ASK THE QUESTION

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If you have any suggestions or questions please send an email to: grisel87@hotmail.com
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DOMESTIC VIOLENCE
Phone: 800.854.3552

MENTAL HEALTH CRISIS
Phone: 603.431.6703

WARM LINE
Consumer-staffed hotline for anyone experiencing emotional difficulty or needing extra support in their recovery.

Conway: 866.447.1765
Claremont: 888.582.0920
Derry: 877.452.5433
Keene: 866.352.5093
Laconia: 800.306.4334
Manchester: 800.306.4334
Nashua: 800.306.4334
Portsmouth: 877.452.5433

NATIONAL SUICIDE PREVENTION LIFELINE
In crisis, please call 1-800-273-TALK (8255)
Website: http://www.suicidepreventionlifeline.org/ - For Veterans Press 1

SUICIDE PREVENTION LIFELINE FOR TEENS
Teen Head Rest (24 hour line): 1.800.639.6095
**VA (SUICIDE PREVENTION)**
VAMC 718 Smyth Rd. Manchester
Loren Haberski
(603) 624-4366 x2150
loren.haberski@va.gov

**ASIST SUICIDE FIRST AID**
Suicide intervention training
Fayetteville, NC
(910) 867-8822
livingworks.net

**CHAPLAIN – ANGB (SUICIDE PREVENTION)**
LtCol Robert Cordery
Building 100, 2dn floor, Pease ANGB
Office: 603.430.3456
DSN: 852.3456
Email: Robert.cordery@ang.af.mil

**SUICIDE PREVENTION PROGRAM MANAGER (SPPM)**
Phone: 603.227.1450 / 603.731.1416

**DEPUTY STATE SURGEON (SUICIDE PREVENTION)**
Phone: 603.227.1457 / 603.724.7990
SEACOAST OUTRIGHT HOTLINE
603.431.1013

EATING DISORDERS HELPLINE
1.800.931.2237

WOUNDED WARRIOR CALL CENTER
Phone: 1.877.487.6299

SAFE HELPLINE (SEXUAL ASSAULT CRISIS)
Phone: 877.995.5247
Text*55.247 (inside the US) or 202.470.5546 (outside the US)
Website: www.safehelpline.org

ARMY SEXUAL HARASSMENT HOTLINE
1.800.267.9964

MILITARY SEXUAL HARRASMENT OR SEXUAL ASSAULT INFORMATION
Website: www.preventsexualassault.army.mil

CADCA VET CORPS (PREVENTION COORDINATOR)
10 Ferry Street, Suite 307, Concord, NH 03301
Contact: Sarah Ward
Phone: 603.225.9540, Ext. 117
Email: sward@new-futures.org
Website: www.new-futures.org

ALCOHOL & DRUG CONTROL OFFICER AND PREVENTION COORDINATOR
Contact: Danielle Marie Goodman (Responsible for alcohol and drug prevention training, screening and referrals for soldiers to include out-reach and marketing).
Phone: 603. 227.5086 – 603. 8925625
Email: Danielle.m.goodman@accenturefederal.com

Contact: Jessica Blais (Responsible for supervision of the prevention program).
Phone: 603.227.5086 – 603. 715. 6544
Email: Jessica.a.blais@accenturefederal.com

DOVER COALITION FOR YOUTH (ALCOHOL AND DRUGS ABUSE)
The Dover Coalition for Youth is a non-profit community organization tasked with improving the quality of life in Dover for youth and families by preventing the harm caused by substance abuse.
Phone: (603) 516-3279
Website: http://dovercoalition.org/

ALCOHOLICS ANONYMOUS (AA)
1.800.593.3330

ALCOHOLICS ANONYMOUS HOTLINE
603.433.5470

AL-ANON/ALATEEN
If you have someone you know or love and their drinking is bothering you Al-Anon can help
1.877.825.2666
KEYSTONE HALL (GREATER NASHUA COUNCIL ON ALCOHOLISM)
Comprehensive services for chemically dependent persons (including crisis intervention, case management, transitional living, women’s and men’s program, outpatient counseling.
615 Amherst St., Nashua, NH 03060
Phone: 603-881-4848

NARCOTICS ANONYMOUS (NA)
Program focuses on addiction, the obsessive compulsive behavior and recovery from it, not drug specific
603.645.4777
www.gsana.org

LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE
www.alcoholfreechildren.org

FOCUS ON RECOVERY DRUG ABUSE
1.800.888.9383

BREATHE NH
1.603.669.2411
1.800.835.8647

NH TOBACCO RESOURCE CENTER
1.800.879.8678 (Quit Line)
**NATIONAL RUNAWAY SWITCHBOARD**
1.800.621.4000

**HOTLINE (FOR RUNAWAYS)**
1.800.231.6946
www.nrscrisisline.org

**MESSAGES FROM RUNAWAYS**
1.800.231.6946

**DIRECT CALLS TO PARENTS (RUNAWAYS)**
1.800.621.4000

**NEW HAMPSHIRE NATIONAL GUARD (SEXUAL ASSAULT RESPONSE)**
1 Minuteman Way, Concord, NH
Contact: CMS Jason Speltz
Office: 603.225.1388
SARC hotline: 856. 6700
Email: Jason.speltz.mil@mail.mil

**LOCAL AMERICAN RED CROSS EMERGENCY MESSAGE INFORMATION**
Phone: Immediate Assistance: 877-272-7337
Website: [http://www.redcross.org/find-help/military-families](http://www.redcross.org/find-help/military-families)
**SALVATION ARMY**

**Eligibility:** All Veterans

Contact: Majors Gregory and Joyce Hartshorn

Phone: 603-627-7013

Website: [www.use.salvationarmy.org/manchester](http://www.use.salvationarmy.org/manchester)

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**MANCHESTER VET CENTER**

Address: 1461 Hooksett Rd., B6, Hooksett, NH 03104

Phone: 603-668-7060 or 877-927-8387

FAX: 603-666-7404

Website: [http://www2.va.gov/directory/guide/vetcenter_flsh.asp](http://www2.va.gov/directory/guide/vetcenter_flsh.asp)

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**MANCHESTER VA MEDICAL CENTER**

718 Smyth Road, Manchester, NH 03104

Phone: 603-624-4366 or 800-892-8384

Website: [http://www.manchester.va.gov](http://www.manchester.va.gov)

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**VA (RECOVERY SUPERVISOR, MENTAL HEALTH SERVICE LINE)**

Robert Mottola

(603) 624-4366 x2129

VAMC 718 Smyth Rd. Manchester

[robert.mottola@va.gov](mailto:robert.mottola@va.gov)

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**TRAGEDY ASSISTANCE PROGRAM (TAPS)**

Phone: 1.800.959.8277
REPORTING THE DEATH OF A RETIREE
Phone: 1.800.626.3317

SURVIVORS OUTREACH SERVICES
Elizabeth Santos
1 Minuteman Way, Concord, NH 03301
Office: 603.219.8159 / 603.227.5130
Cell: 603.219.8159
Email: Elizabeth.g.santos.ctr@mail.mil
Website: www.sos.army.mil

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)
Postvention resource available for soldiers and their families which includes: military survivor seminars and good grief camp, peer support networks for survivors, caseworkers to assist in problem solving, etc.
Phone: 23-hour information line: 800-959-TAPS (8277)

ANONYMOUS MENTAL HEALTH OR ALCOHOL USE SELF-ASSESSMENT
Phone: 877.877.3647
Website: www.militarymentalhealth.org

NH 2-1-1
Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community
Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.

Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child or adult abuse, domestic violence, taxes and many other services.

Website:  http://www.211nh.org/

**NATIONAL COALITION OF ANTI-VIOLENCE PROGRAMS, NATIONAL ADVOCACY FOR LESBIAN, GAY, BISEXUAL, & TRANSGENDER (LGBT) COMMUNITIES**

Works to prevent respond to an end all forms of violence against and within lesbian, gay, bisexual, and transgender.

Phone:  212-714-1141

Website:  http://www.avp.org/about-avp/coalitions-a-collaborations/82-national-coalition-of-anti-violence-programs

**MANCHESTER VA MEDICAL SERVICES FOR LESBIAN, GAY, BISEXUAL, AND TRANSGENDER VETERANS**

718 Smyth Rd., Manchester, NH 03104

For eligibility:  603.624.4366

For Veterans Crisis Line:  800.273.8255

**STOP ABUSE FOR EVERYONE (SAFE)**

Stop Abuse For Everyone (SAFE) provides unique services for domestic violence victims. We help those who typically fall between the cracks of domestic violence services and few services are available: straight men, GLBT victims, teens, and the elderly. We promote that there should be services for ALL victims and accountability for all perpetrators.

Website:  http://www.stopabuseforeveryone.org/about-safe/about-safe.html
NEW HAMPSHIRE DIVISION FOR CHILDREN, YOUTH AND FAMILIES-CHILD PROTECTIVE SERVICES

Services to children, youth and families experiencing child abuse or neglect

3 Pine Street Extension, Suite Q, Nashua, NH 03060

Phone: 603-883-7726

RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE

Berlin, NH 03570

866-662-4220 (hotline)

603-752-5679

LOCAL POLICE CONTACT INFORMATION

AMHERST

Police Department, 175 Amherst Street, Amherst, NH 03031

Business Phone: 603-673-4900

Website  http://www.amherstpolice.com/

CONCORD

Police Department 35 Green Street, Concord, NH 03301

Business phone: 603-225-8600

Website:  http://onconcord.com/police/concordv2.asp

DERRY

Police Department, 1 Municipal Drive, Derry, NH 03038

Business Phone: 603-432-6111
Website: http://www.derry.nh.us/pages/DerryNH_Police/index

DOVER
Police Department, 46 Locust Street, Dover, NH 03820
Business phone: 603-742-4646
Website: http://www.ci.dover.nh.us/

HAMPTON
Police Department, 100 Brown Avenue, Hampton, NH 03842-2954
Business phone 603-929-4444
Website: http://www.hamptonpd.com/

HILLSBoro
Police Department, 22 Municipal Drive, PO Box 1489, Hillsboro, NH 03244 Business phone: 603-464-5512
Website: http://www.hillsboropd.com/

HENNIKER
Police Department, 340 Old Routes 9 & 202, Henniker, NH 03242
Business phone: 603-428-3213
Website: http://www.hennikerpd.com/

HUDSON
Police Department, 1 Constitution Drive, Hudson, NH 03051
Business phone: 603-886-6011
Website:  http://www.hudsonpd.com/

KEENE
Police Department, 400 Marlboro Street, Keene, NH 03431
Business phone: 603-357-9813
Website:  http://www.ci.keene.nh.us/departments/police

LACONIA
Police Department, 126 New Salem Street, Laconia, NH 03246
Business phone: 603-524-5252
Website:  http://www.laconiapd.org/

LEBANON
Police Department, 36 Poverty Lane, Lebanon, NH 03756
Business phone: 603-448-1212
Website:  http://police.lebnh.net/

MANCHESTER
Police Department, 351 Chestnut Street, Manchester, NH 03101
Business phone: 603-668-8711
Website:  www.manchesterpd.com

NASHUA
Police Department, 0 Panther Drive, Nashua, NH 03062
Business phone: 603-594-3500
PELHAM

Police Department, 14 Village Green, Pelham, NH
Business phone: 603-635-2411
Website: http://www.pelhampolice.com/

SEABROOK

Police Department, 7 Liberty Lane, Seabrook, NH 03874
Business phone, 603-474-5200
Website: http://www.seabrookpd.com/

WEARE

Police Department, 144 North Stark Highway, Weare, NH 03281
Business phone: 603-529-7755
Website: http://www.wearepolice.com/

STATE POLICE CONTACT INFORMATION
Website: http://www.nh.gov/safety/divisions/nhsp/

DEPARTMENT OF SAFETY, DIVISION OF STATE POLICE
33 Hazen Drive, Concord, NH 03305
E-mail: SPHeadquarters@dos.nh.gov
TROOP A
315 Calef Highway, Epping, NH 03042
Business Phone: (603) 679-3333
E-mail: TroopA@dos.nh.gov

TROOP B
16 East Point Drive, Bedford, NH 03110
Business Phone: (603) 666-3334
E-mail: TroopB@dos.nh.gov

TROOP C
15 Ash Brook Court, Keene, NH 03431
Business Phone: (603) 358-3333
E-mail: TroopC@dos.nh.gov

TROOP D
139 Iron Works Road, Concord, NH 03301
Business Phone: (603) 271-3333
E-mail: TroopD@dos.nh.gov

TROOP E
1864 White Mountain Highway, Tamworth, NH 03886, PO Box 235, West Ossipee, NH 03890
Business Phone: (603) 323-3333
E-mail: TroopE@dos.nh.gov
TROOP F
549 Route 302, Twin Mountain, NH 03595, Mailing Address: PO Box 440, Twin Mountain, NH 03595
Business Phone: (603) 846-3333
E-mail: TroopF@dos.nh.gov

MILITARY FAMILY LIFE CONSULTANT (MFLC) INFORMATION

Military Family Life Consultant (MFLC) help to prevent Family distress by providing education and information on Family dynamics, parenting strategies, available support services, the effects of stress, and positive coping mechanisms. MFLCs provide anonymous and confidential assistance to Soldiers and their Families in problem solving issues resulting from deployment, reunions, reintegration, and/or other times of change. Consultants are licensed clinicians with a Masters Degree and at least five years of experience in social work, counseling, or a related clinical discipline. Consultants are trained on military specific topics regarding the deployment cycle and military culture. MFLCs also provide financial counseling, which includes how to manage expenses, save appropriately, and how to budget wisely.

Contact Stephanie Gould at 603-726-1438

DIRECTORS OF PSYCHOLOGICAL HEALTH

NH DIRECTOR PSYCHOLOGICAL HEALTH
National Guard Bureau Psychological Health Program
Susan Brown LCMHC, LADC / New Hampshire National Guard
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Office Phone: 603-227-1497
Cell Phone: 603-2
WING DIRECTOR PSYCHOLOGICAL HEALTH
New Hampshire Air National Guard
Michael Jarzombek, Psy.D, NH Licensed Psychologist
Address: 302 Newmarket Street, Pease Air National Guard Base, Newington, NH 03803
Office Phone: 603-430-3373
Cell Phone: 603-498-7132

CHILDREN’S SERVICES CONTACT INFORMATION

NH 2-1-1
Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.
Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.
Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child, or adult abuse, domestic violence, taxes, and many other services.
Website: http://www.211nh.org/

NATIONAL CHILD ABUSE HOTLINE
Prevention and Treatment of Child Abuse:
Phone: 1-800-422-4453
Website: www.childhelp.org

CHILD ABUSE
Phone: 1.800.894.5533
ROCKINGHAM VNA
Child Abuse/Neglect
1.603.772.2981

ROCKINGHAM COMMUNITY ACTION
Child Abuse/Neglect
1.800.556.9300
1.603.431.2911

DIVISION FOR CHILDREN, YOUTH & FAMILIES (DHHS)
To report child abuse or neglect, please call: (800) 894-5533 (in-state) or (603) 271-6562.

NEW HAMPSHIRE DIVISION FOR CHILDREN, YOUTH AND FAMILIES-CHILD PROTECTIVE SERVICES
Services to children, youth and families experiencing child abuse or neglect
3 Pine Street Extension, Suite Q, Nashua, NH 03060
Phone: 603-883-7726

NATIONAL RUNAWAY SWITCHBOARD
Our 24-hour crisis line has an experienced front-line team member ready to help you now. It is anonymous, confidential, and free.
Phone: 1-800-786-2929
Website: www.1800runaway.org

CHILD SEXUAL ABUSE HOTLINE
Suspect Sexual Abuse of a child. Trust your gut!
NASHUA CHILDREN'S HOME (RESIDENTIAL CARE PROGRAM)
Residential care, special education services, and home-based counseling primarily to abused/neglected and educationally handicapped children and their families
125 Amherst St., Nashua, NH 03064 (603-883-3851)

YOUTH COUNCIL OF NASHUA
Serves children, teens, and families struggling with sexual abuse, physical abuse, neglect, substance abuse, behavioral difficulties and parenting stress through counseling, diversion and crisis services
112 West Pearl St., Nashua, NH 03060
Phone: 603-889-1090

CHILD CARE RESOURCES AND REFERRAL NETWORK

BERLIN/LITTLETON
NH Community Technical College/Berlin, 2020 Riverside Drive, Berlin, NH 03570
Phone: 603-752-1113 ext.: 1462
FAX 603-752-6335

CLAREMONT
Claremont 21st Century, 169 Main Street, Claremont, NH 03741
Phone: 603-543-4296; 1-877-212-7267
FAX: 603-542-0275
CONCORD
Easter Seals
Address: 2 Easter Seals, Industrial Park Drive, Concord, NH 03301
Phone: 603-226-3791; 1-800-307-2737 ext.: 9084
FAX: 603-226-2540

CONWAY
Lakes Region Community Services
Address: PO Box 509, 66 Communications Drive, Laconia, NH 03247
Phone: 603-284-7311; 1866-261-7555
FAX: 603-524-0288

KEENE
Southwestern Community Services
Address: 69Z Island Street, Keene, NH 03431
Phone: 603-352-7512; 1-800-529-0005
FAX: 603-352-3618

LACONIA
Lakes Region Community Service
Address: PO Box 509, 67 Communications Drive, Laconia, NH 03247
Phone: 603-528-0274; 1-800-649-8817 ext.: 174
FAX: 603-524-0288
MANCHESTER

Easter Seals
Address:  555 Auburn Street, Manchester, NH 03101
Phone: 603-621-3501, 1-800-870-8728 ext.: 3501
FAX: 603-625-1148

NASHUA

Nashua Area Child Care Resource and Referral Service
Address:  19 Chestnut Street, Nashua, NH 03601
Phone: 603-883-7726 ext.: 718; 1-800-852-8632
FAX: 603-883-2064

PORTSMOUTH/SALEM/ROCHESTER

RCA Child Care Services
Address:  8 Centerville Drive, Salem, NH 03079
Phone:  603-893-8446; 1-800-310-8333
FAX:  603-893-8413

SEACOAST YOUTH SERVICES

Seacoast Youth Services (parent support programs, transition programs, resilience programs, anxiety management)
867 Lafayette Road, Seabrook, NH 03874
Phone: 603.474.3332
Website: www.seacoastyouthservices.org
FAMILY WELLNESS HOME VISITING PROGRAM

The Family Wellness program is designed to work with families during periods of high stress. This program assists families and children by promoting family strengths and decreasing stress by providing information, resources, guidance and support.

