This manuscript has been prepared by Dr. Patricia Ottani, Public Health Nurse Supervisor. Every effort has been made to insure that the information presented in this document is accurate at the time of publication. We recommend that you use this document as a healthcare resource in your own organization. A special thanks to Kristen Treacy, Weed and Seed Coordinator, for her editing, resource assistance and cover design.
MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

VISION STATEMENT

To be a healthy community where the public can enjoy a high quality of health in a clean environment, enjoy protection from public health threats, and can access high quality health care.
**EMERGENCY PHONE NUMBERS**

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<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
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<td><strong>9-1-1</strong></td>
<td>is the primary emergency telephone number for emergency calls to police, fire, medical, rescue and other emergency services.</td>
</tr>
<tr>
<td><strong>2-1-1</strong></td>
<td>connects callers, at no cost, to information about critical health and human services available in their community and a referral line for the homeless or at risk.</td>
</tr>
<tr>
<td><strong>ALCOHOL HOTLINE</strong></td>
<td>866-513-9835</td>
</tr>
<tr>
<td><strong>CHILD ABUSE REPORT LINE</strong></td>
<td>Call either number if you suspect that a child has been abused or neglected. During non-business hours, call <strong>911</strong> or the Manchester Police Department at 603-668-8711.</td>
</tr>
<tr>
<td><strong>DOMESTIC VIOLENCE 24-HOUR HOTLINE</strong></td>
<td>1-866-644-3574</td>
</tr>
<tr>
<td><strong>DRUG FREE NH - Treatment &amp; Recovery Services</strong></td>
<td><a href="http://www.drugfreenh.org">www.drugfreenh.org</a> or <a href="http://www.nhtreatment.org">www.nhtreatment.org</a></td>
</tr>
<tr>
<td><strong>TREVOR SUICIDE PREVENTION HOTLINE</strong></td>
<td>The leading national organization providing crisis intervention /suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.</td>
</tr>
<tr>
<td><strong>GAY, LESBIAN, BISEXUAL &amp; TRANSGENDER HOTLINE (GLBT)</strong></td>
<td>1-888-843-4564</td>
</tr>
<tr>
<td><strong>GLBT NATIONAL HELP CENTER</strong></td>
<td>1-800-246-7743</td>
</tr>
<tr>
<td><strong>GOOD SAMARITANS SUICIDE HOTLINE</strong></td>
<td>603-357-5505 or 1-877-583-8336</td>
</tr>
<tr>
<td><strong>MANCHESTER POLICE</strong></td>
<td>603-668-8711</td>
</tr>
<tr>
<td><strong>MANCHESTER FIRE</strong></td>
<td>603-669-2256</td>
</tr>
<tr>
<td><strong>MANCHESTER HEALTH DEPARTMENT</strong></td>
<td>603-628-6003</td>
</tr>
<tr>
<td><strong>MENTAL HEALTH CENTER OF GREATER MANCHESTER</strong></td>
<td>603-668-4111</td>
</tr>
<tr>
<td><strong>NATIONAL RUNAWAY HOTLINE</strong></td>
<td>1-800-621-4000</td>
</tr>
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<td><strong>NH TRY-TO-STOP TOBACCO RESOURCE CENTER</strong></td>
<td>Spanish: 1-800-833-5256 Hearing Impaired: 1-800-833-1477</td>
</tr>
<tr>
<td><strong>POISON CONTROL CENTER</strong></td>
<td>Call right away if you have a poison emergency. Also call if you have a question about a poison or about poison prevention. Available 24/7.</td>
</tr>
<tr>
<td><strong>RAIN (RAPE, ABUSE, AND INCEST NETWORK)</strong></td>
<td>1-800-656-HOPE</td>
</tr>
<tr>
<td><strong>SERENITY PLACE (SUBSTANCE ABUSE CRISIS LINE)</strong></td>
<td>603-625-6980</td>
</tr>
<tr>
<td><strong>SEXUAL ASSAULT 24-HOUR HOTLINE</strong></td>
<td>1-800-277-5570</td>
</tr>
<tr>
<td><strong>STD HOTLINE</strong></td>
<td>1-800-228-0254</td>
</tr>
<tr>
<td><strong>SUICIDE PREVENTION HOTLINE</strong></td>
<td>1-800-273-8255</td>
</tr>
<tr>
<td><strong>YWCA CRISIS LINE</strong></td>
<td>Call this number 24 hours a day, 7 days a week to talk to a crisis counselor regarding domestic abuse, sexual violence (male and female).</td>
</tr>
</tbody>
</table>

**Additional Information:**

- **911** connect **ALCOHOL HOTLINE** 866-513-9835
- **CHILD ABUSE REPORT LINE** 1-800-894-5533 or 603-271-6562
- **DOMESTIC VIOLENCE 24-HOUR HOTLINE**
- **ALCOHOL HOTLINE** 866-513-9835
- **CHILD ABUSE REPORT LINE** 1-800-894-5533 or 603-271-6562
- **DOMESTIC VIOLENCE 24-HOUR HOTLINE**
- **ALCOHOL HOTLINE** 866-513-9835
- **CHILD ABUSE REPORT LINE** 1-800-894-5533 or 603-271-6562
- **DOMESTIC VIOLENCE 24-HOUR HOTLINE**
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NH DHHS Division of Family Assistance
Public Utilities Commission
Salvation Army
St. Mary’s Bank - Family Emergency Loan Program

CARBON MONOXIDE POISONING
Northern New England Poison Center

CHILDCARE/DAYCARE
Child Care Aware - Child Care Resource
Girls Inc.
NH DHHS
YMCA

CHRONIC DISEASE PREVENTION
Manchester Health Department

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Blessed Sacrament/St. Anne’s Closet
Family Outfitters Thrift Store
Goodwill
Liberty House
Lots for Tots
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Savers Thrift Store
St. Vincent de Paul Thrift Store
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**ABUSE/NEGLECT**

**CASA of New Hampshire, Inc.**  
(Court Appointed Special Advocate Program for Children). CASA of New Hampshire provides an advocate for every abused and neglected child in the New Hampshire courts.  
P.O. Box 1327  
Manchester, NH 03105  
800-626-0622 or 603-626-4600  
Website: [http://www.casanh.org/](http://www.casanh.org/)

**Child and Family Services Support Groups**  
464 Chestnut Street  
PO Box 448  
Manchester, NH 03105  
800-640-6486 or 603-518-4000  
Email: info@cfsnh.org  
Website: [http://www.cfsnh.org/index.html](http://www.cfsnh.org/index.html)

**Division for Children, Youth, & Families (DCYF)**  
To report child abuse or neglect, please call these numbers:  
800-894-5533 (in-state) or 603-271-6562  
Website: [http://www.dhhs.nh.gov/dcyf/](http://www.dhhs.nh.gov/dcyf/)  
NH DHHS: Manchester DCYF District Office  
195 McGregor Street  
South Tower, Suite 110  
Manchester, NH 03102  
603-668-2330 or 800-852-7493

**Domestic Violence/Sexual Assault Hotline**  
Support and information available through a 24-hour hotline.  
**NH Coalition Against Domestic and Sexual Violence**  
P.O. Box 353  
Concord, NH 03302  
Domestic Abuse 24-Hour Hotline: 1-866-644-3574  
Sexual Assault 24-Hour Hotline: 1-800-277-5570  
Website: [http://www.nhcadsv.org](http://www.nhcadsv.org)

**YWCA Crisis Service**  
The international mission of the YWCA is to eliminate racism and to empower women in order to attain the common vision of: peace, justice, freedom and dignity for all people. This mission is met locally through the delivery of social service programs as well as programs that enrich the general community.  
YWCA Crisis Service  
72 Concord Street  
Manchester, NH 03101  
603-625-5785  
24-Hour Crisis Line: 603-668-2299  
Website: [http://www.ywcanh.org](http://www.ywcanh.org)
ADOLESCENT RESOURCES

**Alateen (Also See **[SUBSTANCE ABUSE/MISUSE, pg. 64]**)

Support group for teens who are affected by someone else’s drinking. Alateen, a branch of Al-Anon, provides strength and hope for friends and families of problem drinkers.
- NH Al-Anon Answering Service: 603-369-6930
- Email: webcoordinat@nhal-anon.org
- Website: [http://www.nhal-anon.org/](http://www.nhal-anon.org/)

**Child and Family Services Teen Resource Center**

Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life.
- Teen Resource Center
  - PO Box 448
  - 99 Hanover Street
  - Manchester, NH 03101
  - 800-640-6486 or 603-518-4170
- Website: [http://www.cfsnh.org/index.php/content/article/77-articles/302-programs-by-region-2#young-adults](http://www.cfsnh.org/index.php/content/article/77-articles/302-programs-by-region-2#young-adults)

**Child Health Services Teen Health Clinic at Manchester Community Health Center**

The Teen Health Clinic provides a safe and respectful Patient-Centered Medical Home for adolescents and young adults.
- Child Health Services
  - 1245 Elm Street
  - Manchester, NH 03101
  - 603-668-6629
- Website: [http://childhealthservices.org/programs/primary_care/teens](http://childhealthservices.org/programs/primary_care/teens)

**Families Sharing Without Shame**

Families Sharing Without Shame is a meeting place for parents who have a child or children who are or have misused drugs and or alcohol. Our goal is to provide parents a safe place to share their fears, tears and triumphs. We commit to advocating throughout the State of New Hampshire to eliminate the stigma associated with addiction.
- 603-568-0533
- Website: [http://families-sharing-without-shame.com/](http://families-sharing-without-shame.com/)

**F.A.S.T.E.R/FAMILY SUPPORT GROUPS**

603-668-4859

**Manchester Community Health Center**

MCHC’s Adolescent Preventive Services (APS) program is a preventive health initiative that focuses on youth in Manchester’s public school system.
- 145 Hollis Street
  - Manchester, NH 03101
  - 603-626-9500
  - East Side: 184 Tarrytown Road, 03103 (Call the main number above)
Manchester School District Student Assistance Program (SAP) in the Middle & High Schools
Student Assistance Program that provides confidential support groups for those suffering from their own or others’ addictions. Location: Varies
   Website: http://www.mansd.org, go to Schools; Middle or High School; Student Assistance Program. (See example at: http://central.mansd.org/guidance/sap)

