth in need of extra support with adult volunteers for the purpose of friendship and recreation. Big Buddy's are an important role model for a child and provide accepting relationships apart from the stress of home, school etc.

Buddy's are an important role model for a child and provide accepting relationships apart from the stress of home, school etc.

The Youth Volunteer Program is designed to teach middle school age youth beginning work skills. The students volunteer at area participating businesses such as day cares, nursing homes or veterinary offices. The 12-week program also includes group-meeting component.

Runaway Youth Program

Phone: 668-1920

99 Hanover St., Manchester, NH

Hours: M-F, 9am-5pm

Evening meetings arranged as necessary. Provides Host Homes for runaways while the situation is being resolved. Host Homes are licensed foster homes providing meals and housing for no more than 14 days. Assistance available on 24-hour basis. Parent/Youth support groups. Reunification is prime concern. Prevention services for runaways (youth under 18) and those at risk of and their families. Crisis intervention information and referral, individual, group and family work, and Host Home placement.

Safe Place, Inc

Phone Toll Free 1-800-852-3388 (24 hours) or 436-7924
330-0214

PO Box 674

18 North Main Street

Portsmouth, NH

Rochester, NH

A Safe Place provides a confidential location for people who have been abused by their partners. Offers weekly support groups, referrals to lawyers, counselors and other human service providers. If you are not sure of your rights, they also provide information and legal advocacy through the court process. Services are provided for all victims of domestic violence even if they are not staying at the shelter. A Safe Place provides outreach and education to community organizations, schools, church groups and businesses.

Salvation Army Corps

Phone: 332-2623

36 Autumn St., Rochester, NH; P.O. Box 1029

Hours: M-F, 9am-3pm

Provides the following services to people needing assistance: Food Pantry, Soup Kitchen M/W/F at noon, and a Counseling Center in Portland Maine The Rochester office can refer individuals to Center where they will receive rehabilitation/work/room & board. There is also a Missing Person Service- for a charge of \$20, the name of a missing person will be placed on file with the Bureau of Missing Persons in NY City.

Salvation Army Service Units

Dover-Alice Creteau, First Parish Congregational Church, 218 Central Ave (742-5664)

Farmington-Rev. John Fogel (755-2245)

Clothing, bedding, household items, furniture- reasonably priced.

Seacoast Area Widowed Persons Service

Phone: 742-1016 or 1-800-391-1977

PO Box 1713, Dover, NH 03821-1713

Provides trained volunteers for one on one outreach and support to the newly widowed. Widow Guidance Group meets once a month in Dover, Rochester and Portsmouth. Call for details.

Seacoast Hospice

Phone: 749-4300

E-mail: info@seacoasthospice.org

Website: www.seacoasthospice.org

662 Central Ave, Dover, NH 03820

Provides care and support for patients with life-limiting illness and their families. Hospice stresses quality of life and comfort care and offers practical as well as emotional and physical support. The hospice team includes specially trained nurses, home health aides, social workers, spiritual and bereavement counselors and volunteers to personalize care according to the patient's family's needs and preferences. Patients are admitted to care regardless of ability to pay. Grief support groups, educational speakers, a specialized lending library, and consultation are available to the community at large. Seacoast Hospice is NH's only independent, non-profit hospice. With offices in Dover and Exeter, the skilled and compassionate staff provides care to residents in Strafford and Rockingham Counties. Seacoast Hospice relies on grants and community support of gifts and donations to pay for services and programs not covered by Medicare or insurance, and for patients with little or no coverage.

Seacoast Science Center

Phone: 436-8043

Website: www.secentr.org

570 Ocean Blvd. Rye, NH 03870-2104

The Seacoast Science Center is located on 135 coastal acres in historic Odiorne Point State Park, Rye, NH. Open daily 10 a.m. –5p.m. The center's aquariums and live-animal exhibits interpret Odiorne's seven distinct natural habitats. Coastal history from the 1600's to the present day is presented in a series of exhibitions such as "Saga of a Sunken Sub: Rescue of the Crew of the USS Squalus." Visitors programs are offered on weekends throughout the year and daily during school vacations and the summer. The aquariums, interactive exhibitions, and the Nature Store are always available. Educational programs for families and groups, at the center or off-site, can be scheduled upon request. Center admission is \$1 per person; free for children three and under.