Please call our home visiting manager at 603-516-8108 or text at 603-534-6191

CHILD AND FAMILY SERVICES

Serves children by strengthening families through counseling, adoption, teen services, and home-based services

22 E. Pearl St., Nashua, NH 03060

Phone: 603-889-7189

CHILD CARE RESOURCE & REFERRAL

Family counseling, child care information

88 Temple Street Nashua, NH

Contact: Connie Davis

Phone: (603) 578-1386 x31

Website: nh.childcareaware.org

ESNH CHILD CARE REFERRAL

Finding quality affordable child care

Auburn Street, Manchester NH

(603) 621-3501 555

manchesterccrr@eastersealsnh.org
CHILDREN WITH CHRONIC ILLNESS (ZEBRA CROSSINGS)
McConnell Center - Room 328, 61 Locust Street, Dover, NH 03820
Phone: 312-2052
Website: http://www.zebra-crossings.org/index.php?option=com_content&view=article&id=125&Itemid=184

NH HEALTHY KIDS (NON-PROFIT INSURANCE AGENCY)
1.877.464.2447

MENTAL HEALTH AGENCIES / COUNSELING

PRIMARY MENTAL HEALTH INTEGRATION (PCMHI)
PCMHI is a team of Mental Health staff who collaborates with Primary Care Teams to meet the Veterans needs within the Primary Care setting. Eligibility: Veterans followed in Primary Care with common mental health concerns such as: stress, irritability, anxiety, sleep issues, etc.
Manchester VA Medical Center
718 Smyth Rd., Manchester, NH 03104
Phone: 800.892.8384 / 603.624.4366

WHITE MOUNTAIN MENTAL HEALTH
Substance abuse treatment, Outpatient, for seniors/older adults, Self payment, Medicaid, Medicare, Private health insurance, Military insurance, Payment Assistance: Sliding fee scale based on income and other factors.
Address: 29 Maple Street, Littleton NH 03561
Phone: 603-444-5358
Hotline phone: 603-444-5358
MENTAL HEALTH CLINIC COORDINATOR (VA MEDICAL CENTER)
718 Smyth Road, Manchester, NH 03104
Phone: 603.624.4366 ext. 2151
Email: karena.brown@va.gov

CADCA VETCORPS PREVENTION COORDINATOR
Focuses on substance abuse and mental health issues that Veteran, Active Duty Military and their families face within NH
Sarah Ward
10 Ferry Street, Suite 307, Concord, NH 03301
Phone: 603.225.9540 Ext. 117
Email: sward@new-futures.org

GREATER NASHUA MENTAL HEALTH CENTER AT COMMUNITY COUNCIL
Professional behavioral health services and education, and information and referral, psychotherapy, psychopharmacology, crisis response, hospitalization, outreach, day treatment, rehabilitative and vocational services. Mission: Works with the community to meet the mental health needs of its residents by providing evaluation, treatment, resource development, education & research.
7 Prospect St., Nashua, NH 03060
Phone: 603-889-6147

H.E.A.R.T.S. PEER SUPPORT & CRISIS RESPITE CENTERS OF GREATER NASHUA
Adult Educational Wellness Center for those struggling with the daily effects of mental health issues. Membership requirement: individuals who have used publicly funded Mental Health Services in the past, present or in need of. Open 8am to 4pm Monday thru Friday and Saturday 8am to 12pm. The Peer Crisis Respite Center is a 24-7 fully staffed holistic two bedroom setting for those who need extra support other than psychiatric hospitalization. Guests may stay with us for 1 to 7 days. We offer arranged rides for those who need transportation to or from the centers. Peer Support Warm-Line available 7 days a week from 5pm to 10pm for after-hours peer support. Call for more information.
5 Pine St. Ext. Suite 1G / P.O. Box 1564, Nashua, NH 03060
HARBOR CARE CLINIC AND WELLNESS CENTER
Primary Care and Behavioral Health Services to include psychotherapy, psychopharmacology, case management and outreach
45 High Street, Nashua, NH 03060
Phone: 603-882-3515

ATLANTIC BEHAVIORAL MEDICINE, INC.
Marriage and Family counselors, Mental Health Clinic, Doctors and clinics. Diagnostic and risk assessments for anger management and psychosexual behavior.
Medicaid Provider
6 Chenell Drive, Suite 250, Concord, NH 03301-8514
Phone: 603-513-1598
FAX: 603-513-1585

CHESTNUT HILL COUNSELING ASSOCIATES
Psychotherapy for individuals, couples, families and groups. Medication evaluations, prescription and monitoring for adolescents and adults, relaxation training, psychological testing, treatment for addiction, treatment for survivors of sexual assault and abuse, women’s issues, men’s issues and LGBTQ issues.
Medicaid Provider.
Address: 16 Fifth Street, Dover, NH 03820
Phone: 603-749-4462
FAMILY PASTORAL COUNSELING SERVICE
Congregational Church offers individual marriage and family counseling services. Counselors are on call, serving Strafford County.

Address: 2 Liberty Street, Rochester, NH 03867
Phone: 603-335-1066

READJUSTMENT COUNSELING TECHNICIAN (VET CENTER)
222 Holiday Drive, White River Junction, VT 05001
Jerry W. Greenwood
Phone: 802.295.2908
Cell: 802.342.2398
Email: jerry.greenwood@va.gov

VERMONT VET CENTERS
Veteran’s readjustment counseling services (serving Vermont, New Hampshire and New York).

Vet Center:
Gilman Office Complex #2, White River Jct., VT 05001
Phone: 800.295.2908 / 800.649.6603

Vet Center:
359 Dorset Street, South Burlington, VT 05401
Phone: 802.862.1806

FAMILY THERAPY INSTITUTE OF SOUTHERN NEW HAMPSHIRE
Private psychotherapy organization specializing in family Therapy, Anxiety and Depression Issues, Substance Abuse Issues in Families and Adult Survivors of Abuse.

Address: 660 Central Street, Suite 302, Dover, NH 03820
Phone: 1-866-629-1701

JOURNEYS PASTORAL COUNSELING CENTER
Counseling for individuals, couples and families. Marriage counseling, family treatment and evaluation sessions
Address: Main Street, PO Box 684, Durham, NH 03824
Phone: 603-868-5166
FAX: 603-868-8166
Website: www.journeyspastoralcounseling.org

COUPLE’S COUNSELING
19 River Road, Newington
Burbank, Bette
Phone: 559.9294
Email: Bette.Burbank@va.gov

COMPASSIONATE FRIENDS
Postvention assistance to soldiers and their families
http://www.compassionatefriends.org/
http://www.compassionatefriends.org/Local_Chapters/Chapter_Locator.aspx

NATIONAL ALLIANCE ON THE MENTAL ILLNESS NH (NAMINH)
NAMI NH is a “family helping family” grassroots organization for people of all ages and their families coping with mental illness. NAMI NH is dedicated to improving the quality of life through Support, education, and advocacy to consumers and their families. NAMI NH works to eliminate stigma and discrimination against persons with mental illness and emotional disorders. NAMI NH provides and
Information and Referral line, website, lending library, educational programs for families and professionals, support groups, suicide prevention program and public policy advocacy.

Address: 15 Green Street, Concord, NH 03301
Phone: 603-225-5359
Toll Free phone: 800-242-6264
Website: http://www.naminh.org/

UNH MARRIAGE AND FAMILY THERAPY CENTER
Assists individuals, couples and families experiencing a wide range of personal or relationship problems. Committed to a treatment approach in which individual growth and development is best understood and supported within the context of family and community relationships.

Address: Craft Cottage, University of New Hampshire (UNH), Durham, NH 03824
Phone: 603-862-2134

OPERATION HORSE POWER (TOUCHSTONE FARM)
Operation Horse Power is a community of veterans who work with civilian counselors, equine professionals, and horses trained to work with veterans and their families. Operation Horse Power encourages and empowers veterans to:

- Overcome obstacles.
- Re-establish bonds.
- Reintegrate into civilian life.

Address: 13 Pony Farm Lane, Temple, NH 03084
Phone: 603.654.6308
Website: http://www.touchstone-farm.org/operation-horse-power
LOCAL TRICARE APPROVED SUBSTANCE ABUSE FACILITIES

Check the web page and put in the status of the individual. Once information submitted click on Provider Directory for this web page changes periodically. Or call Health Net Federal Services, LLC TRICARE North Region.

Phone: 1-877-TRICARE (1-877-874-2273)

Website: http://www.tricare.mil/

LIBERTY HOUSE

Housing, addiction, mental health

75 West Baker Street, Manchester, NH

Contacts:
Rebecca Searles / Phone: (603) 669-0761 / Email: rebecca@libertyhousenh.org
Keith Howard (Exec Director) / Phone: (603) 361-6266 / Email: keith@libertyhousenh.org

GREAT BAY

Great Bay Mental Health Associates, Inc., is an interdisciplinary group of providers with a broad range of expertise in psychological care. Our group includes highly experienced professionals who take a collaborative approach to therapy, with a strong commitment to ethical and effective clinical practice.

311 Route 108, Suite 204, Somersworth, NH 03878

Phone: (603) 742-9200

Website: http://greatbaymentalhealth.com/

MENTAL HEALTH

LCMHC, MLADC (Andrea loves her; works nights and weekends)

50 Pleasant Street, Concord, NH

Kim Kane
(603) 545-8355
kimkaneLCMHC@yahoo.com

PEER SUPPORT
Peer support, mental health education
VAMC 718 Smyth Rd. Manchester
Contact a peer specialist: 1.800.892.8384
Shannon Brown: (603) 624-4366 Ext. 6041/ email: shannon.brown2@va.gov
Ryan Gould: (603) 624-4366 Ext. 2593

PSYCHOLOGICAL HEALTH PROGRAM
National Guard psychological health support
1 Minuteman Way Concord, NH
Sue Brown
(603) 290-2338
susan.brown@ngphp.com

STUDENT ASSISTANCE PROGRAM (SUBSTANCE ABUSE)
Information, prevention education, problem identification and referral to community-based resources, etc
Website: www.cfsnh.org

NH ACCESS TO RECOVERY (SUBSTANCE USE DISORDERS)
Federally funded program designed to provide a greater range choice for people seeking drug and alcohol treatment and recovery support services.
Phone: 603.271.6110 or 1.800.804.0909 (toll-free in NH)
NORTH REGIONAL CONTRACTOR HEALTH NET FEDERAL SERVICES
Provides behavioral health, substance abuse assistance
Phone: 1-877-TRICARE (1-877-874-2273)
Website: www.hnfs.com

MENTAL HEALTH MASS GENERAL
PTSD study
Phone: 1 855 MGH-PTSD
Email: anxietystudy@partners.org

MILITARY ONE SOURCE COUNSELING
Eligibility: Veterans/Active Duty/Reserves/ Family Members
Phone: 800-342-9647
Website: www.militaryonesource.mil/

WOMEN VETERANS PROGRAM MANAGER (COUNSELING)
Eligibility:
Most women discharged under honorable conditions are eligible for care. Spouses of 100% service connected veterans (non-veterans who have CHAMPVA benefits) are usually eligible. There will be no charge to you if you require care for a service-connected disability, if your income is below a certain level, or if you have CHAMPVA benefits. Under the Eligibility Reform Act, veterans are now entitled to a comprehensive benefits package. Health Benefits Advisors are available to answer your questions to determine the extent of your eligibility. Or, visit the VA Health Care Eligibility web site for more information.
Contact: Mary F. Behnke, BSN, RN (Women Veterans Program)
Phone: 603. 624.4366 Ext. 6541
Email: mary.behnke@va.gov
Website: http://www.newengland.va.gov/womenvet/wvcontact.asp
HOME BASE
Clinical care
101 Merrimack Street, Suite 250 Boston, MA
Laura Lakin
(978) 660-9941
homebaseprogram.org; lklakin@partners.org

TECHWERKS (RESILIENCY TRAINNING)
Contacts:
Jill Antonishak, PhD
Email: jillantonishak@gmail.com
Cristopher Poe
Phone: 804. 955.9846
Email: chris@technologywerks.com

LOCAL TRICARE APPROVED MENTAL HEALTH FACILITIES

CHILD
Check the web page and put in the status of the individual. Once information submitted click on Provider Directory for this web page changes periodically. Alternatively, call Health Net Federal Services, LLC TRICARE North Region.

Phone: 1-877-TRICARE (1-877-874-2273)
Website: http://www.tricare.mil/
ADULT
Check the web page and put in the status of the individual. Once information submitted click on Provider Directory for this web page changes periodically. Alternatively, call Health Net Federal Services, LLC TRICARE North Region.

Phone: 1-877-TRICARE (1-877-874-2273)
Website: http://www.tricare.mil/

LOCAL GRIEF COUNSELING GROUPS

ARMY NATIONAL GUARD (ARNG) CHAPLAIN SERVICES
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, parenting assistance.

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 603-227-1560/1561
FAX: 225-1391

AIR NATIONAL GUARD (ANG) CHAPLAIN SERVICES
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, and parenting assistance.

Address: 302 Newmarket Street, Pease Air National Guard Base, Newington, NH 03803
Phone: 603-430-3456/3446/3492

NAVY CHAPLAIN OFFICE
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, parenting assistance.

Phone: 207-438-1970
Website: http://www.portsmouthhousing.com/template.php?name=chaplain&PHPSESSID=7c897a58debb28603099ae0ed59ae38

CHAPLAIN (CONCORD)
Support
1 Minuteman Way Concord, NH
Contact: Steven Veinotte
Phone: (603) 227-1560
Email: steven.e.veinotte.mil@mail.mil

CHAPLAIN (ANGB)
LtCol Robert Cordery
Building 100, 2dn floor, Pease ANGB
Office: 603.430.3456
DSN: 852.3456
Email: Robert.cordery@ang.af.mil

MILITARY ONE SOURCE
John Nelson
New Hampshire
Phone: 603.491.6612
Email: john.nelson@militaryonesource.com
Website: http://www.militaryonesource.mil
COUNCIL ON AGING RESOURCE INFORMATION

NH 2-1-1
Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.

Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child or adult abuse, domestic violence, taxes and many other services. Website: http://www.211nh.org/

NATIONAL CENTER ON ELDER ABUSE
Phone: 1-800-677-1116
Website: http://www.ncea.aoa.gov

ELDER ABUSE REPORTING HOTLINE
Berlin: 800.972.6111
Claremont: 800.982.1001
Concord: 800.322.9191
Conway: 800.552.4628
Keene: 800.624.9700
Laconia: 800.322.2121
Littleton: 800.552.8959
Manchester: 800.852.7493
Nashua: 800.852.0632
Portsmouth: 800.821.0326
Rochester: 800.862.5300
Salem: 800.852.7492

DEPARTMENT OF HUMAN SERVICES/ADULT ABUSE NH
To find resources search or Dial 2-1-1

NH DEPARTMENT OF HEALTH & HUMAN SERVICES BUREAU OF ELDERLY & ADULT SERVICES
For information on how to report elder abuse/neglect
Phone: 1-800-949-0470

SERVICELINK
Provides free and confidential information, referrals and assistance to older adults, persons with disabilities, and their families
Phone: 1-866-634-9412

ABUSE OR NEGLECT OF VULNERABLE ADULTS

NH 2-1-1
Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.

Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child or adult abuse, domestic violence, taxes and many other services.
Website: http://www.211nh.org/

NATIONAL SEXUAL ASSAULT HOTLINE
Free, confidential, secure service that provides counseling
Phone: 1-800-656-4673
Website: http://apps.rainn.org

NH COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE
Creates safe and just communities through advocacy, prevention and empowerment of anyone affected by sexual violence, domestic violence and stalking
Domestic Violence 24-hour Hotline: 1-866-644-3574
Sexual Assault 24-hour Hotline 1-800-277-5570; TTY 1-800-735-2964
Website: http://www.nhcadsv.org/index.cfm

SEXUAL ASSAULT
Phone: 1-800-277-5570
Website: www.nhcadsv.org
Teen website: www.reachoutnh.org

SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM (SAPR)
SAPR empowers Service Members to report incidents they have experienced and recognize when someone they now may be in a dangerous situation.