Office of Youth Services (OYS)
The City of Manchester Office of Youth Services helps all young people by providing effective solutions to a variety of challenges encountered by youth and their families.
   1045 Elm Street, Suite 204
   Manchester, NH 03101
   603-624-6470
   24 Hour Substance Abuse Hotline: 603-665-6600
   Email: http://www.manchesternh.gov/Departments/Youth-Services/Contact-Youth-Services
   Website: www.manchesternh.gov/youth

Salvation Army Youth Center (Also See EDUCATION, pg. 32)
The Youth Center serves children and teens, ages 5 to 17 years old, who show interest in becoming involved with the programs and services that we offer.
   121 Cedar Street
   Manchester, NH 03101
   603-627-7013

Suicide Prevention
National Suicide Prevention Hotline - No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
   1-800-273-8255
   Website: http://www.suicidepreventionlifeline.org

Teen Pregnancy –See Pregnancy resources, pg. 57

YWCA Youth Programs
    PACT - Peer Action Changing Tomorrow (PACT) is a 10-week YWCA teen leadership and education program that empowers teens to become resources and consultants to their peers about sexuality and health concerns.
    LifeSkills -The LifeSkills Training program is a highly interactive, skills-based program designed to promote positive health and personal development for youth.
   72 Concord Street
   Manchester, MH 03101
   24 Hour Crisis Hotline: 603-668-2299
   603-625-5785
   Website: http://ywcanh.org/index.php?id=17&maincatid=2

Youth Intervention/Treatment at Child and Family Services
   800-640-6486
   Website: http://www.cfsnh.org
ADOPTION

(Also See Pregnancy resources, pg. 57)

Adoption Network
Adoption Network Law Center
Call 1-888-675-6899 for your NO-OBLIGATION discussion of your adoption or unplanned pregnancy needs.
   Website:
       https://www.adoptionnetwork.com/adoptionnetwork/index23.html?gcid=GOOG_index23&KEY=private_adoption&CAMP=Content&ADGROUP=(Opt)_Private_Adoption

Bethany Christian Services
Bethany offers adoption services in the United States and internationally.
   183 High Street
   PO Box 320
   Candia, NH 03034
   603-483-2886
   Website: https://www.bethany.org/adoption

Child and Family Services/Adoptive Parent Services
  464 Chestnut St.
  P.O. Box 448
  Manchester, NH 03105
  800-640-6486 or 603-518-4000
  Email: info@cfsnh.org
  Website: http://www.cfsnh.org/index.php/programs-services/adoption

NH DHHS Foster Care and Adoption Services
  129 Pleasant Street
  Concord, NH 03301
  603-271-8140
  Website: http://www.dhhs.nh.gov/dcyf/adoption/

AFTER SCHOOL/ADULT LEARNING PROGRAMS

21st Century Afterschool Programs
The Manchester School District’s 21st Century Community Learning Centers (21st CCLC) afterschool program envisions a community where all students are inspired to reach their full potential academically, socially and personally through the support of the program, families, and the community.
   603-624-6300, Ext. 201
   Website: https://sites.google.com/a/mansd.org/msd-21st-cclc/
Boys and Girls Club
The Boys & Girls Club of Manchester is the largest and most affordable after school program provider in the greater Manchester area. A low annual membership fee is all that is required for a youngster to participate in our programs and activities.
555 Union Street
Manchester, NH 03104
603-625-5982 or 603-625-5031
Website: http://www.mbgcnh.org/

Daniel Webster Council/Boy Scouts of America
Boy Scouts of America
571 Holt Avenue
Manchester, NH 03109
603-625-6431
Website: http://www.nhscouting.org/

Girls Inc.
At Girls Incorporated of New Hampshire, every girl, regardless of her age, background, interests or dreams, has the potential for greatness. The mission of Girls Incorporated is to help girls achieve their personal best through one-on-one attention, leadership development, a talented staff and volunteers, a wide range of enrichment programs and a caring family environment. The programs are offered after school between the hours of 2:30 to 6:30 pm.
Manchester Girls Center
340 Varney Street
Manchester, NH 03102
603-623-1117
Website: http://girlsincnewhampshire.org/

Girl Scouts Swift Water Council
Girl Scouts of the Green and White Mountains is recognized throughout New Hampshire and Vermont as a leading expert on girls. Their programs help girls discover, connect and take action as they develop strong values, a social conscience, and a deep sense of self and their potential.
One Commerce Drive
PO Box 10832
Bedford, NH 03110
603-627-4158 or 888-474-9686
Email: info@girlscoutsgwm.org
Website: http://girlscoutsgwm.org

Manchester Housing and Redevelopment Authority (MHRA) School District Partnership
An MHRA-Manchester School District partnership enables children aged 3-4 to participate in literacy-based educational opportunities in preparation for kindergarten. Morning and afternoon sessions of academic instruction are complemented by wrap-around preschool daycare for children whose parents work.
198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: http://www.manchesterhousing.org/resident-opportunities/family-youth/
YMCA
30 Mechanic Street
Manchester, NH 03101
603-623-3558
Website: http://www.graniteymca.org/index.php?page=downtown

AIDS/HIV (Also See Healthcare, pg. 45)

Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)
GMAP/MVAP provides Case Management Program that is available to anyone living with HIV within the Greater Manchester and Concord area.
170 Lowell Street
Manchester, NH 03104
603-623-0710
Website: http://www.mvap.org

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Clinics/STDHIV-Programs

ARBORVIRUS SURVEILLANCE AND CONTROL

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Arbovirus-Surveillance-and-Control

ASTHMA

American Lung Association – New Hampshire Office
1800 Elm Street
Manchester, NH 03104
603-410-5108
Website: http://www.stateoftheair.org/2015/states/new-hampshire/

AsthmaNowNH
AsthmaNowNH brings together information and resources to educate and support everyone in New Hampshire with an interest in asthma.
Website: http://asthmanow.net/ProgRes/index.htm
Breathe NH  
145 Hollis Street, Unit C  
Manchester, NH 03101  
800-835-8647 or 603-669-2411  
Website: http://www.breathenh.org/home

Lung HelpLine  
800-LUNGUSA or 800-586-4872

Manchester Health Department
Click on the link below to access comprehensive information related to asthma programs, asthma prevention, education and support services and more!
  Manchester Health Department  
  1528 Elm Street  
  Manchester, NH 03101  
  603-628-6003  
  Brochure: Breath Easy

BED BUGS (ALSO SEE RODENTS, pg. 63)

Bed Bug Fact Sheets are available in English, Spanish, French, Kirundi and Nepali at the NH Bed Bug Action Committee's Website listed below.
  Website: http://www.nhbedbugs.org

BILLS/FINANCIAL ASSISTANCE (ALSO SEE ELDER RESOURCES, pg. 33)

Low-Income Home Energy Assistance Program (Fuel Assistance)
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.
  160 Silver Street  
  Manchester, NH 03103  
  603-647-4470 or 800-322-1073  
  Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/

Manchester City Welfare
Provides emergency assistance to individuals and families who lack adequate resources and directs those in need to relief agencies, including federal, state, and non-profit organizations.
  1528 Elm Street  
  Manchester, NH 03101  
  603-624-6484  
  Email: http://www.manchesternh.gov/Departments/Welfare/Contact-Welfare  
  Website: www.manchesternh.gov/welfare
NH DHHS Division of Family Assistance
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing. You can apply online at https://nheasy.nh.gov, print out one of the applications and mail or bring it to the Manchester District office.
1234 River Road (temporary address)
Manchester, NH 03104
603-668-2330 or 1-800-852-7493
Website: http://www.dhhs.nh.gov/dfa/index.htm

Public Utilities Commission
Assistance with payment arrangements on fuel and electricity bills in specific cases.
21 South Fruit Street, Suite 10
Concord, NH 03301
603-271-2431
Website: http://www.puc.nh.gov/Consumer/assistanceprograms.htm

Salvation Army
Assistance with fuel bills for those who qualify. Call for qualification guidelines and/or to schedule an appointment.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/use/www_use_manchester.nsf/vw-dynamic-index/FA3396AD08C1DF6580256E8300566BA1?openDocument&charset=utf-8

St. Mary’s Bank – Family Emergency Loan Program
Small, short-term loans to help low to moderate-income individuals and families experiencing an emergency. May include fuel assistance to avoid shut-off of service, heating systems/home repair, medical/dental emergencies, security deposits, and disaster relief (funds to assist fire/flood victims).
200 McGregor Street: 603-669-4600
839 Hanover Street: 603-647-1111
48 Perimeter Road: 603--629-1540
Manchester, NH 03102
Website:  https://www.stmarysbank.com/nav/aboutus/programs#sthash.b7cC4AmS.dpuf

CARBON MONOXIDE POISONING

Northern New England Poison Center
Website: http://www.nnepc.org/poisons/c/carbon-monoxide
Child Care Aware - Child Care Resource
Child Care Aware of New Hampshire is composed of 10 community-based Child Care Resource and Referral programs. Anyone can search for a child care provider and/or training as a child care provider on the site listed below.