Odiorne Point State Park is considered to be the "Birthplace of New Hampshire." Miles of trails meander through seven habitats: rocky shore, salt marsh, woodlands, meadows, a fresh water and salt pond, as well as a small sandy beach (not a swimming beach). Migratory flyways make Odiorne the best coastal birding site in Northern New England. The park is open 8 a.m. to dusk daily. Park admission is \$3 per person; free for children under 12 and New Hampshire residents 65 and over. The center and many of the park trails are accessible; some exhibitions are Braille interpreted. Call the center for information or visit the website.

Seacoast Support Group

Phone: 659-5769 Lil Charron
North Hampton United Church of Christ
7pm, First Wednesday of the month

Self Sufficiency Program

Phone: 749-1334
A case management program serving economically disadvantaged families from Strafford County who require service coordination to become more self-sufficient. The Self Sufficiency Case Manager provides the client with support, guidance and direction, and coordinates a plan to address issues that are keeping the participant from attaining self-sufficiency. Key issues include housing, budgeting, transportation, childcare, job-readiness skills, education and training assessments, and career and job search guidance.

Senior Citizen Advice Line

Senior Hotline: 888-353-9944

Service Link

Phone: 1-866-634-9412 (24 hours)
Website: www.state.nh.us/servicelink
Hours: M-F 8:30am-4: 30 pm
Evening and weekend hours will be added; call above numbers for specifics. Community based resources for elders, adults living with disabilities, and their families. They provide information about available home-care options, caregiver supports, employment issues, financial/retirement planning, active aging, community involvement and more. Assistance with complex needs and home visits also available. They provide education programs around topics of special interest to their consumers. All services are free of charge.

Sexual Assault Support Services

Phone: office 436-4107; toll free crisis hotline: 1-888-747-7070; fax: 430-4017
7 Junkins Ave, Portsmouth, NH 03801
Dedicated to supporting survivors in their effort to heal from the trauma of sexual assault and childhood sexual abuse, while striving to prevent the occurrence of sexual violence in local communities and in society at large.

- ❖ Education/preventive services provided in schools, camps and community settings to help children/teens to be safe from sexual violence.
- ❖ Confidential 24-hour sexual assault crisis hotline.
- ❖ 24-hour advocacy and support at police stations, hospitals and the courts.
- ❖ Support group for rape survivors, sexual abuse survivors, parents and others affected by sexual violence.
- ❖ Professional training and consultation to police departments, hospitals, schools and others in the community.
- ❖ Sexual abuse and assault prevention education in the schools for children, teens and parents.
- ❖ Sexual harassment workshops for teachers and students.

The SHARE Fund

Phone: 335-0011

183 North Main St, Rochester, NH 03867

A non-profit organization designed to address the issues of hunger, homelessness and the unclothed, plus other emergency needs that are not covered by other outreach programs. SHARE serves the communities of Rochester, East Rochester and Gonic.

Sidore Memorial Lecture Series

Phone: 862-4256

Website: www.unh.edu/humanities-center/sidore

Huddleston Hall, 73 Main street, Durham, NH 03824-3532

The Saul O. Sidore Memorial Lecture Series was established in 1965 in memory of Saul O. Sidore of Manchester. The purpose of the series is to offer programs that raise critical and sometimes controversial issues facing society. The series is funded by the University and the Center for the Humanities. All lectures are free and open to the public.

Social Security Administration

Phone: 433-0716

Federal Bldg., 80 Daniel St., Portsmouth, NH

Hours: M-F 9am-4pm

Responsible for providing monthly security benefits to retired or disabled workers or their survivors. Also provides monthly cash benefits to people in need that are 65 or older, blind or disabled under Supplemental Security Income Program. Has a hospital and medical insurance/Medicare Program.