2nd Lt. Melinda Fuller
Work: 603-430-2482.
SARC Cell: 603-812
1st Lt. Aaron McCarthy
Building 100 – Pease ANGB
Phone: 603.430.3461
DSN: 852.3461
Email: aaron.mccarthy@ang.af.mil

SEXUAL HARASSMENT COUNSELING
19 River Road, Newington
Burbank, Bette
Phone: 559.9294
Email: Bette.Burbank@va.gov

DOMESTIC VIOLENCE
Phone: 1-866-644-3574

BERLIN
Response to Sexual and Domestic Violence
Address: 54 Willow Street, Berlin, NH 03570
Phone: 603-752-5679; 1-866-644-357

COLEBROOK Satellite Office: 603-237-5746

CLAREMONT
Women’s Supportive Services
Address: 11 School Street, Claremont, NH 03743
Phone: 603-543-0155; 1-800-639-3130

NEWPORT Satellite Office Phone: 603-863-4053

CONCORD
Rape & Domestic Violence Crisis Center
Address: PO Box 1344, Concord, NH 03302-1344
Phone: 603-225-7376; 1-866-841-6229
Website: www.rdvcc.org

CONWAY
Starting Point: Services for Victims of Domestic and Sexual Violence
Address: PO Box 1972, Conway, NH 03818
Phone: 603-356-7993; 1-800-336-3795

OSSIPEE Satellite Office phone: 603-539-5506

DURHAM
Sexual Harassment and Rape Prevention Program (SHARPP), University of New Hampshire, Huddleston Hall, Room 202, Durham, NH 03824
Phone: 603-862-3494

KEENE
Monadnock Center for Violence Prevention
Address: 12 Court Street, Keene, NH 03431-3402
Phone: 603-352-3844; 1-866-511-6287
Website: www.mcprevention.org

**LACONIA**
New beginnings: A Women’s Crisis Center
Address: PO Box 622, Laconia, NH 03246
Phone: 603-528-6511; 1-800-644-3574
Website: www.NewbeginningsNH.org

**LITTLETON**
The Support Center at Burch House
Address: PO Box 965, Littleton, NH 03561
Phone: 603-444-0624; 1-800-774-0544

**WOODSVILLE** Satellite Office Phone: 603-747-2241

**MANCHESTER**
YWCA Crisis Service
Address: 72 Concord Street, Manchester, NH 03101
Phone: 603-625-5785; 24hrs: 603-668-2299

**DERRY** Satellite office phone: 603-432-2687

**NASHUA**
Bridges: Domestic & Sexual Violence Support Services
Address:  PO Box 217, Nashua, NH 03601-0217
Phone:  603-889-0858

**MILFORD** Satellite office phone: 603-672-9833 (will accept collect calls)
Website:  [www.bridgesnh.org](http://www.bridgesnh.org)

**PLYMOUTH**
Voices Against Violence
Address:  PO Box 53, Plymouth, NH 03264
Phone:  603-536-3423

**PORTSMOUTH**
A Safe Place
Address:  6 Greenleaf Woods, Suite 101, Portsmouth, NH 03801
Phone:  603-436-7924: 1-800-852-3552

**ROCHESTER** Satellite office phone: 603-330-0214

**SALEM** Satellite Office:  603-890-6392

**SEXUAL ASSAULT SUPPORT SERVICES**
Address:  7 Junkins Avenue, Portsmouth, NH 03801
Phone: 603-436-4107; 1888-747-7070
ROCHESTER Satellite office phone: 603-332-0775

Website:  www.sassnh.org

A SAFE PLACE (DOMESTIC ABUSE)
A safe place was founded to prevent and eliminate domestic abuse. They are a non-profit organization that provides free shelter and support services for those who need them. All services are free and confidential.

Karen McCall
Cell: 603.321.6818
M-Th.: 603.890.6393
Fri.: 603.436.4619
Email: karenm@asafeplacenh.org

SERVICELINK
Provides free and confidential information, referrals and assistance to older adults, persons with disabilities, and their families

Phone: 1- 866-634-9412

CARE NET (PREGNANCY CENTER OF NASHUA)
Free ultra sounds, Information and practical assistance to women facing unplanned pregnancy to help them make informed decisions and choices.

110 Main St., Nashua, NH 03060
Phone: 603-883-9355
YOUTH COUNCIL OF NASHUA

Serves children, teens, and families struggling with sexual abuse, physical abuse, neglect, substance abuse, behavioral difficulties and parenting stress through counseling, diversion and crisis services

112 West Pearl St., Nashua, NH 03060

Phone: 603-889-1090

OTHER CRISIS INTERVENTION AGENCIES

CARE COORDINATION IN THE DEPLOYMENT CYCLE

Care Coordination program is managed by Easter Seals of New Hampshire. They provide assistance with counselors who are familiar with a wide range of human service programs, experienced in providing support before, during, and after deployment.

The Care Coordinator Counselor can assist with the following services:

- Counseling (individual, couples, children)
- Employment assistance (resumes, career counseling, job placement)
- Childcare and Respite resources
- Helping children with adjustment issues at home and in school; Advocating at school
- Helping access the Healthcare system (Civilian and Veterans Administration)
- Budgeting and Financial management
- Emergency Financial assistance

Intake Coordinator: Chrystin Pitt

Phone: 603-315-4354 or 1-800-870-8728

Website: http://nh.easterseals.com/site/PageServer?pagename=NHDR_Veterans_Services
VETS 4 WARRIORS
24-Hour Peer Support line, Toll Free and Confidential. Veteran Peer Support, Ongoing support, a wide range of services, live chat and an online resource library.

Phone: 855-838-8255

Website: www.vets4warriors.com

OPERATION HOMEFRONT

Eligibility: Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance provided: Shelter, Rent, Mortgage, Utilities, Temporary Lodging, Vehicle Expenses, Car Payments, Car Insurance, Registration (ONLY when it is the families only means of transportation): Airfare to transport a family member to assist a military family during illness or for childbirth. Childcare during Illness or Surgery, Personal Property Taxes, Emergency Dental Expenses, Critical Baby Items, Basic Food needs, Toiletries, Moving Assistance, Eyeglasses, Limited.

Address: 8930 Fourwinds Drive, Suite 340, San Antonio, Texas 78239

Toll Free phone: 800-722-6098

Phone: 210-659-7756

Fax: 210-566-7544

Website: http://www.operationhomefront.net

OPERATION HOMEFRONT NEW ENGLAND

Address: P.O. Box 52195, Boston, Massachusetts 02205

Toll Free phone: 888-810-0221

Fax: 866-452-7921

Website: http://www.operationhomefront.net/newengland/default.aspx
NAVY-MARINE CORPS RELIEF SOCIETY

**Eligibility:** The Navy-Marine Corps Relief Society can provide interest-free loans or grants to help with *Emergency Needs* such as: Emergency Transportation, Funeral Expenses, Medical/Dental Bills (patient's share), Food, Rent, and Utilities, Disaster Relief Assistance, Child Care Expenses, Essential Vehicle Repairs, Unforeseen Family Emergencies. If you need emergency assistance after hours, please call: the American Red Cross Armed Forces Emergency Service Center:

Phone: 877-272-7337

Website: [http://www.nmcrs.org/intfreeloan.html](http://www.nmcrs.org/intfreeloan.html)

**How to Apply:** Service-member or eligible family members who have an emergency need should contact the [nearest NMCRS location](http://www.nmcrs.org/intfreeloan.html) and make an appointment to be seen by an NMCRS caseworker. Bring your ID card and latest LES, if available, with you. If the office is closed and the emergency is of such a nature that it cannot wait until the next business day (e.g. death in the immediate family). The answering machine will provide instructions for obtaining "after hours" assistance. When there is no NMCRS office in the area, an available Army Emergency Relief, Air Force Aid Society, or American Red Cross Chapter Office can process your request on behalf of the Navy-Marine Corps Relief Society.

DISASTER BEHAVIORAL HEALTH RESPONSE TEAM

The Disaster Behavioral Health Program assists the citizens of NH who have been exposed to man-made or natural disasters by providing disaster related services and finding mental health resources. Five regional [Disaster Behavioral Health Response Teams (DBHRT)](http://www.dhhs.nh.gov/esu/dbhrp.htm) can be deployed immediately anywhere in the state.

Phone: 603-271-9454 or 800-852-3345 ext. 9454

Website: [http://www.dhhs.nh.gov/esu/dbhrp.htm](http://www.dhhs.nh.gov/esu/dbhrp.htm)
SECTION II: SHELTERS

WOMEN’S SHELTERS

COMMUNITY ACTION PLAN (COORDINATED ACCESS)

Coordinated Access helps people in need to find shelters in their area (Their office hours are 9am-5pm, Monday – Friday)

Phone number: 603.516.8143

NH COALITION TO END HOMELESSNESS

This is a website that finds homeless help in your area.

Website: http://www.home4hope.com/

NH 2-1-1

Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community

Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.

Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child, or adult abuse, domestic violence, taxes, and many other services.

Website: http://www.211nh.org/

A SAFE PLACE (DOMESTIC ABUSE)

A safe place was founded to prevent and eliminate domestic abuse. They are a non-profit organization that provides free shelter and support services for those who need them. All services are free and confidential.

Karen McCall

Cell: 603.321.6818
EMERGENCY SHELTER INFORMATION

Carey House Shelter
Phone: 528.8086

Homeless Outreach Program
Phone: 1.800.852.3388

BANCROFT HOUSE

The Bancroft House is an emergency shelter primarily serving individual women or mothers and their children. The shelter is a house in a neighborhood, with the first floor entirely devoted to the guests. Its maximum capacity is about 15 guests, depending on the composition of the families. Stay is usually limited to three weeks, although this can be extended to as long as two months if a guest is making progress. The Bancroft House provides food and shelter and helps guests to connect with other local resources as necessary.

P.O. Box 344
Franconia, NH 03580
(603) 823-8842
Director: Bob Gorgone

WINDSOR COUNTY YOUTH SERVICES

Winsor County Youth Services operates two youth shelters: The Mountainside House for males and the House at Twenty-Mile Stream for females.

The House At 20-Mile Stream

756 Main Street, Proctorsville, VT 05153
Phone: (802) 226-7134
Executive Director: Jacqueline Hanlon
MARY’S HOUSE
A Southern New Hampshire Services program offering permanent housing for homeless women
123 W. Pearl St., Nashua, NH 03060
Phone: 603-886-3562

HOMELESS SHELTER INFORMATION

Note: If you need more information about housing consult the section HOUSING / MORTGAGE/RENT of this resource guide.

CHAPLAINS EMERGENCY RELIEF FUND
Eligibility: Veterans/ Active Duty/Guard/Reserve connected to New Hampshire
Address: PO Box 3448, Concord, NH 03302-3448
Phone: 603-227-1560/1561 or 603-430-3456

MAINE NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website: http://www.me.ngb.army.mil/Family/

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website:
NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 1-877-598-0666

Website: https://www.nh.ngb.army.mil/families/familyhome

VERMONT NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Phone: 800-607-8773


SALVATION ARMY

Eligibility: All Veterans

Contact: Majors Gregory and Joyce Hartshorn

Phone: 603-627-7013

Website: www.use.salvationarmy.org/manchester

FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368

Website: http://www.friendsofveteransvtnh.org
VA HOMEFRONT
If in crisis or facing homelessness call:

Phone: 1.877.424.3838

Website: www.va.gov/homeless

VA HOMELESS OUTREACH WORKERS:
Coverage for Northeastern Vermont and Northern NH

Contact: Rob Norris
Cell: 802-359-2072
Email: Robert.Norris3@va.gov

Coverage to the Manchester NH VA Jurisdiction (including Carroll, Belknap, Merrimack, Strafford, Rockingham and Hillsborough Counties)

Contact: Lisa Jacobus
Office: 603-624-4366 x3622
Cell: 603-657-5613

COMMUNITY ACTION PLAN (COORDINATED ACCESS)
Coordinated Access helps people in need to find shelters in their area (Their office hours are: 9am-5pm, Monday – Friday)

Phone number: 603.516.8143

EMERGENCY SHELTER INFORMATION
Carey House Shelter
Phone: 528.8086
HOMELESS OUTREACH PROGRAM
Phone: 1.800.852.3388

CONCORD HOMELESS RESOURCE CENTER
At the Resource Center you can: receive and send mails, make and receive phone calls and messages, send and receive faxes, access the internet, get a hot cup of coffee and something to eat, etc. Case managers and volunteers can assist with a variety of other needs, including: obtaining a birth certificate, social security card, and state identification, applying for SNAP, Medicaid, and other benefits, applying for supportive or subsidized housing, connecting with mental health services, accessing a shower, connecting veterans with available assistance, etc. They also offer: free monthly haircuts by the New England School of Barbering, free legal advice, and help with resume writing, etc.

6B South State Street
Hours: 9 am to 1 pm Monday through Friday
Phone: (603) 290-3375
Email: homeless.resouce@gmail.com
Website: http://www.concordhomeless.org/the_resource_center.aspx

NH COALITION TO END HOMELESSNESS
This is a website that finds homeless help in your area.
Website: http://www.home4hope.com/

TRI-COUNTY COMMUNITY ACTION PROGRAM: LITTLETON, NORTHERN GRAFTON COUNTY
Homeless Outreach, NH
Phone: 603-444-0184
TRI-COUNTY COMMUNITY ACTION PROGRAM: COOS COUNTY
Homeless Outreach, NH
Phone: 603-788-2683

TRI-COUNTY COMMUNITY ACTION PROGRAM: CARROLL COUNTY
Homeless Outreach, NH
Phone: 603-323-7400
Website: http://www.tccap.org

VICTORY FARM (PART OF VETERAN’S HOMESTEAD)
Veteran Homestead Inc. is an independent, non-profit organization that provides housing and care to U.S. Armed Services Veterans who are elderly, disabled or diagnosed with a terminal illness.
85 Pierce Road, Fitzwilliam, NH 03477
Office: 603-585-9427 Fax: 603-585-9427
http://www.veteranhomestead.org/facilities/victoryfarm.html

SOUTHERN NEW HAMPSHIRE RESCUE MISSION
Provides food, clothing, shelter & bible based rehabilitation programs.
40 Chestnut St., Nashua, NH 03060
Phone: 603-889-3421

BANCROFT HOUSE (FRANCONIA, NH)
The Bancroft House is an emergency shelter primarily serving individual women or mothers and their children. The shelter is a house in a neighborhood, with the first floor entirely devoted to the guests. Its maximum capacity is about 15 guests, depending on the composition of the families. Stay is usually limited to three weeks, although this can be extended to as long as two months if a guest is making progress. The Bancroft House provides food and shelter and helps guests to connect with other local resources as necessary.
P.O. Box 344, Franconia, NH 03580
THE BRIDGE HOUSE (PLYMOUTH, NH)
The Bridge House is a 20-bed shelter that serves individuals and families. Along with its AA meetings and casework, the shelter runs on a largely no-TV program, except for on Sundays. The shelter seeks to give guests a sense of a schedule by forcing residents out into the community in the middle of the week; it is part of the larger Whole Village Family Resource Center Complex.

260 Highland Avenue, Plymouth, NH 03264
Phone: (603) 536-7631
Website: http://www.tbhshelter.org/
Director: Catherine Bentwood

THE CAREY HOUSE (LACONIA, NH)
As the only emergency shelter in Belknap County, The Carey House serves males, females, and families, each in a separate wing. There are 30 beds available. Its goals are to provide the essential elements of housing as well as focused, intensive, compassionate case management to help clients move on to transitional or permanent housing. Volunteers also donate their time to run on-site life skills classes, teaching such topics as cooking, nutrition, or “financial fitness.”

6 Spring Street, Laconia, NH 03246
Phone: (603) 273-0238
Director: Susan Lunt

LACONIA AREA LAND TRUST (LACONIA, NH)
Laconia Area Community Land Trust’s Transitional Shelter Program makes up only one aspect of this organization’s programs. Only families are admitted; each is given its own apartment and is granted much of the independence of autonomous living — e.g., the ability to parent as desired, or consume alcohol (if no history of substance abuse). Families are required to meet with the Resident Services Coordinator at least once a week to develop and achieve goals and overcome any barriers to their
success. They may stay in the program for up to two years, but most graduate in a year or less. These families benefit from the organization’s other housing programs and receive priority for placement in its permanent housing facilities.

658 Union Avenue, Laconia, NH 03246

Phone: (603) 524-0747

Website: mhttp://www.laclt.org/default.htm

Executive Director: Linda Harvey

MONADNOCK AREA TRANSITIONAL SHELTER (PETERBOROUGH, NH)

The Monadnock Area Transitional Shelter is a transitional shelter for both individuals and families. Most guests stay for six months, and the shelter usually serves between 20 and 26 persons per year. It offers case management, and, through a partnership with the River Center, provides guests with access to parenting classes, financial classes, help with taxes, counseling, ride-share programs, and connections to other resources. It also offers an optional, loosely structured mentoring program in which a volunteer—often a board member—is matched with an individual or family to provide further support.

PO Box 3053, Peterborough, NH 03458

Phone: (603) 924-5033

Website: http://www.matsnh.org/index.php

Board of Trustees President: Peter Harrison

SEACOAST FAMILY PROMISE (STRATHAM, NH)

Seacoast Family Promise uses local churches to shelter homeless families at night. Guest families also have use of a day center. They stay in one church every night for a week, and churches operate on a ten-week rotation. The shelter also provides case management and three hot meals a day.

P.O. Box 233, Stratham, NH 03885

Phone: (603) 658-8448

Website: http://sihnnh.org/default.aspx

Network Director: Pati Frew-Waters
SOUTHWESTERN COMMUNITY SERVICES HOMELESS SERVICES PROGRAM (KEENE, NH)

Southwestern Community Services Homeless Services Program offers 120 emergency shelter beds for homeless families and individuals in Cheshire and Sullivan counties. These are open 24 hours a day, 365 days a year and seek to transition individuals and families back into communities into safe, affordable housing. In addition to case management, SCS offers life skill programs including courses in nutrition, budgeting, tenancy and time management. To help community members at risk of homelessness, there is landlord/tenant mediation and one-time financial assistance. The organization also offers a food pantry, youth services, transitional housing, and permanent housing and participates in the Shelter Plus Care program.

