



CITY OF MANCHESTER HEALTH DEPARTMENT



2019-2020 WINTER RESOURCE GUIDE

Revised and updated: October 2019

EMERGENCY PHONE NUMBERS

DIAL 9-1-1 FOR ALL EMERGENCIES

2-1-1 Connects callers for free to information about services available in their community.	2-1-1
Child Abuse Reporting Line Call either number if you suspect that a child has been abused or neglected. During non-business hours, call 911 or the Manchester Police Department at 603-668-8711.	1-800-894-5533 603-271-6562
Domestic Violence 24-Hour Hotline	1-866-644-3574
Gay, Lesbian, Bisexual & Transgender Hotline (GLBT) Provides information and referrals for gays, lesbians, transgender and persons with questions about their sexuality. Information, referrals and peer counseling are offered.	1-888-843-4564
GLBT National Help Center	1-800-246-7743
The Samaritans Suicide Hotline	1-877-583-8336
Homeless Hotline (Manchester Continuum of Care)	1-877-606-5173
Manchester Fire Department (Safe Stations)	603-669-2256
Manchester Health Department	603-624-6466
Manchester Police Department	603-668-8711
Mental Health America Trained Crisis Counselors are available for free 24/7.	Text MHA to 741741
Mental Health Center of Greater Manchester	603-668-4111
Mobile Crisis Response Team 24 hours a day, 7 days a week, MCRT's 14 clinicians and 6 peer recovery coaches field calls from community members experiencing crises involving mental health.	(800) 688-3544
National Runaway Hotline	1-800-621-4000
National Suicide Prevention Lifeline (English and Spanish)	1 (800) 273-8255
NH Statewide Addictions Crisis Line	1-844-711-4357
NH Try-to-Stop Tobacco Resource Center Spanish: 1-800-833-5256 Hearing Impaired: 1-800-833-1477	1-800-784-8669
Poison Control Center 24/7 for poison emergencies, questions, and prevention.	1-800-222-1222
RAINN (Rape, Abuse, and Incest Network)	1-800-656-4673
Sexual Assault 24-Hour Hotline	1-800-277-5570
STD/HIV Hotline	1-800-228-0254
Trans Lifeline Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.	877-565-8860
Trevor Project Suicide Prevention Hotline Leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth.	1-866-488-7386
Veterans Crisis Line Confidential support 24 hours a day, 7 days a week, 365 days a year.	1-800-273-8255 Press 1
REACH at YWCA NH Crisis Line Call 24 hours a day, 7 days a week to talk to a crisis advocate regarding domestic violence, sexual violence, stalking, and/or teen dating violence.	603-668-2299

PURPOSE

The purpose of this Winter Resource Guide is to provide residents, community organizations, and City Departments with contact information for agencies that are providing local winter assistance resources for individuals and families in need. This Winter Resource Guide is not intended to be an exhaustive list of services but rather a quick reference to complement the existing Information and Referral Networks described on the following pages.

This is a working document. The Winter Resource Guide will be updated annually with new or previously unlisted services and posted on the Manchester Health Department's website at www.manchesternh.gov/health.

To add resources or for more information, please contact:

City of Manchester Health Department
1528 Elm Street, Manchester, New Hampshire 03101
Phone: (603) 6247-2735



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CLOTHING ASSISTANCE, THRIFT SHOPS

Blessed Sacrament/St. Anne's Children's Closet

Address: 14 Elm Street, Manchester, NH 03103

Phone: 603-622-5445

Website: <http://www.blessedsacramentnh.org/index.php/ministries-sp-1729225412/outreach/95-saint-annes-closet>

Services: Saint Anne's Closet is open Wednesdays from 1-3 p.m. Good, clean, slightly used children's clothing is distributed free twice a month to those in need. Last names A-L are welcomed on the first and third Wednesdays; last names M-Z on the second and fourth Wednesdays of each month.

Brookside Thrift Shop

Address: 2013 Elm Street, Manchester, NH 03101

Phone: 603-669-2807, ext. 110

Website: <http://brooksidecc.info/bcc-thrift-shop/>

Facebook: <https://www.facebook.com/BrooksideThriftShop/>

Services: The Thrift Shop is a service of Brookside Congregational Church and serves the larger community of greater Manchester. The mission of the Thrift Shop is to accept donations of clothing and household goods on behalf of the church and sell those items to raise money to further the charitable and religious missions of the church. Please contact us for large item donation pick-up. Thrift Shop hours: Wednesday noon-4pm, Thursday and Saturday 9am-1pm, Fridays 10-2pm.

Family OutFITters Thrift Store

Address: 394 Second Street, Manchester, NH 03102

Phone: 603-641-6691

Website: www.outfittersnh.org/aboutoutfitters/manchester/#sthash.t3qJurEQ.dpuf

Services: 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.

Goodwill

Address: 165 John E. Devine, Manchester

Phone: 603-518-5246

Website: <http://www.goodwill.org>

Services: Gently used clothing, housewares, furniture, books, children's toys, and more.

Missy's Closet

Address: 72 Concord St., Manchester, NH 03101

Phone: (603) 625-5785

Website: <https://www.ywcanh.org/mission-supporters>

Services: Missy's Closet offers quality merchandise at affordable prices including gently used women's, men's and children's apparel, shoes, accessories and an array of housewares, art, home decor and toys. Hours vary, please call ahead.

Savers

Address: 93 S Maple St, Manchester, NH 03103

Phone: 603-695-9915

Website: <https://stores.savers.com/nh/manchester/>

Services: Gently used clothing, housewares, furniture, books, children's toys, and more.

EMERGENCY HOUSING & HOMELESS RESOURCES

1269 Café

Address: 351 Chestnut Street, Manchester, NH 03101

Phone: 603-512-1571

Website: www.homenh.org/

Services: Faith-based support and assistance. Lunch served Tuesday at 11:30-12:30. Food Pantry Thursday at 9:30am.

Waypoint- Youth & Young Adult Programs (12-23)

Address: 326 Lincoln Street, Manchester, NH 03103

Phone: 603-518-4170

Website: <https://waypointnh.org/programs/youth>

Services: Waypoint 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.

Note: Youth who are actively participating in programming may also access free clothing, laundry services, shower facilities, a food pantry, and individualized case management.

Families in Transition (FIT)

Address: 122 Market Street, Manchester, NH 03101

Phone: 603-641-9441

Website: <http://www.fitnh.org/housing-services/about/>

Services: Diverse housing options provide shelter for individuals and families who face homelessness. They offer clean, safe, affordable living to the many residents who come to call FIT home. Clinical staff provide a wide range of programs and services to help participants develop the successful tools that lead to economic and emotional independence and self-sufficiency.

Greater Manchester Habitat for Humanity

Address: 250 Commercial Street, Suite 4019, Manchester, NH 03103

Phone: 603-626-3944

Website: www.habitatmanchester.org

Services: 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.

Health Care for the Homeless (HCH)/Mobile Community Health Team (MCHT)

Address: HCH Clinic @ New Horizons Shelter, 199 Manchester Street, Manchester, NH 03103

Phone: 603-663-8718

Website: www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx

Services: The Health Care for the Homeless (HCH) program of Manchester is also known as the Mobile Community Health Team (MCHT) at Catholic Medical Center. HCH Manchester conducts a primary care clinic at two locations: One clinic daily at the New Horizons for NH Shelter; and another clinic twice weekly (Monday mornings and Thursday afternoons) at the Families in Transition Housing program. All persons who are experiencing homelessness, or who are at risk of being homeless, are welcome to come to the HCH Manchester Clinic. No one is turned away due to an inability to pay.

Manchester Continuum of Care

Address: 122 Market Street, Manchester, NH 03101

Phone: 2-1-1

Phone: 1-866-444-4211 (outside of NH)

Website: www.mcocnh.org

Services: Coordinated system of homeless services aimed at preventing and ending homelessness.

Manchester Emergency Housing

Address: 122 Market Street, Manchester, NH 03103

Phone: Shelter: 603-627-2636

Phone: Intake Coordinator: 603-641-9441

Website: www.fitnh.org

Services: Contact the shelter for availability. Capacity is 7 families and rent is charged. Stays are for families with emergency shelter needs.

Manchester Health Department – Clinics

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603- 663-8718

Website: <http://www.manchesternh.gov/Departments/Health/Clinics>

Services: The Manchester Health Department clinical services include: Flu Vaccine Clinics, HIV/STD Clinics, Immunization Clinics, Lead Screenings, and Tuberculin skin testing. Clinical services are tailored to prevent infectious disease through immunization services and to identify other public health issues such as tuberculosis and lead poisoning.

Manchester Health Department - Mobile Community Health Team

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603- 663-8718

Website: www.manchesternh.gov/Departments/Health/Services/Homeless-Healthcare-Project

Services: Provide primary medical care, oral health care, behavioral health care, substance abuse services and case management for homeless individuals. All services are provided by Catholic Medical Center's Community Health Services Mobile Community Health Team (MCHT). Full health care services are primarily provided at New Horizons for NH five days per week and at Families in Transition two days per week. In addition to clinical space, both sites provide classrooms where the MCHT conducts health education, parenting classes, wellness programs, behavioral education groups, and recovery counseling sessions.

Manchester School District

Phone: (603) 665-6868 (office)

Phone: (603) 670-3192 (cell)

Email: jpinsonneault@mansd.org

Website: <http://studentservices.mansd.org/homelessness>

Services: The Manchester School District has an appointed Homeless Liaison to provide necessary assistance for students facing homelessness including transportation, immediate enrollment, and supplemental educational services.

New Horizons

Address: 199 Manchester Street, Manchester, NH 03103

Phone: 603-668-1877

Website: www.newhorizonsfornh.org

Services: 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.

NH DHHS Division of Family Assistance

Address: 1050 Perimeter Road, Manchester, NH 03103 (Manchester Office)

Phone: 603-668-2330

Phone: 1-800-852-7493

Phone: Temporary Assistance for Needy Families: 603-271-9700

Website: www.dhhs.nh.gov/dfa/index.htm

Services: Administers programs and services for eligible NH residents by providing financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

NH Homeless Hotline

Phone: 2-1-1

Phone: 866-444-4211 (outside of NH)

Services: 2-1-1 NH is contracted with the NH State Bureau of Homeless and Housing Services.