Society for the Prevention of Cruelty to Animals (NH Chapter)

Phone: 772-2921; Fax: 778-7804

E-mail: info@nhspca.org

Website: www.nhspca.org

NH SPCA, PO Box 196, Stratham, NH 03885

104 Portsmouth Ave., Stratham, NH 03885

Hours: Adoption Center open M, F, Sat, Sun 11-3, T, Th 11-7 Administrative Office M-F 8-4

The NH SPCA is a community resource center bringing animals and people together. They provide adoption, education, investigation and sheltering services in a professional and compassionate manner. Provides rabies clinics, low cost spay/neuter program, pet-facilitated therapy, food share program, matchmaker and perfect partners programs, foster care program, crate rental, etc.

Southeastern New Hampshire Services

Phone: 749-3981; Fax: 749-3983

272 County Farm Rd, Dover, NH 03820

Offers outpatient counseling, crisis center, halfway house, DWI Program, academy programs and court requested services and evaluations.

Satellite Offices:

Exeter Office: Major Blake's Hotel, 24 Front St., Exeter, NH

Rochester Office: 32 Wakefield St., Rochester, NH

Portsmouth Office: 15 Maplewood Ave, Worth Building, Portsmouth, NH

Squamscott Home Health, Visiting Nurse and Hospice Care

Phone: 603-742-7921

113 New Rochester Rd, Suite #4, Dover NH 03820

A voluntary, non-profit, home and community health agency offering skilled nursing care, therapeutic care (occupational, physical and speech), home health aide services, various clinics, referrals, Medical Social Worker, maternal and newborn health clinic, and a Strafford Regional Hospice Network.

Strafford County Community Action

Dover: 749-5160

Rochester: 332-3963

Milton: 652-9893

Farmington: 755-9305

Administrative Office: 749-1334; Fax: 749-3718

PO Box 160, Dover, NH 03821-0160

Non-profit organization serving the low income and elderly population of the area.

Services provided include:

Strafford County Headstart

Fuel Assistance

Weatherization

Weatherization/Public Utilities Program

Neighbor Helping Neighbor

Home Rehabilitation

Lead Safe Dwelling

HICEAS-Insurance Counseling Program

Personal Emergency Response System

Rental Security Deposits

Self Sufficiency Program

Summer Recreation

Transportation for the Elderly

Strafford County Workforce Development

Welfare to Work of Strafford County

Strafford County Conservation District

Phone: 749-3037

Justice and Administration Bldg, 259 County Farm Rd, Unit #3, Dover, NH 03820

An organization that provides guidance and technical assistance with planning, design, and installation of natural resource conservation projects to Strafford County Residents, citizen groups, and local government. Offers soil erosion and sediment control, soil maps, soil potential index (SPI) ratings, water quality and quantity issues, conservation education, sale of conservation plans for erosion control and wildlife, aerial photo library, conservation easement acquisition and management.

Strafford County Dental Coalition

Phone: 749-1334

The Strafford County Dental Coalition was formed to provide access to dental care for those residents of Strafford County who are income eligible, uninsured, or underinsured. Treatment is provided in local dental offices at reduced fees by referral from the dental coordinator. An Oral Health Education Initiative is underway to provide information to medical personnel and others regarding the connection between untreated dental disease and medical illness, especially diabetes, heart disease and pre-term low birth weight babies. Planning is underway to find a long-term solution to the lack of access to affordable dental care. A group of community members donates their time to research solutions and find resources to make it a reality.

Strafford County Nutrition Program and Meals on Wheels

Phone: 692-4211; Fax: 692-2877

9 Bartlett Ave., PO Box 31, Somersworth, NH 03878

Provides noontime meals five days a week, M-F for persons 65 and over. Dining halls are presently located in Dover, Farmington, Rochester, and Somersworth. Home delivered meals and Meals on Wheels assist's qualified seniors and disabled individuals who are unable to prepare meals for themselves.

Strafford County/ UNH Cooperative Extension

Phone: 749-4445; Fax: 749-3431

E-mail: Strafford@unh.edu

259 County Farm Road #5, Dover, NH 03820

Hours: M-F, 8am-4: 30pm.