63 Community Way, Keene, NH 03431

Phone: (603) 352-7512

Website: http://www.scshelps.org/default.htm

TRI-COUNTY COMMUNITY ACTION PROGRAM (LEBANON, NH) & TYLER BLAIN HOUSE (LANCASTER, NH)

Tri-County CAP is a multi-program agency. The homelessness division runs the “Tyler Blain House” as well as an outreach and intervention program for more than half of NH. The Tyler Blain House is an emergency shelter that serves individuals (families are rare). Sex offenders or violent criminals are not permitted, and guests must be free of alcohol or drugs. Guests must be over the age of 18. Capacity of the Tyler Blain House is eight, and the average length of stay is three to four months.

Tri-County Community Action Program

57 Mechanic Street

Lebanon, NH 03766

(603) 443-6150

http://www.tccap.org/

House Manager: Mark Labonville
Tyler Blain House

56 Prospect Street, Lancaster, NH 03584

Phone: (603) 788-2344

Website: www.tccaphomeless.org/tylerblainhouse.html

House Manager: Mark Labonville

CROSSROADS HOUSE (PORTSMOUTH, NH)

The Crossroads House is both an emergency and transitional shelter for individuals and families. Services offered include tutoring, counseling, job training, medical care, but all are optional. Dinner is served at the shelter, while supplemental meals are served at a local soup kitchen. There are 88 beds in total (for emergency and transitional combined). The average stay in the emergency shelter is 34 nights while transitional is an average of seven months for families, and five months for individuals. There are 19 staff members and two buildings on the site.

600 Lafayette Road, Portsmouth, NH 03801

Phone: (603) 436-2218

Website: http://www.crossroadshouse.org/

Executive Director: Chris Sterndale

NEW GENERATION, INC. (GREENLAND, NH)

New Generation is a shelter for homeless pregnant women and mothers of infants under 12 months old. At maximum capacity, the shelter can house nine women, although the normal occupancy is six. The shelter strives for a home-like atmosphere and, in addition to general case management, offers a parenting education program, training in resume writing and meal preparation, a computer education program, budgeting classes, a Community Mentor Program with women from the community, and a strong AfterCare program. Medical services are also easily accessible to guests through the organization’s various partnerships.

568 Portsmouth Ave., Greenland, NH 03840

Phone: (603) 436-4989

Website: http://www.newgennh.org/

Executive Director: Kelsi Deters-McCarthy
MY FRIEND’S PLACE (DOVER, NH)
My Friend’s Place is an emergency-transitional shelter for individuals and families with four transitional housing units. There are eight bedrooms, and a 17-person capacity. Individuals stay an average of 40 days, while families tend to stay longer. Approximately 200 people stay at My Friend’s Place annually.

368 Washington Street, Dover, NH 03820
Phone: (603) 749-3017
Executive Director: Robert O’Connell

FAMILIES IN TRANSITION, INC. NI (MANCHESTER, NH)
Families in Transition, Inc. offers both transitional and emergency housing. The organization seeks to break the cycle of homelessness by identifying and solving its root causes. The shelter emphasizes “wrap around” services to clients, including case management, childcare programming, wellness, and cooking classes.

122 Market Street, Manchester, NH 03101
Phone: (603) 641-9441
Website: http://www.fitnh.org/index.htm
President: Maureen Beauregard

HELPING HANDS OUTREACH MINISTRIES, INC. (MANCHESTER, NH)
Helping Hands Outreach Center is a shelter and recovery program in Manchester, NH, primarily serving recovering substance abusers. It is a two-part shelter: one is an emergency/transitional program, and the second is a next step housing program (safe haven for men in recovery). Helping Hands is also a senior partner with the new Manchester Continuum of Care daytime program for both sheltered and unsheltered homeless. The emergency/transitional site has 23 beds, with residents staying on average approximately four months. The Next Step facility has 16 beds and allows more freedom and flexibility to the guests. The Helping Hands program is focused on bringing guests back to sobriety, and giving them the tools to maintain that sobriety when they move on to independent life.

50 Lowell Street, Manchester, NH 03105
Phone: (603) 623-8778
MANCHESTER EMERGENCY FAMILY SHELTER (MANCHESTER, NH)
11 Liberty Street, Manchester, NH 03104
Phone: (603) 627-2636
Director: Vallorie Martin

NEW HORIZONS FOR NEW HAMPSHIRE (MANCHESTER, NH)
New Horizons is an emergency shelter for homeless individuals, both male and female. While there is no maximum capacity, as more people are always let in to sleep on the floor or in the halls if necessary, there are usually about 75 guests a night. The shelter runs a three-“tier” program, meaning the facilities and services provided depend on a client’s level of commitment to obtaining sustained self-sufficiency and adopting increased responsibilities. There is also an on-site health clinic, soup kitchen, and food pantry to serve the community. Angie’s Shelter, while part of New Horizons, is housed in a separate building. This three-story house contains the Tier Three program for women. Up to 16 women can stay at Angie’s Shelter. A successful stay is usually at least six months. Case managers work to link guests to other agencies for housing, employment, and other services. Many classes and presentations regarding health, nutrition, stress relief, maintaining sobriety, financial basics, employment and self-esteem are provided on-site.

New Horizons
199 Manchester Street Manchester, NH 03103
Phone: (603) 668-1877
Website: http://www.newhorizonsfornh.org/
Executive Director: Michael Tessier

Angie’s Shelter
434 Union Street, Manchester, NH 03103
(603) 668-8698
THE HOMELESS CENTER FOR STRAFFORD COUNTY (ROCHESTER, NH)

The Homeless Center for Strafford County serves up to 20 residents, who consist of single women, single parents, and families. Privately funded, the shelter provides both emergency and transitional housing, and the average stay is between three and seven months. The shelter also utilizes case management and encourages appropriate parenting and social skills.

9 Islinglas Dr., Rochester, NH 03839
Phone: (603) 332-3065
Executive Director: Jan Walsh-Grande

THE FIRST CONGREGATIONAL CHURCH (CONCORD, NH)

Since 2003, The First Congregational Church and The South Congregational Church have collaborated to shelter the homeless for the cold winter months of December through March. The South Church is a dry facility and serves the more stable clients, while all others are welcome at First Congregational. This past season, over 100 individuals received shelter. The operation is volunteer run and receives the support of over 200 members of the community.

177 North Main Street, Concord, NH 03301
Phone: 603-225-5491
Website: http://www.concordsfirstchurch.org/Cold-Weather-Shelter.html
Cold Weather Shelter Director: Sarah Greene

THE FRIENDS EMERGENCY HOUSING PROGRAM (CONCORD, NH)

The Friends Emergency Housing Program is an emergency shelter for families only. The shelter can house up to eight families, or 35 people, and average stay is between six and nine months. The shelter works closely with UNH Cooperative Extension to provide services.

30 Thompson St., Concord, NH 03301
Phone: 603) 228-1462
Website: http://www.friendsprogram.org/eh.php
Program Director: Jean Tewksbury
MCKENNA HOUSE (CONCORD, NH)
The McKenna House in Concord, NH is an emergency shelter for individuals (both men and women) that houses 26 people: 7 women and 19 men. There are services such as food, case-management, laundry and mental-health support. Guests are charged $70 per week or are required to do 20 hours of community service.

100 South Fruit Street, Concord, NH 03301
Phone: (603) 228-3505
Shelter Director: Lorrie Dale

GREATER NASHUA INTERFAITH HOSPITALITY NETWORK, INC. – THE ANNE-MARIE HOUSE (HUDSON, NH)
The Anne Marie House is hybrid transitional-emergency shelter that houses families for up to two years. Twenty-five individual rooms provide privacy for families, while meals are eaten in a community environment. The Anne Marie House provides mentoring to families who graduate from their transitional stage of life, providing follow up support in hopes that they maintain housing independence. In 2009, the average stay was 296 days, up from 171 days in 2008. The shelter has an 88% success rate measured by guests living independently six consecutive months after having left the program.

180 Lowell Road, Hudson, NH 03051-4907
Phone: (603) 883-7338
Website: http://www.gnihn.org/
Executive Director: Laurie Skibba

HARBOR HOMES, INC. (NASHUA, NH)
Harbor Homes is officially affiliated with Welcoming Light, Southern NH HIV/AIDS Task Force, Milford Regional Counseling Services, Greater Nashua Council on Alcoholism, and Healthy at Home to provide comprehensive community support services. As an entire organization, Harbor Homes serves more than 1,000 individuals annually, with permanent housing being its largest service. The organization offers a wide variety of housing options, including a shelter for veterans. In 2008, the emergency shelter served 1,237 guests.

45 High Street, Nashua, NH 03060
MARGUERITE’S PLACE, INC. (NASHUA, NH)

Marguerite’s Place is a two-year transitional housing program for homeless women ages 18-45 with children under the age of 12. The shelter requires their residents to be involved in some type of activity for a minimum of 30 hours a week. The shelter has intensive intake procedures in addition to services that include case management, budgeting and cooking classes, and a life skills program. Marguerite’s Place also offers five years of aftercare, which provides former residents with the same services that they had at the shelter.

87 Palm Street, Nashua, NH 03060

Phone: (603) 598 1582

Website: http://www.margueritesplace.org/Home_Page.php

Director of Operations: Lianne Bower

NASHUA SOUP KITCHEN AND SHELTER (NASHUA, NH)

As both soup kitchen and a shelter, the organization serves more than 200 people per day. In addition to assisting with many of the basic shelter needs, the shelter actively seeks to prevent homelessness by giving assistance to individuals and families in order to avoid their becoming homeless. The shelter seeks to fill in the gaps in normal aid programs by offering items not usually covered.

42 Chestnut Street, Nashua, NH 03061

Phone: (603) 889-7770

Website: http://www.nsk.org/Home.asp

Executive Director: Lisa Christie
BENNINGTON COALITION FOR THE HOMELESS (BENNINGTON, VT)

The Bennington Coalition for the Homeless provides help to families experiencing or facing homelessness, though it also serves homeless individuals. The Coalition offers two housing options: the 6 Bank Street Shelter, which offers a short-term housing program for homeless families and individuals, and the Thatcher House, which functions as a long-term transitional program. Both of these programs offer services such as case management, employment assistance, and life skills education.

The 6 Bank Street Shelter: 6 Bank Street, North Bennington, VT 05257
Phone: (802) 442–2424

Thatcher House: 212 Pleasant Street, Bennington, VT 05201
Phone: (802) 753-7205

Website: http://www.benningtoncoalitionforthehomeless.org/default.htm
Executive Director: Kendy Skidmore

BRATTLEBORO AREA DROP IN CENTER (BRATTLEBORO, VT)

The Brattleboro Drop-In Center operates a cold weather shelter that is open from late November to April or May, depending on the year, in the main hall of the First Baptist Church in Brattleboro. Volunteers bring guests a hot dinner each night, and a light breakfast is provided at the Drop-In Center in the morning, where guests can go to shower, do laundry, use a phone, receive case management (if client-requested) or receive services if they have special needs. The shelter may have as many as 35 guests any one night, with most guests sleeping on the carpeted church floor with mats and blankets.

60 South Main St., Brattleboro, VT 05302
Phone: 1-800-852-4286

Website: http://www.brattleborodropin.org/about.html
Executive Director: Melinda Bussino
MORNINGSIDE SHELTER (BRATTLEBORO, VT)

Morningside is an emergency shelter serving both families and individuals. Guests check in with their caseworker twice daily to work to address the root causes of homelessness and how to achieve sustained independence. After leaving the shelter, former residents may receive up to two years of continued case management. The shelter has 24 beds, four of which are located in transitional apartments where residents can stay for up to two years. The other beds have an average stay of three months, with the longest stay reaching about 18 months. The shelter currently has a waitlist of over 40 homeless people.

81 Morningside Drive, Brattleboro, VT 05302
Phone: (802) 257-0066
Website: http://www.morningsideshelter.org/
Executive Director: Paul Capcara

BURLINGTON EMERGENCY SHELTER (BURLINGTON, VT)

The Burlington Emergency Shelter is an emergency shelter for individual adult men and women. It is a predominantly overnight program, open from 7 pm to 8 am. There is a requirement that guests are actively doing a job and housing search (with staff assistance), as well as daily chores. There is zero tolerance for drugs or alcohol. The shelter holds up to 14 men and 4 women. The Burlington Emergency Shelter also includes the Good Neighbor Program. The Good Neighbor Program is a Christian halfway house to aid men who may have had difficulties adjusting in society and to provide them with faith-based support. It admits adult men primarily from corrections system. The GNP may help individuals with job search. There is a nightly hot meal. This program typically serves four ex-inmates and four individuals with substance abuse issues at any given time (they must be sober and actively working on remaining sober). Each guest in The Good Neighbor Program will have a Community Support Team. The standard program is three months to one year.

89 North Street, Burlington, VT 05401
Phone: (802) 862-9879
Website: http://www.beshelter.org/
Executive Director: Dale Cawthon
THE COMMITTEE ON TEMPORARY SHELTER (BURLINGTON, VT)

COTS has both a day station and a way station. The way station is a 36-bed shelter for men and women who are 18 years of age and older. The average stay at the way station is four to six months, with 33 beds occupied at a time on average.

PO Box 1616, Burlington, VT 05402

Phone: (802) 864-7402

Website: http://www.cotsonline.org/

Program Director: Mary Anne Kohn

GOOD SAMARITAN HAVEN, INC. (BARRE, VT)

Good Samaritan Haven, Inc. is an emergency shelter serving both individuals and families. It is a faith-based organization, open from 7:00pm to 7:00am seven days a week and 365 days a year. There are 21 beds in a four-“dorm” house, but if the shelter is full, overflow shelter is also available at local churches. The average length of stay for guests is hard to gauge, as some people just stay one night, while others call it home for 10-11 months. Volunteers bring in a hot, group dinner each night and a light breakfast is served in the morning and guests work with case their goals.

105 North Seminary Street, Barre, VT 05641

Phone: (802) 479-2294

Website: http://www.goodsamaritanhaven.org/

Executive Director: Kimberly Woolaver

JOHN W. GRAHAM EMERGENCY SHELTER (VERGENNES, VT)

The John Graham Shelter is an emergency shelter for both individuals and families. There is an open door healthcare clinic open twice a week, and the shelter also provides food, laundry, transportation, and counseling. Residents can stay for 21 days and then apply to a committee for an extension. The shelter accommodates 17 residents at one time; there are six staff members.

69 Main Street, Vergennes, VT 05491

Phone: (802) 877-2677

Website: http://www.johngrahamshelter.org/
THE MIDDLEBURY TRANSITIONAL CARE COALITION (MIDDLEBURY, VT)

The Middlebury Transitional Care Coalition operates an emergency winter shelter, The Community at Trevor House, and a transitional housing program, Pleasant Street Community Housing. Both serve both individuals and families. The emergency shelter is run entirely by volunteers, and the support of Middlebury College and local churches are to its continuing operations. The Coalition also partners with a local agency, HOPE, which handles intake procedures, case management, and connecting residents to other support resources. The shelter’s maximum capacity is about 14, depending on the composition of the guest families, and the average stay is about three months.

27 North Pleasant Street, Middlebury, VT 05753
Phone: (802) 388-5499
Executive Director: Douglas Sinclair

NORTHEAST KINGDOM COMMUNITY ACTION (NEWPORT, VT)

NEKCA operates a variety of programs to serve those in need in the community. In addition to a transitional shelter, the organization runs several specialty shelters and has an extensive outreach program. Many of its services target specific sectors of the population to appropriately address each group’s unique needs.

70 Main Street, Newport, VT 05855
Phone: (802) 334-7316
Executive Director: Mary Lee Blais

NORTHEAST KINGDOM YOUTH SERVICES (ST. JOHNSBURY VT)

Northeast Kingdom Youth Services provides both emergency and transitional housing for individual youths from ages 16-21. The shelter holds 10 beds, and usually serves six to seven residents. It strives to empower residents through a combination of rules, supportive staff, and case management.

24 Bagley Street, St. Johnsbury VT 05828
Phone: (802) 748-8711
RUTLAND CITY RESCUE MISSION – OPEN DOOR MISSION (RUTLAND, VT)

The John Cassarino Overnight Shelter is one component of the Open Door Mission, which also operates the David Dean Veteran Shelter, the Soup Kitchen, and the Mission Thrift Store. The John Cassarino Overnight Shelter holds 15 beds with a 14 night free stay and provides education and employment referrals to residents.

31 Park Street, Rutland, VT 05701
Phone: (802) 775-5661
Website: http://vermontpet.com/mission/
Executive Director: Sharon Russell

SAMARITAN HOUSE (ST. ALBANS, VT)

The Samaritan House Inc. provides emergency shelter and transitional housing to people in the Vermont Counties of Franklin and Grand Isle

22 Kingman Street, St. Albans, VT 05478
Phone: (802) 373-6505
Website: http://www.samaritanhouseinc.com/
Executive Director: Linda Ryan

THE UPPER VALLEY HAVEN (WHITE RIVER JUNCTION, VT)

The Haven is a family shelter in White River Junction, VT that has capacity for eight families at a time. In 2008, the shelter provided housing and advocacy for 34 families, who stayed an average of 106 days. The Haven provides food to these families as well as significant programs and services such as afterschool classes, free clothing, tutoring and mentoring for the youth and support groups. There are 11 staff members, and the organization is currently expanding in order to be able to provide services for individuals.
WINDSOR COUNTY YOUTH SERVICES (LUDLOW, VT & PROCTORSVILLE, VT)
Winsor County Youth Services operates two youth shelters: The Mountainside House for males and the House at Twenty-Mile Stream for females.