  Local Child Care Aware Office:
  Easter Seals
  555 Auburn Street
  Manchester, NH 03103
  Website: http://nh.childcareaware.org/

Girls Inc.
Girls Inc. of New Hampshire provides early care and education experiences.
  340 Varney Street
  Manchester, NH 03102
  603-623-1117
  Website: http://girlsincnewhampshire.org/

NH DHHS
Child Care Licensing Unit
  603-271-9025
  Website: http://www.dhhs.nh.gov/oos/cclu/index.htm

YMCA
The School’s Out Program (SOP) offers both before school (6:30-8:10am), after school (2:30-6pm), and combined child care options. The program offers a wide range of activities including structured homework time, physical fitness, arts and crafts and more. Contact the YMCA to find out about all the programs.
  Downtown Branch
  30 Mechanic Street
  Manchester, NH 03101
  603-623-3558
  Website: http://www.graniteymca.org/index.php?page=downtown

CHRONIC DISEASE PREVENTION

Manchester Health Department
  1528 Elm Street
  Manchester, NH 03101
  603-628-6003
  Website: http://www.manchesternh.gov/Departments/Health/Services/Chronic-Disease-Prevention
**CLOTHING**

**Blessed Sacrament/St. Anne’s Closet**  
Children’s clothing (new and gently used.)  
14 Elm Street  
Manchester, NH 03103  
603-622-5445  
Website: [http://blessedsacramentnh.org/](http://blessedsacramentnh.org/)

**Family Outfitters Thrift Store**  
OutFITters Thrift Store in Manchester offers a large, open showroom and a department store feel with a wide selection of everything from gently used furniture, housewares and clothing to books, movies, small electronics, and seasonal decorations.  
394 Second Street  
Manchester, NH 03102  
603-641-6691  
Website:  
[http://www.outfittersnh.org/aboutoutfitters/manchester/#sthash.t3qJurEQ.dpuf](http://www.outfittersnh.org/aboutoutfitters/manchester/#sthash.t3qJurEQ.dpuf)

**Goodwill**  
165 John E. Devine Street  
Manchester, NH 03103  
603-518-5246  
Website: [http://www.goodwill.org/](http://www.goodwill.org/)

**Liberty House**  
Office hours are Mon-Fri, 9AM-5PM. Our food pantry and clothing closet are available Mon-Fri, 9AM-7PM and weekends and holidays, 12PM-5PM.  
75 West Baker Street  
Manchester, NH 03103  
603-669-0761  
Website: [http://www.libertyhousenh.org](http://www.libertyhousenh.org)

**Lots for Tots**  
Gently used clothing and toys.  
1525 S. Willow Street, #4  
Manchester, NH 03103  
603-216-6238  
Website: [http://www.lotsfortotsne.com/](http://www.lotsfortotsne.com/)

**OutFITters Thrift Shop**  
394 Second Street  
Manchester, NH 03102  
603-641-6691  
Website: [http://www.outfittersnh.org/](http://www.outfittersnh.org/)
Salvation Army
Clothing for infants and adults based on contributions.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/use/www_use_manchester.nsf

Savers Thrift Store
93 South Maple Street
Manchester, NH 031023
603-669-9915
Website: http://www.savers.com/

St. Vincent de Paul Thrift Store
177 Wilson Street
Manchester, NH 03101
603-627-1412
Website: http://www.svdpusa.org/

Weepeats for Kids
Hampshire Plaza Shopping Center
950 Elm Street
Manchester, NH 03101
603-644-4999

COMMUNICABLE DISEASE CONTROL

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Communicable-Disease-Control

DENTAL/ORAL HEALTH

Amoskeag Family Dentistry
316 South Main Street
Manchester, NH 03102
603-627-1301
Website: http://www.amoskeagfamilydentistry.com/
Amoskeag Urgent Dental Care
324 South Main Street
Manchester, NH 03102
603-627-2227
Website: http://www.amoskeagurgentdentalcare.com

Aspen Dental
1031 Gold Street
Manchester NH 03103
866-336-7590
Website: https://www.aspendental.com/office/manchester-nh

Chestnut Family Dental
745 Chestnut Street
Manchester, NH 03104
603-622-7173
Website: http://www.chestnutfamilydental.com/

Children and Family Dental
8 Vinton Street
Manchester, NH 03103
603-627-8800
Website: None

Dr. Dental of Manchester
861 Hanover Street
Manchester, NH 03104
603-232-2266
Website: http://new-hampshire.mydrdental.com/Manchester

Dr. Evelyn Bryan DMD PC
765 S. Main Street, Suite 202
Manchester, NH 03102
603-622-0279
Website: http://www.drevelynbryan.com/

Easter Seals Dental Center
555 Auburn Street
Manchester, NH 03103
603-623-8863
Website: http://www.easterseals.com/nh/our-programs/dental-center/
Manchester Health Department School Dental Program
The City of Manchester Health Department, Easter Seals NH and Catholic Medical Center work together with the Manchester School District to bring dental care to children attending Manchester elementary and middle schools. Dental care is provided on the dental van at the school by experienced dentists, dental hygienists and dental assistants. If you are interested in this program and have not received a form for your child please call 624-6466, ext.315.
  Manchester Health Department
  1528 Elm Street
  Manchester, NH 03101
  603-628-6003
  Website: http://www.manchesternh.gov/Departments/Health/Services/Dental-Health

NH Smiles Program
"New Hampshire Smiles" connects parents whose children are enrolled in the Medicaid program; if your child is on the Medicaid program and you need help finding a dentist or getting an appointment, use the resources listed below for assistance:
  Find a Dentist or Doctor
  800-852-3345 ext. 4344 (NH only) or 603-271-4344
  Translator/Interpreter Services
  800-852-3345 ext. 8361 (NH only) or 603-271-8361
  Website: http://www.dhhs.nh.gov/ombp/medicaid/children/dental.htm

NH Walk in Dental Clinic
  25 South Maple Street
  Manchester, NH 03103
  603-703-0220
  Website: http://www.nhwidc.com/

Poisson Dental Facility/CMC
Providing Dental Care to the Underserved – Children and adults in greater Manchester who do not have access to dental treatment and preventive care can access these services at the Poisson Dental Facility at Catholic Medical Center.
  100 McGregor Street
  Manchester, NH 03102
  603-663-6226
  Website: https://www.catholicmedicalcenter.org/community-health/Poisson-dental.aspx

Skaperdas Dental
  101 Webster Street
  Manchester, NH 03104
  603-668-0244
  Website: http://www.dentistnh.com/

Webster Dental Associates
  40 Webster St.
  Manchester, NH 03104
  603-669-4252
  Website: http://websterdentalnh.com/
DOMESTIC AND SEXUAL VIOLENCE

CASA of New Hampshire, INC.
(Court Appointed Special Advocate Program for Children). CASA of New Hampshire provides an advocate for every abused and neglected child in the New Hampshire courts.
PO Box 1327
Manchester, NH 03105
800-626-0622 or 603-626-4600
Website: http://www.casanh.org/

New Hampshire Coalition Against Domestic and Sexual Violence
Support and information available through 24-hour hotlines.
PO Box 353
Concord, NH 03302
603-224-8893
Website: http://www.nhcadsv.org

NH Domestic Violence Hotline – 1-866-644-3574

Sexual Assault Hotline – 1-800-277-5570

YWCA Crisis Service
72 Concord Street
Manchester, NH 03101
603-625-5785
24-Hour Crisis Line: 603-668-2299
Website: http://ywcanh.org/index.php?id=3&maincatid=2

EDUCATION/GED/DROPOUTS

Manchester Adult and Community Learning
195 McGregor Street
Suite 201
Manchester, NH 03102
603-624-6300
Website: http://macl.mansd.org/

Manchester Community Resource Center
434 Lake Avenue
Manchester, NH 03103
603-647-8967
Website: http://www.mcrcnh.com/programs_services.html
Manchester Housing Authority - Academic Incentive Program
The MHRA-subsidiary Manchester Housing and Redevelopment Foundation offers a program for public housing and Section 8 Housing Choice Voucher, children and youth, designed to keep kids in school and encourage academic success. Students in elementary, middle, and high school can earn $5 for every “A” grade they receive.

198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: http://www.manchesterhousing.org/resident-opportunities/family-youth/

Salvation Army Tutoring Center
The Salvation Army has been operating the Tutoring Center for the last seven years assisting 100 students a week.

121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/use/www_use_manchester.nsf/vw-dynamic-index/85B758795F552E5080256FAC005AFAE1?Opendocument

ELDER RESOURCES (Also See Older Adults, p. 56)

Assisted Living Federation of America (Argentum)
The Assisted Living Federation of America (ALFA) is the largest national association exclusively dedicated to professionally-managed, resident-centered senior living communities and the seniors and families they serve. Search communities in your location. Get ratings, reviews, photos, costs, & more!

Website: http://www.alfa.org/

Elder Care Locator
Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Website: http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx

Manchester Housing and Redevelopment Authority
The Manchester Housing and Redevelopment Authority (MHRA) is the largest public housing agency – and largest landlord – in Northern New England. MHRA’s Resident Services programs continue to serve as model efforts in improving the quality of life for assisted housing households; providing supportive services to help avoid premature institutionalization of the elderly and persons with disabilities; providing health assessments and education; offering sports and educational activities to low income youth; and empowering low income families through economic and educational opportunities.

198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: http://www.manchesterhousing.org/resident-opportunities/elderly-persons-with-disabilities/
Meals on Wheels and Senior Meals Programs
Community Dining involves sharing a meal with others in one location. If you are over 60 years of age you are invited to join us for lunch Monday through Friday with other seniors for a nutritious mid-day meal.
395 Daniel Webster Highway
Merrimack, NH 03054
603-424-9967
Website: http://www.mealsonwheelsnh.org/services/index.php?id=meals

MEALS ON WHEELS PROGRAM LOCATIONS (Call for Meal Schedules)

<table>
<thead>
<tr>
<th>Burns Apartments</th>
<th>Kalivas Apartments</th>
<th>Gallen Apartments</th>
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<tbody>
<tr>
<td>55 South Main Street</td>
<td>175 Chestnut Street</td>
<td>200 Hanover Street</td>
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<tr>
<td>603-668-0254</td>
<td>603-669-1699</td>
<td>603-669-1699</td>
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<tr>
<td>Carpenter Center</td>
<td>O’Malley Apartments</td>
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<tr>
<td>323 Franklin Street</td>
<td>259 Chestnut Street</td>
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<td>603-669-1699</td>
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<tr>
<td>W.B.C. Sr. Activity Center</td>
<td>Pariseau Apartments</td>
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<tr>
<td>151 Douglas Street</td>
<td>55 Armory Street</td>
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<td>603-668-0254</td>
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</table>

New Hampshire Association of Residential Care Homes (NHARCH)
New Hampshire Association of Residential Care Homes (NHARCH) is the Granite State’s trade and professional organization for residential and assisted living facilities.
53 Regional Drive, Suite 1
Concord, NH 03301
800-544-0906
Website: http://nharch.org/

New Hampshire Bureau of Elderly & Adult Services
129 Pleasant Street
Concord, NH 03301
603-271-9203
Website: http://www.dhhs.nh.gov/dcbcs/beas/index.htm

New Horizons Soup Kitchen
Serves a complete dinner to seniors (over 50) at 3:00 p.m. and for individuals, and their families beginning at 4:30 daily. The soup kitchen typically serves over 250 meals daily.
199 Manchester Street
Manchester, NH 03103
603-668-1877
Website: http://www.newhorizonsfornh.org/programs/soup-kitchen