Provides a specialized information and referral line that serves individuals and/or families who are homeless or in danger of becoming homeless. Provides information to callers regarding available shelter, as well as other support services in place statewide that provide assistance to persons who are currently homeless, or at risk of becoming homeless. 2-1-1 NH provides this service 24 hours a day, 7 days a week, and 365 days a year

NH Homeless Resource Hotline - Manchester NH Continuum of Care (MCoC)

Phone: 1-877-606-5173

Website: www.mcocnh.org

Services: This new coordinated entry system for housing was created in response to the overwhelming need for homeless services and the barriers that these people sometimes face when trying to access such services. By allowing those who are experiencing a housing crisis to call one centralized location where they can be assessed and referred to the most appropriate community resource, this new service is expected to increase efficiency within the city's homeless services system while helping people get the services they need. Anyone in need of emergency shelter after hours can continue to call 2-1-1 for assistance. Walk-in services will also be available to accommodate those who do not have regular access to a phone.

NH Housing Finance Authority (NHHFA)

Address: 32 Constitution Drive, Bedford, NH 03110

Mailing Address: PO Box 5087, Manchester, NH 03108

Phone: 800-439-7247

Website: www.nhhfa.org

Services: Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

Salvation Army

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <https://nne.salvationarmy.org/manchester/>

Services: Assistance based on qualifying guidelines.

Southern New Hampshire Services (SNHS)

Address: 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Phone: 1-800-322-1073

Website: www.snhs.org/programs/housing-homeless/support-elder/

Services: SNHS continues to maintain its place as one of the state's leading providers of housing to low-income eligible senior citizens.

Southern NH Services Housing and Homeless Outreach

Address: 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Website: <https://www.snhs.org/programs/community-multi-cultural-services/homelessness-prevention>

Services: SNHS receives funding to provide a range of services aimed at preventing homelessness or assisting those who find themselves homeless to find shelter. Services include short term-assistance to prevent eviction for those at risk of losing their housing or to secure housing for those suddenly homeless, and information and referral services for individuals or families in need of emergency shelter.

Supportive Services for Veterans Families (SSVF) - Harbor Homes, Inc.

Address: 335 Somerville St., Manchester, NH 03103

Phone: 1-844-800-9911 If Veteran, dial 2 when prompted.

Website: www.harborhomes.org

Services: Provides case management and potential financial assistance for veteran families. Veteran must be within the household to be eligible. Rapid re-housing and homeless prevention services available.

The Way Home - Housing Resource Center

Address: 214 Spruce Street, Manchester, NH 03103

Phone: 603-627-3491

Website: www.thewayhomenh.org

Services: Provides homelessness prevention/intervention services, housing information and referral, healthy home inspections, housing advocacy, renter and homeless housing counseling, foreclosure counseling, financial literacy workshops, access to affordable rental units, and applications for short-term rental assistance and security deposit guarantees.

EMPLOYMENT PROGRAMS

Granite State Independent Living

Address: 60 Rogers Street, Suite 209, Manchester, NH 03104

Phone: 603-518-4600

Website: <https://www.gsil.org/>

Services: GSIL can tailor an employment solution for you. For more than 30 years, GSIL has been making local quality job placements for people with disabilities in NH.

Manchester Community Resource Center (MCRC)

Address: 434 Lake Ave, Manchester, NH 03103

Phone: 603-647-8967

Website: www.mcrcnh.org

Services: MCRC offers a series of self-directed employment tools to assist with job readiness, job search, and job retention. Services offered include job listings/announcements, scanning, faxing, copying, notary services, and access to public computers that are equipped with resume writing software, internet services, Microsoft Office, printer and OSHA Testing. Monday to Thursday: 8 am - 4:30 pm. Friday: 8 am - 3:30 pm. Saturday & Sunday: by appointment only

NH Works – Workforce Innovation and Opportunity Act (WIOA)

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03103

Phone: 603-656-6503

Website: <http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia/>

Services: Provides career counseling assessment and paid on the job training. Contact for eligibility requirements.

New Hampshire Job Corps Center

Address: 943 Dunbarton Rd, Manchester, NH 03102

Phone: 603-695-8800

Website: <https://newhampshire.jobcorps.gov/>

Services: Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

Senior Community Service Employment Program (SCSEP) - Operation A.B.L.E.

Address: 228 Maple Street, Manchester, NH-03103

Phone: 603-206-4400

Website: <https://operationable.net/>

Services: Workforce development for people 55+. Paid internships, on-the-job training, soft skills, and resume help

Vocational Rehab

Address: 1 Sundial Ave #201N, Manchester, NH 03103

Phone: 603-669-8733

Website: <https://www.education.nh.gov/career/vocational/>

Services: The mission of NH Bureau of Vocational Rehabilitation is to assist eligible NH citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services. NHVR provides services to both Individuals with Disabilities and Employers. People with disabilities can work and take advantage of the opportunities available to the citizens of NH. Yet they face barriers that prevent them from achieving their goals. Vocational Rehabilitation assists persons with disabilities to achieve their employment goals. Vocational Rehabilitation is a joint State/Federal program that seeks to empower people to make informed choices, build viable careers, and live more independently in the community.

Workplace Success

Address: Southern NH Services, 60 Rogers Street, Manchester, NH 03103

Phone: 603-668-3148

Website: <http://www.snhs.org/programs/workforce-development/workplace-success/#>

Services: Workplace Success provides participants in the NH Employment Program (NHEP) with the skills, knowledge, experience, and support needed to obtain paid employment. NHEP offers career counseling, increased employability, job skills and paid on the job training for TANF (Temporary Assistance for Needy Families) eligible adults only.

FINANCIAL ASSISTANCE

Easter Seals Military & Veterans Services

Address: 555 Auburn Street, Manchester, NH 03103

Phone: 603-623-8863

Website: <http://www.easterseals.com/nh/our-programs/military-veterans-services/>

Services: Emergency financial assistance for any Service Member engaged in the NH Deployment Cycle Support Program and/or his or her family in conjunction with a comprehensive plan for self-sufficiency. Additional services include employment counseling, mental health services, employment support, and substance abuse services.

Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)

Address: 170 Lowell Street, Manchester, NH 03104

Phone: 603-623-0710

Website: www.mvap.org

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

Manchester City Welfare

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603-624-6484

Website: www.manchesternh.gov/welfare

Services: 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.

NH DHHS Division of Family Assistance

Address: 1050 Perimeter Road, Manchester, NH 03103

Phone: 603-668-2330

Phone: Temporary Assistance for Needy Families 603-271-9700

Website: <https://www.dhhs.nh.gov/dfa/index.htm>

Services: Administers programs and services for eligible NH residents by providing financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

NH Health Access Network

Address: 125 Airport Road, Concord, NH 03301

Phone: 603-225-0900

Website: www.healthynh.com/nh-health-access-network.html

Services: The NH Health Access Network is a voluntary effort by health care providers to improve access to health care for low-income children and adults statewide. NHHAN is not an insurance program. It is a discount program based on the applicant household's income and assets.

NH Housing Finance Authority (NHHFA)

Address: 32 Constitution Drive, Bedford, NH 03110

Mailing Address: PO Box 5087, Manchester, NH 03108

Phone: 800-439-7247

Website: www.nhhfa.org

Services: Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

NH Medicaid Program

Address: 128 Pleasant Street, Concord, NH 03301

Phone: 800-852-3345 ext. 4344

Website: www.dhhs.nh.gov/ombp/medicaid/index.htm

Services: 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.

Salvation Army

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <https://nne.salvationarmy.org/manchester/>

Services: Assistance with fuel bills for those who qualify. Call for qualification guidelines.

Southern NH Services Fuel Assistance Program

Address: 160 Silver Street, Manchester, NH 03103

Phone: 603-647-4470

Website: www.snhs.org/programs/energy-programs/low-income-home-energy/

Services: Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.

State of NH Electric Energy Assistance

Address: Public Utilities Commission, 21 South Fruit Street, Suite 10, Concord, NH 03301

Phone: 603-271-2431

Website: <https://www.nh.gov/osi/energy/programs/fuel-assistance/index.htm>

Services: The Electric Assistance Program, or EAP, can help income eligible customers pay their electric bills. The EAP provides eligible customers with a discount on their monthly electric bills. The discounts range from 8% to 76%, depending on the customer's gross household income and household size. The EAP is a 12 month bill assistance program. Benefits are subject to the availability of funds. To apply for the EAP, call your local Community Action Agency office (Southern NH Services for Hillsborough County, www.snhs.org, 603-647-4470, 1-800-322-1073).

The Way Home

Address: 214 Spruce Street, Manchester, NH 03103

Phone: 603-627-3491

Website: www.thewayhomenh.org

Services: Provides homelessness prevention/intervention services, housing information and referral, healthy home inspections, housing advocacy, renter and homeless housing counseling, foreclosure counseling, financial literacy workshops, access to affordable rental units, and applications for short-term rental assistance and security deposit guarantees.

FOOD ASSISTANCE

Food for Children, Inc.

Address: JFK Coliseum Parking Lot, Beech Street/Valley Street, Manchester, NH 03102

Phone: 603-799-8642

Website: <https://www.foodfc.org/>

Services: Food distribution to families and individuals in need every Saturday.

Food Stamps/EBT/SNAP

Phone: 1-800-942-4321

Website: <http://www.dhhs.nh.gov/dfa/foodstamps/index.htm>

Services: 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.

Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)

Address: 170 Lowell Street, Manchester, NH 03104

Phone: 603-623-0710

Website: www.mvap.org

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

New Horizons Soup Kitchen

Address: 199 Manchester Street, Manchester, NH 03103

Phone: 603-668-1877

Website: www.newhorizonsfornh.org/programs/soup-kitchen

Services: The soup kitchen serves breakfast for shelter guests daily. It also serves a complete dinner to seniors (over 50) at 3:00 p.m. and for individuals, and their families beginning at 4:30 daily.

NH Food Bank

Address: 700 East Industrial Park Drive, Manchester, NH 03109

Phone: 603-669-9725

Website: www.nhfoodbank.org

Services: Distributor and supplier to hunger relief agencies in NH that serve meals and provide groceries to people experiencing the negative impacts of not having enough to eat.

Note: Some public shopping hours have been opened. Please call for more details.

Roca Kidz Club

Address: 222 Cedar Street, Manchester, NH 03103

Address: 140 Wilson Street, Manchester, NH 03103

Phone: 603-540-5184

Website: <http://www.rocakidzclub.com/>

Services: Free meal for kids of all ages on Thursdays at 6pm. Also offer homework help, games, activities, and messaging.

Salvation Army Kids Café

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: www.use.salvationarmy.org/manchester

Services: Food and enrichment for elementary age kids only during the school year.

Southern NH Services (SNHS)

Address: 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Phone: 1-800-322-1073

Website: www.snhs.org/programs/health-food-nutrition/summer-food-service-program

Services: Summer Food Service Program (SFSP) is designed to keep kids connected to nutrition over summer vacation when school lunch programs are closed. Free meals for any child 18 years and younger are available at various public parks / pools and other locations around the city. Please visit us at www.SNHS.org for a 2019 list of summer food service sites and meal offerings. This institution is an equal opportunity provider.