The Mountainside House
6 Mill Street, Ludlow, VT 05149
Phone: (802) 228-7783

The House At 20-Mile Stream
756 Main Street, Proctorsville, VT 05153
Phone: (802) 226-7134
Executive Director: Jacqueline Hanlon
SECTION III: LEGAL RESOURCE/INFORMATION & REFERRAL

LEGAL ADVICE AND REFERRAL CENTER
Housing, benefits, family law, domestic violence, youth law, senior
Beathan Regan
Email: bregan@larcnh.org
(603) 224-3333 x 616
nhlegalaid.org

HOMELAND HEROES FOUNDATION
The Homeland Heroes Foundation is a team of volunteers who work tirelessly to lend a hand in a variety of ways to help active duty military, veterans and their families. Currently HHF can assist with needs such as:

- Food assistance
- Home furnishings & appliances
- Family wellness issues
- Home purchases and VA loans
- Financial planning & credit counseling
- Legal advice
- Sending necessary item to deployed military
- Christmas Toy Drive
- Events throughout the year to raise awareness and donations

PO Box 584, North Salem, NH 03073-0584
Phone: 617-910-6948
Email: info@homelandheroesfoundation.org
Website: http://www.homelandheroesfoundation.org/about-us.html
**BENEFITS CHECK UP**

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: [https://www.benefitscheckup.org/](https://www.benefitscheckup.org/)

**FACT SHEET ON DIFFERENT TYPES OF POWER OF ATTORNEY (POA)**

Written document providing one person the authority to act on another's behalf for any legal issue


**VETERANS JUSTICE OUTREACH**

Courts and attorneys, law enforcement, incarcerated vets. Only for VHA eligible vets

Contact: Diane Levesque

Phone: (603) 624-4366

Email: Diane.Levesque@va.gov

**FEDERAL VOTING ASSISTANCE PROGRAM**

Website: [http://www.fvap.gov/request/request-nh.html](http://www.fvap.gov/request/request-nh.html)

**LIST OF LOCAL LEGAL AID AGENCIES**

**LOW INCOME TAX PROJECT**

Barbara Heggie

Email: bhaggie@nhbar.org
NH LEGAL ASSISTANCE
1.800.921.1115 / 603.2239750

HOUSING JUSTICE PROJECT
Legal services to low-income NH residents
North State Street Concord NH
Phone: 1 800 921-1115
Website: nhla.org

NHNG LEGAL SERVICES
Paralegal
1 Minuteman Way Concord, NH
Contac: Sgt. Hodge
Phone: (603) 227-1592

NH BAR FOUNDATION
Senior Citizens Law Project / Debt harassment and rights
We offer our clients high quality civil legal services to address the legal problems that affect their daily survival and most basic needs. These services range from simple legal information and advice to vigorous and thorough representation in all of New Hampshire's courts and before many of the local, state and federal agencies which play large roles in their lives. In providing legal services to the poor, NHLA helps balance the scales of justice for all citizens.
117 North State Street Concord NH
Phone: 888 353-9944
UNIVERSITY OF NEW HAMPSHIRE LAW SCHOOL-FRANKLIN PIERCE LAW CENTER

Legal Clinic students may work with the general population on issues associated with bankruptcy; criminal court appointed cases, intellectual property, landlord-tenant cases (represents only the tenant when rent is up to date). There are also, limitations of courts allowed to practice; distance to client and clients must meet specific financial guidelines.

Address: 2 White Street, Concord, NH 03301

Phone: 603-228-3350

DEPARTMENT OF HUMAN SERVICES, CLIENT AND LEGAL SERVICES OFFICE

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

Address: 105 Pleasant Street, Concord, NH 03301

Phone: 603-271-5144

FAX: 603-271-5058

Website: http://www.dhhs.nh.gov/djjs/index.htm

http://www.dhhs.nh.gov/dcyf/cps/index.htm

http://www.dhhs.nh.gov/dcyf/domesticviolence.htm

JUDGE ADVOCATE GENERAL (JAG) FOR ASSISTANCE WITH WILLS / POWER OF ATTORNEY / LEGAL DOCUMENTS

Provides legal assistance and reviews issues that could be facing deployers including changes to parental rights orders, child support orders, family care plans, guardianship documents, power of attorney documents and will documents.
NEW HAMPSHIRE NATIONAL GUARD, JUDGE ADVOCATE GENERAL (JAG)
State Military Reservation, 1 Minuteman Drive, Concord, NH
Phone: 603-227-1592

NEW HAMPSHIRE AIR NATIONAL GUARD (JAG)
Pease Air National Guard Base, 302 Newmarket Street, Newington, NH 03803
Phone: 603-430-2758 (Limited Services Available)

NEW HAMPSHIRE AIR NATIONAL GUARD (JAG)
LtCol Thaddeus Day
Pease ANGB, Building 100
Phone: 603.430.2758
DSN: 852.2758
Email: thaddeus.day@ang.af.mil

LOCAL PRO-BONO LEGAL ASSISTANCE

NEW HAMPSHIRE LEGAL ASSISTANCE (NHLA)
Non-profit law firm offering legal services in civil matters to seniors and eligible low-income persons. NHLA provides high quality legal service to vulnerable low-income people, ranging from simple legal information and advice to vigorous and thorough representation in all of New Hampshire's courts and before many of the local, state and federal agencies which play large roles in the lives of low-income people. In providing legal services to the poor, NHLA helps balance the scales of justice for all citizens.
Administration: 603-224-4107

CLAREMONT: 1-800-562-3994
CONCORD: 1-800-921-1115
LITTLETON: 1-800-548-1886
MANCHESTER: 1-800-562-3174  
PORTSMOUTH: 1-800-334-3135

Senior Citizens Advice Line: 1-888-353-9944 or 603-624-6000
Website: [http://www.nhlegalaid.org/NHLA](http://www.nhlegalaid.org/NHLA)

BOARD OF DIRECTOR (ADVOCATE FOR HOMELESS/ NHLA)
John Pelletier

Phone: 603-505-9710.

Email address: jpelletier03038@yahoo.com

THE VETERANS LAW PROJECT (BOOTS ON THE GROUND)
The Veterans Law Project has been formed to assist veterans with legal needs they may be facing.

Project’s staff attorney:

Phone: 716-8488

Board Member and Legal Aid Director:

77 Central St., Manchester, NH 03101

Phone: 603-669-7070

Email: lvogelman@davenixonlaw.com

Website: [www.vfnh.org](http://www.vfnh.org)

THE AMERICAN BAR ASSOCIATION
Offers information on the legal rights of Americans on active duty

Website: [http://www.abanet.org/legalservices/helpservvists](http://www.abanet.org/legalservices/helpservvists)
NEW HAMPSHIRE BAR ASSOCIATION

Pro Bono attorneys only handle civil (non-criminal) cases. The types of legal accepted include: custody, divorce, bankruptcy, debt collection, landlord-tenant matters and other non-fee-generating matters. To receive help through Pro Bono, call the Legal Advice & Referral Center (LARC).

Phone: 800-639-5290 or 603-224-3333

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

LAWYER FOR CIVIL MATTERS

Great attorney that visits the Concord Homeless Resource Ctr. She charges very low fee and can do sliding scale based on income. Her focus is insurance (Medicaid,etc.) and estate affairs. She will handle family disputes as well. She doesn't handle anything criminal.

Attorney Judy Fox @ Foxelderlaw.com

Phone: 603-224-6850

THE DOMESTIC VIOLENCE EMERGENCY (DOVE) PROJECT

Website: http://www.nhbar.org/for-the-public/free-legal-services.asp

DOVE provides free legal representation at the final hearings for a Domestic Violence Protective Order. The DOVE Project can only be accessed through your local crisis center. (See list below) If you fall within DOVE's eligibility guidelines, crisis center staff will refer you to a volunteer, private attorney who will represent you at no cost at your final restraining order hearing.

Address: 2 Pillsbury Street, Suite 300, Concord, NH 03301-3502

Statewide Domestic Violence Hotline: 866-644-3574

Statewide Sexual Assault Hotline: 800-277-5570

BELKNAP COUNTY: New Beginnings: A Women’s Crisis Center

Crisis Line: 800-852-3388

Office Phone: 603-528-6511
CARROLL COUNTY: Starting Point
Crisis Line: 800-336-3795
Conway: 603-356-7993
Ossipee: 603-539-5506

CHESHIRE COUNTY: Monadnock Center for Violence Prevention:
Crisis Line: 888-511-6287
Office Phone: 603-352-3782

COOS COUNTY: RESPONSE to Sexual & Domestic Violence:
Crisis Line: 800-852-3388
Berlin Office: 603-752-5697
Colebrook Office: 603-237-8746
Lancaster Office: 603-788-2562

GRAFTON COUNTY: Women's Information Service (WISE):
Crisis Line: 603-448-5525
Lebanon Office: 603-448-5922
The Support Center at Burch House: Crisis Line: 800-744-0544:
Littleton Office: 603-444-0624:
Woodsville Office: 603-747-2441
Voices Against Violence:
Crisis Line: 603-536-1659
Plymouth Office: 603-536-3423
HILLSBOROUGH COUNTY: YWCA Crisis Service:
Crisis Line: 603-668-2299:
Manchester Office: 603-625-5785:
Derry Office: 603-432-2387
Bridges Domestic & Sexual Violence Support:
Crisis Line: 603-883-3044:
Nashua Office: 603-889-085:
Milford Office: 603-672-9833

MERRIMACK COUNTY: Rape and Domestic Violence Crisis Center:
Crisis Line: 800-852-3388
Concord Office: 603-225-7376


STRAFFORD COUNTY: Sexual Harassment and Rape Prevention Program (SHARPP):
Crisis Line & Office: 603-862-3494

SULLIVAN COUNTY: Women's Supportive Services:
Crisis Line: 800-639-3130:
Claremont Office: 603-543-0155: Newport Office: 603-863-4053
COMMUNITY LEGAL SERVICES, INC.
Address: PO Box 242, Union, NH 03887
Phone: 603-473-2002; Toll free: 888-696-3393
E-Mail: office@lowpaylaw.org
Website: http://www.nhcommunitylegal.com/

NEW HAMPSHIRE CIVIL LIBERTIES UNION (NHCLU)
Provides representation to individuals whose constitutional rights have been violated by any branch of government. Legal inquiries must be submitted by mail. Requests for assistance are screened by a panel of attorneys.
Address: 18 Low Avenue, Concord, NH 03301
Phone: 603-225-3080
Website: http://www.nhclu.org/

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS
Responsible for anti-discrimination enforcement in employment, housing, and public accommodations based on race, color, religion, national origin, sex (gender, pregnancy and sexual harassment) age, marital status, familial status, physical and mental disability, and sexual orientation.
Address: 2 Chenell Drive, Unit 2, Concord, NH 03301-8501
E-Mail: humanrights@nhsa.state.nh.us
Phone: 603-271-2767
Website: http://www.nh.gov/hrc

NH LEGAL ASSISTANCE’S HOUSING JUSTICE PROJECT
NHLA’s Housing Justice Project assists low income and elderly residents of the state with various housing issues with a focus on evictions from subsidized housing, housing discrimination, foreclosures, evictions or tenant issues in a mobile home park, or counsel and advice over the phone to full
representation in all of NH’s courts and in federal court. Address: 154 High Street, Portsmouth, NH 03801

Phone: 603-431-7411; 1-800-334-3135

FAX: 603-431-8025

Website: http://www.nhla.org/housing.php

CONSUMER PROTECTION AND ANTITRUST BUREAU, DEPARTMENT OF JUSTICE, OFFICE OF THE ATTORNEY GENERAL

Conducts investigations concerning fraud, deception in advertising, misrepresentation of facts, unfair trade practices, antitrust, unfair methods of competition and sales, and other trade matters. Provides mediation between companies and consumers. Written on-line complaint is necessary.

Address: 33 Capitol Street, Concord, NH 03301

Phone: 1-888-468-4454

Website: http://www.doj.nh.gov/consumer/

ROCHESTER JUVENILE COURT DIVERSION PROGRAM

Provides an alternative to the court system for first time juvenile court offenders, who are Rochester residents or commit a first offense in the city of Rochester. The program is designed to give juveniles an opportunity to make amends, learn from their mistakes and become an asset to their community through an individualized contract.

Address: 23 Wakefield Street, Rochester, NH 03867

Phone: 603-330-7149

FAX: 603-330-7161

NH DEPARTMENT OF JUSTICE - CONSUMER PROTECTION AND ANTITRUST BUREAU

Protects consumers from unfair and deceptive business practices in New Hampshire

Phone: 1-888-468-4454
NH LEGAL ASSISTANCE/SENIOR ADVICE LINE

Provides direct representation, brief services, advice, and referrals for seniors experiencing consumer-related problems

Phone: 1-888-353-9944


LOCAL COURTHOUSE INFORMATION

NEW HAMPSHIRE SUPREME COURT

Address: One Charles Doe Drive, Concord, NH 03301

Clerk of the Court: Eileen Fox

Phone: 603-271-2646

Website: http://www.courts.state.nh.us/index.htm

NEW HAMPSHIRE SUPERIOR COURTS

The Superior Court Center Administrative Office:

Address: 45 Chenell Drive, Suite 1, Concord, NH 03301-8541

Superior Court Administrator: Barbara Sweet Esq.

Phone: 603-271-2030

Website: http://www.courts.state.nh.us/index.htm
SUPERIOR COURTS BY COUNTY

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NEW HAMPSHIRE CIRCUIT COURT ADMINISTRATIVE OFFICE

Administrative Judge: Hon. Edwin W. Kelly
Deputy Administrative Judge: Hon. David D. King
Address: 45 Chenell Drive, Suite 2, Concord, NH 03301-8541
Phone: 603-271-6418

NEW HAMPSHIRE DISTRICT DIVISION COURT

Executive Assistant: Linda J. Cammett
Administrator: Paula J. Hurley, Esq.
Administrator: Patrick W. Ryan, Esq.
Circuit Court Administrative Office
Address: 45 Chenell Drive, Suite 2, Concord, NH 03301-8541
Phone: 603-271-6418

DISTRICT DIVISION COURT

| 1st Circuit - District Division - Berlin | 8th Circuit - District Division - Keene |
| 10th Circuit - District Division - Candia | 4th Circuit - District Division - Laconia |
| 5th Circuit - District Division - Claremont | 1st Circuit - District Division - Lancaster |
| 1st Circuit - District Division - Colebrook | 2nd Circuit - District Division - Lebanon |
| 6th Circuit - District Division - Concord | 2nd Circuit - District Division - Littleton |
| 3rd Circuit - District Division - Conway | 9th Circuit - District Division - Manchester |
| 10th Circuit - District Division - Derry | 9th Circuit - District Division - Merrimack |
| 7th Circuit - District Division - Dover | 9th Circuit - District Division - Milford |
### Community Resource Guide

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<tr>
<td>6th Circuit - District Division - Hooksett</td>
<td>7th Circuit - District Division - Rochester</td>
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<tr>
<td>8th Circuit - District Division - Jaffrey</td>
<td>10th Circuit - District Division - Salem</td>
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</tbody>
</table>

### PROBATE DIVISION

**Circuit Court Administrative Office**

Address: 45 Chenell Drive, Suite 2, Concord, NH 03301-8541

Phone: 603-271-6418

Executive Assistant: Patty Cole

Staff Attorney: Pat Quigley

### PROBATE DIVISION

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<tr>
<td>2nd Circuit - Probate Division - Haverhill</td>
<td>5th Circuit - Probate Division - Newport</td>
</tr>
</tbody>
</table>

### FAMILY DIVISION–CIRCUIT COURT

**Circuit Court Administrative Office**

Address: 45 Chenell Drive, Suite 2, Concord, NH 03301-8541

Phone: 603-271-6418

Executive Assistant: Linda J. Cammett
FACT SHEET: UNIFORMED SERVICES EMPLOYMENT AND REEMPLOYMENT RIGHTS ACT (USERRA) ACT OF 1994

Veterans' Employment and Training Service, protecting civilian job rights and benefits for veterans and members of Reserve components


Website: http://www.dol.gov/vets/programs/userra/userra_fs.htm

Website to request assistance: http://www.esgr.mil
NEW HAMPSHIRE VETERANS' EMPLOYMENT AND TRAINING SERVICE U.S. DEPARTMENT OF LABOR (NH USERRA)
Address: James C. Cleveland Federal Bldg., Room #3602, 53 Pleasant Street, Concord, New Hampshire 03301
Phone: 603-225-1424
Website: http://www.dol.gov/vets/

LOCAL EMPLOYER SUPPORT FOR THE GUARD AND RESERVE (ESGR) CONTACT INFORMATION
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 603-225-1892
Fax: 603-227-5178
Website: http://www.nhesgr.com

ASSISTANCE WITH REFERRAL FOR EMPLOYER SUPPORT FOR THE GUARD AND RESERVE (ESGR)
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 603-225-1892
Fax: 603-227-5178
Website: http://www.esgr.mil
Website: http://www.nhesgr.com

ESGR EXECUTIVE DIRECTOR
James (Jim) Goss
New Hampshire
Phone: 603.225.1342
SMALL BUSINESS ADMINISTRATION (SBA)

The US SBA was created as an independent agency of the federal government to aid, counsel, assist and protect the interest of small businesses concerns.