Offer informal educational programs designed for individuals, families, and communities in the following areas: financial management, childcare, family development, community development, 4-H Youth development, nutrition and food safety, agriculture and forestry, wildlife management, marine education and more.

Strafford County Family Intervention

Phone: 742-8078

259 County Farm Road, Dover, NH 03820

Hours: M-Th, 8:30 am- 8 pm and Fri, 8:30 am- 4:30 pm.

Provides support services to families experiencing problematic issues or crises. Services include family intervention, parent/child mediation, parenting classes, and parent support group. Information and referral assistance.

Strafford County Work force Development

(Sponsored by Strafford County Community Action)

Phone: 332-9040; Fax: call first 332-9040 or 335-8642

150 Wakefield St, Rochester, NH

PO Box 607, Farmington, NH 03835

Also located at:

NH Employment Security Job and Information Center

238 Rte 108, Somersworth, NH 03878

Phone: 742-3600 ext 312; Fax: 749-7915

Hours: M-F, 8am-4: 30 pm.

This program helps to prepare economically disadvantaged people, both employed and unemployed, to become productive members of the labor force through a “work first” approach. Services provided can include skill assessment, employment counseling, job referrals and/or placement, individualized career planning, and follow-up services. See also Strafford County Welfare to Work.

Eligibility depends on service requested. Referrals through NH Employment Security

No fees.

Strafford Learning Center

Phone: 692-4411

317 Main St., Somersworth, NH 03878

Hours: M-F 8:30 am – 4pm

Offers programs for children experiencing learning difficulties, educational diagnostic evaluation and therapy services. Resource Center for special instructional materials and in-service training of school personnel. Ages 0-21 and residents of the participating school districts, SAUs 2,44,56,61,64 & 74. Consultation/program development/training contracted to non-member districts.

Summer Recreation

Milton: 652-9893 Rochester 332-3963

Strafford County Community Action conducts a summer youth recreational project to benefit vulnerable youth by providing beneficial and enlightening field trips to points of interest not normally accessible to this target population.

Temporary Assistance to Needy Families- (TANF) NH Employment Team

Phone: 742-3600

243 Rte 108, Somersworth, NH 03878

Hours: M-F, 8am-4: 30 pm.

Provides employment and training services for recipients in the TANF program.

Therapeutic Riding Program

Phone: 862-1174/ 862-0131

Kendall Hall, Durham, NH 03824-3590

The Therapeutic Riding Program provides treatment for individuals with physical, emotional, and mental disabilities, and creates an environment that integrates members of the disabled and able-bodied communities.

A faculty member oversees a team composed of a therapeutic riding instructor, physical therapist, volunteer coordinator, and trained volunteers. Each client has goals, and a plan to achieve them.

Activities offered in the grooming and riding programs center on abilities rather than disabilities, and serve individuals with cerebral palsy, stroke, muscular dystrophy, developmental disabilities, learning disabilities, arthritis, cystic fibrosis, seizure disorders, hearing impairments, autism, head injuries and emotional disabilities.

Thompson Grooming Shop

Phone: 862-1144

Grooming Shop, Barton Hall, 291 Mast Road, Durham, NH 03824-3562

Small animal care students at the Thompson School provide pet grooming services from 12-4 on Wednesdays. The Grooming Shop is in Putnam Hall. Fees vary depending on the breed and the condition of the animal. Pets must be up to date on all vaccinations. Senior discounts are available.

Thompson School Horticulture Facility

Phone: 862-1074

Thompson School Greenhouse, 296 Mast Road, Durham, NH 03824-3503

Hours: Academic year Monday-Thursday, 8a.m.-4:15 p.m., and Friday and Saturday, 8am-noon

Summer hours are Tuesday-Friday 8a.m.-4:15a.m; Monday and Saturday 8a.m.-noon.

The Thompson School's Horticulture Facility sells plants grown by students working towards their Associate's Degree in horticulture. Plant varieties change with the seasons and quantities are sometimes limited. Selections consist of trees, shrubs, perennials, annuals, vegetables, and holiday plants. Students and staff members provide horticultural information. Tours are available.