UNH Cooperative Extension Nutrition Connection Program

Phone: 603-536-3720

Website: <https://extension.unh.edu/Programs/Nutrition-Connections-Program>

Services: Nutrition Connections staff work with limited-income seniors, adults and families with children through in-home visits and group sessions. If you qualify for Food Stamps, WIC, Medicaid or other state or federal assistance, you qualify for Nutrition Connections. Nutrition Connections staff also work with youth in schools, after-school, and out of school programs to offer a series of lessons.

Women, Infants & Children (WIC)

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03108

Phone: 603-668-8010

Phone: 1-800-256-9880

Website: <http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/>

Services: 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.

FOOD ASSISTANCE – FOR SENIORS/HOMEBOUND ONLY

Commodity Supplemental Food Program

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Phone: 1-800-256-9880

Website: <http://www.snhs.org/programs/health-food-nutrition/commodity-supplemental-food-program/>

Services: Free monthly food assistance for seniors 60 and older. Provides a nutritious healthy supply of food in the home and saves up to \$60 per month on grocery bills

Meals on Wheels Community Dining

Address: Main Office, 395 Daniel Webster Highway, Merrimack, NH 03054

Phone: 603-424-9967

Website: <https://www.mealsonwheelsnh.org/services-programs-1>

Services: The SJCS Community Dining Program offers a delicious meal in a social setting in 13 locations throughout Hillsborough County. Community Dining is available for individuals 60 and over and opportunities to participate in activities related to nutrition, recreation, health and welfare, and social services are easily accessible at program sites. Join SJCS for lunch, stop in and enjoy a nutritious, balanced meal. Bring your friends or stop by and make some new acquaintances. Community Dining locations in Manchester are:

Terrytown Apartments, 225 Terrytown Rd, 603-669-1699, Hours 11:30-12:30, Lunch at 11:30

Kalivas Apartments, 175 Chestnut Street, 603-669-1699, Hours 11:30-12:30, Lunch at 11:30

Pariseau Apartments, 55 Armory Street, 603-668-0254, Hours 11:30-12:30, Lunch at 11:30

Burns Apartments, 55 South Main Street, 603-668-0254, Hours 11:30-12:30, Lunch at 11:30

Cashin Senior Activity Center, 151 Douglas Street, 603-668-0254, Hours 11:30-12:30, Lunch at 11:30

Carpenter Center, 325 Franklin Street, 603-625-5422, Call for hours.

Meals on Wheels Food Delivery for Seniors

Address: Main Office, 395 Daniel Webster Highway, Merrimack, NH 03054

Phone: 603-424-9967

Website: <https://www.mealsonwheelsnh.org/services-programs-1>

Services: Delivery of hot lunch by our drivers. Daily contact and safety check by our drivers.

Information on other social service programs. Nutritional and Health and Safety information distributed regularly. Two ways to apply: fill out the application online or download the Online Referral Form (PDF), save form and email to meals@sjcsinc.org.

FOOD PANTRY LOCATIONS

1269 Café Food Pantry

Address: 351 Chestnut Street, Manchester, NH 03101

Phone: 603-512-1571

Website: www.homenh.org/

Services: Faith-based support and assistance. Lunch served Monday - Friday at 11:30-12:30. Lunch served Sunday 1:00. Food Pantry Thursday at 9:30am (doors close at 10) and Sunday around 1:15.

Blessed Sacrament Church Food Pantry

Address: 14 Elm St, Manchester, NH 03103

Phone: 603-622-5445

Website: www.blessedsacramentnh.org

Services: Wednesdays 1-3pm. Closed on 5th week. Only 03101 and 03103 zip code residents.

First United Methodist Church Food Pantry

Address: 961 Valley Street, Manchester, NH 03103

Phone: 603-622-8863

Website: www.fumcmanchester.org

Services: Thursdays 9-11:30am.

Friends of St. Vincent de Paul Food Pantry

Address: 575 Candia Road, Manchester, NH 03109

Phone: 603-622-6510

Website: http://saintpiusnh.org/?page_id=1229

Services: Fridays 8:45-9:15am. Appointments may be available.

KarenAngela Carter Food Pantry/A.R.K. Church

Address: 336 Kelley Street, Manchester, NH 03102

Phone: 603-670-4615

Website: <https://fb.me/A.R.K.ChurchManchester>

Services: 2nd and 4th Tuesdays 11am-1pm. 1st and 3rd Saturdays 11am-1pm.

Manchester Church of God Food Pantry

Address: 230 Mooresville Road, Manchester, NH 03103

Phone: 603-625-2732.

Website: <https://mcognh.com/>

Services: By appointment only. Must leave name and phone number to schedule.

New Horizons Food Pantry

Address: 199 Manchester Street, Manchester, NH 03103

Phone: 603-668-1877

Website: www.newhorizonsfornh.org/programs/food-pantry

Services: Mondays, Wednesdays, and Fridays 12-1pm. Thursdays 6-7pm.

Parish of Transfiguration Food Pantry

Address: 107 Alsace Street, Manchester, NH 03102

Phone: 603-628-6859

Services: Tuesdays and Fridays 1-3pm by appointment only. Only 03102 zip code residents.

Salvation Army Food Pantry

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013.

Website: <http://nne.salvationarmy.org/manchester>

Services: By appointment only. Must leave name and phone number to schedule

Shiloh Community Church Food Pantry* (*items sold at extremely low prices*)

Address: 461 Straw Rd, Manchester

Phone: 603-627-7729

Website: <https://shilohcommunity.church/food-pantry>

Services: Fridays, 6-8pm.

St. Andrews Episcopal Church Food Pantry

Address: 102 North Main Street, Manchester, NH 03102

Phone: 603-622-8632

Website: www.standrewsmanchester.com

Services: 1st and 3rd Tuesdays 8:15-10am.

St. Raphael Parish Food Pantry

Address: 103 Walker Street, Manchester, NH 03102

Phone: 603-623-2604

Website: <https://st-raphael-parish.org/food-pantry-hope-chest/>

Services: Mondays 7-8pm.

Sacred Heart Church Food Pantry

Address: 247 South Main Street, Manchester, NH 03102

Phone: 603-625-9525

Website: <https://www.sacredheartchurch-nh.com/food-pantry>

Services: Tuesdays and Thursdays 10am-noon by appointment only.

FUEL AND ELECTRIC ASSISTANCE**Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)**

Address: 170 Lowell Street, Manchester, NH 03104

Phone: 603-623-0710

Website: www.mvap.org

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

Salvation Army

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: www.use.salvationarmy.org/use/www_use_manchester.nsf

Services: Assistance with fuel bills for those who qualify. Call for qualification guidelines.

Southern NH Services Fuel Assistance Program

Address: 160 Silver Street, Manchester, NH 03103

Phone: 603-647-4470

Phone: 1-800-322-1073

Website: www.snhs.org/programs/energy-programs/low-income-home-energy/

Services: Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.

Southern NH Services (SNHS) Weatherization Program

Address: 160 Silver Street, Manchester, NH 03103

Phone: 603-668-8010

Website: www.snhs.org

Services: Federally funded weatherization programs are designed to address health and safety issues and to apply energy conservation measures in order to increase the energy efficiency of the home and reduce household energy costs. Eligibility is determined by income with priority given to the elderly, the disabled, and families with children under six years of age. These programs work in conjunction with various other conservation programs funded by: National Grid-NH and Public Service of NH.

St. Mary's Bank – Family Emergency Loan Program

Address: 200 McGregor Street, Manchester, NH 03102

Phone: 603-669-4600

Phone: 1-800-950-8850

Website: <https://www.stmarysbank.com/nav/about-us/programs>

Services: 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).

FUEL AND ELECTRIC PROVIDERS**Eversource**

Phone: Customer Service - 800-662-7764

Phone: Credit and Collections - 844-273-7760

Website: <https://www.eversource.com/content/nh>

Liberty Utilities

Phone: Customer Care - 1-800-833-4200

Phone: Emergencies - 1-855-327-7758

Website: <https://new-hampshire.libertyutilities.com/manchester/residential/>

HOME VISITING

Interim Healthcare

Address: 608 Chestnut Street, Manchester, NH 03105

Phone: 603-668-6956

Website: <http://www.interimhealthcare.com/newhampshire/our-services>

Services: In order to provide the best care possible for your loved one, it is essential to take a break from time to time. Respite care provides breaks from the daily routine of caregiving. It can relieve stress, restore energy and promote the necessary balance in your life. Whether it's for a few hours or that well deserved vacation away, you can count on Interim HealthCare to provide Respite Care in Manchester.

Maintaining Independence

Address: 11 Kimball Drive, Unit 112, Hooksett, NH 03106

Phone: Latino Program - 603-232-7431

Phone: Nepali Program - 603-782-5622

Services: Maintaining Independence is an adult day health center that serves all NH adults and specializes in providing culturally effective nursing care in a social environment. The goal of this program is to better the physical and emotional wellbeing of our participants. Assistance is provided to all adults, regardless of language.

Senior Companion Program

Phone: 603-624-6533

Website: <https://www.manchesternh.gov/Departments/Senior-Services/Senior-Companion-Program>

Services: NH currently has 70 Senior Companions who visit an average of 5 elderly each week. The goal is to keep the people in their own homes as long as possible. While helping to make the lives of others more pleasant, volunteers find great rewards in being involved in their community and making a difference in someone's life.

Note: Manchester residents can sign up for a Companion or get more information by calling the Senior Services Department at 603-624-6533.

Visiting Nurse Association of Manchester and Southern NH (Elliot Hospital)

Address: 1070 Holt Avenue, Suite 1400, Manchester, NH 03109

Phone: 603-622-3781

Website: <https://www.manchestervna.org/>

Services: Skilled care helps patients be independent and safe in managing their care at home. Nurses provide medical care and coordinate the services of rehabilitation professionals, social workers, and health aides. Care plans and education are tailored to the specific needs of each patient and family

HOMELESSNESS PREVENTION

Waypoint - Youth Resource Center

Address: 326 Lincoln Street, Manchester, NH 03103

Phone: 603-518-4170

Email: info@cfsnh.org

Website: <https://waypointnh.org/programs/youth-resource-center>

Services: Provides case management, crisis intervention, supportive counseling, family mediation and referrals for runaway and homeless youth 12-22 years old.

Families in Transition (FIT)

Address: 122 Market Street, Manchester, NH 03101

Phone: 603-641-9441 for Intake Coordinator

Email: intake@fitnh.org

Website: www.fitnh.org

Services: Provides safe affordable housing and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless, enabling them to gain self-sufficiency and respect. Provides not only the time and place to recover from homelessness, but also the comprehensive support to help participants overcome the root causes of their homelessness, which may include poverty, domestic violence, mental and/or physical illness, underemployment, addiction, isolation, and loneliness.