Miguel A. Moralez, Jr. (Veterans Business Development Specialist)

New Hampshire

Phone: 603. 225.1601

Email: Miguel.moralez@sba.gov

INFORMATION AND ASSISTANCE WITH SERVICE MEMBERS CIVIL RELIEF ACT (SCRA)

Informational Websites: http://usmilitary.about.com/od/sscra/l/blscramenu.htm


NEW HAMPSHIRE NATIONAL GUARD, JUDGE ADVOCATE GENERAL (JAG)

State Military Reservation, One Minuteman Drive, Concord, NH 03301

Phone:  603-227-1592

NEW HAMPSHIRE AIR NATIONAL GUARD, JUDGE ADVOCATE GENERAL (JAG)

Pease Air National Guard Base, 302 Newmarket Street, Newington, NH 03803

Phone:  603-430-2758 (Limited services available)
INFORMATION WORKING WITH CHILD SUPPORT THROUGH THE MILITARY

MILITARY ONESOURCE
Eligibility: Veterans/Active Duty/Reserves/Family Members
Phone: 800-342-9647
Website: www.militaryonesource.mil/

MAINE NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website: http://www.me.ngb.army.mil/Family/

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website:

NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 1-877-598-0666
Website: https://www.nh.ngb.army.mil/families/familyhome

VERMONT NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Phone: 800-607-8773

NH AIR NATIONAL GUARD FAMILY READINESS
302 Newmarket Street Pease ANGB, NH
Contact: Bonnie Lee Rice
Phone: (603) 430-3545
Email: bonnie.rice@ang.af.mil

NEW HAMPSHIRE NATIONAL GUARD, JUDGE ADVOCATE GENERAL (JAG)
State Military Reservation, 1 Minuteman Drive, Concord, NH
Phone: (603) 227-1592

NEW HAMPSHIRE AIR NATIONAL GUARD, JUDGE ADVOCATE GENERAL (JAG)
Pease Air National Guard Base, 302 Newmarket Street, Newington, NH 03803
Phone: 603-430-2758 (Limited services available)
SECTION IV: FINANCIAL ASSISTANCE

UNDERSTANDING MILITARY PAY WEBSITES
http://www.military.com/benefits/military-pay
http://usmilitary.about.com/od/payandbenefits/a/UnderstandingMilitaryPay_2.htm

COPY OF CURRENT PAY TABLES
Website:  http://www.dfas.mil/militarymembers/payentitlements/militarypaytables.html

VA HOME LOAN FACT SHEETS
Website:  http://benefits.va.gov/BENEFITS/factsheets.asp

FACT SHEETS ON SPECIAL PAY
Website:  http://www.dfas.mil

HOSTILE FIRE PAY
Website:  http://www.dfas.mil/militarymembers/payentitlements/specialpay/hfp_idp.html

IMMINENT DANGER PAY
Website:  http://www.dfas.mil/militarymembers/payentitlements/specialpay/hfp_idp.html

HAZARD DUTY PAY
Website:  http://www.dfas.mil/militarymembers/payentitlements/specialpay.html
COMBAT ZONE TAX EXCLUSION

FAMILY SEPARATION ALLOWANCE
Website: http://www.dfas.mil/militarymembers/payentitlements/fsa.html

THRIFT SAVINGS PLAN
Website: https://www.tsp.gov/index.shtml

SAVINGS DEPOSIT PROGRAM
Website: http://www.dfas.mil/militarymembers/payentitlements/sdp.html

AMERICAN RED CROSS FINANCIAL ASSISTANCE INFORMATION
Website: http://www.redcross.org/find-help/military-families/financial-assistance

AIR FORCE AID SOCIETY (AFAS): EMERGENCY ASSISTANCE
Eligibility: Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review. Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC, Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)

Phone: 800-769-8951
E-mail: dvosburg@afas.org
Website: www.afas.org
INFORMATION ON WIC AND OTHER SUBSIDY PROGRAMS / HOURS OF OPERATION AND ELIGIBILITY REQUIREMENTS

CREDIT AGENCY CONTACT INFORMATION

EXPERIAN
Website:  http://www.experian.com/

TRANSUNION
Website:  http://www.transunion.com/

EQUIFAX
Website:  http://www.equifax.com/home/en_us

BUDGETING CLASSES

BUDGETSMART
Budget Smart is an easy-to-use software tool designed to help you manage money more effectively.
Website:  http://www.budgetsmart.org/

MILITARY ONESOURCE
Eligibility:  Veterans/Active Duty/Reserves/Family Members
Phone:  800-342-9647
Website:  www.militaryonesource.mil/
MAINE NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Website: [http://www.me.ngb.army.mil/Family/](http://www.me.ngb.army.mil/Family/)

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Website:

NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 1-877-598-0666

Website: [https://www.nh.ngb.army.mil/families/familyhome](https://www.nh.ngb.army.mil/families/familyhome)

VERMONT NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Phone: 800-607-8773


**Military family life consultant (financial)**

Brooke Lockwood-Cole Vermont

Phone: 802 338-3494

E-mail: brooke.lockwood-cole@ceridian.com
NH AIR NATIONAL GUARD FAMILY READINESS
302 Newmarket Street Pease ANGB, NH
Contact: Bonnie Lee Rice
Phone: (603) 430-3545
Email: bonnie.rice@ang.af.mil

MONEY MANAGEMENT INTERNATIONAL
Financial counseling, tools and resources
100 Northwick, Portsmouth NH, 03802
(866)889-9347
moneymanagement.org

HOMELESS VETERAN’S REINTEGRATION PROGRAM (MONEY MANAGEMENT TRAINING)
Eligibility: all homeless veterans.
Resume writing, on the job support, connections to community resources, job search, counseling, money management training.
Andrea Read or William Miller
Phone: 603.8823616
Emails: a.reed@harborhomes.org / w.miller@harborhomes.org

GREEN PATH DEBT SOLUTIONS
A caring GreenPath advisor will take time to understand your financial situation, explore your debt repayment options, and work with you to develop a customized action plan for getting out of debt. We will provide you with helpful tools and resources, and will be here to support you every step of the way.
Bob Reddy
Email: Manchester@greenpath.com
FINANCIAL COUNSELING

GRANITED UNITED WAY (FINANCIAL CAPABILITY DEVELOPMENT)
Focuses on helping struggling families become more financially stable.

Contacts:
Southern Region | 22 Concord Street, Floor 2 | Manchester, NH 03101 | 603.625.6939
Merrimack County Region | 46 South Main Street | Concord, NH 03301 | 603.224.2595
Upper Valley Region | 21 Technology Drive, Suite 4 | West Lebanon, NH 03784 | 603.298.8499
North Country Region | P.O. Box 311 | Littleton, NH 03561 | 603.444.1555
Northern Region | 961 Main Street | P.O. Box 614 | Berlin, NH 03570 | 603.752.3343
Central NH | 383 South Main Street | Laconia, NH 03246 | 603.524.6864
Whole Village | 258 Highland Street | Plymouth NH 03264 | 603.524.6864

Website: http://www.graniteuw.org/

WITHHOLDING CALCULATOR (TAXES)
Website: www.irs.gov

GREEN PATH DEBT SOLUTIONS
A caring GreenPath advisor will take time to understand your financial situation, explore your debt repayment options, and work with you to develop a customized action plan for getting out of debt. We will provide you with helpful tools and resources, and will be here to support you every step of the way.

Bob Reddy
Email: Manchester@greenpath.com
Phone: 866.290.7339 / 888.776.6735

Website: [http://www.greenpath.com/how-we-can-help](http://www.greenpath.com/how-we-can-help)

**UNH COOPERATIVE EXTENSION**
Learn money management skills that will help you reach your goals, increase your savings and decrease your debt.

Website: [http://extension.unh.edu/4-H-Youth-Family/Building-Financial-Security](http://extension.unh.edu/4-H-Youth-Family/Building-Financial-Security)

**NH BANKING DEPARTMENT BANKING**
Consumer Credit Questions and Complaints, Confidential Mortgage Document Review Check for Fraud, Estimates New Payments, Foreclosures

Phone: 1-800-437-5991

**MILITARY ONESOURCE**
**Eligibility:** Veterans/Active Duty/Reserves/Family Members

Phone: 800-342-9647

Website: [www.militaryonesource.mil/](http://www.militaryonesource.mil/)

**MAINE NATIONAL GUARD FAMILY READINESS**
**Eligibility:** All Veterans, Service Members and Family

Website: [http://www.me.ng.army.mil/Family/](http://www.me.ng.army.mil/Family/)

**MASSACHUSETTS NATIONAL GUARD FAMILY READINESS**
**Eligibility:** All Veterans, Service Members and Family

NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 1-877-598-0666

Website: [https://www.nh.ngb.army.mil/families/familyhome](https://www.nh.ngb.army.mil/families/familyhome)

VERMONT NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Phone: 800-607-8773


Military Family Life Consultant (Financial)

Jena Palisoul, CFP(R), MSFS, ChFC

JFSAP Personal Financial Counselor

NH NG (Zeiders Enterprises)

603-303-2657

E-mail: jpalisoul@mflc.zeiders.com

Military Family Life Consultant (Financial)

Brooke Lockwood-Cole Vermont

Phone: 802 338-3494

E-mail: brooke.lockwood-cole@ceridian.com
NH AIR NATIONAL GUARD FAMILY READINESS

302 Newmarket Street Pease ANGB, NH

Contact: Bonnie Lee Rice
Phone: (603) 430-3545
Email: bonnie.rice@ang.af.mil

ARmed Forces Foundation


Family Assistance Program/Injured Support Services Program. Helps families cover such expenses as: Utility, bills, Rent or mortgage payments (for civilian housing), and Car payments, Childcare during illness, surgery or recovery, Car insurance or registration payments.

Phone: 910-585-8003
Website: www.armedforcesfoundation.org/family-assistance-program.php

Coast Guard Mutual Assistance

Eligibility: Active Duty/ Retired Military /Coast Guard Civilian/Coast Guard Reserve/Public Health Service/Surviving Family Member

Phone: 800-881-2462
Website: www.cgmahq.org/

Navy-Marine Corps Relief Society

Eligibility: Active Duty Navy and United States Marine Corp/ Retired, National Oceanic and Atmospheric Administration (NOAA), Surviving Family members.

Address: Portsmouth Naval Shipyard, Bldg. 241, Portsmouth, NH 03804-5000

Phone: 207-438-1832
Fax: 207-438-1830
OPERATION HOME FRONT

Eligibility: All Veterans/Guard/Reserve

Phone: 888-810-0221

Website: http://www.operationhomefront.net/newengland/default.aspx

REBUILD HOPE

Eligibility: Families of current era veterans dealing with serious service-connected injuries or illnesses, experiencing short term unexpected financial problems for reasons other than unemployment, committed to achieving financial self-sufficiency, and would significantly benefit from financial assistance. To qualify for financial assistance applicants must meet specific criteria: have received a medical disability rating of 50% or more from either the military or Veterans Administration, Their medical discharge must have occurred during the past 3 years, demonstrate their ability to achieve a positive cash flow generally within 6 months. They must have certain future sources of income that are sufficient to cover their living expenses. All required documentation and personal references must be provided.

Veterans who join Rebuild Hope receive the following benefits:

- Modest monthly grants and no-interest loans tailored to their circumstances
- A 12-month budget to guide their decision-making and actions
- Referrals to counselors who can help them renegotiate loans
- Referrals to other organizations that can supply basic resources
- Public recognition of the sacrifices they have made for our country
- Confirmation that asking for help is worthwhile

Phone: 650-321-4930

Website: http://www.rebuildhope.org
AMERICAN CONSUMER CREDIT COUNSELING

Personal financial connections

130 Rumford Ave., Suite 202, Auburndale, MA 02466

Sue Katz
Office: 617.559.5782
Cell: 857.636.1825
Email: skatz@consumercredit.com

Lisa Katz
(857) 636 -1825

NATIONAL FOUNDATION FOR CREDIT COUNSELING

As the nation's largest financial counseling organization, the NFCC Member Agency Network includes more than 600 community-based offices located in all 50 states and Puerto Rico. NFCC Member Agencies provide financial counseling and education to millions of consumers each year in person, over the phone, or online.

Contact:

- To locate an NFCC Member Agency in your area call 800-388-2227.
- Para ayuda en Español llama al 800-682-9832.

Website: http://www.nfcc.org/

Useful NFCC survey link:
ASSOCIATION OF INDEPENDENT CONSUMER CREDIT COUNSELING AGENCIES (AICCCA)
The AICCCA is a member-supported national association representing non-profit credit counseling companies that provide consumer credit counseling, debt management, and financial education services.

Contact: Toll free- (866) 703-8787

Website: http://www.aiccca.org/

MONEY MANAGEMENT INTERNATIONAL
Financial counseling, tools and resources
100 Northwick, Portsmouth NH, 03802
(866)889-9347
moneymanagement.org

HOMELAND HEROES FOUNDATION
The Homeland Heroes Foundation is a team of volunteers who work tirelessly to lend a hand in a variety of ways to help active duty military, veterans and their families. Currently HHF can assist with needs such as:

- Food assistance
- Home furnishings & appliances
- Family wellness issues
- Home purchases and VA loans
- Financial planning & credit counseling
- Legal advice
- Sending necessary item to deployed military
- Christmas Toy Drive
- Events throughout the year to raise awareness and donations

PO Box 584, North Salem, NH 03073-0584

Phone: 617-910-6948

Email: info@homelandheroesfoundation.org
Website: http://www.homelandheroesfoundation.org/about-us.html

**PHONE ASSISTANCE**

**SAFE LINK**
The Free Cell Phone & Minutes Program (You may qualify if you participate in programs such as Food Stamps or Medicaid)

Website: https://www.safelinkwireless.com/Enrollment/Safelink/en/Public/NewHome.html

**ASSURANCE WIRELESS**

Assurance Wireless is a federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline is a government benefit program supported by the federal Universal Service Fund. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. The Lifeline Assistance program is available for only one wireless or wireline account per household.

New customers who qualify for Lifeline Assistance will receive a FREE phone, 500 FREE minutes for the first 4 months and Unlimited FREE text messages each month. After 4 months, you get 250 FREE Voice Minutes each month. You will continue to receive UNLIMITED FREE texts each month for as long as you are eligible.

Website: http://www.assurancewireless.com/Public/Welcome.aspx

**COMCAST PROGRAM**

- $9.95 internet for families if their child is part of the reduced/free lunch program.
- Now with our expanded eligibility criteria, your family may qualify with past debt more than one year old. Call 1-855-8-INTERNET or 855-846-8376 to apply.

Website: www.internetEssentials.com
ELECTRIC AND HEATING ASSISTANCE

NH ELECTRIC ASSISTANCE PROGRAM

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 9% to 77%, depending on the customer’s gross household income and household size.

Website: http://www.puc.nh.gov/consumer/electricassistanceprogram.htm

To apply for the EAP, call your local Community Action Agency office:

Community Action Program, Belknap/Merrimack Counties

www.bm-cap.org
Concord 225-6880
Franklin 934-3444
Laconia 524-5512
Meredith 279-4096
Suncook 485-7824
Warner 456-2207

Rockingham Community Action

www.rcaction.org
Portsmouth 436-3896/1-800-639-3896
Salem 898-8435

Southern New Hampshire Services (Hillsborough County)

www.snhs.org
Manchester 647-4470/1-800-322-1073
Nashua 889-3440/1-877-211-0723
Southwestern Community Services (Cheshire and Sullivan Counties)
www.scshelps.org
Keene 352-7512/1-800-529-0005
Claremont 542-9528

Community Action Partnership of Strafford County
www.straffordcap.org
General: 603-516-8130
Dover Outreach: 603-516-8126
Farmington Outreach 603-516-8191
Rochester Outreach 603-516-8131

Tri-County Community Action (Coos, Carroll and Grafton Counties)
www.tccap.org
Berlin 752-3248 Littleton 444-6653
Colebrook 237-8168 Plymouth 536-8222
Lancaster 788-4477 Woodsville 747-3013
Lebanon 448-4553
Carroll County 323-7400/1-888-842-3835

FUEL ASSISTANCE PROGRAM (OFFICE OF ENERGY AND PLANNING)
As funds become available, the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. The Fuel Assistance Program can also help households during a
heating emergency by securing an emergency delivery of fuel, delaying a shut-off notice, or referring clients to another source of assistance.

Website: [http://www.nh.gov/oep/energy/programs/fuel-assistance/index.htm](http://www.nh.gov/oep/energy/programs/fuel-assistance/index.htm)

For general information contact: Celeste Lovett (Fuel Assistance Program Manager)

Telephone: (603) 271-8317

Fax: (603) 271-2615

Email: celeste.lovett@nh.gov

To apply for Fuel Assistance, contact your local Community Action Agency (CAA) to set up an appointment or learn more about the application process:

**Belknap and Merrimack Counties**

Concord (603) 225-6880

Franklin (603) 934-3444

Laconia (603) 524-5512

Meredith (603) 279-4096

Suncook (603) 485-7824

Warner (603) 456-2207

**Rockingham County**

Derry (603) 965-3029 or 1-855-295-4105

Salem (603) 893-9172 or 1-800-939-9172

Portsmouth (603) 436-3896 or 1-800-639-3896

Seabrook (603) 474-3507 or 1-800-979-3507

Raymond (603) 895-2303 or 1-800-974-2303

**Hillsborough County**

Nashua (603) 889 or 1-877-211-0723
Manchester (603) 668-8010 or 1-800-322-1073
Peterborough (603) 924-2243 or 1-877-757-7048
Hillsborough (Monday, Tuesday & Friday) (603) 464-5835
Milford (Monday, Tuesday & Thursday) (603) 673-0756

**Cheshire & Sullivan County**
Keene (603) 352-7512 or 1-800-529-0005
Claremont (603) 542-9528 or 1-800-529-0005

**Strafford County**
Dover (603) 516-8126
Rochester (603) 516-8131
Milton/Farmington (603) 516-8191

**Coos County**
Berlin (603) 752-3248
Colebrook (603) 237-8168
Lancaster (603) 788-4477

**Carroll County**
Tamworth (603) 323-7400 or 1-888-842-3835

**Grafton County**
Ashland (603) 968-3560
Lebanon (603) 443-6100
DUTILE OIL
DuTile Oil has set aside a fund for EMERGENCY oil (100g) for veterans who have run out.
Phone: 603-524-5217.