Thompson School Sawmill

Phone: 862-1035

Putnam Hall, 294 Mast Road, Durham, NH 03824-3539

The Thompson School's Sawmill is available for activities and educational tours, arranged on a space- and time-available basis.

Lumber produced at the sawmill over the course of the academic year is available for sale as advertised in local and campus media. Lumber is priced by dimension, quality and type. Most prices are at, or near, the average prices of local lumber suppliers.

Toastmasters

Phone: 749-1828 (Sabino San Juan)

E-mail: a2san@aol.com

Somersworth High School (Vocational Program)

Transaction Ridematching Program

Website: <http://transaction.vivacommute.com/>

Online ridesharing program.

Tri-City Alliance for the Mentally Ill

Phone: 1-800-242-6264

5 Hale St, Dover, NH 03820

Hours: M-F, 8:30-5

Meets the first and third Monday of each month, 7pm –9 pm (except July and August). A group of families and relatives of those affected with mental illness joined together for advocacy, education and mutual support.

Trio Programs- Upward Bound

Phone: 603-862-1562

Hours: M-F, 8:30 am-4: 30 pm

UNH-Robinson, Rosemary Lane, Durham, NH 03824

Preparatory program for low-income students in high school for secondary education. Program includes: six week residential program at UNH, school year follow-up program giving academic support with tutoring and advising, high school credit or participation, assists students in gaining entry into post secondary education. Serves Farmington, Dover Somersworth, and Rochester.

United Way of the Greater Seacoast

Phone: 436-5554 or 1-800-volunteer; Fax: 436-6349

E-mail: unitedway@uwgs.org

Website: www.uwgs.org

71 International Dr., Pease International Tradeport, Portsmouth, NH 03802

The United Way of the Greater Seacoast (GSUW) is a local autonomous, grass-roots, non-profit organization governed by volunteers from throughout Strafford and Rockingham Counties, and Eliot and Kittery Maine. UWGS works to mobilize resources and volunteers by linking the business community to non-profit agencies throughout the region. UWGS provides funding for 79 health and human service partner agencies, serving 45 communities. It also offers Venture and Emergency Grants, conducts the annual Day of Caring and has a Volunteer Action Center for individuals and teams who wish to volunteer in the greater seacoast area.

USDA Rural Development

Phone: 603-679-4650 ext 20; Fax: 603-679-4658

241 Calef Highway, Telly's Plaza, Epping, NH 03042-2326

Hours: M-F, 8am-4: 30pm.

Provides loans and grants to persons with very low income to purchase or build a single-family home at reduced interest rates. Also provides assistance to very low-income owners of modest single-family homes in rural areas for home improvements to remove health and safety hazards or to make a home accessible for household members with disabilities. Provides grants to very low-income households, 62 years of age or older who cannot afford to repay loan.

US Department of Labor Employment Standards Administration

Phone: 666-7716

2 Wall Street, Manchester, NH

Hours: M-F, 8AM-4: 30 PM

Responsible for the enforcement of federal laws regarding minimum wage, overtime, and child labor laws, and wage rates on federally funded projects. They will act on behalf of the complainant whose name will be kept strictly confidential. When applicable back wages will be paid.

Veterans Affairs Regional Office

Phone: 1-800-827-1000; VA Medical Center: 1-800-892-8384

E-mail: vetsvc@nhva.tiac.net

Internet: www.va.gov

Norris Cotton Federal Bldg., 275 Chestnut St., Manchester, NH

Hours: M-F, 8am-4: 30 pm.

Administers benefits for education, home loans, service connected compensation, non- service connected pension, vocational rehabilitation, death benefits, and GI insurance. (Medical care is provided by the VA Medical Center, 718 Smyth Rd., Manchester, NH.)

Victims, Inc.