Liberty House

Address: 75 W Baker Street, Manchester, NH 03103

Phone: 603-669-0761

Website: www.libertyhousenh.org/

Services: Safe, supportive, substance-free housing community for American veterans transitioning out of homelessness.

Manchester Homeless Assistance Line

Phone: 1-877-606-5173

Website: <https://www.fitnh.org/get-help/>

Services: The Manchester Homeless Assistance Line has been created to give people easy access to homeless and housing services throughout the community. When you call the number, you will be connected with someone that can assess your needs and direct you to programs that are most appropriate for your specific situation. You can also stop by locations for walk-in service Monday to Friday (call the hotline for walk-in times).

Manchester Housing and Redevelopment Authority (MHRA)

Address: 198 Hanover Street, Manchester, NH 03104-6125

Phone: 603-624-2100

Website: www.manchesterhousing.org

Services: Owns and manages 1,271 public housing apartments for low income families, elderly, and adults with disabilities and provides housing subsidies for over 1,800 households through the administration of the Section 8 Housing Choice Voucher Program. Offers the Homeownership Program conducted in conjunction with the Housing Choice Voucher Program and operated in partnership with NH Housing Finance Authority and NeighborWorks Southern NH.

NH Housing Finance Authority (NHHFA)

Address: 32 Constitution Drive, Bedford, NH 03110

Mailing Address: PO Box 5087, Manchester, NH 03108

Phone: 800-439-7247

Website: www.nhhfa.org

Services: Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

NH Legal Assistance (NHLA) Housing Justice Project

Address: 1850 Elm Street Suite 7, Manchester, NH 03104

Phone: Manchester 1-800-562-3174 or 603-668-2900

Phone: Administration 603-224-4107

Phone: Senior Citizens Advice Line 1-888-353-9944

Website: www.nhla.org

Services: Non-profit law firm offering legal services in civil matters to seniors and eligible low-income persons. *Housing Justice Project* (HJP) attorneys and paralegals promote equal access to housing for NHLA clients by working on preserving their housing. Fights housing discrimination by investigating complaints of discrimination. Helps individuals and families in emergency situations who are either currently without shelter or are at imminent risk of becoming homeless.

Harbor Homes-Supportive Services for Veteran Families

Address: 335 Somerville St., Manchester, NH 03103

Phone: 603-318-8851

Website: <http://harborhomes.org/veterans-first/>

Services: Provides case management and potential financial assistance for veteran families. Veteran must be within the household to be eligible. Rapid re-housing and homeless prevention services available.

The Way Home – Housing Resource Center

Address: 214 Spruce Street, Manchester, NH 03103

Phone: 603-627-3491

Website: www.thewayhomenh.org

Services: Provides homelessness prevention/intervention services: housing information and referral, healthy home inspections, housing advocacy, renter and homeless housing counseling, foreclosure counseling, financial literacy workshops, access to affordable rental units, and applications for short-term rental assistance and security deposit guarantees. Manages transitional housing units for homeless families with children and permanent supportive housing units for single individuals and families who have experienced chronic homelessness.

HOSPITALS, MEDICAL CENTERS, URGENT CARE**Boys & Girls Club of Manchester - Dental Clinic**

Address: 555 Union Street Manchester, NH

Phone: 603-625-5031 ext.260

Services: Free dental cleanings for all students in 1st through 12th grade. Must make an appointment before being seen.

Catholic Medical Center (CMC)

Address: 100 McGregor Street, Manchester, NH 03102

Phone: 603-668-3545

Website: www.catholicmedicalcenter.org

CMC Urgent Care in Bedford

Address: 5 Washington Place, Suite 1B, Bedford, NH 03110

Phone: 603-314-4567

Website: <https://www.catholicmedicalcenter.org/urgent-care/>

Concentra Urgent Care

Address: 1279 South Willow Street, Manchester, NH 03103

Phone: (603) 644-3330

Website: www.concentra.com/

Convenient MD Urgent Care

Address: 3 Nashua Rd, Bedford, NH 03110

Phone: 603-472-6700

Website: <https://convenientmd.com/>

Dartmouth-Hitchcock Medical Center

Address: 100 Hitchcock Way, Manchester, NH 03104

Phone: 603-695-2500

Website: www.dartmouth-hitchcock.org

Elliot Hospital

Address: 1 Elliot Way, Manchester, NH 03103

Phone: 603-669-5300

Website: www.elliethospital.org

Elliot Urgent Care at River's Edge

Address: 185 Queen City Avenue, Manchester, NH 03103

Phone: 603-663-3000

Website: <http://elliethospital.org/website/urgent-care-rivers-edge.php>

Amoskeag Health

Address: 145 Hollis Street, Manchester, NH 03101

Phone: 603-626-9500

Website: <https://www.amoskeaghealth.org/>

Services: Adolescent preventive services, breast and cervical cancer screening, counseling, diabetes education, diabetic support groups, lab services, Medicaid enrollment, nutrition, pediatric primary care, prenatal care, primary care/family medicine, and podiatry.

Services: New comprehensive eye clinic is available for all Amoskeag Health patients. The eye clinic is housed at the Dr. Selma Deitch Center for Children & Teens (1245 Elm Street, Manchester, NH 03101). To schedule an appointment, please call 603-626-9500.

Planned Parenthood of Northern New England

Address: 24 Pennacook St, Manchester, NH 03104

Phone: 603-669-7321

Website: www.plannedparenthood.org/health-center/new-hampshire/manchester/03104/manchester-health-center-2740-91770

Services: Abortion services, birth control, general health care, HIV testing, LGBT services, men's health care, emergency contraception, pregnancy testing and services, STD testing, treatment, and vaccines, and women's health care.

Teen Health Clinic at Amoskeag Health

Address: 1245 Elm Street, Manchester, NH 03101

Phone: 603-792-5042

Website: <https://www.amoskeaghealth.org/teen-clinic/>

Services: Care for and treatment of common illnesses, annual physical exams, immunizations, hearing and vision screenings, confidential care for reproductive/ family planning services, HIV/STD testing, nutrition counseling, and crisis counseling and support.

Veterans Administration Medical Center (VAMC)

Address: 718 Smyth Road, Manchester, NH 03103

Phone: 603-624-4366

Website: <http://www.manchester.va.gov/>

Services: VAMC Manchester offers a variety of health services to meet the needs of our nation's Veterans.

Veterans Administration Medical Center (VAMC) Urgent Care

Address: 718 Smyth Road, Manchester, NH 03103

Phone: 603-624-4366

Website: <http://www.manchester.va.gov/>

Services: Manchester VAMC Urgent Care is open 24 hours a day and 7 days per week. Urgent care is not for medical emergencies. If you experience life-threatening symptoms, like chest pain, difficulty breathing, significant bleeding, severe pain, dizziness, weakness, severe vomiting, stroke symptoms or head injury you should be seen in your local Emergency Department

INFORMATION AND REFERRAL NETWORKS

2-1-1 New Hampshire

Phone: 2-1-1

Toll Free: 866-444-4211

TTY Number: 603-634-3388

Email: 211nh@211nh.org

Website: www.211nh.org

Services: 2-1-1 New Hampshire, made possible by the United Ways of New Hampshire, can help you sort through the many agencies available and direct you to one or more that may be of both immediate and long-term assistance. Just pick up your phone and dial 2-1-1. A trained staff person will answer and help direct you to the appropriate resources. The call is confidential and free from anywhere in NH.

AmeriHealth Caritas Health Plan

Member Services Line: 1-833-704-1177

Behavioral Health Crisis Line: 1-833-234-2264

24/7 Nurse Line: 1-855-216-6065

Care Management: 1-833-704-1177

Website: <https://www.amerihealthcaritasnh.com>

For plan information and enrollment, call New Hampshire Medicaid Service Center, 1-888-901-4999

Services: Medical, behavioral health, and prescription drug coverage.

Waypoint - Youth Resource Center

Address: 326 Lincoln St, Manchester, NH 03103

Phone: 603-518-4170

Website: <http://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/teen-resource-center>

Services: Judgment free, safe zone where teens and young adults can access many resources, confidentially, and free of charge. Services, information and support are offered in the following areas: clothing/laundry, counseling, drugs/alcohol use, education, employment, food, food stamp applications, Medicaid applications, GED, HIV/AIDS, death of a friend, identification and birth certificates, loneliness, pregnancy, problems at home, relationship issues, routine medical care, sexual abuse/assault, shelter, STDs/STIs, suicide/depression.

Disability Rights Center

Address: 64 North Main Street, Suite 2, 3rd Floor, Concord, NH 03301

Phone: 603-228-0432

Phone: 1-800-834-1721

Website: <http://www.drcnh.org/>

Services: Provides information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems.

Manchester Community Resource Center (MCRC)

Address: 434 Lake Ave, Manchester, NH 03103

Phone: 603-647-8967

Website: www.mcrcnh.org

Services: The Manchester Community Resource Center, Inc. is a multi-service, non-profit organization with the goal of assisting residents of Manchester and surrounding areas to improve their standard of living by providing access to public computers, education, employment, information and referral in a multi-cultural setting.

Manchester Family Justice Center

Address: 72 Concord Street 2nd Floor, Manchester, NH 03101

Phone: 603-792-0917

Website: <http://manchesterfjc.org/>

Services: The Manchester Family Justice Center provides co-located support and services to victims of domestic violence, sexual assault, and stalking. The MFJC provides services from a variety of partner agencies under one roof so that you can get the help you need, quickly and easily. You can access these services as many times as needed.

My Manchester

Website: <https://www.mymanchesternh.com/>

Services: My Manchester is your one-stop site for Greater Manchester residents and community partners who want a better life for themselves and their children, who are looking for neighborhood-based connections to become more involved in local health improvement efforts, and who are seeking resources for personal growth.

NH Council on Developmental Disabilities

Address: 2½ Beacon Street, Suite 10, Concord, NH 03301

Phone: 603-271-3236

Phone: TDD: 800-735-2964

Website: <http://www.nhcdd.org/>

Services: Supports public policies and initiatives that remove barriers and provide equal opportunities in all areas of life for people with developmental disabilities.

NH Works – Workforce Innovation and Opportunity Act (WIOA)

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03103

Phone: 603-656-6503

Phone: 603- 656-6540

Website: <http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia/>

Services: Provides career counseling assessment and paid on the job training. Must be 18+, NH resident or recently laid off by an NH company.

Senior Community Service Employment Program (SCSEP) - Operation A.B.L.E.

Address: 228 Maple Street, Manchester, NH, 03103

Phone: 603-206-4400

Website: <https://operationable.net/>

Services: Workforce development for people 55+. Paid internships, on-the-job training, soft skills, and resume help.