WONDERLAND THRIFT SHOP
Help: Clothing, financial, heating/utilities, auto fix, travel/medical, gas cards, etc.
Phone: 603.703.4284
Website: www.wonderlandthrift.org

SOUTHERN NH SERVICES
Fuel assistance, other benefits…
160 Silver Street, Manchester, NH
Phone: 603.647.4470 / 800.322.1073

WEATHERIZATION ASSISTANCE PROGRAM (OFFICE OF ENERGY AND PLANNING)
The overall goal of the Weatherization Program is to serve those low-income households that are most vulnerable to high-energy costs and who do not have the means of making cost-effective energy conservation improvements to their homes.
Website: http://www.nh.gov/oep/energy/programs/weatherization/index.htm
For general information contact: Kirk Stone (Weatherization Assistance Program Manager)
Telephone: (603) 271-6359
Fax: (603) 271-2615
Email: kirk.stone@nh.gov
To apply for Weatherization Assistance, contact your local Community Action Agency (CAA) to set up an appointment or learn more about the application process:

**Belknap and Merrimack Counties**

Concord (603) 225-6880
Franklin (603) 934-3444
Laconia (603) 524-5512
Meredith (603) 279-4096
Suncook (603) 485-7824
Warner (603) 456-2207

**Rockingham County**

Derry (603) 965-3029 or 1-855-295-4105
Salem (603) 893-9172 or 1-800-939-9172
Portsmouth (603) 436-3896 or 1-800-639-3896
Seabrook (603) 474-3507 or 1-800-979-3507
Raymond (603) 895-2303 or 1-800-974-2303

**Hillsborough County**

Nashua (603) 889 or 1-877-211-0723
Manchester (603) 668-8010 or 1-800-322-1073
Peterborough (603) 924-2243 or 1-877-757-7048
Hillsborough (Monday, Tuesday & Friday) (603) 464-5835
Milford (Monday, Tuesday & Thursday) (603) 673-0756
**Cheshire & Sullivan County**

Keene (603) 352-7512 or 1-800-529-0005

Claremont (603) 542-9528 or 1-800-529-0005

**Strafford County**

Dover (603) 516-8126

Rochester (603) 516-8131

Milton/Farmington (603) 516-8191

**Coos County**

Berlin (603) 752-3248

Colebrook (603) 237-8168

Lancaster (603) 788-4477

Carroll County

Tamworth (603) 323-7400 or 1-888-842-3835

**Grafton County**

Ashland (603) 968-3560

Lebanon (603) 443-6100

Littleton (603) 444-6653

Woodsville (603) 747-3013

**JOE-4-OIL HEAT PROGRAM**

The Oil Heat Program offers free heating oil to people in financial need who can't afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free.
Call 1-877-JOE-4-OIL to request an application.
Website: [http://www.citizensenergy.com/assistance-programs/joe-4-oil](http://www.citizensenergy.com/assistance-programs/joe-4-oil)

**LOW INCOME HOME ENERGY PROGRAM**

The federally funded Low Income Home Energy Program (known as Fuel Assistance Program) provides certified eligible households with assistance in paying their energy bills during the winter season.

Contacts:
- Dover Outreach: 61 Locust Street, Suite 240 or 603-516-8126
- Farmington Outreach: 527 Main Street, Farmington or 603-516-8191

Website: [http://www.straffordcap.org/programs/fuel-assistance](http://www.straffordcap.org/programs/fuel-assistance)

**DIVISION OF FAMILY ASSISTANCE**

Receive assistance paying for food, heating fuel/oil, health care and phone service. Apply for Nutrition Programs, Medicaid Programs, and Fuel Assistance. Eligible applicants will be required to provide written documentation of their living situation, financial, employment, and disability status, and contact information. 195 McGregor Street,

South Tower, Suite 110, Manchester, NH

Phone: 603.668.2330 / 800.852.7493

**FOOD BANKS**

**NEW HAMPSHIRE FOOD BANK**

Phone: 603.669.9725, Ext.124

Website: [http://www.nhfoodbank.org](http://www.nhfoodbank.org)

Website: [www.nheasy.nh.gov](http://www.nheasy.nh.gov)
NEW HAMPSHIRE FOOD BANK
(Pantries, agencies and food programs soup kitchens, emergency food, emergency shelters etc.)
Website:  http://www.nhfoodbank.org/index.php/agencies

CITY/TOWN WELFARE
Each municipality has a city/town welfare official. General assistance may include rent, utilities, food, personal care items and prescriptions.

<table>
<thead>
<tr>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nashua</td>
<td>589-4555</td>
</tr>
<tr>
<td>Milford</td>
<td>249-0672</td>
</tr>
<tr>
<td>Hollis</td>
<td>465-2780</td>
</tr>
<tr>
<td>Brookline</td>
<td>673-8855</td>
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<tr>
<td>Merrimack</td>
<td>424-2331</td>
</tr>
<tr>
<td>Hudson</td>
<td>886-6024</td>
</tr>
<tr>
<td>Amherst</td>
<td>673-6041</td>
</tr>
<tr>
<td>Mont Vernon</td>
<td>673-6080</td>
</tr>
</tbody>
</table>

HOMELAND HEROES FOUNDATION
The Homeland Heroes Foundation is a team of volunteers who work tirelessly to lend a hand in a variety of ways to help active duty military, veterans and their families. Currently HHF can assist with needs such as:

- Food assistance
- Home furnishings & appliances
- Family wellness issues
- Home purchases and VA loans
- Financial planning & credit counseling
- Legal advice
- Sending necessary item to deployed military
- Christmas Toy Drive
- Events throughout the year to raise awareness and donations

PO Box 584, North Salem, NH  03073-0584
Phone: 617-910-6948
Email: info@homelandheroesfoundation.org
Website:  http://www.homelandheroesfoundation.org/about-us.html
THE CARE GIVERS
This is a personalized mobile food pantry that provides and delivers free groceries to eligible neighbors in need.

Main Office:
19 Harvey Road, Bedford, NH
Phone: 603.384.3801
Toll free: 1.877.278.0237

Nashua Satellite Office:
491 Amherst Street, Nashua, NH
Phone: 603.595.4502

MAINE NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website: http://www.me.ngb.army.mil/Family/

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Website: http://states.ng.mil/sites/MA/resources/family/MA_Family_Support_Program/assistance_centers.htm

NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS
Eligibility: All Veterans, Service Members and Family
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 1-877-598-0666
Website: https://www.nh.ngb.army.mil/families/familyhome
VERMONT NATIONAL GUARD FAMILY READINESS

**Eligibility:** All Veterans, Service Members and Family

Phone: 800-607-8773


NH AIR NATIONAL GUARD FAMILY READINESS

302 Newmarket Street Pease ANGB, NH

Contact: Bonnie Lee Rice

Phone: (603) 430-3545

Email: bonnie.rice@ang.af.mil

CHAPLAINS EMERGENCY RELIEF FUND

**Eligibility:** Veterans/ Active Duty/Guard/Reserve connected to New Hampshire

Address: PO Box 3448, Concord, NH 03302-3448

Phone: 603-227-1560/1561 or 603-430-3456

SALVATION ARMY

**Eligibility:** All Veterans

Contact: Majors Gregory and Joyce Hartshorn

Phone: 603-627-7013

Website: [www.use.salvationarmy.org/manchester](http://www.use.salvationarmy.org/manchester)
FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368

Website: http://www.friendsofveteransvtnh.org

DIVISION OF FAMILY ASSISTANCE

Cash assistance, food stamps, Medicaid…

195 McGregor Street, South Tower, Suite 110, Manchester, NH

Phone: 603.668.2330 / 800.852.7493

BENEFITS CHECK UP

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: https://www.benefitscheckup.org/

WEBSITE TO FIND FOOD PANTRIES IN ANY STATE

http://www.foodpantries.org/

SOUTHERN NEW HAMPSHIRE RESCUE MISSION

Provides food, clothing, shelter & bible based rehabilitation programs.

40 Chestnut St., Nashua, NH 03060

Phone: 603-889-3421
TOLLES STREET MISSION
Food pantry opens Wednesday-Thursday from 1:30pm-2:45pm. Cloth closet Tuesday, wed and Thursday 10:00-11:45pm.
52 Whitney St., Nashua, NH 03060
Phone: 603-880-4984

UPPER ROOM COMPASSIONATE MINISTRIES
Food pantry open Tuesday, Wednesday, and Thursday from 10:00am-4:00pm. Personal items fresh meat and clothing available as well.
36 Tolles St., Nashua, NH 03060
Phone: 603-595-2039

BEDFORD FOUR SQUARE CHURCH EVERY FRIDAY
No clothing / Reduced Price Food / Anyone In Need / Friday doors open 12:00 PM to wait (3:00 PM to 4:00 PM)
469 South River Road, Bedford, NH 03110
Phone: 622-6306

BIRTHRIGHT MATERNITY & BABY CLOTHES
307 Kelley Street, 1st floor, Manchester, NH 03102
Phone: 668-3443

BLESSED SACRAMENT FOOD PANTRY EVERY WEDNESDAY
Manchester residents only – service area - Valley Street south to Litchfield line and from the Merrimack River to Mammoth Road / Wednesday 1:00 PM to 3:00 PM – Food 12:00pm – 2:00pm kids’ clothes
14 Elm Street Food, Manchester, NH
Phone: 622-5445
CARENET PREGNANCY CENTER MATERNITY & BABY CLOTHES, BABY FURNITURE
For first-time mothers / infants up to 6 months
50 Bridge Street, Suite 104, Manchester, NH 03101
623-5534

1ST ASSEMBLY OF GOD
No clothing / anyone in need / Every Saturday / Saturday 7:00 AM to 8:30 AM / Reduced priced meat / free food
45 Myles Drive, Auburn, NH
Phone: 483-2272

1ST UNITED METHODIST FOOD PANTRY
Every Tuesday / Service area – Greater Manchester, Hooksett, and Allenstown / Tuesday 9:00 AM to 12:00 PM
961 Valley Street No clothing, Manchester, NH
Phone: 622-8863

CORPUS CHRISTI
43 Franklin St., Nashua, NH 03064
Open Monday and Wednesday in the morning, Tuesday and Thursday in the afternoon
Phone: 603-882-6372 / 603-882-6372

FOOD FOR CHILDREN EVERY SATURDAY
Anyone in need / Every Saturday / 9:30 AM Sign in between 8:00-8:30
JFK Coliseum 303 Beech Street, Manchester, NH
MANCHESTER CHRISTIAN CHURCH WEDNESDAY
By Appointment Only /6:00pm – 7:00pm
1308 Wellington Road, Manchester, NH 03104 No clothing
Phone: 622-9677

NEW HORIZONS SOUP KITCHEN
No clothing / Manchester residents only / Proof of residency & income (Social security cards for adults & Birth certificates for children) / Monday, Wednesday, Friday 12:00 PM to 1:00 PM, Thursday 6:00 PM to 7:00 PM
199 Manchester Street, Manchester, NH
Phone: 668-1877

PARISH OF THE TRANSFIGURATION
Once a month / Call for appointment / Manchester Westside
305 Kelley Street, Manchester, NH 03102
Phone: 628-6859

SACRED HEART ROMAN CATHOLIC CHURCH
Call for appointment / Manchester Westside
247 South Main Street, Manchester, NH 03102
Phone: 625-9525

THE SALVATION ARMY
By appointment only / Once every 3 months / Manchester and Bedford residents only
121 Cedar Street, Manchester, NH
Phone: 627-7013
ST. ANDREW’S EPISCOPAL CHURCH
1st and 3rd Tuesday of each month / Call for appointment / 8:45 AM – 10:30 AM / Manchester Westside

102 Main Street, Manchester, NH 03102
Phone: 622-8632

ST. ANTHONY CHURCH
Service area – Must be parish member or live within the parish area
Call for appointment

172 Belmont Street, Manchester, NH 03103
Phone: 625-6409

GRACE LUTHERAN CHURCH
130 Spit Brook Road, Nashua, NH 03062
Phone: 888-7579

ST JOHN NEUMANN
Only Fridays 10-12:30pm (Bring ID)

708 Milford Rd, 101A
Phone: 603-880-4790

CORNUCOPIA
Open twice a week throughout the academic year (Wed, 4-5:30 p.m. & Fri, 12-2 p.m.), once a week during the summer and by appointment calling at 862.1165.

Waysmeet Center, 15 Mill Road, Durham, NH 03824
Phone: 603.862.1165
Email: waysmeet@comcast.net

Contacts: Rev. Larry Brickner-Wood and Laura Jospeh

COMMUNITY ACTION

We operate food pantries in Dover, Farmington and Milton to provide short-term supplies of food to eligible households. Photo identification and proof of household income is required.

For information or to learn how to donate, call 603-516-8146 for information.

- Farmington, 527 Main Street. Open from 8:30 a.m. to 12 noon on Monday, Wednesday, Friday
- Dover, 61 Locust Street, Suite 240, McConnell Center. Open from 9 a.m. to 3 p.m. on Monday, Tuesday, Wednesday & Friday
- Milton, 55 Industrial Drive (use side entrance). Open from 9 a.m. to 12:30 p.m. every Tuesday

Website: http://www.straffordcap.org/programs/food-a-nutrition

SUMMER MEALS PROGRAM

Thanks to everyone who helped make our 2014 Summer Meals program a success! CAP staff served 20,000 free breakfasts and lunches to children age 18 and under at 14 sites around the county. Summer Meals is a program of the U.S. Department of Agriculture.

Please call 603-516-8146 for more information or to make a donation to the program.

Website: http://www.straffordcap.org/programs/food-a-nutrition

TEMPORARY EMERGENCY FOOD ASSISTANCE PROGRAM

TEFAP is a federal program administered by the Community Action Partnership of Strafford County that helps supplement the diets of low-income residents, including the elderly and the homeless by providing them with food and nutrition assistance at no cost. In Strafford County, our agency's food pantries, along with more than 20 other food pantries, homeless shelters, soup kitchens and nursing homes participate in this program.

Contact 603-516-8146.

Website: http://www.straffordcap.org/programs/food-a-nutrition
ALTON COMMUNITY SERVICES
141 Main Street, Alton, NH 03809
Contact: Dorothy Wentworth
Phone: 875-2273
Saturday: 9:00 a.m. – 11:00 a.m.
Emergencies by Appointment

BARNSTEAD FOOD PANTRY
134 Suncook Valley Road, Barnstead, NH 03218
Contact: Elaine Swinford
Phone: 235-1895
Saturday: 10:00 a.m. – Noon
Emergencies by Appointment

CALVARY BIBLE CHURCH FOOD PANTRY
6 St. James Street, Meredith, NH 03253
Contact: Sharon Haire
Phone: 279-6025
Last Monday of Every Month: 4:00 p.m. – 6:00 p.m.

CHRIST LIFE CENTER FOOD PANTRY
175 Mechanic Street, Laconia, NH 03246
Contact: Martha AuCain
Phone: 524-5895
Thursday: 8:00 a.m. – 1:00 p.m.
THE COMMON PANTRY
Laconia Area Center, 121 Belmont Road, Laconia, NH 03246
Contact: Carly Rhodes
Phone: 524-5512
Monday – Friday: 9:00 a.m. – noon/ 1:00 p.m. – 4:00 p.m.

FAMILIES IN NEED
Route 126, Ctr. Barnstead, NH 03225
Contact: Pastor John Newman
Phone: 942-8696
Sunday: 11:30 a.m. – 12:45 p.m.

FIRST FRUITS FOOD PANTRY
Second Baptist Church, 322 Upper Bay Road, Sanbornton, NH 03269
Contact: Robert Presby
Phone: 524-5996
1st and 3rd Wednesday of each month: 4:00 p.m. – 6:00 p.m.

MEREDITH EMERGENCY FOOD PANTRY
147 Main Street, Meredith, NH 03253
Contact: Paul Rowley
Phone: 279-4096
Tuesday – Thursday: 10:00 a.m. – 1:00 p.m
NORTHFIELD-TILTON FOOD PANTRY
283 Main Street, Tilton, NH 03276
Contact: Nancy Wilson
Phone: 455-7505
Thursday: 9:00 a.m. – 1:00 p.m.

SAINT VINCENT DE PAUL
1269 Union Avenue, Lakeport, NH 03247
Contact: Verna-Jo Carignan
Phone: 524-2947
Monday: 12:00 p.m. – 2:00 p.m.
Wednesday: 6:00 p.m. – 8:00 p.m.

UNITED BAPTIST CHURCH OF LAKEPORT
35 Park Street, Laconia, NH 03246
Contact: Wayne Hackett
Phone: 524-8775
Fridays: 9:00 a.m. – noon

CHRIST LIFE CENTER SOUP KITCHEN
175 Mechanic Street, Laconia, NH 03246
Contact: Dorothy Spencer or Martha AuCain
Phone: 524-5895
Monday: 11:00 a.m. - 1:00 p.m.
HANDS ACROSS THE TABLE SOUP KITCHEN
31 Gilford Avenue - St Andre Bessette Parish Hall, Laconia, NH 03246
Contact: Ginger Wellskay or Kyril Mitchell
Phone: 524-5800
Wednesday Dinners: 4:30 p.m. – 6:30 p.m.

AGAPÉ MINISTRIES SERVANTS, INC.
1895 Rte. 16, West Ossipee, NH 03890
Contact: Kevin Straughan or Janna Straughan
Phone: 539-4456
Monday, Wednesday, & Friday: 1:00 p.m. – 3:00 p.m.