Phone: 335-7777

E-mail: Pat.Rainboth@victimsinc.org

Website: www.victimsinc.org

PO Box 455, Rochester, NH 03866-0455

Located in Strafford County, it provides emotional and practical support to crime, crash, and trauma victims, and their families. Highly trained Trauma Intervention Volunteers are on call 24-hours, 7 days a week. They respond to calls from police, fire and emergency medical personnel. Victims, Inc. provides Supreme, Superior and District Court advocacy to crash victims. Victims, Inc. sponsors GAP, a Grieving Assistance Program for adults and GAPS, a Grieving Assistance Program for Students.

Weatherization

Phone: 749-1334

This program is designed to assist in decreasing the energy costs of low-income households by evaluating the efficiency of the heating system and through the installation of conservation materials to the building. Services are provided at no cost to qualifying applicants.

Weatherization/ Public Utilities Program

Phone: 749-1334

This program is similar to the regular Weatherization program but is funded by electric and fuel companies.

Welfare Offices- Local by Cities/Towns

Emergency Financial Assistance for critical needs such as food, utilities and medical care.

Barrington	664-9007
Dover	516-6500
Durham	868-5571
Farmington	755-3100
Lee	659-5414
Madbury	742-5131
Middleton	473-2261
Milton	652-9893
New Durham	859-0204
Rochester/East Rochester	332-3505
Rollinsford	742-2510
Somersworth	692-4262
Strafford	664-2192

Welfare to Work

Phone: 332-9040; Fax: 332-9040

159 Wakefield St, Rochester, NH

PO Box 607, Farmington, NH 03835

Hours: M-F, 8am- 4:30 pm.

This program is part of the Workforce Development Program and focuses its attention and resources on helping individuals receiving TANF who face multiple challenges in gaining employment. The local New Hampshire Employment Program team refers participants. Available services range from assistance with transportation, childcare, educational courses, job retention skills, and moral support. See also Strafford County Workforce Development.

Eligibility: Long term TANF/AFDC recipients

No fees.

Wheels on Wheels- Wheelchair Transportation Service

Phone: 603-335-3862

14A Madison Avenue, Rochester, NH 03867

Hours: M-F, 8am- 5pm.

Provides transportation to and from doctor's appointments, hospital discharges, rehabilitation therapy, nursing home transfers and admits, and all other types of medical appointments. NH Medicaid approved for all medical appointments.

WIC Program- Women Infants and Children

Phone: 332-4358

22 South Main Street, Rochester, NH

A supplemental food program providing prescribed food vouchers for pregnant, breastfeeding, and postpartum women, infants and children up to age five. Nutritional and dietary evaluation, nutrition education, supplemental food vouchers, information and referral, breastfeeding support, and health screening are provided. The program is open to income-eligible women and children with medical or nutritional risks. WIC services are provided free of charge.

Widowed Guidance

Wentworth Douglass Hospital

Salmon Falls Room

789 Central Ave Dover NH 03820

9:30 am, First Saturday of the Month.

Widowed Person's Services

Phone: 332-7330 (Angelea Rines)

Wentworth Douglass Hospital

Bellamy Room

789 Central Ave, Dover, NH 03820

7-8:30, Every Monday.

Widowed Support

Phone: 742-0208/749-9050
Wentworth Douglass Hospital
Great Bay Room
789 Central Ave, Dover, NH 03820
1:30pm, Second Saturday of the month.

Writers Series and Speakers Series

Phone: 862-1313
English Department, Hamilton Smith Hall, Durham, NH 03824-3574
The Department of English sponsors literary readings and discussions of poetry, fiction and nonfiction works. All meetings are open to the public.

YMCA of Strafford County and Camp Foss

Phone: 332-7334
63 Lowell St., PO Box 1804, Rochester, NH 03866-1804
Hours: M-F, 8:30 am-6 pm, Closed Saturday and Sunday.
Provides youth after school programs, youth and junior archery classes, youth swim classes, aerobic and senior classes, yoga classes.

Youth Resources Office- Dover

Phone: 516-6500
Located in the new Dover City Annex in the Human Services Department
30 St Thomas St, Dover, NH 03820
Programs include drug and alcohol counseling on a “drop-in” and appointment basis, employment referral and assistance, general information and referral for youth and parents. Court diversion program, first time offenders program, drug and alcohol counseling in high school, and adolescent and community services.