ServiceLink Hillsborough County

Address: 555 Auburn Street, Manchester, NH 03103

Phone: 603-644-2240

Phone: 1-866-634-9412

Website: www.nh.gov/servicelink

Services: The ServiceLink Resource Centers network consists of thirteen community-based ServiceLink Resource Centers and many satellite offices with the common purpose of providing information and supportive referrals about resources for older adults, adults living with disabilities, chronic illness, and their families and caregivers. ServiceLink Resource Centers are trusted places in your community to get answers about healthcare and other services for older adults, people with disabilities and caregivers. The ServiceLink Resource Center team is one phone call away.

Well Sense Health Plan

Address: 1155 Elm Street, Suite 600, Manchester, NH 03101

Phone: 877-957-1300

Website: <http://www.wellsense.org/>

Website: Contact Information: <http://www.wellsense.org/misc/contact>

Services: Medical, behavioral health, and prescription drug coverage. Referral and support programs.

YWCA NH

Address: 72 Concord St, Manchester, NH 03101

Phone: 603-625-5785

Phone: 24-Hour Crisis Line (603) 668-2299

Website: <http://www.ywcanh.org/>

Services: REACH at YWCA NH provides free and confidential services to victims/survivors of domestic and sexual violence and stalking, regardless of gender, age, health status, physical, mental, and emotional ability, sexual orientation, sexual identity/expression, socio-economic status race, national origin, immigration status or religious or political affiliation. Services include: 24-Hour Crisis Line (603) 668-2299, language line and TTY, crisis counseling (walk in or office appointments), court accompaniment (protective orders and criminal proceedings), hospital and social services accompaniment, child advocacy accompaniment, law enforcement and prosecutor accompaniment, family violence specialist at DCYF, education and training, and support groups.

LEGAL ASSISTANCE

Domestic Violence Emergency (DOVE) Project

Website: <https://www.nhbar.org/legal-services-programs/dove/>

Services: The Domestic Violence Emergency (DOVE) Project is a program of the NH Bar Association's Pro Bono Referral Program that provides victims of violence and stalking with emergency legal services. DOVE is operated in partnership with domestic violence service agencies throughout NH and relies on the donated services of specially trained attorneys. The DOVE Project provides free legal representation to qualifying clients at final Domestic Violence and Stalking Restraining Order hearings. Note: To be represented by a volunteer DOVE attorney, you must contact a local NH domestic violence crisis service agency. Call 1-866-644-3574, available 24 hours a day to be connected with a domestic violence or stalking advocate.

Legal Advice & Referral Center

Address: 15 Green Street, Concord, NH 03301

Phone: 603-224-6067

Website: <http://www.nhlegalaid.org/>

Services: Legal Advice & Referral Center exists to help people find free legal help in NH. The help may be information, advice, legal representation, or referral to another organization.

Manchester Community Resource Center (MCRC)

Address: 434 Lake Ave, Manchester, NH 03103

Phone: 603-647-8967

Online: www.mcrcnh.org

Services: In partnership with NH Legal Assistance - Legal Advice and Referral Center (LARC), MCRC provides assistance, guidance and preference in completing the on-line application for legal services for income-eligible individuals with civil legal matters in NH such as: Housing issues and family related cases. Stop by MCRC to complete the on-line application or apply at www.nhlegalaid.org.

NH Legal Assistance (NHLA) Housing Justice Project

Address: 1850 Elm Street, Suite 7, Manchester, NH 03101

Phone: 1-877-399-9995

Website: <https://www.nhla.org/content/housing-16>

Services: Housing Justice Project attorneys and paralegals promote equal access to housing for NHLA clients by working on preserving their housing. The HJP helps individuals and families who are either currently without shelter or are at imminent risk of becoming homeless. The Housing Justice Project handles cases such as: Section 8 or public housing issues, mortgage foreclosure, property taxes, mobile home park issues, fair housing/housing discrimination complaints, and housing accessibility issues for persons with mobility disabilities.

The Disabilities Rights Center

Address: 64 North Main Street, Suite 2, Concord, NH 03301

Phone: 603-228-0432

Website: <http://www.drcnh.org/>

Services: Disability Rights Center - NH provides information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems.

LOW INCOME HOUSING**Manchester Housing and Redevelopment Authority (MHRA)**

Address: 198 Hanover Street, Manchester, NH 03104

Phone: 603-624-2100

Website: www.manchesterhousing.org

Services: Provides housing subsidies through the administration of the Section 8 Housing Choice Voucher Program.

NeighborWorks Southern New Hampshire

Address: 801 Elm Street, Manchester, NH 03101

Phone: 603-626-4663

Website: www.nwsnh.org

Services: Rental applications for all properties may be found at www.stewartproperty.net.

NH DHHS Division of Family Assistance

Address: 1050 Perimeter Road, Manchester, NH 03103

Phone: 603-668-2330 or 1-800-852-7493

Website: www.dhhs.nh.gov/dfa/index.htm

Services: 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.

NH Housing Finance Authority (NHHFA)

Address: 32 Constitution Drive, Bedford, NH 03110

Mailing Address: PO Box 5087, Manchester, NH 03108

Phone: 800-439-7247

Website: www.nhhfa.org

Services: Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

The Way Home – Housing Resource Center

Address: 214 Spruce Street, Manchester, NH 03103

Phone: 603-627-3491

Website: www.thewayhomenh.org

Services: The Way Home is an award-winning nonprofit agency based in Manchester, dedicated to providing an integrated approach to success in safe and affordable housing. The Way Home provides keys to success for those facing homelessness. Together we can make these keys open the door to safe and affordable housing.

PLACES TO STAY WARM – FOR ALL AGES

Harmony Home

Address: 222 Cedar Street

Services: Drop in Monday, Tuesday, and Friday from 1-4pm.

Mall of New Hampshire

Address: 1500 South Willow Street, Manchester, NH 03103

Website: <http://www.simon.com/mall/the-mall-of-new-hampshire>

Manchester City Library

Address: 405 Pine Street, Manchester, NH 03101

Phone: 603-624-6550

Website: www.manchesternh.gov/library

PLACES TO STAY WARM – FOR SENIORS ONLY

Maintaining Independence

Address: 11 Kimball Drive, Unit 112, Hooksett, NH 03106

Phone: Latino Program - 603-232-7431

Phone: Nepali Program - 603-782-5622

Services: Maintaining Independence is an adult day health center that serves all NH adults and specializes in providing culturally effective nursing care in a social environment. The goal of this program is to better the physical and emotional wellbeing of our participants. Assistance is provided to all adults, regardless of language.

William B. Cashin Senior Activity Center

Address: 151 Douglas Street, Manchester, NH 03102

Phone: 603-624-6535

Website: www.manchesternh.gov/senior

Services: The center hosts a wide and ever changing array of classes and activities that are listed monthly on the calendar page. The center also serves as a gathering place for individuals and a starting point for trips and events that take place outside the facility.

PRESCRIPTION ASSISTANCE & MEDICAL EQUIPMENT

FamilyWize Prescription Discount Program

Phone: 1-800-222-2818

Website: www.familywize.com

Services: Offers a free prescription discount card for individuals and families without prescription coverage. Can be used at participating pharmacies to discount your prescription drugs.

Good Rx

Website: www.goodrx.com/

Services: Prescription price comparison, coupons, discount programs.

Hannaford Healthy Saver Plus Program

Address: 4 locations in Manchester: 201 John Devine Drive, 605 Mast Road, 79 Bicentennial Drive, and 859 Hanover Street

Website: www.hannaford.com/content.jsp?pageName=HSPlus&leftNavArea=PharmacyLeftNav

Services: The Hannaford healthy saver plus program is designed to save you money on prescriptions, certain diabetic supplies and more.

Needy Meds - NH Catholic Charities

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

Services: 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.

Partnership for Prescription Assistance

Phone: 1-888-477-2669

Website: www.pparx.org/Intro.php

Services: Assists qualifying patients without prescription coverage get the medicines they need for free or nearly free

Wal-Mart Prescription Discount Program

Address: 725 Gold Street, Manchester, NH 03103

Phone: 603-621-9666

Website: www.walmart.com/cp/PI-4-Prescriptions/1078664

Services: 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.

Unwanted, unused, or expired medication can be disposed of free and anonymously at the Manchester Police Department (405 Valley Street) via the red collection box in the front lobby 24 hours a day, 7 days a week. Questions regarding the collection box can be directed to the Manchester Police Department 603-668-8711.

An additional drop-box is located in the lobby of Catholic Medical Center, 100 McGregor Street.

Medications able to be dropped off include: Prescription pills, capsules, and tabs, Prescription Patches, Prescription Ointments, Over-the-Counter Medications, Vitamins, Samples, and Medications for Pets. No sharps (needles) or liquids are accepted.

RECREATION & ACTIVITIES

4-H with UNH Cooperative Extension

Address: 329 Mast Rd Rm., 101 Goffstown, NH 03045

Phone: 603-641-6060

Website: <https://extension.unh.edu/4-H-Youth-Family/4-H-Youth-Development>

Services: 4-H provides experiences where young people learn by doing. Kids complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H through in-school and after-school programs, school and community clubs and 4-H camps.

Boys & Girls Club of Manchester

Address: 555 Union Street Manchester, NH

Phone: 603-625-5031

Website: <http://www.mbgcnh.org/>

Services: Strictly an After-School Program for students in 1st through 12th grade. Offering multiple programs in Art, Character and Leadership, Healthy Lifestyles, Sports & Fitness, and in Education and Career. Bussing from local schools available at a cost. Financial Assistance Available. \$25 yearly membership. Open 2-8pm Monday through Friday. Teen night is every Friday 8-10pm for teens only. Must register for February Vacation separately. Cost is \$75 for the week and is open 6:30am – 6pm.

BRING IT!!!

Address: Hillside Middle School, 112 Reservoir Ave, Manchester, NH 03104

Website: <https://www.facebook.com/BringItAfterSchool/>

Services: Open to any Manchester student from 4th through 12th grade, BRING IT!!! focuses on creating a safe, enriching place for students to go during out-of-school hours, a place that also offers academic support, literacy enrichment, and opportunities to explore their future in careers or higher education. Hours and day of program vary by location. Transportation and meals are available.

Girls at Work

Address: 4 Elm St, Manchester, NH 03103

Phone: 603-345-0392

Website: <http://www.girlswork.org/>

Services: Only a handful of the girls have had the opportunity to learn how to use power tools safely. Girls at Work pride itself in providing girls with a safe and supportive environment to step out of their comfort zone and to build with other girls. Not only do they discover how capable they are, they also discover how exciting it is to work as part of a team toward a common goal.

Girls Inc.