NH DHHS Division of Family Assistance
Old Age Assistance (OAA) is available for individuals age 65 or older.
1234 River Road (temporary address)
Manchester, NH 03104
603-668-2330 or 1-800-852-7493
Website: http://www.dhhs.nh.gov/dfa/index.htm
**NH SHIP - ServiceLink Resource Center**
555 Auburn Street  
Manchester, NH 03103  
ServiceLink Hillsborough County - 603-644-2240  
National Toll Free Phone: (866) 634-9412  
Website: [http://www.servicelink.nh.gov/](http://www.servicelink.nh.gov/)

**The Mental Health Center of Greater Manchester**
We offer specialized care to meet the unique needs of **seniors** and their families.  
401 Cypress Street  
Manchester, New Hampshire 03103  
603-668-4111  
Website: [http://www.mhcgm.org/](http://www.mhcgm.org/)

**William B. Cashin Senior Activity Center**
151 Douglas Street  
Manchester, NH 03101  
603-624-6533  
Website: [http://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center](http://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center)

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**EMERGENCY PREPAREDNESS**

**Manchester Health Department**
1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/Departments/Health/Services/Public-Health-Preparedness](http://www.manchesternh.gov/Departments/Health/Services/Public-Health-Preparedness)

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**EMPLOYMENT AND JOB TRAINING**

**Manchester Community Resource Center (MCRC)**
MCRC assists individuals with employment issues.  
434 Lake Avenue  
Manchester, NH 03103  
603-647-8967  
Website: [http://www.mcrcnh.com](http://www.mcrcnh.com)

**NH Employment Security (NHES)**
This is a free public employment service through a statewide network of job and information centers. NHES provides a broad range of assisted and self-directed employment and career related services and labor market information to all customers.  
300 Hanover Street  
Manchester, NH 03104  
603-627-7841  
Website: [http://www.nhes.nh.gov/locations/manchester.htm](http://www.nhes.nh.gov/locations/manchester.htm)
**NH Works**
Information center for job seekers and employers (Same contact information as NHES, above)

- 603-628-6144
- Website: http://www.nhworks.org

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## EYE EXAMS/OPTOMETRISTS

### Doctors of Optometry

- 6 March Avenue
- Manchester, NH 03103
- 603-647-8247

### E Vision

- 1093 Elm Street
- Manchester, NH 03101
- 603-296-0235
- Website: http://www.evisioneyecare.com

### Lens Crafters

- 6 March Avenue
- Manchester, NH 03103
- 603-647-8250
- Website: http://www.lenscrafters.com/

### Lens Doctors

- 381 South Willow Street
- Manchester, NH 03103
- 603-629-0090
- Website: http://lensdoctors.net/

### Manchester Eye Associates

- 581 Second Street
- Manchester, NH 03102
- 603-668-2010
- Website: http://visionsource-manchestereye.com/

### Medical Eye Center

- 250 River Road
- Manchester, NH 03104
- 603-668-2020
- Website: http://www.bgseyecenter.com/

### NH Eye Associates

- 1415 Elm Street
- Manchester, NH 03101
- 603-669-3925
- Website: http://www.nheyeassociates.com/
Pearl Vision Center
575 South Willow Street
Manchester, NH 03103
603-483-3260
Website: http://stores.pearlevision.com/6211/manchester-nh-willow-tree-plaza/

**FINANCIAL ASSISTANCE/LOANS**

**Department of Health & Human Services, Division of Family Assistance**
Administers programs and services for eligible NH residents.
195 McGregor Street, Suite 110
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
603-271-9700 Temporary Assistance for Needy Families
Website: http://www.dhhs.nh.gov/dfa/index.htm

**Electric Energy Assistance**
Assistance with payment arrangements on fuel and electricity bills in specific cases.
Public Utilities Commission
21 South Fruit Street, Suite 10
Concord, NH 03301
603-271-2431
Website: www.puc.state.nh.us

**Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)**
GMAP/MVAP provides a Case Management Program that is available to anyone living with HIV within the Greater Manchester and Concord area. The Prevention Program includes street outreach and free and confidential medical services.
170 Lowell Street
Manchester, NH 03104
603-623-0710
Website: http://mvap.org/helpful-links/

**Low-Income Home Energy Assistance Program**
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.
160 Silver Street
Manchester, NH 03103
603-647-4470 or 1-800-322-1073
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/

**Manchester City Welfare**
Provides emergency assistance to individuals and families who lack adequate resources and directs those in need to relief agencies, including federal, state and non-profit organizations.
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: http://www.manchesternh.gov/welfare
NH DHHS Manchester District Office & NH Employment Program
1234 River Road (temporary address)
Manchester, NH 03104
603-668-2330 or 1-800-852-7493
Website: http://www.dhhs.nh.gov/dfa/index.htm

NH Health Access Network
Assists low-income people who do not have adequate health insurance or finances to pay for hospital care, doctor visits or other medical care.
125 Airport Road
Concord, NH 03301
603-225-0900
Website: http://www.healthynh.com/nh-health-access-network.html

NH Housing Finance Authority (NHHFA)
Administers a broad range of programs designed to assist low and moderate-income persons and families with obtaining decent, safe and affordable housing.
32 Constitution Drive
Bedford, NH 03110
Mailing Address: PO Box 5087
Manchester, NH 03108
603-472-8620 or 1-800-439-7247
Website: http://www.nhhfa.org/contact-us.cfm

NH Medicaid Program
The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services.
128 Pleasant Street
Concord, NH 03301
800-852-3345 ext. 4344
Website: http://www.dhhs.nh.gov/ombp/medicaid/index.htm

New Hampshire Partners in Health - The Hood Center for Children and Families
The Hood Center works directly with families and will assist them in finding resources.
One Medical Center Drive
Lebanon, NH 03756
603-653-1483 or 1-800-656-3333
Website: http://nhpih.dartmouth.edu/contact.html

NH Welfare
The Welfare Department provides emergency assistance to individuals and families who lack adequate resources.
City of Manchester Welfare Department
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: http://www.manchesternh.gov/welfare
**Salvation Army**
Provides assistance with fuel bills for those who qualify. Call for qualification guidelines.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: [http://www.use.salvationarmy.org/use/www_use_manchester.nsf](http://www.use.salvationarmy.org/use/www_use_manchester.nsf)

**St. Mary’s Bank – Family Emergency Loan Program**
Provides small, short-term loans to help low to moderate-income individuals and families experiencing an emergency (including fuel assistance), to avoid the shut-off of services.
200 McGregor Street
Manchester, NH 03102
603-669-4600
Website: [https://www.stmarysbank.com/nav/about-us/programs](https://www.stmarysbank.com/nav/about-us/programs)

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**FIRE/FIRE PREVENTION**

**Arson Tipline**
The Manchester Fire Department maintains an “Arson Tipline” which is an anonymous way for citizens to report knowledge of arson within the City of Manchester.
Arson Tipline: 603-644-FIRE (3473)
Email: arson@manchesternh.gov.

**Manchester Fire Department**
100 Merrimack Street
Manchester, NH 03101
603-669-2256
Website: [http://www.manchesternh.gov/Departments/Fire](http://www.manchesternh.gov/Departments/Fire)

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**FLU CLINICS**

**Manchester Health Department**
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: [http://www.manchesternh.gov/Departments/Health/Clinics](http://www.manchesternh.gov/Departments/Health/Clinics)
1269 Café Food Pantry
123 Hanover Street
Manchester, NH 03104
Website: http://www.homenh.org/

Blessed Sacrament Food Pantry
14 Elm Street
Manchester, NH 03103
603-622-5445
Website: http://blessedsacramentnh.org/

Commodity Supplemental Food Program
Food assistance for new mothers, children up to 6, and seniors 60 years of age or older.
40 Pine Street
Manchester, NH 03103
603-668-8010
Website: http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm

First United Methodist Church
961 Valley Street
Manchester, NH 03103
603-622-8863
Website: http://www.fumcmansfield.org

Food for Children, Inc.
JFK Coliseum Parking Lot – Beech/Valley
Manchester, NH 03102
603-799-8642
Website: http://foodfc.org/index.html

Food Stamps
The Food Stamp Program is about good nutrition and health. It provides eligible individuals and households with benefits to buy food items at grocery stores and food retailers. You can apply for Food Stamps online at: https://nheasy.nh.gov

Kids Café/Salvation Army
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/manchester
**Liberty House**
Office hours are Mon-Fri, 9AM-5PM. Our food pantry and clothing closet are available Mon-Fri, 9AM-7PM and weekends and holidays, 12PM-5PM.
75 West Baker Street
Manchester, NH 03103
603-669-0761
Website: [http://libertyhousenh.org/](http://libertyhousenh.org/)

**Manchester Christian Church Food Pantry**
1308 Wellington Road
Manchester, NH 03104
603-622-9677

**Manchester Church of God Food Pantry**
230 Mooresville Road
Manchester, NH 03101
603-625-2732

**Manchester Homeless Services Center**
The drop-in center offers a variety of services including a hot lunch, laundry facilities, showers and a rotating group of service providers that are available to assist homeless adults access the services they may need to attain permanent housing.
140 Central Street
Manchester, NH 03103
603-232-0615

**Manchester Vineyard Community Meals**
150 Dow Street – Tower #4
Manchester, NH 03101
603-624-4080
Website: [http://www.manchestervineyard.com/category/announcements/](http://www.manchestervineyard.com/category/announcements/)

**Meals on Wheels and Senior Meals Programs (For locations, click MEALS, pg. 34)**
If you are over 60 years of age, you are invited to join us for lunch Monday through Friday.
Main Office: 395 Daniel Webster Highway
Merrimack, NH 03054
603-424-9967
Website: [http://www.mealsonwheelsnh.org/services/index.php?id=meals](http://www.mealsonwheelsnh.org/services/index.php?id=meals)