LICENSED HEALTH CARE FACILITIES IN STRAFFORD COUNTY

Hospitals:

Frisbees Memorial Hospital
Whitehall Road, Rochester, NH 03867
Phone: 332-5211

Wentworth Douglass Hospital
789 Central Ave, Dover, NH 03820
Phone: 742-5252

Out Patient Clinics

Marshbrook Rehabilitation Services
237 Route 108, Suite 101, Somersworth NH 03878
Phone: 749-4327

Seacoast Redi Care
396 High St, Somersworth, NH 03878
Phone: 692-6066

Nursing Homes

Dover Rehabilitation and Living Center
307 Plaza Drive, Dover, NH 03820
Phone: 742-2676

Riverside Rest Home/ Strafford County
County Farm Road, Dover, NH 03820
Phone: 742-1348

Rochester Manor
40 Whitehall Road, Rochester, NH 03867
Phone: 332-7711

St Ann Home
Dover Point Road, Dover, NH 03820
Phone: 742-2612

Sunbridge Care & Rehabilitation of Rochester
62 Rochester Hill Road, Rochester, NH 03867
Phone: 335-3955

Sheltered Care/Nursing Unit

Gafney Home for the Aged
90 Wakefield St, Rochester, NH 03867
Phone: 332-2705

Langdon Place of Dover
60 Middle Road, Dover, NH 03820
Phone: 743-4110

Wentworth Home for the Aged
795 Central Ave, Dover, NH 03820
Phone: 742-1915

Sheltered Care Facilities/Shared Home

Anderson Home
306 First Crown Point Road, Strafford, NH 03884
Phone: 332-8992

Candlelight Manor
16 Pine Street, Rochester, NH 03820
Phone: 335-1199

Crisis Care Unit
576 Central Ave, Dover, NH 03820
Phone: 742-9730

NTSO Community Resource Guide

Emerald House, Inc
21 Grand St, Somersworth, NH 03835
Phone: 692-5334

Garnet House, Inc
115 Central St., Farmington, NH 03835
Phone: 755-3115

Hattie's Place
587 South Main Street, Farmington, NH 03835
Phone: 755-3937

Helga's Guest House
92 Packers Falls Road, Durham, NH 03857
Phone: 659-6856

Kincora Manor Hospitality Home
131 Charles St., Rochester, NH 03867
Phone: 332-6780

Meadow View Manor
357 Salmon Falls Road, Rochester, NH 03868
Phone: 335-2288

Our Place Inn Time
15 Tappan St., Farmington, NH 03835
Phone: 755-2354

Pond View Acres, Inc.
Rte 9, Barrington, NH 03825
Phone: 664-9967

Rochester Group Home
9 Academy St, Rochester, NH 03867
Phone: 742-0630

Studley Home
15 Eastern Ave., Rochester, NH 03867
Phone: 332-1738

Wakefield Hospitality Home
139 Wakefield St, Rochester, NH 03867
Phone: 335-1156

Victory Hill
19 Prospect St., Somersworth, NH 03878
Phone: 742-0630

Home Health Care Nursing Care at Home

Homemakers of Strafford County
97 Rochester Hill Rd., Rochester NH 03867
Phone: 335-1770, 692-4663 or 1-800-660-1770

Rochester/Rural District VNA & Hospice
“Your Visiting Nurses”
178 Farmington Rd (Rte 11), Rochester, NH 03867
Phone: 332-1133

New England Nursing Services, Inc
15 Old Rollinsford Rd # 106, Dover, NH 03820
Phone: 1-800-464-1281

Wentworth-Douglass Home & Hospice Care
89 Old Rochester Road, Dover, NH 03820
Phone: 742-7921

LICENSED CHILD CARE FACILITIES IN STRAFFORD COUNTY

Strafford County Child Care Solutions

P.O. Box 607
Farmington, NH 03835
335-3849, 1-888-440-4914

Rockingham County Community Action Program

Child Care Services
8 Centerville Dr
Salem, NH 03079
893-8446, 1-800-310-8333