Address: 340 Varney Street Manchester, NH 03102

Phone: 603-623-1117

Website: <http://girlsincnewhampshire.org/>

Services: Girls Inc. of New Hampshire inspires all girls to be Strong (through healthy living), Smart (through education), and Bold (through independence), providing thousands of girls with life-changing experiences and solutions to the unique challenges girls face. The Girls Inc. Experience consists of people, an environment, and programming that, together, empower girls to succeed. Trained staff and volunteers build lasting, mentoring relationships in girls-only spaces that are physically and emotionally safe and where girls find a sisterhood of support with shared drive, mutual respect, and high expectations. Hands-on, research-based programs provide girls with the skills and knowledge to set goals, overcome obstacles, and improve academic performance. Informed by girls and their families, Girls Inc. also works with policymakers to advocate for legislation and initiatives that increase opportunities for girls. At Girls Inc., girls grow up healthy, educated, and independent.

Granite YMCA Teen Center

Address: 30 Mechanic Street, Manchester, NH 03101

Phone: 603-232-8623

Website: <http://www.graniteymca.org/index.php?page=support-community-outreach>

Services: The Teen Center is a FREE drop-in facility within the Y that offers fun and engaging ways for kids to build friendships and awareness of social responsibility in a supervised environment. The Teen Center is open to Y teen members and non-members ages 12-16 years old who are at least in middle school. Activities include daily homework help, basketball, swimming, choral club, cooking, arts and STEM programming. Transportation to the Teen Center is available from each of the middle schools (Parkside, Hillside, McLaughlin, and Southside) No transportation on half days or early releases. The Teen Center is open Monday - Friday from 2:30 - 7:00 PM when school is in session. Open during December, February and April Vacation from 12-5 pm.

JFK Arena Ice Skating

Address: 303 Beech St, Manchester, NH 03103

Phone: 603-624-6444

Website: <https://www.manchesternh.gov/Departments/Parks-and-Recreation/Parks-Facilities/JFK-Memorial-Coliseum>

Services: The arena is opened mid-September through March. Skate rentals are available only for weekend public skating, school vacations and holidays. Public skating is \$3.00 for students (high school and under) and senior citizens and \$5.00 for adults.

Manchester City Library

Address: 405 Pine Street, Manchester, NH 03101

Phone: 603-624-6550

Website: www.manchesternh.gov/library

Services: Activities and programming for kids and families.

Manchester Parks & Recreation

Address: 475 Valley Street, Manchester, NH 03103

Phone: 603-624-6444

Website: <https://www.manchesternh.gov/Departments/Parks-and-Recreation>

Website: Activities: <https://www.manchesternh.gov/Departments/Parks-and-Recreation/Activities>

Website: Adult Activities: <https://www.manchesternh.gov/Departments/Parks-and-Recreation/Programs/Adult-Programs>

Website: Youth Programs: <https://www.manchesternh.gov/Departments/Parks-and-Recreation/Programs/Youth-Programs>

Services: Winter programs include Saturday drop-in basketball for youth ages 7 up through high school at Beech Street School. Watch for other announcements on Facebook

(<https://www.facebook.com/CityOfManchesterNHParksRec/>) about skating at Dorrs Pond and cross country skiing at the Derryfield Country Club.

Manchester Police Athletic League (MPAL)

Address: 409 Beech Street, Manchester, NH 03103

Phone: 603-626-0211

Website: <http://www.manchesterpoliceathleticleague.org/>

Services: MPAL is dedicated to connecting police officers with community youth to foster positive relationships and community connectedness. Along with athletic opportunities, MPAL helps to develop participants to become contributing members of the community. As a safe-haven in the afterschool and early evening hours, activities include boxing, Judo, Aikido, wrestling, homework help and tutoring, classes, workshops, and enrichment activities. All MPAL programs are free and open to kids age 5-18.

Massabesic Audubon Center

Address: 26 Audubon Way, Auburn, NH 03032

Phone: 603-668-2045

Website: <http://www.nhaudubon.org/about/centers/massabesic/>

Services: NH Audubon, a nonprofit statewide membership organization, is dedicated to the conservation of wildlife and habitat throughout the state. Independent of the National Audubon Society, NHA has offered programs in wildlife conservation, land protection, environmental policy, and environmental education since 1914.

McIntyre Ski Area

Address: 50 Chalet Way, Manchester, NH 03104

Phone: 603-622-6159

Website: <https://www.mcintyreskiarea.com/>

Services: McIntyre Ski Area is southern NH's winter playground! Thousands of children and adults have enjoyed skiing and snowboarding at McIntyre since the chairlift began turning in 1971. The school opened up 7 years later, and has been your learn-to-ski/ride mountain ever since.

QC Bike Collective

Address: 35 Elm Street, Manchester, NH 03101

Phone: 603-493-1720

Website: <https://qcbike.org/>

Services: QC Bike Collective's mission is to help Manchester area residents ride safe, affordable bikes and have the opportunity to fix them. QC Bike Collective provides space, tools, and equipment, so that community members can repair their bicycles at minimal cost, with our help. QC Bike Collective also accept donated bicycles, salvage useful parts and recycle them, or return them to working order and sell them at an affordable price.

Roca Kidz Club

Address: 222 Cedar Street, Manchester, NH 03103

Address: 140 Wilson Street, Manchester, NH 03103

Phone: 603-540-5184

Website: <http://www.rockkidzclub.com/>

Services: Free meal for kids of all ages on Thursdays at 6pm. Also offer homework help, games, activities, and messaging.

Salvation Army Saturday Teen Night

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <http://nne.salvationarmy.org/manchester/services>

Services: The Salvation Army operates a Friday teen night drop-in center for teens 13-17. We also offer a Saturday night drop-in center sponsored by the Weed & Seed Program. Both nights provide a safe haven for teens to eat a hot meal, hang out, enjoy the gym, computer lab, PS3, Xbox games and more!

The Currier Museum

Address: 150 Ash St, Manchester, NH 03104

Phone: 603-669-6144

Website: <http://www.currier.org/>

Services: Story time, classes, and school vacation activities for kids of all ages.

UpReach

Address: 153 Paige Hill Rd, Goffstown, NH

Phone: 603-497-2342

Website: www.upreachtec.org

UpReach is a unique, welcoming environment where the focus is on possibilities, not disabilities. Through the power of the horse, connections are made that deliver proven results that go beyond the barn. Individuals of all abilities benefit from UpReach programming. Participants range in age from as young as 3 years of age to those who are young at heart well into his or her 90's. Most participants have varying degrees of cognitive, physical, behavior, psychological, and sensory challenges. Some of these include autism spectrum disorders, Down syndrome, Cerebral Palsy, intellectual and learning disabilities, multiple sclerosis, muscular dystrophy, PTSD, traumatic brain injury, and sensory integration processing disorders.

Winterfest

Address: Multiple locations in and around Manchester

Phone: 603-624-6470

Website: <http://www.manchesternh.gov/youth>

Services: OYS coordinates a week of free, low cost, and discounted activities for children and youth during February school vacation, indoor and outdoor, from basketball to nature hikes.

REFUGEE AND IMMIGRANT SERVICES

Ascentria Care Alliance

Address: 300 Granite Street, 3rd Floor, Manchester, NH 03102

Phone: 603-410-6183

Website: <http://www.ascentria.org/our-services/services-new-americans>

Website for Language Bank: <http://www.thelanguagebank.org/>

Services: In addition to basic resettlement services, Ascentria Care Alliance provides a variety of services to assist refugees and immigrants with their transition to their new homeland and culture, including interpretation services.

Building Community in NH (formerly Bhutanese Community of NH)

Address: 510 Chestnut Street, Suite 200, Manchester, NH 03101

Phone: 603-935-9620

Website: <http://bcinnh.org/>

Services: Building Community in New Hampshire, BCNH, formerly Bhutanese Community of New Hampshire, is a community based non-profit corporation that serves New American population in central New Hampshire.

Catholic Charities New Hampshire

Address: 3 Crown Street, Nashua, NH 03060

Phone: 603-889-9431s

Website: <https://www.cc-nh.org/programs/immigration/>

Services: Immigration Legal Services welcomes newcomers and provides casework, support and guidance for various immigration-related issues. Individuals and families that are eligible for immigration benefits, but who cannot afford private assistance, are provided with low-cost immigration counseling and legal representation. Catholic Charities has been recognized and accredited by the Board of Immigration Appeals (BIA) since 1994. In partnership with Catholic Legal Immigration Network, Inc. (CLINIC), Catholic Charities New Hampshire assists with various applications and petitions, including: family-based visas, consular processing/visas, political asylum, visas for religious personnel, adjustment to lawful permanent residence, self-petitions for immigrant victims of domestic violence and sexual assault, and naturalization.

Centre Franco-American

Address: 100 St Anselm Drive, Manchester, NH 03102

Phone: 603-641-7114

Website: <https://www.facnh.com/>

Services: The Franco-American Centre (FAC) is a non-profit organization located in Manchester. Our mission is to promote French language, culture, and heritage through classes, social activities, and cultural events.

Holy Cross Family Learning Center

Address: 438 Dubuque Street, Manchester, NH 03102

Phone: 603-622-9250

Website: www.hclearningcenter.org

Services: Education services and classes for immigrants and refugees.

International Institute of New England

Address: 1850 Elm Street, Manchester, NH 03104

Phone: 603-647-1500

Website: www.iine.us/

Services: Help refugees and immigrants become active participants in the social, political, and economic richness of American life.

Maintaining Independence

Address: 11 Kimball Drive, Unit 112, Hooksett, NH 03106

Phone: Latino Program - 603-232-7431

Phone: Nepali Program - 603-782-5622

Services: Maintaining Independence is an adult day health center that serves all NH adults and specializes in providing culturally effective nursing care in a social environment. The goal of this program is to better the physical and emotional wellbeing of our participants. Assistance is provided to all adults, regardless of language.

Manchester Community Resource Center (MCRC)

Address: 434 Lake Ave, Manchester, NH 03103

Phone: 603-647-8967

Online: www.mcrcnh.org

Services: Realizing that the challenges are far from over when an Immigrant or Refugee arrives in Manchester, MCRC's goal is to assist in stabilizing the individual/family by providing basic information, offering coaching in goal setting, employment and education referral, cultural adjustment, resource connection and use of public computers.

Manchester Health Department

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603-624-6466

Website: www.manchesternh.gov/Departments/Health/Services/Refugee-Health

Services: 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 by a community health nurse.

Organization for Refugee and Immigrant Success (ORIS)

Address: 434 Lake Avenue, 2nd floor, Manchester, NH 03103

Phone: 603-296-0443

Website: <https://www.refugeesuccess.org/>

Services: Provide aid in the resettlement of refugee and immigrant in NH by providing assistance, training, and resources.