**New Hampshire Food Bank**
700 East Industrial Park Drive
Manchester, NH 03109
603-669-9725
Website: [http://www.nhfoodbank.org/](http://www.nhfoodbank.org/)
<table>
<thead>
<tr>
<th>Food Pantry/ Soup Kitchen</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parish of the Transfiguration Food Pantry</td>
<td>107 Alsace Street</td>
<td>603-622-0504</td>
<td></td>
</tr>
<tr>
<td>Sacred Heart Church Food Pantry</td>
<td>265 South Main Street</td>
<td>603-625-9525</td>
<td><a href="http://www.sacredheartchurch-nh.com/sacredheartfoodpantry.htm">http://www.sacredheartchurch-nh.com/sacredheartfoodpantry.htm</a></td>
</tr>
<tr>
<td>Saint Andrew’s Church Food Pantry</td>
<td>102 North Main Street</td>
<td>603-622-8632</td>
<td><a href="http://www.standrewsmanchester.com/">http://www.standrewsmanchester.com/</a></td>
</tr>
<tr>
<td>Saint Vincent de Paul Sacred Heart Food Pantry</td>
<td>247 South Main Street</td>
<td>603-625-9525 (Sacred Heart)</td>
<td></td>
</tr>
<tr>
<td>Saint Vincent de Paul Ste Marie’s Church Food Pantry</td>
<td>133 Wayne Street</td>
<td>603-623-3649</td>
<td></td>
</tr>
<tr>
<td>Saint Vincent de Paul St. Joseph Catholic Parish Food Pantry</td>
<td>460 Pine Street</td>
<td>603-622-6404</td>
<td></td>
</tr>
<tr>
<td>Salvation Army Food Pantry/ Kids Café</td>
<td>121 Cedar Street</td>
<td>603-627-7013</td>
<td><a href="http://www.use.salvationarmy.org/Manchester">http://www.use.salvationarmy.org/Manchester</a></td>
</tr>
<tr>
<td>The Salvation Army Kids’ Café serves warm, nutritious evening meals to children each night.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shiloh Ministries Food Pantry  
55 Edmond Street  
Manchester, NH 03102  
603-627-7729  
Website: [http://www.shilohweb.com/](http://www.shilohweb.com/)

The Caregivers, Inc. Food for the Homebound  
Provides transportation for grocery needs and assistance with reading food labels, carrying grocery bags and putting away groceries.  
19 Harvey Road  
Bedford, NH 03110  
603-622-4948 or 1-877-278-0237  
Website: [http://www.caregiversnh.org/services/food-for-the-homebound.html](http://www.caregiversnh.org/services/food-for-the-homebound.html)

The Karen Angela Carter Memorial Food Pantry-The ARK Church of God  
336 Kelley Street  
Manchester, NH 03102  
603-668-6226  
Website: [http://www.thearkchurch.us/ministries](http://www.thearkchurch.us/ministries)

Women, Infants & Children (WIC)  
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.  
40 Pine Street  
Manchester, NH 03108  
603-668-8010 or 1-800-322-1073  
Website: [http://www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

**FOOD PROTECTION**

Manchester Health Department  
1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/Departments/Health/Services/Food-Protection](http://www.manchesternh.gov/Departments/Health/Services/Food-Protection)

**FORECLOSURE PREVENTION**

The Way Home – Housing Resource Center  
Provides homelessness prevention/intervention services.  
214 Spruce Street  
Manchester, NH 03103  
603-627-3491  
Website: [http://www.thewayhomenh.org](http://www.thewayhomenh.org)
**Electric Energy Assistance**
Provides qualifying customers with a discount on their monthly electric bill depending on household income.

160 Silver Street  
Manchester, NH 03103  
603-647-4470 or 1-800-322-1073  
Website: http://www.snhs.org/programs/energy-programs/home-energy-assistance

**Low-Income Home Energy Assistance Program (Fuel Assistance)**
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.

160 Silver Street  
Manchester, NH 03103  
603-647-4470  
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/

**Merrimack Valley Assistance Program**
Electric service payment assistance for persons with AIDS or HIV; gas service payment assistance for persons with AIDS or HIV; heating fuel payment assistance for persons with AIDS or HIV.

170 Lowell Street  
Manchester, NH 03104  
603-623-0710  
Website: http://www.mvap.org

**Southern NH Services, Inc.**
Fuel Assistance benefits from $75 to $1125 may be available to homeowners or renters during the winter heating season. Eligibility and benefit amounts are determined by GROSS household income for a 30 day period going back from the appointment day, household size, and annual heating costs.

160 Silver Street  
Manchester, NH 03103  
603-647-4470 or 1-800-322-1073  
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/

**St. Mary’s Bank – Family Emergency Loan Program**
Provides small, short-term loans to help low to moderate-income individuals and families experiencing an emergency (including fuel assistance), to avoid shut-off of service or to help with heating systems/home repair, medical/dental emergencies, security deposits, and disaster relief (funds to assist fire/flood victims).

200 McGregor Street  
Manchester, NH 03102  
603-669-4600 or 1-800-950-8850  
Website: https://www.stmarysbank.com/nav/about-us/programs
GAY/LESBIAN/BISEXUAL/TRANSGENDER (GLBT)

GLBT National Help Center
The GLBT National Youth Talkline provides telephone and email peer-counseling.
1-888-843-4564
Website: http://www.glbtnationalhelpcenter.org/

Manchester Outright
Universalist Unitarian Church
669 Union Street
Manchester, NH 03104
603-552-5824
Website: http://manchesteroutright.org

HEALTHCARE/HEALTHCARE PROVIDERS

Amoskeag Primary Care
1650 Elm Street, Suite 302
Manchester NH 03101
603-623-3343
Website: https://www.catholicmedicalcenter.org/about-us/locations/amoskeag-primary-care/default.aspx

Catholic Medical Center
100 McGregor Street
Manchester, NH 03102
603-437-9666
Website: https://www.catholicmedicalcenter.org/

Child Health Services of MCC
1245 Elm Street
Manchester, NH 03101
603-668-6629
Website: http://childhealthservices.org/

Concentra Medical Center
1279 South Willow Street
Manchester, NH 03103
603-644-3330
Website: http://www.concentra.com/

Dartmouth Hitchcock Medical Center – Multiple sites
100 Hitchcock Way
Manchester, NH 03104
603-695-2500
Website: http://www.dartmouth-hitchcock.org/locations-directions.html
**Doctors Park Pediatrics**  
275 Mammoth Road, Suite 2  
Manchester, NH 03109  
603-663-8300  

**Elliot Bay Medical Associates**  
4 Elliot Way, Suite 102  
Manchester, NH 03103  
603-626-5900  
Website: [http://www.elliothospital.org/_rivedge/elliotbaymedical.php](http://www.elliothospital.org/_rivedge/elliotbaymedical.php)

**Elliot Family Medicine**  
4 Elliot Way, Suite 105  
Manchester, NH 03103  
603-626-5113  

**Elliot Hospital (multiple sites)**  
One Elliot Way  
Manchester, NH 03103  
603-669-5300  
Website: [www.elliothospital.org](http://www.elliothospital.org)

**Elliot Pediatrics**  
275 Mammoth Road, Suite 1  
Manchester, NH 03109  
603-663-8350  
Website: [http://elliothospital.org/Childrens/](http://elliothospital.org/Childrens/)

**Family Physicians of Manchester**  
57 Webster Street  
Manchester, NH 03104  
603-622-6491  

**Family & Sports Medicine Association**  
601 Riverway Place, Unit #6  
Bedford, NH 03110  
603-622-2112  
Website: [http://www.familyandsportsmed.com/](http://www.familyandsportsmed.com/)

**Hampshire Pediatrics**  
113 Mammoth Road  
Manchester, NH 03109  
603-623-2229
Manchester Community Health Center  
145 Hollis Street  
Manchester, NH 03101  
603-626-9500  
Website: [http://www.mchc-nh.org](http://www.mchc-nh.org)

Manchester Health Department  
1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/health](http://www.manchesternh.gov/health)

NH Medicaid Program  
NH Medicaid is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements. The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients.  
129 Pleasant Street  
Concord, NH 03301  
800- 852-3345, ext. 4344 or 603-271-4344  
Website: [http://www.dhhs.nh.gov/ombp/medicaid/contact.htm](http://www.dhhs.nh.gov/ombp/medicaid/contact.htm)

Queen City Medical Associates (Catholic Medical Center)  
775 South Main Street  
Manchester, NH 03102  
603-625-6198  

The Doctor’s Office NH  
765 So. Main Street, Suite 103  
Manchester, NH 03102  
603-625-1724  
Website: [http://www.thedoctorsofficenh.net/](http://www.thedoctorsofficenh.net/)

Webster Street Internal Medicine (Catholic Medical Center)  
57 Webster Street  
Manchester, NH 03104  
603-668-6489  
Website: [https://www.catholicmedicalcenter.org/about-us/locations/webster-street-internal-medicine/default.aspx](https://www.catholicmedicalcenter.org/about-us/locations/webster-street-internal-medicine/default.aspx)

West Side Neighborhood Health Center (at Catholic Medical Center-see website for additional locations)  
100 McGregor Street  
Manchester, NH 03102  
603-663-5382  
Website: [https://www.catholicmedicalcenter.org/community-health/west-side-neighborhood-health.aspx](https://www.catholicmedicalcenter.org/community-health/west-side-neighborhood-health.aspx)
HEALTHY HOMES

Healthy Homes and Lead Poisoning: New Hampshire DHHS
Website: http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm

HOME VISITING PROGRAMS

Interim Healthcare
608 Chestnut Street
Manchester, NH 03105
603-668-6956
Website: http://www.interimhealthcare.com/newhampshire

Ready Nurse
15 Constitution Drive
Bedford, NH 03110
603-451-0457 or 877-321-1162
http://www.readynurse.com/index.php

Visiting Nurse Association of Manchester and Southern New Hampshire (Elliot Hospital)
1070 Holt Avenue, Suite 1400
Manchester, NH 03109
603-622-3781 or 1-800-624-6084
Website: http://www.elliothospital.org/vna/index.php

HOUSING: EMERGENCY SHELTER/HOMELESS RESOURCES

Child and Family Services Teen Resource Center
Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children. Service, information and support are offered in the following areas – click below to access.
464 Chestnut Street
Manchester, NH 03105
603-518-4000 or 1-800-640-6486
Website: http://www.cfsnh.org/index.php/component/content/article/77-%20%20%20articles/302-programs-by-region-2%20-%20young-adults