SNOW EMERGENCY

A Snow Emergency is called to allow City crews to plow the full width of the streets. Upon declaration of a Snow Emergency, vehicles must be removed from the City streets. Snow Emergencies take effect from the time determined by the Director. Any vehicle parked in violation of parking restrictions will be removed and impounded.

Sign-up to receive notifications of when a Snow Emergency is in place:

- Nixle: <http://local.nixle.com/manchester-nh-highway-department/>
- Email: <https://www.manchesternh.gov/e-Services/Email-Notifications>

Snow Emergencies are also posted on Twitter: https://twitter.com/mht_snow_emerg

More information is found on the City website: <https://www.manchesternh.gov/Departments/Highway/Snow>

STORES ACCEPTING WIC IN MANCHESTER

Bremer Street Food Mart

Address: 218 Bremer Street Manchester, NH 03102

Phone: 603- 645-1124

Caribbean Market

Address: 302 Lake Avenue, Manchester, NH 03103

Phone: 603-218-1226

Down the Block

Address: 167 Hanover Street, Manchester, NH 03104

Phone: 603-628-6334

Hannaford Supermarket

Address: 201 John Devine Drive, Manchester, NH 03103

Phone: 603- 626-4567

Hannaford Supermarket

Address: 605 Mast Road, Manchester, NH 03102

Phone: 603-626-4488

Hannaford Supermarket

Address: 79 Bicentennial Drive, Manchester, NH 03104

Phone: 603-644-2106

Hannaford Supermarket

Address: 859 Hanover Street, Manchester, NH 03104

Phone: 603-624-4442

Market Basket

Address: 460 Elm Street, Manchester, NH 03101

Phone: 603-626-1070

Pigeon's Market

Address: 168 Wilson Street, Manchester, NH 03103
Phone: 603-232-7495

PriceRite

Address: 365 Lincoln Street, Manchester, NH 03103
Phone: 603-352-8850

R&E Grocery

Address: 304 Merrimack Street, Manchester, NH 03103
Phone: 603-644-0122

Two Guys Food Market

Address: 414 Union Street, Manchester, NH 03103
Phone: 603-627-7099

WalMart SuperCenter

Address: 725 Gold Street, Manchester, NH 03103
Phone: 603-621-9666

Z-J Market

Address: 266 Bridge Street, Manchester, NH 03104
Phone: 603-668-1251

SUBSTANCE MISUSE AND ADDICTION**Al-Anon/Alateen New Hampshire**

Address: Al-ANON Headquarters, Concord, NH 03302

Phone: 603-645-9519

Website: <https://nhal-anon.org/>

Services: Support group for adults and teens who are affected by someone else's drinking.

Alcoholics Anonymous (AA)

Phone: 800-593-3330

Website: <http://nhaa.net/>

Services: Peer support to stay sober and help others achieve sobriety. Manchester meetings are listed under District 12.

Celebrate Recovery and Heroin Anonymous

Address: Manchester Christian Church, 1308 Wellington Road, Manchester, NH 03104

Phone: 603-622-9677

Website: <http://www.manchesterchristian.com/celebrate-recovery/>

Services: Faith-based recovery program and support.

Child & Family Services

Address: 464 Chestnut Street, Manchester, NH 03105

Phone: 603-518-4304

Phone: 800-640-6486

Services: Serving adolescents, children, young adults, adults, pregnant or parenting women, and homeless individuals. Programs include parenting, assessment, care coordination, individual and group outpatient counseling, recovery support services, and transitional living program (18-21). Teen Center offers counseling for drug/alcohol use and severe depression.

Family Willows IOP at Families in Transition

Address: 122 Market Street, Manchester, NH 03101

Phone: 603-935-7900 ext. 1711

Website: <http://www.fitnh.org/housing-services/familywillows/>

Services: Intensive outpatient program and outpatient services for substance abuse; affordable housing; family emergency shelter; permanent supportive housing; transitional housing.

Farnum Center

Address: 140 Queen City Ave, Manchester, NH 03103

Phone: 1-888-840-4243

Website: <https://farnumcenter.org/>

Services: The Farnum Center is a clinical alcohol and substance abuse treatment facility committed to providing effective, dignified care and support for adults seeking recovery from alcohol and other drugs.

Granite State Area Narcotics Anonymous

Address: 540 Commercial Street, Manchester, NH 03102

Phone: 888-624-3578

Phone: 603-645-4777 (Local NH 24-hour Helpline)

Website: www.gsana.org

Services: Peer support for friends and family of addicts.

Helping Hands Outreach Center

Address: 50 Lowell Street, Manchester, NH 03101

Phone: 603-623-8778

Website: <http://helpinghandsmanchesternh.com/>

Services: Faith-based alcohol/drug recovery related transitional housing sober living environment offered to men age 18 and up.

Hope for NH Recovery Center

Address: 293 Wilson Street, Manchester, NH 03103

Phone: 603-935-7524

Website: <http://hopefornhrecovery.org/>

Services: Support program that offers advocacy and education to improve public perception about those in recovery from substance use disorders. Providing recovery support services, recovery coaching, community-based training and a recovery community center.

Liberty House

Address: 75 West Baker Street, Manchester, NH 03103

Phone: 603-669-0761

Website: <http://libertyhousenh.org/>

Services: Substance-free housing for veterans transitioning from homelessness for veterans.

Employment and housing assistance, food pantry and clothing closet.

Makin' It Happen Coalition

Address: 497 Hooksett Road, Suite 207, Manchester, NH 03104

Phone: 603-686-6844

Website: <http://www.mih4u.org/>

Services: Makin' It Happen works with community members, coalitions, healthcare, local government, law enforcement, first responders, schools and businesses to reduce substance misuse and increase education and access to behavioral healthcare.

Manchester Metro Treatment Center

Address: 228 Maple Street, Manchester NH 03103

Phone: New Patients - 877-284-7074

Phone: Existing Patients - Phone: 603-622-5005

Website: <https://newseason.com/clinics/manchester-metro-treatment-center/>

Services: Manchester Metro Treatment Center provides opioid addiction treatment and recovery services in Manchester and surrounding areas including Hooksett, Concord, Derry, Haverhill, Lawrence and Nashua. Manchester Metro Treatment Center provides outpatient services that include all of the services listed below in one affordable fee. Our team of opioid addiction specialists use the latest research to provide each patient with quality custom plans designed to support their recovery.

Manchester School District Student Assistance Program (SAP)

Locations:

Middle Schools:

Hillside Middle School, 112 Reservoir Ave, 603-624-6352

McLaughlin Middle School, 290 South Mammoth Rd, 603-628-6247

Southside Middle School, 140 S. Jewett Street, 603-624-6359

Parkside Middle School, 75 Parkside Avenue, 603- 624-6356

High Schools:

West High School, 9 Notre Dame Ave, 603-624-6384

Central High School, 535 Beech Street, 603-624-6363

Memorial High School, 1 Crusader Way, 603-624-6378

Website: www.mansd.org

Services: The Student Assistance Program provides confidential support groups for those suffering from their own or others' addictions.

Manchester School Resource Officers (SROs)

Address: 405 Valley Street, Manchester, NH 03103

Phone: 603-628-8711

Website: <https://www.manchesternh.gov/Departments/Police/Juvenile-Unit>

Services: School Resource Officers (SRO's) are assigned to each Manchester high school and middle school from the Manchester Police Department Juvenile Division. Contact information for each officer can be made by calling the school of the student.

Nar-Anon, Cocaine Anonymous

Address: 40 Central Street, Manchester, NH 03101

Phone: 800-477-6291

Website: <http://www.nar-anon.org/>

Services: Peer support for friends and family of addicts.

NH Treatment Locator

Website: <http://nhtreatment.org/>

Services: Use this locator to find agencies and individual practitioners offering substance use disorder services, including evaluation (this is a critical first step to determine level of treatment needed), withdrawal management (detox), outpatient counseling, residential treatment, recovery supports and other types of services for people experiencing problems with alcohol and other drug use, including addiction.

Safe Stations (Manchester Fire Department)

Address: Multiple locations:

Central Fire Station – 100 Merrimack Street

Station 2 – 527 South Main Street

Station 3 – 2033 South Willow Street

Station 4 – 141 Hackett Hill Road

Station 5 – 44 Webster Street

Station 6 – 134 Amory Street

Phone: 603-669-2256

Website: <https://www.manchesternh.gov/Departments/Fire>

Services: The Safe Station program is in place to make sure that anyone can find help any time of day or night. Visit any Manchester Fire Station to get help on your path to recovery.

Station 7 – 679 Somerville Street

Station 8 – Cohas Brook - 280 East Industrial
Park Drive

Station 9 – 575 Calef Road

Station 10 – 630 Mammoth Road

Teen Challenge (Manchester Location)

Address: 147 Laurel Street, Manchester, NH 03103

Phone: 603-647-7770

Website: <https://teenchallengeusa.org/centers/tcnh101>

Services: A Christian residential drug recovery program that is part of a network of 10 Teen Challenge centers across New England and New Jersey. Faith-based recovery program for 18+ year old males.

Teen Challenge is part of a network of 10 Teen Challenge centers across New England and New Jersey.

For a complete listing of substance misuse and addiction resources in the Greater Manchester Region, please visit the Community Compass guide, an initiative of Makin' It Happen in partnership with the Manchester Health Department. Please visit the guide online at www.communitycompassgmr.org.

TRANSPORTATION

Coordinated Transportation Solutions (CTS) for Medicaid members

Phone: 855-739- 4775

Website: <http://www.ctstransit.com/medicaid-medicare-management>

Services: Rides to scheduled doctor's appointments for Medicaid members.

Green DASH - MTA Free Downtown Circulator

Address: 110 Elm Street, Manchester, NH 03101

Phone: 603-623-8801

Website: www.mtabus.org/routeschedules/route-map/route-7/

Services: Free bus providing service in downtown Manchester. Check website for route and schedule information.

Lyft

Website: <https://www.lyft.com/>

Services: Rideshare with Lyft. Lyft is your friend with a car, whenever you need one. Download the app and get a ride from a friendly driver within minutes.

PEDDL

Phone: 603-489-6061

Website: <https://peddlmht.com/>

Services: Peticab service located in downtown Manchester, NH Thursday-Saturday, 5pm-11pm.

Bbusiness hours can be irregular due to weather or other limitations. To schedule a ride, text 603-489-6061 or email Mike@PeddlMHT.com. Advanced notice is encouraged to ensure that drivers ready to roll.

Note: All drivers are independent pedicab drivers that work for tips. The suggested price is \$1/block. Consider amount of passengers, ride distance, experience and terrain. Cash and cards are accepted.

QC Bike Collective

Address: 35 Elm Street, Manchester, NH 03103

Phone: 603-493-1720

Website: <https://qcbike.org/>

Services: QC Bike Collective's mission is to help Manchester area residents ride safe, affordable bikes and have the opportunity to fix them. QC Bike Collective provides space, tools, and equipment, so that community members can repair their bicycles at minimal cost, with our help. QC Bike Collective also accept donated bicycles, salvage useful parts and recycle them, or return them to working order and sell them at an affordable price.

Queen City Taxi Cab

Address: 146 Londonderry Turnpike, Manchester, NH 03104

Phone: 603-622-0008

Round The Clock Cab Company

Address: 151 Elm Street, Manchester, NH 03101

Phone: 603-622-3451

Uber

Website: <https://www.uber.com/global/en/cities/manchester-nh/>

Services: Download the app and get a ride in minutes. Visit the website to request a ride and get price estimates.

TRANSPORTATION – FOR SENIORS/ DISABLED ONLY

Easter Seals STS (Special Transit Services)

Address: 555 Auburn Street, Manchester, NH 03103

Phone: 603-668-8603

Website: <https://www.easterseals.com/nh/our-programs/transportation/>

Services: STS provides door-to-door transportation with passenger assistance available for the frail and isolated elderly, as well as individuals with special needs and disabilities, allowing them to gain greater independence and stay involved in their communities. STS vehicles are available for charter by groups, individuals and other agencies and offer considerable savings in money and time.

Manchester Transit Authority – StepSaver Program

Address: Manchester Transit Authority, 110 Elm Street, Manchester, NH 03101

Phone: 603-623-8801

Website: www.mtabus.org/services/stepsaver/

Services: This program provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service sometimes or all of the time. To request an application, please call the MTA. To download a copy of the application, www.mtabus.org/wp-content/uploads/2012/02/Application-updated-12-January-1.pdf. Once you have returned the application, you will be contacted to schedule an interview in your home or at the MTA in order to better establish eligibility. A final eligibility determination will be mailed to you within twenty-one (21) days of receipt of the application. Completed applications should be returned to:

Manchester Transit Authority

ATTN: StepSaver Service

110 Elm Street

Manchester, NH 03101

VETERAN SERVICES

Easter Seals Military & Veterans Services

Address: 555 Auburn Street, Manchester, NH 03103

Phone: 603-315-4354

Website: <http://www.easterseals.com/nh/our-programs/military-veterans-services/>

Services: Emergency financial assistance for any Service Member engaged in the NH Deployment Cycle Support Program and/or his or her family in conjunction with a comprehensive plan for self-sufficiency. Additional services include employment counseling, mental health services, employment support, and substance abuse services.

Liberty House

Address: 75 W Baker Street, Manchester, NH 03103

Phone: 603-669-0761

Website: www.libertyhousenh.org/

Services: Safe, supportive, substance-free housing community for American veterans transitioning out of homelessness.

Supportive Services for Veterans Families (SSVF) - Harbor Homes, Inc.

Address: 335 Somerville St., Manchester, NH 03103

Phone: 603-882-3616 x1262

Website: www.harborhomes.org

Services: Provides case management and potential financial assistance for veteran families. Veteran must be within the household to be eligible. Rapid re-housing and homeless prevention services available.

Veterans Administration Medical Center (VAMC)

Address: 718 Smyth Road, Manchester, NH 03103

Phone: 603-624-4366

Website: <http://www.manchester.va.gov/>

Services: VAMC Manchester offers a variety of health services to meet the needs of our nation's Veterans.

Veterans Administration Medical Center (VAMC) Urgent Care

Address: 718 Smyth Road, Manchester, NH 03103

Phone: 603-624-4366

Website: <http://www.manchester.va.gov/>

Services: Manchester VAMC Urgent Care is open 24 hours a day and 7 days per week. Urgent care is not for medical emergencies. If you experience life-threatening symptoms, like chest pain, difficulty breathing, significant bleeding, severe pain, dizziness, weakness, severe vomiting, stroke symptoms or head injury you should be seen in your local Emergency Department.

Veterans Crisis Line

Phone: 1-800-273-8255 Press 1

Services: Confidential support 24 hours a day, 7 days a week, 365 days a year.

UpReach

Address: 153 Paige Hill Rd, Goffstown, NH

Phone: 603-497-2342

Website: www.upreachtec.org

UpReach is a unique, welcoming environment where the focus is on possibilities, not disabilities. Through the power of the horse, connections are made that deliver proven results that go beyond the barn. Individuals of all abilities benefit from UpReach programming. Participants range in age from as young as 3 years of age to those who are young at heart well into his or her 90's. Most participants have varying degrees of cognitive, physical, behavior, psychological, and sensory challenges. Some of these include autism spectrum disorders, Down syndrome, Cerebral Palsy, intellectual and learning disabilities, multiple sclerosis, muscular dystrophy, PTSD, traumatic brain injury, and sensory integration processing disorders

Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- » CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- » Follow the manufacturer's instructions for placement and mounting height.
- » Choose a CO alarm that is listed by a qualified testing laboratory.
- » Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- » Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- » If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- » If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel.
- » If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- » During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- » A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- » Gas or charcoal grills can produce CO — only use outside.

HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

FACTS

- ❗ A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ❗ In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

- **What is Carbon Monoxide (CO)?**
 - Carbon monoxide (CO) is an odorless, colorless gas produced by burning fossil fuels (fossil fuels shall include natural gas, coal, kerosene, oil, propane and wood etc.). Exposure to lower levels of CO over several hours can be just as dangerous as exposure to higher levels for a few minutes.
- **Who is at risk?**
 - Those most at risk are:
 - Children
 - Elderly
 - People with lung or heart disease
 - Pregnant woman.
- **Signs and symptoms of CO poisoning include:**
 - Headache
 - Fatigue
 - Sleepiness
 - Weakness
 - Nausea
 - Vomiting
 - Dizziness
 - Confusion
 - Trouble breathing.
- **What to do if your CO detector goes off:**
 - Call 911, get outside to get fresh air!
- **If safe to do so:**
 - Turn off fuel burning appliances as you leave, if possible
 - Ventilate the house
 - Seek medical attention if you have signs and symptoms of CO poisoning.

If prolonged exposure continues, LOSS OF CONSCIOUSNESS, COMA, and DEATH can occur.

Don't go back into the building until cleared by the Fire Department.

Frozen Pipes: Preventing and Thawing Frozen Pipes

Information provided by the American Red Cross

Being prepared and informed may help you to avoid the messy and often expensive issue of frozen pipes. The American Red Cross provides information and suggestions around how to prevent water pipes in the home from freezing, and how to thaw them if they do freeze.

Why Pipe Freezing is a Problem

Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the "strength" of a container, expanding water can cause pipes to break. Pipes that freeze most frequently are those that are exposed to severe cold, like outdoor hose bibs, swimming pool supply lines, water sprinkler lines, and water supply pipes in unheated interior areas like basements and crawl spaces, attics, garages, or kitchen cabinets. Pipes that run against exterior walls that have little or no insulation are also subject to freezing.

Preventing Frozen Pipes

Before the onset of cold weather, prevent freezing of these water supply lines and pipes by following these recommendations:

- Drain water from swimming pool and water sprinkler supply lines following manufacturer's or installer's directions. Do not put antifreeze in these lines unless directed. Antifreeze is environmentally harmful, and is dangerous to humans, pets, wildlife, and landscaping.
- Remove, drain, and store hoses used outdoors. Close inside valves supplying outdoor hose bibs. Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.
- Check around the home for other areas where water supply lines are located in unheated areas. Look in the basement, crawl space, attic, garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.
- Consider installing specific products made to insulate water pipes like a "pipe sleeve" or installing UL-listed "heat tape," "heat cable," or similar materials on exposed water pipes. Newspaper can provide some degree of insulation and protection to exposed pipes – even ¼" of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.

During Cold Weather, Take Preventative Action

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

To Thaw Frozen Pipes

- If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.
- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.
- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.
- Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

Future Protection

- Consider relocating exposed pipes to provide increased protection from freezing.
- Pipes can be relocated by a professional if the home is remodeled.
- Add insulation to attics, basements and crawl spaces. Insulation will maintain higher temperatures in these areas.
- For more information, please contact a licensed plumber or building professional.

Please contact a qualified licensed plumber for assistance with the plumbing and a qualified heating technician for assistance with the heating system.

If you rent, please contact your Landlord first.

WINTER SAFETY TIPS – FROSTBITE AND HYPOTHERMIA

Information provided by the American Red Cross

Frostbite and hypothermia are cold-related emergencies that may quickly become life or limb threatening. Preventing cold-related emergencies includes not starting an activity in, on, or around cold water unless you know you can get help quickly in an emergency. Be aware of the wind chill. Dress appropriately and avoid staying in the cold too long. Wear a hat and gloves when appropriate with layers of clothing. Drink plenty of warm fluids or warm water but avoid caffeine and alcohol. Stay active to maintain body heat. Take frequent breaks from the cold. Avoid unnecessary exposure of any part of the body to the cold. Get out of the cold immediately if the signals of hypothermia or frostbite appear.

Frostbite is the freezing of a specific body part such as fingers, toes, the nose or earlobes. Signals of frostbite include lack of feeling in the affected area and skin that appears waxy, is cold to the touch, or is discolored (flushed, white or gray, yellow or blue).

What to do for frostbite:

1. Move the person to a warm place.
2. Handle the area gently; never rub the affected area.
3. Warm gently by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.
4. Loosely bandage the area with dry, sterile dressings.
5. If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
6. Avoid breaking any blisters.
7. Do not allow the affected area to refreeze.
8. Seek professional medical care as soon as possible.

Hypothermia is another cold-related emergency. Hypothermia may quickly become life threatening. Hypothermia is caused by the cooling of the body caused by the failure of the body's warming system. The goals of first aid are to restore normal body temperature and to care for any conditions while waiting for EMS personnel. Signals of hypothermia include shivering, numbness, glassy stare, apathy, weakness, impaired judgment, and loss of consciousness.

What to do for hypothermia:

1. CALL 9-1-1 or the local emergency number.
2. Gently move the person to a warm place.
3. Monitor breathing and circulation.
4. Give rescue breathing and CPR if needed.
5. Remove any wet clothing and dry the person.
6. Warm the person slowly by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. Do not warm the person too quickly, such as by immersing him or her in warm water. Rapid warming may cause dangerous heart arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet). This is important to mention because most people will try to warm hands and feet first and that can cause shock.

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- » Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- » Have a three-foot “kid-free zone” around open fires and space heaters.
- » Never use your oven to heat your home.
- » Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- » Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- » Remember to turn portable heaters off when leaving the room or going to bed.
- » Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- » Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- » Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer’s instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of December, January, and February.



Your Source for SAFETY Information

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