Families in Transition (FIT)
Our residential buildings in Manchester and Concord, New Hampshire house more than 180 individuals and families on any given night. They offer clean, safe, affordable living to the many residents who come to call FIT home.
122 Market Street
Manchester, NH 03101
603-641-9441
Website: http://www.fitnh.org/housing-services/about#sthash.FHqFPzn6.dpuf
Greater Manchester Habitat for Humanity
Greater Manchester Habitat for Humanity works in partnership with local people and businesses to assist people in need by building and renovating houses, with the conviction that every man, woman and child should have a simple, decent, affordable place to live in dignity and safety.
250 Commercial Street, Suite 4019
Manchester, NH 03103
603-626-3944
Website: http://www.habitatmanchester.org

Harbor Homes Veterans First
Veteran’s transitional and permanent supportive housing.
Website: http://harborhomes.org/veterans-first/

Health Care for the Homeless (HCH)/ Mobile Community Health Team (MCHT) at Catholic Medical Center
All persons experiencing homelessness or at risk of being homeless are welcome.
199 Manchester Street
Manchester, NH 03103
603-663-8716
Website: https://www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx

Helping Hands Outreach Ministries Program
Helping Hands is a transitional housing shelter for men in recovery from alcohol or substance abuse (ages 18 and up).
50 Lowell Street
Manchester, NH 03101
603-623-8778
Website: http://hhocmanches.comcastbiz.net/

Manchester Emergency Housing/Families in Transition (FIT)
Contact the shelter for availability. Capacity is 7 families and rent is charged. Stays are for families with emergency shelter needs.
Manchester Emergency Housing (Family Shelter) – Families in Transition
122 Market Street
Manchester, NH 03103
603-627-2636 for shelter
603-641-9441 for Intake Coordinator
Website: http://www.fitnh.org/

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website:
http://www.manchesternh.gov/Departments/Health/Services/Homeless-Healthcare-Project
**Manchester NH Continuum of Care**
A Continuum of Care (often abbreviated as CoC) is a coordinated system of homeless services aimed at preventing and ending homelessness. The US Department of Housing and Urban Development created the model in the 1990's in response to new homelessness assistance legislation.
122 Market Street
Manchester, NH 03101
Call: 2-1-1 or if calling from out of state: 866-444-4211
Website: [http://mcocnh.org/](http://mcocnh.org/)

**Manchester Housing and Redevelopment Authority**
The Manchester Housing and Redevelopment Authority (MHRA) is the largest public housing agency – and largest landlord – in Northern New England.
198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: [http://www.manchesterhousing.org/](http://www.manchesterhousing.org/)

**Manchester Welfare Family Shelter**
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: [http://www.manchesternh.gov/welfare](http://www.manchesternh.gov/welfare)

**NeighborWorks**
NeighborWorks® Southern New Hampshire is a non-profit organization dedicated to the improvement of the lives of individuals and families living in Southern New Hampshire.
801 Elm Street, Second Floor
Manchester, NH 03101
603-626-4663
Website: [http://nwsnh.org/about/contact_us](http://nwsnh.org/about/contact_us)

**New Horizons for New Hampshire**
Provides adult shelter for homeless individuals over 18 years of age. Clients have access to case management services, referral services, medical services, mental health services, substance abuse counseling, Alcoholics Anonymous meetings and Narcotics Anonymous meetings.
199 Manchester Street
Manchester, NH 03103
603-668-1877
Website: [http://www.newhorizonsfornh.org/](http://www.newhorizonsfornh.org/)

**NH DHHS Division of Family Assistance**
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.
1234 River Road (temporary address)
Manchester, NH 03104
603-668-2330 or 1-800-852-7493
Website: [http://www.dhhs.nh.gov/dfa/index.htm](http://www.dhhs.nh.gov/dfa/index.htm)
NH Homeless Hotline
2-1-1 NH is an initiative of the United Ways of New Hampshire in partnership with Public Service Company of New Hampshire; it is sponsored by the Citizens Bank Foundation, Exeter Hospital, New Hampshire Charitable Foundation and the State of New Hampshire.
Call: **2-1-1 or 866-444-4211 if calling from out of state.**

NH Housing Finance Authority (NHHFA)
Administers a broad range of programs designed to assist low and moderate-income persons and families with obtaining decent, safe and affordable housing.
32 Constitution Drive
Bedford, NH 03110
800-439-7247 (Rental Services)
Website: [http://www.nhhfa.org](http://www.nhhfa.org)

Salvation Army
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: [http://www.use.salvationarmy.org/use/www_use_manchester.nsf](http://www.use.salvationarmy.org/use/www_use_manchester.nsf)

Southern New Hampshire Services/ Supportive Housing for the Elderly
SNHS continues to maintain its place as one of the state’s leading providers of housing to low-income eligible senior citizens
603-668-8010 or 1-800-322-1073
Website: [http://www.snhs.org/programs/housing-homeless/support-elderl/](http://www.snhs.org/programs/housing-homeless/support-elderl/)

Southern NH Services Housing and Homeless Outreach
The Homeless Outreach project is the primary entry point into the Manchester and Nashua areas Continua of Care systems and other networks of services for chronically and other homeless individuals and families.
40 Pine Street
Manchester, NH 03103
603-668-8010 or 1-800-322-1073
Website: [http://www.snhs.org/about-us/contact-us/](http://www.snhs.org/about-us/contact-us/)

The Way Home – Housing Resource Center
Provides homelessness prevention/intervention services, housing information & referral, healthy home inspections, housing advocacy, renter & homeless housing counseling, foreclosure counseling, financial literacy workshops, access to affordable rental units, and applications for short-term rental assistance and security deposit guarantees.
214 Spruce Street
Manchester, NH 03103
603-627-3491
Website: [http://www.thewayhomenh.org](http://www.thewayhomenh.org)
**IMMUNIZATIONS** *(ALSO SEE HEALTHCARE, pg. 45)*

**Manchester Health Department Immunization Program**

1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/Departments/Health/Clinics/Immunization](http://www.manchesternh.gov/Departments/Health/Clinics/Immunization)

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**IMMIGRANT/INTERPRETATION/LANGUAGE SERVICES** *(ALSO SEE REFUGEE AND IMMIGRANT SERVICES, pg. 60)*

**Ascentria Care Alliance**

In addition to basic resettlement services, we provide a variety of services to assist refugees and immigrants with their transition to their new homeland and culture. In New Hampshire, we provide statewide Interpretation services for both refugees and immigrants through the Language Bank.

300 Granite Street, 3rd Floor  
Manchester, NH 03102  
603-410-6183  
Website: [http://www.ascentria.org/our-services/services-new-americans](http://www.ascentria.org/our-services/services-new-americans)  
Website for Language Bank: [http://www.thelanguagebank.org/](http://www.thelanguagebank.org/)

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**LEAD POISONING/LEAD PAINT ASSESSMENT**

**City of Manchester Lead Remediation Program for Property Owners**

1 City Hall Plaza  
Manchester, NH 03101  
603-624-6530  
Website: [http://www.LeadSafeManchester.com](http://www.LeadSafeManchester.com)

**Healthy Homes & Lead Poisoning Prevention Program**

Prevention Program -800-897-LEAD (5323)  
Within New Hampshire or at 603-271-4507  
Website: [http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm](http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm)

**Manchester Health Department**

A Community Health Nurse provides case management for all Manchester children with elevated blood lead levels.

1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/Departments/Health/Services/Lead-Poisoning-Prevention](http://www.manchesternh.gov/Departments/Health/Services/Lead-Poisoning-Prevention)
LEGAL ASSISTANCE

Legal Advice & Referral Center
15 Green Street
Concord, NH 03301
800-639-5290 or 603-224-6067
Website: http://www.nhlegalaid.org/

NH Legal Assistance (NHLA) Housing Justice Project
1850 Elm Street, Suite 7
Manchester, NH 03101
1-800-562-3174
Website: http://www.nhla.org/legal/housing-16

The Disabilities Rights Center
The Disabilities Rights Center (DRC) is New Hampshire’s designated Protection and Advocacy agency and authorized by federal statute “to pursue legal, administrative and other appropriate remedies” on behalf of individuals with disabilities.
64 North Main Street, Suite 2
Concord, NH 03301
603-228-0432 or 1-800-834-1724
Website: http://www.drcnh.org/

LOW-INCOME/AFFORDABLE HOUSING (ALSO SEE HOUSING, pg. 48)

Manchester Housing and Redevelopment Authority (MHRA)
Provides housing subsidies through the administration of the Section 8 Housing Choice Voucher Program.
198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: http://www.manchesterhousing.org

NH DHHS Division of Family Assistance
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.
1234 River Road (temporary address)
Manchester, NH 03104
603-668-2330 or 1-800-852-7493
Website: http://www.dhhs.nh.gov/dfa/index.htm
NH Housing Finance Authority (NHHFA)
Administers a broad range of programs designed to assist low and moderate-income persons and families with obtaining decent, safe and affordable housing.
32 Constitution Drive
Bedford, NH 03110
800-439-7247 (rental assistance, housing)
Website: http://www.nhhfa.org

The Way Home – Housing Resource Center
214 Spruce Street
Manchester, NH 03103
603-627-3491
Website: http://www.thewayhomenh.org

MENTAL HEALTH

713 Chestnut Street Counseling, L.L.C.
713 Chestnut Street
Manchester, NH 03104
603-668-9900
Website: http://www.chestnutcounseling.com

Bedford Counseling Associates
1228 Elm Street, Suite 200
Manchester, NH 03101
603-623-1916
Website: http://www.bedfordcounseling.org

DMT Counseling
47 Manchester Street
Manchester, NH 03101
603-325-2546

Easter Seals Farnum Center
140 Queen City Ave
Manchester, NH 03103
603-622-3020
Website: http://www.estreatment.org

Families in Transition/Family Willows Program
161 South Beech Street
Manchester, NH 03103
603-641-9441
Website: http://www.fitnh.org

Manchester Psychological Associates
30 Canton Street, Suite 13
Manchester, NH 03103
603-625-1670
Website: http://www.manchesterpsychologicalassociates.com
McGraw Counseling, LLC
713 Chestnut Street
Manchester, NH 03104
603-540-0237

Mental Health Center of Greater Manchester
We offer specialized care to meet the unique needs of seniors and their families. Seniors have particular needs that require different levels of care.
401 Cypress Street and 1555 Elm Street
Manchester, NH 03103
603-668-4111
Website: http://www.mhcgm.org/

National Alliance On Mental Illness
Website: http://www.nami.org/

Novus Vita Counseling
1361 Elm Street, Suite 400
Manchester, NH 03101
603-232-6987
Website: http://www.novusvitacounseling.com

PWS Counseling Service
50 Bridge Street, #104
Manchester, NH 03101
603-660-0584

Reentry Resources Counseling
25 Lowell Street, Suite 203
Manchester, NH 03101
603-623-5052

RTT Associates, LLC
1230 Elm Street
Manchester, NH 03103
603-545-9042
Website: http://www.rttassociatesllc.com

SKY Counseling Services, LLC
50 Bridge Street, Suite 104
Manchester, NH 03105
603-836-5767
Website: http://www.skycounselingservicesllc.org

The Counseling Center of Nashua
138 Coolidge Avenue
Manchester, NH 03102
603-689-7943
Website: http://www.counselingcenter.com
WestBridge Community Services/The Commons
WestBridge supports the long-term recovery of individuals and families who experience co-occurring mental illness and substance use disorders by providing residential and outpatient evidence-based treatment
1361 Elm Street, Suite 207
Manchester, NH 03101
877-461-7711
Website: http://www.westbridge.org/

MENTORING

Big Brothers, Big Sisters
25 Lowell Street, Suite 201
Manchester, NH 03101
603-669-5365
Website: http://bbbsmanchester.org/

NEIGHBORHOOD HEALTH

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Neighborhood-Health

OLDER/ELDER ADULTS/ADULTS WITH DISABILITIES
(ALSO SEE ELDER RESOURCES, p. 33)

ServiceLink Hillsborough County
ServiceLink Resource Centers are trusted places in your community to get answers about healthcare and other services for older adults, persons with disabilities and family caregivers.
555 Auburn Street
Manchester, NH 03103
603-644-2240
Website: http://www.servicelink.nh.gov/

The Disabilities Rights Center
64 North Main Street
Concord, NH 03301
603-228-0432
Website: http://www.drcnh.org/
**Healthy Homes & Lead Poisoning Prevention Program**
For more information on healthy homes, lead poisoning prevention, and lead professional licensing, contact the Division of Public Health Services, Healthy Homes and Lead Poisoning Prevention Program at 800-897-LEAD (5323).
- Within New Hampshire or at 603-271-4507.
- Website: [http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm](http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm)

**Manchester Health Department**
A Community Health Nurse provides case management for all Manchester children with elevated blood lead levels.
- 1528 Elm Street
- Manchester, NH 03101
- 603-628-6003
- Website: [http://www.manchesternh.gov/Departments/Health/Services/Lead-Poisoning-Prevention](http://www.manchesternh.gov/Departments/Health/Services/Lead-Poisoning-Prevention)

**Northern New England Poison Center**
1-800-222 1222 – Poison Control Center
- Website: [http://www.nnepc.org/](http://www.nnepc.org/)

**The New Hampshire Department of Environmental Services**
- Website: [http://des.nh.gov/](http://des.nh.gov/)

**PREGNANCY/PARENTING** (SEE HEALTHCARE, p. 45)

**Bethany Christian Services**
Pregnant and need help? Chat with someone or call 1-800-238-4269 to talk.
- 183 High Street
- Candia, NH 03034
- 603-483-2886
- Website: [http://www.bethany.org/candia](http://www.bethany.org/candia)

**Birthright**
Birthright offers love, friendship, and support to women who are or may be pregnant.
- 307 Kelley Street
- Manchester, NH 03102
- 603-668-3443
- **HELPLINE: 1-800-550-4900**
**Care Net**
The Pregnancy Center of Manchester & Nashua provides confidential services free of charge.

50 Bridge Street, Suite 307  
Manchester, NH 03101  
603-623-1122  
Website: [http://www.carenetnh.org/](http://www.carenetnh.org/)

**Child and Family Services Teen Resource Center**
Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children.

Teen Resource Center  
99 Hanover Street  
Manchester, NH 03105  
603-518-4170 or 1-800-640-6486  
Website: [http://www.cfsnh.org/pages/programs/TeenServices/trc.html](http://www.cfsnh.org/pages/programs/TeenServices/trc.html)

**CMC Pregnancy Care Center**
The Pregnancy Care Center provides supportive prenatal care to all women and their families, regardless of their ability to pay. Our mission is to improve pregnancy outcomes by serving those most in need and those unable to access services in a traditional prenatal setting.

Catholic Medical Center  
100 McGregor Street  
Manchester, NH 03102  
603-663-6661  
Website: [https://www.catholicmedicalcenter.org/moms-place/Services/pregnancy-care-center.aspx](https://www.catholicmedicalcenter.org/moms-place/Services/pregnancy-care-center.aspx)

**Our Place/New Hampshire Catholic Charities**
The OUR PLACE program assists pregnant and parenting teens and young adults.

16 Oak Street  
Manchester, NH 03104  
603-647-2244  
Website: [http://www.nh-cc.org/ourplace](http://www.nh-cc.org/ourplace)

**Planned Parenthood**
Provides sexual & reproductive health services.

24 Pennacook Street  
Manchester, NH 03104  
603-669-7321  
Website: [http://www.plannedparenthood.org/](http://www.plannedparenthood.org/)

**Visiting Nurse Association of Southern New Hampshire**
Maternal and child services.

1070 Holt Avenue  
Suite 1400  
Manchester, NH 03109  
603-622-3781 or 1-800-624-6084  
Women, Infants & Children (WIC)
WIC provides you with basic, healthy foods to assure that your family is getting the nutrition they need.

40 Pine Street
Manchester, NH 03108
603-668-8010 or 1-800-322-1073
Website: http://www.fns.usda.gov/wic

**PRESCRIPTION DISCOUNT PROGRAMS**

**FamilyWize Prescription Discount Program**
Offers a free prescription discount card for individuals and families without prescription coverage. The card be used at participating pharmacies to discount your prescription drugs.

1-800-222-2818
Website: http://www.familywize.com

**Hannaford Health Saver Plus Program**
The Hannaford healthy saver plus program is designed to save you money on prescriptions, certain diabetic supplies and more.

859 Hanover Street
Manchester, NH 03104
603-627-4354 (pharmacy phone)
Website:
http://www.hannaford.com/content.jsp?pageName=HSPlus&leftNavArea=PharmacyLeftNav

**Needy Meds-NH Catholic Charities**
Prescription assistance can be offered in the way of Patient Assistance Programs (PAPs), which are created by pharmaceutical companies to provide free or discounted medicines to people who are unable to afford them. Each program has its own qualifying criteria.

Website: http://www.needymeds.org/state_programs.taf?_function=list&state=nh

**Partnership for Prescription Assistance**
Assists qualifying patients without prescription coverage get the medicines they need for free or nearly free.

1-888-477-2669
Website: http://www.pparx.org/Intro.php

**Target Prescription Savings Program**
Save 10-50%* on your prescription medications when you pay retail value.

Fresh Grocery
220 South River Road
Bedford, NH 03110
603-263-0061
Website: https://www.targetprescriptionsavingsprogram.com/
**Wal-Mart Prescription Discount Program**
If a prescription is on the list of covered drugs, the cost is $4.00 for a 30 day supply for those without insurance. For those with insurance, the cost may be lower.

300 Keller Street
Manchester, NH 03103
603-621-9666
Website: http://www.walmart.com/cp/PI-4-Prescriptions/1078664

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**Ascentria Care Alliance**
In addition to basic resettlement services, we provide a variety of services to assist refugees and immigrants with their transition to their new homeland and culture. In New Hampshire, we provide statewide Interpretation services for both refugees and immigrants through the Language Bank.

300 Granite Street, 3rd Floor
Manchester, NH 03102
603-410-6183
Website: http://www.ascentria.org/our-services/services-new-americans
Website for Language Bank: http://www.thelanguagebank.org/

Language Bank translators are experienced professionals who are certified by the American Translators Association* or have many years of translating experience. Our translation services cover a wide range of needs including: medical patient communication, legal contracts, patents, medical forms, school transcripts and records, marriage and birth certificates, technical literature, sales and marketing materials, scripts, websites, and more.

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**Bhutanese Community of New Hampshire**
The Bhutanese Community of New Hampshire (BCNH) is a community-based not for profit organization. Its role is to support and empower needy individuals and families and provide direction for successful integration into the mainstream community.

510 Chestnut Street
Manchester, NH 03101
603-935-9620
Website: http://www.bhutanesecommunitynh.org/

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**International Institute of New England**
The Institute’s mission is to help refugees and immigrants become active participants in the social, political, and economic richness of American life.

1850 Elm Street
Manchester, NH 03104
603-647-1500
Website: http://iine.us/
Manchester Health Department
All refugees coming to the US should have a comprehensive health screening within 90 days of their arrival. Within two weeks of arrival all refugees who are resettling in Manchester are seen at the Manchester Health Department for an initial assessment.

1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Refugee-Health

New American Africans
New American Africans (NAA) is a self-supportive community group for refugees living in New Hampshire.

4 Park Street
Concord, NH 03301
603-219-5219
Website: http://newamericanafricans.wordpress.com/

New Hampshire Minority Health Coalition
25 Lowell Street, Suite 302
Manchester, NH 03105
603-627-7703
Website: http://www.bphc.org/chesj/grantees/Pages/NewHampshireMinorityHealth.aspx

Organization for Refugee and Immigrant Success (ORIS)
Our mission is to aid in the resettlement of refugee and immigrant groups in the state of New Hampshire by providing assistance, training, and resources.

434 Lake Avenue, 2nd floor
Manchester, NH 03103
603-296-0443
Website: http://refugeesuccess.org/

**RELIGIOUS ORGANIZATIONS**

First United Methodist Church
961 Valley Street
Manchester, NH 03103
603-622-8863
Website: http://www.fumcmanchester.org

Manchester Christian Church
1308 Wellington Road and 250 Commercial Street
Manchester, NH 03104
603-622-9677
Website: www.manchesterchristian.com

Manchester Church of Christ
66 Mammoth Road
Manchester, NH 03109
603-623-5559
Website: http://www.mhtchurch.org/
Parish of the Transfiguration
107 Alsace Street
Manchester, NH 03102
603-623-4715
Website: http://www.catholicnh.org/find-a-parish/display/8

St. Andrew's Episcopal Church
St. Andrew’s Episcopal Church Food Pantry
102 North Main Street
Manchester, NH 03102
603-622-0504
Website: http://www.standrewsmanchester.com/

St. Anthony Parish
172 Belmont Street
Manchester, NH 03103
603-625-6409
Website: http://stanthonyofpaduanh.org/

Ste. Maries’ Parish
378 Notre Dame Avenue
Manchester, NH 03102
603-622-4615
Website: http://www.stemarieparish.org/

St. Pius X Catholic Church
575 Candia Road
Manchester, NH 03109
603-622-6510
Website: http://saintpiusxnh.org/

Saint Raphael Parish
103 Walker Street
Manchester, NH 03102
603-623-2604
Website: http://www.saint-raphael-parish.com/food-pantry-hope-chest/

Salvation Army
The Salvation Army is an international faith-based, comprehensive human service organization whose programs help individuals, families and whole communities lead healthy, safe and productive lives.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/use/www_use_manchester.nsf

St. Vincent de Paul
177 Wilson Street
Manchester, NH 03103
603-627-1412
Website: http://www.svdpusa.org/ (national website)
The ARK Church of God
336 Kelley Street
Manchester, NH 03102
(603) 668-6226
Website: http://www.thearkchurch.us/

RODENTS/INSECTS/BED BUGS (Also See Bed Bugs, pg. 25)

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Health-A-Z#healthb (See Listing: Health A-Z in right sidebar)

SAFETY

Healthy Homes & Lead Poisoning Prevention Program
Website: http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm

NH Safe Kids
Safe Kids Worldwide is a global organization dedicated to preventing injuries in children, the number one killer of kids in the United States.
Dartmouth Hitchcock Medical Center
One Medical Center Drive
Lebanon, NH 03756
603-653-8360
Website: http://www.safekids.org/coalition/safe-kids-new-hampshire

Northern New England Poison Center
1-800-222-1222 – Poison Control Center
Website: http://www.nnepc.org/

SCHOOL HEALTH

School Health Services/Manchester Health Department
The SCHOOL HEALTH DIVISION provides oversight and management of the city’s 22 school nursing offices and is staffed by professional school nurses and health assistants committed to the youth of Manchester.
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/School-Health
SMOKING CESSION

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Chronic-Disease-Prevention (and scroll down to Tobacco Prevention)

NH Try-To-Stop Tobacco Resource Center
If you, or someone you know, would like help quitting tobacco products.
   ENGLISH: 1-800-QUIT-NOW or 1-800-784-8669
   SPANISH: 1-800-8-DÉJALO or 1-800-833-5256
Website: http://www.trytostop.org

STDS/SEXUALLY TRANSMITTED DISEASES (ALSO SEE HEALTHCARE, pg. 45)

MANCHESTER HEALTH DEPARTMENT
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Clinics/STDHIV-Programs

SUBSTANCE ABUSE/MISUSE

Alateen
Support group for teens who are affected by someone else’s drinking.
   Al-ANON Headquarters
   Concord, NH 03302
   Concord Headquarters: 603-645-9519
   Website: http://www.al-anon.alateen.org/for-alateen
   http://www.nhal-anon.org/ to find meetings in New Hampshire

Child and Family Services
Offers Adolescent Substance Abuse Treatment/Adolescent Treatment Initiative and Therapeutic Day Treatment Programs.
   99 Hanover Street
   Manchester, NH 03101
   603-518-4304
   Therapeutic Day Treatment: http://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/therapeutic-day-treatment
Families in Transition/Family Willows Program
South Beech Street
Manchester NH 03103
603-641-9441
Website: http://www.fitnh.org

Families Sharing Without Shame
Families Sharing Without Shame is a meeting place for parents who have a child or children who are or have misused drugs and or alcohol. Our goal is to provide parents a safe place to share their fears, tears and triumphs. We commit to advocating throughout the State of New Hampshire to eliminate the stigma associated with addiction.
603-568-0533
Website: http://families-sharing-without-shame.com/

Farnum Center
The Farnum Center is a clinical alcohol and substance abuse treatment facility.
140 Queen City Avenue                     235 Hanover Street
Manchester, NH 03103        Manchester, NH 03103
603-622-3020         603-669-6777
Website: http://www.estreatment.org/farnum-center/

F.A.S.T.E.R
FAMILY SUPPORT GROUPS
603-668-4859

Granite State Area Narcotics Anonymous
540 Commercial Street
Manchester, NH 03102
603-645-4777 (Local NH 24-hour Helpline) or 1-888-624-3578
Website: http://www.gsana.org

Habit OPCO/CRC Services
Substance abuse services are provided.
20 Market Street
Manchester, NH, 03101
(603) 622-4747
Website: http://www.habitopco.com

Helping Hands Outreach Ministries Program
Helping Hands is a transitional housing shelter for men in recovery from alcohol or substance abuse (ages 18 and up).
50 Lowell Street
Manchester, NH 03101
603-623-8778
Website: http://hhocmanches.comcastbiz.net/

Hope for NH Recovery Center-Manchester
603-935-7524
Website: http://www.hopefornhrecovery.org
Manchester School District Student Assistance Program (SAP) in the Middle & High Schools
Student Assistance Program that provides confidential support groups for those suffering from their own or others’ addictions.
  Location: Varies
  Website: www.mansd.org

Office of Youth Services
The City of Manchester Office of Youth Services helps all young people by providing effective solutions to a variety of challenges encountered by youth and their families (including substance abuse evaluations).
  1045 Elm Street, Suite 204
  Manchester, NH 03101
  603-624-6470
  24 Hour Substance Abuse Hotline: 603-665-6600
  Website: http://www.manchesternh.gov/Departments/Youth-Services

Prevention Information
Website: www.drugfreenh.org

Serenity Place
Serenity Place has been providing critical substance use disorder services for adult men and women for over 36 years in downtown Manchester.
  101 Manchester Street
  Manchester, NH 03101
  603-625-6980 (24/7 Help Line)
  Website: http://www.serenity-place.org/

Substance Abuse and Mental Health Services Administration (SAMHSA)
Behavioral Health Treatment Services Locator
Behavioral Health Treatment Services Locator is an on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.
  Website: https://findtreatment.samhsa.gov/

Teen Challenge
Teen Challenge is a Christian residential drug recovery program that is part of a network of 10 Teen Challenge centers across New England and New Jersey.
  147 Laurel Street
  Manchester, NH 03103
  603-647-7770
  Website: http://tcnewengland.org/

Tirrell Halfway House
A transitional living program (formerly known as halfway house) for adult men. We have 14 beds available for a 3-6 month residential stay. Responsibility and accountability are the hallmarks of this program.
  15 Brook Street
  Manchester, NH 03104
  603-836-5145
Treatment Locator (NH Drug and Alcohol): Website: http://nhtreatment.org/

WestBridge Community Services/The Commons
WestBridge supports the long-term recovery of individuals and families who experience co-occurring mental illness and substance use disorders by providing residential and outpatient evidence-based treatment.
1361 Elm Street, Suite 207
Manchester, NH 03101
877-461-7711
Website: http://www.westbridge.org/

Youth Intervention/Treatment at Child and Family Services
800-640-6486
Website: http://www.cfsnh.org

**SUICIDE PREVENTION**

National Suicide Prevention Hotline -No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
1-800-273-8255
Website: www.suicidepreventionlifeline.org

**SUMMER PROGRAMS** (ALSO SEE YMCA, YWCA, ETC.)

Girls Inc. Summer Programs (Leadership Academy, Summer Camp, etc.)
Girls Inc. of New Hampshire Leadership Academy will engage teen girls (ages 13-15) from Greater Manchester in different aspects of the City while cultivating the leaders in them.
340 Varney Street
Manchester, NH 03102
603-623-1117
603-625-1296
Website: http://girlsincnewhampshire.org/

**TRANSPORTATION**

Easter Seals STS (Special Transit Services)
Easter Seals New Hampshire provides door-to-door transportation with passenger assistance for the frail and isolated elderly, as well as individuals with disabilities.
555 Auburn Street
Manchester, NH 03103
603-668-8603
Website: http://www.easterseals.com/nh/our-programs/special-transit-service/
Green DASH - MTA Free Downtown Circulator
The Green Dash is a free bus service in downtown Manchester. Check the website out for routes and schedule information.
110 Elm Street
Manchester, NH 03101
603-623-8801
Website: http://www.mtabus.org/routeschedules/route-map/route-7/

Manchester Transit Authority – StepSaver Program
This program provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service sometime or all of the time.
Manchester Transit Authority
110 Elm Street
Manchester, NH 03101
603-623-8801
Website: http://www.mtabus.org/services/stepsaver/

Queen City Taxi Cab
146 Londonderry Turnpike
Manchester, NH 03104
603-622-0008

Round The Clock Cab Company
151 Elm Street
Manchester, NH 03101
603-622-3451

TUBERCULOSIS

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Tuberculosis-Control

VETERANS CRISIS LINE 800-273-8255 AND PRESS "1"

VETERANS HOUSING (ALSO SEE HOUSING, pg. 48)

Liberty House
Veterans’ transitional housing
Website: http://libertyhousenh.org
Harbor Homes Veterans First
Veteran's transitional and permanent supportive housing.
Website: http://harborhomes.org/veterans-first/

VA Medical Center
603-627-3491
Website: http://www.manchester.va.gov/

**WELFARE OFFICE**

Manchester City Welfare
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: http://www.manchesternh.gov/welfare
Refugees and Immigrants, New Resource (Also see Refugees/Immigrants)

Holy Cross Family Learning Center

Education services and classes for immigrants and refugees.
Address: 438 Dubuque Street, Manchester, NH 03102
Phone: 603-622-9250
Website: www.hclearningcenter.org
This year’s edition of the Health Resource Manual provides links to the most requested resources needed by our community members. We hope that you will find it useful as a tool in your workplace or for your own personal needs. This manual is available on our website at http://www.manchesternh.gov/Departments/Health