BARTLETT-JACKSON FOOD PANTRY
Glen Community Baptist Church, 38 US Rte. 302, Glen, NH 03838
Contact: Brenda Medeiros
Phone: 383-9246 or 356-2950
Saturday: 10:00 a.m. – 12:00 p.m. Or By Appointment

BREADBASKET FOOD PANTRY
2600 E. Main Street, Conway, NH 03813
Contact: Henry Snyder or Lianne Boelzner
Phone: 447-6633
2nd Tuesday: 4:00 p.m. – 6:00 p.m.
CENTER HARBOR CHRISTIAN CHURCH
80 Bean Road, Center Harbor, NH 03226
Contact: Rev. Robert Farah
Phone: 253-8008
Monday – Friday: 8:00 a.m. – Noon
Or By Appointment

THE COMMUNITY FOOD CENTER
678 Whittier Road, Tamworth, NH 03886
Contact: Peg Reinfuss, Donna Jones or George Rau
Phone: 323-8515
Tuesday & Friday: 10:00 a.m. – noon

CONWAY VILLAGE CHURCH
132 Main Street, Conway, NH 03818
Contact: Sylvia Weld
Phone: 447-3851
Tuesday: 9:00 a.m. – 11:00 p.m./5:30 p.m. – 7:30 p.m.
Or by appointment

FREEDOM FOOD PANTRY
First Christian Church, 12 Elm Street, Freedom, NH 03836
Contact: Dallas Fuller
Phone: 539-6484
Saturday: 10:00 a.m. – noon
L.I.F.E. MINISTRIES FOOD PANTRY
264 South Main Street, Wolfeboro, NH 03894
Contact: Stanley Anderson
Phone: 569-0202
Wednesday: 10:00 a.m. – 1:00 p.m./5:00 p.m. – 7:00 p.m.

THE MADISON FOOD PANTRY
53 Conway Road, Madison, NH 03849
Contact: Karen Alexander
Phone: 733-6323
Wednesday: 10:00 a.m.–1:00 p.m.

VAUGHAN COMMUNITY SERVICES
2503 White Mt. Highway, North Conway, NH 03860
Contact: Denise Leighton
Phone: 356-2324
Monday: 10:00 a.m. - 11:30 a.m.
Wednesday: 9:00 a.m. - 10:30 a.m.
Thursday: 1:30 p.m. – 3:00 p.m.
Or by Appointment

WAKEFIELD FOOD PANTRY
1500 Wakefield Road, Sanbornville, NH 03872
Contact: Janet Miller
Phone: 522-3094
Wednesday: 10:00 a.m. – 1:00 p.m./5:00 p.m. – 7:00 p.m.

**WHITE MOUNTAIN COMMUNITY HEALTH CENTER**

298 White Mountain Highway, Conway, NH 03818 Mary Jane Jarrett or

Contact: Patricia McMurry

Phone: 447-8900 x321

Monday – Friday: 9:00 a.m. – 4:00 p.m.

**BREADBASKET SOUP KITCHEN**

2600 E. Main Street, Ctr. Conway, NH 03818

Contact: Henry Snyder or Lianne Boelzner

Phone: 447-6633

4th Tuesday of Month: 5:00 p.m. – 6:00 p.m.

**CONWAY DINNER BELL**

132 Main Street, Conway, NH 03818

Contact: Barbara Hoyt

Phone: 447-3851

Monday: 5:00 p.m. – 6:00 p.m.

**BOSCAWEN CONGREGATIONAL CHURCH**

12 High Street, Boscawen, NH 03303

Contact: Rhoda W. Hardy

Phone: 796-2329

Monday: 11:00 a.m. – noon
Wednesday: 3:00 p.m. – 6:00 p.m.

**BRADFORD COMMUNITY FOOD PANTRY**
88 West Main Street, Bradford, NH 03221
Contact: Laura Marshall
Phone: 938-5313
3rd Wednesday Of Month: 5:30 p.m. – 6:30 p.m.
As Needed

**CAP’S CUPBOARD**
Franklin Area Center, 82 Elkins Street, Franklin, NH 03235
Contact: Gail Lyman
Phone: 934-3444
Monday – Friday: 1:00 p.m. – 2:00 p.m.
Monday – Friday: 8:30 a.m. – 4:30 p.m.
For Emergencies

**CONCORD AREA CENTER**
Community Action Program
2 Industrial Park Dr., Concord, NH 03301
Contact: Barbara Chellis
Phone: 225-1107
Friday: 12:00 p.m. – 4:00 p.m.
Other days on as needed basis
EPSOM FOOD PANTRY
1598 Dover Road, Epsom, NH 03234
Contact: Liz Robinson
Phone: 724-4006
Wednesday: 12:00 p.m. – 2:00 p.m.
Saturday: 10:00 a.m. – noon
And by Appointment

FIRST CONGREGATIONAL CHURCH
177 North Main Street, Concord, NH 03301
Contact: Cheryle Belair or Linda Strand
Phone: 225-5491
Monday, Tuesday, Thursday: 9:30 a.m. – 11:30 a.m.

FRIENDS OF FORGOTTEN CHILDREN
224 Bog Rd., Concord, NH 03303
Contact: Cheryl Correllus
Phone: 753-4801
Wednesday: 9:00 a.m. – 3:30 p.m.
Thursday: 9:00 a.m. – 12:30 p.m./1:30 p.m. – 5:30 p.m.
Friday: 9:00 a.m. – 1:00 p.m.

HENNIKER FOOD PANTRY
21 Western Avenue, Henniker, NH 03242
Contact: Denise Getts or Christine Barr
Monday: 11:00 a.m. – Noon
Wednesday: 5:30 p.m. – 7:00 p.m.

**HOOKSETT COMMUNITY FOOD PANTRY**
35 Main Street, Hooksett, NH 03106
Contact: Barb Brennan or Elmer Lajoie or Kevin Lane
Phone: 485-7222

Monday & Friday: 10:00 a.m. – Noon
Tuesday & Thursday: 2:00 p.m. – 4:30 p.m.
Wednesday: 9:00 a.m. – Noon/ 4:00 p.m. – 6:00 p.m.

**HOPKINTON FOOD PANTRY**
Hopkinton Community Center
41 Houston Drive, Contoocook, NH 03229
Contact: Tamara Saltmarsh
Phone: 746-6448

Wednesday: 6:30 p.m. – 7:30 p.m.

**IMMACULATE CONCEPTION CHURCH**
9 Bonney Street, Penacook, NH 03303
Contact: Janet Perusse
Phone: 753-4413 x5

Tuesday & Wednesday: 6:00 p.m. – 7:00 p.m.
Thursday & Saturday: 9:00 a.m. – 10:00 a.m.
KEARSARGE VALLEY CAP
49 West Main Street, Warner, NH 03278
Contact: Erin Reed
Phone: 456-2207
Monday – Friday: 8:30 a.m. – 4:30 p.m.

LOUDON FOOD PANTRY
30 Chichester Road Unit D, Loudon, NH 03307
Contact: Bill Cushing or Sarah and Sue Houck
Phone: 724-9731
Monday – Friday: 10:00 a.m. – 1:00 p.m./3:00 p.m. – 6:00 p.m.

PEMBROKE WELFARE
311 Pembroke Street, Pembroke, NH 03275
Contact: Muriel Previe
Phone: 485-4747 ext. 204
Monday – Friday: 9:00 a.m. – noon

PITTSFIELD FOOD PANTRY
84 Main Street, Pittsfield, NH 03263
Contact: Debra Boyce
Phone: 435-6773
Monday: 11:00 a.m. – 2:00 p.m./4:00 p.m. – 6:00 p.m.
Thursday: 11:00 a.m. – 2:00 p.m.
SAINT PAUL'S CHURCH
21 Centre Street, Concord, NH 03301
Contact: Mary Waples or Kristin Dunklee
Phone: 224-2523
Monday – Thursday: 10:00 a.m. – 2:00 p.m.

SAINT VINCENT DE PAUL SOCIETY FOOD PANTRY (CHRIST THE KING PARISH)
67 1/2 South State Street, Concord, NH 03301
Contact: Bryan Westover
Phone: 225-1122
Monday – Thursday: 7:00 p.m. – 9:00 p.m.

THE SALVATION ARMY
58 Clinton Street, Concord, NH 03301
Contact: Sally Warren
Phone: 225-5586
Tuesday – Friday: 9:00 a.m. – 2:00 p.m.

SEVENTH DAY ADVENTIST CHURCH
310 Sheep Davis Road, Concord, NH 03301
Contact: Sharon Hill
Phone: 225-5577
On Call As Needed
**SUNCOOK AREA CENTER**
Community Action Program
15 Glass Street, Suncook NH 03275
Diane Moore or Kris Erkkila
Phone: 485-7824
Monday – Thursday: 11:00 a.m. – 3:30 p.m.

**TOWN OF CHICHESTER**
Town Hall
54 Main Street, Chichester, NH 03258
Contact: Jamie A. Pike
Phone: 798-5350
Monday – Thursday: 8:30 a.m. – 2:00 p.m.
Tuesday: 4:00 p.m. – 7:00 p.m.

**TWIN RIVERS INTERFAITH FOOD PANTRY**
237 Central Street, Franklin, NH 03235
Contact: Esther Cain or Gail Levesque
Phone: 934-2662
Tuesday & Thursday: 9:00 a.m. – 11:00 a.m.
Wednesday: 5:00 p.m. – 7:00 p.m.

**UNITED CHURCH OF PENACOOK**
21 Merrimack Street, Penacook, NH 03303
Contact: Nancy Peperissa
Phone: 753-4072
Tuesday: 9:30 a.m. – 11:30 a.m.

WEBSTER FOOD PANTRY
1011 Long Street, Webster, NH 03303
Contact: Peg Foss
1st Wednesday of Month: 6:00 p.m. – 8:00 p.m.
And by appointment

WEST CONGREGATIONAL CHURCH
499 N. State Street, Concord, NH 03303
Contact: Patti Burwen
Phone: 224-4142
Friday: 10:00 a.m. – noon

BREAD AND ROSES KITCHEN
206 Central Street, Franklin, NH 03235
Contact: Marjorie Hoyt
Monday & Thursday: 4:00 p.m. – 6:00 p.m.

THE FRIENDLY KITCHEN
2 South Commercial Street, Concord, NH 03301
Contact: Jennifer Lombardo
Phone: 224-7678
Daily: 4:00 p.m. – 6:00 p.m.
Monday- Friday: 11:00 a.m. – 1:00 a.m.
Saturday & Sunday: 7:30 a.m. – 9:00 a.m.
December 1-March 31: 7:30 a.m. – 9:00 a.m.

FRIENDS OF FORGOTTEN CHILDREN
224 Bog Road, Concord, NH 03303
Contact: Cheryl Correllus
Phone: 753-4801
Saturday: 12:00 p.m. – 1:30 p.m.

BREAD OF LIFE FOOD PANTRY
71 Zion Hill Road, Salem, NH 03079
Contact: Kristen Flagg
Monday (except holidays): 10:00 a.m. – 12:00 p.m.

DEERFIELD FOOD PANTRY
15 Church Street, Deerfield, NH 03037
Contact: Faith Barry
Phone: 463-7800
Last Friday Of The Month: 10:00 a.m. – 12:00 p.m.

FIRST BAPTIST CHURCH
Community Food Pantry
4 Crystal Avenue, Derry, NH 03038 Judy Jurentkuff
Phone: 421-1897
Tuesday: 3:30 p.m. – 5:00 p.m.
Thursday: 9:30 a.m. - Noon
1st and Last Thursday: 3:30 p.m. -5:00 p.m.

**FOOD FOR HUNGRY FOOD PANTRY**
United Methodist Church
8 Pleasant Street, Salem, NH 03079
Contact: Phylis Marchulitis
Phone: 898-2501
Wednesday: 10:00 a.m. – noon

**GREATER RAYMOND FOOD PANTRY**
Community Action Program
55 Prescott Road, Raymond, NH 03077
Contact: Loré Menard
Phone: 895-2303
Monday – Friday: 8:30 a.m. – 4:30 p.m.

**GREATER SALEM FOOD PANTRY**
Community Action Program
85 Stiles Road, Salem, NH 03079
Contact: Loré Menard
Phone: 893-9172
Monday – Friday: 8:30 a.m. – 4:30 p.m.
HEALING RAIN MINISTRIES
49 New Zealand Road, Seabrook, NH 03874
Contact: JD Minerella
Phone: 601-0656
Sunday: 1:00 p.m. – 4:00 p.m.
Tuesday: 4:00 p.m. – 6:00 p.m.
Friday: 5:00 p.m. – 7:00 p.m.

HIGHER GROUND BAPTIST CHURCH
100 Old Turnpike Road, Nottingham, NH 03290
Contact: Bob LePage or George Jackman
Phone: 942-8160
Tuesday: 9:00 a.m. – 10:00 a.m.

HOLY ANGELS FOOD PANTRY
8 Atkinson Depot Road, Plaistow, NH 03865
Contact: Marie & Joe Farren
Phone: 819-4949
Wednesday & Friday: 10:00 a.m. – noon
Thursday: 6:00 p.m. – 7:00 p.m.

LIBERTY BAPTIST CHURCH
62 Freeman Hall Road, West Nottingham, NH 03291
Contact: Jesse Killingsworth
Phone: 942-9237
Tuesday: 6:00 p.m. until all are served

**NORTHWOOD EMERGENCY FOOD PANTRY**

Northwood Town Hall, Northwood, NH 03261

Contact: Pat Jacobsmeyer

Phone: 942-8912

1st Saturday: 10:00 a.m. - 11:30 a.m.

2nd Monday: 3:00 p.m. - 4:30 p.m.

Last Wednesday: 10:00 a.m. – 11:30 a.m.

**NOTTINGHAM FOOD PANTRY**

Town Hall, Rte. 152 Stage Road, Nottingham, NH 03290

Contact: Chelli Tennis

Phone: 679-5209

3rd Thursday Of The Month: 6:00 p.m. – 7:00 p.m.

New Clients By Appointment

**OPERATION BLESSING, INC.**

600A Lafayette Road, Portsmouth, NH 03802-4069

Contact: Terry Towner

Phone: 430-8561

Monday, Thursday, Friday: 10:00 a.m. – 4:00 p.m.
ROCKINGHAM COMMUNITY ACTION CENTER
683 Lafayette Road, Seabrook, NH 03874
Contact: Loré Menard
Phone: 474-3507
Monday – Friday: 8:30 a.m. – 4:30 p.m.

SAINT ANNE’S ECUMENICAL
Food Pantry
26 Emerson Avenue, Hampstead, NH 03841-0339
Contact: Frances Rosenau
Phone: 887-5131
Thursday: 10:00 a.m. – noon
Saturday: 3:00 p.m. by appointment

SAINT VINCENT DE PAUL HAMPTON
289 Lafayette Road, Hampton, NH 03842
Contact: Patrick Greenish or Jim Covey
Phone: 929-4427
Monday – Friday: 10:00 a.m. – noon/ 6:00 p.m. – 8:00 p.m.

THE SALVATION ARMY
15 Middle Street, Portsmouth, NH 03801
Contact: Cpt. Debora Coolidge Or Marion Harris
Phone: 436-2606
Monday – Thursday: 9:30 a.m. – 3:00 p.m.
THE SALVATION ARMY HAMPTON
418 Lafayette Road, Hampton, NH 03842
Contact: Major Donna Marie Reed
Phone: 929-1729
Monday – Friday: 9:00 a.m. – 3:00 p.m.

SEABROOK CHURCH OF CHRIST
Food Pantry
867 Lafayette Road, Seabrook, NH 03874
Contact: Bruce Pierce
Phone: 474-2660
Wednesday: 9 a.m. – 11:00 a.m.
Emergency as needed

SEACOAST FAMILY FOOD PANTRY
7 Junkins Avenue, Portsmouth, NH 03801
Contact: Margie Parker or Deb Anthony
Phone: 436-0641 or 436-6161
Monday & Friday: 9:00 a.m. -1:00 p.m.
Tuesday & Thursday: 2:00 p.m. – 6:30 p.m.
Wednesday: 9:00 a.m. – 3:00 p.m.

SEACOAST MH CONSUMER ALLIANCE
544 Islington Street, Portsmouth, NH 03801
Contact: Hilary Clarke
Phone: 427-6966

Monday, Tuesday, Thursday, Friday: 8:30 a.m. – 4:30 p.m.

Wednesday: 9:00 a.m. – 6:00 p.m.

Saturday: 10:00 a.m. – 2:00 p.m.

**SOCIETY OF ST. VINCENT DE PAUL EXETER, INC.**

53 Lincoln Street, Exeter, NH 03833

Contact: Leah Grant

Phone: 772-9922

Monday – Friday: 8:00 a.m. – 4:00 p.m.

Monday, Tuesday, Thursday: 7:00 p.m. – 8:00 p.m.

**TOWN OF HAMPTON**

100 Winnacunnet Road, Hampton, NH 03842

Contact: Michelle Kingsley

Phone: 926-5948

Monday – Friday: 9:00 a.m. – 1:00 p.m.

Wednesday: 1:00 p.m. – 5:00 p.m.

**THE UPPER ROOM**

36 Tsienneto Road, Derry, NH 03038

Contact: Gale Stanley

Phone: 887-5628

Monday: 11:00 a.m. – 1:00 p.m.
HEALING RAIN MINISTRIES
49 New Zealand Road, Seabrook, NH 03874
Contact: JD Minerella
Phone: 601-0656
Friday: 5:00 p.m. – 7:00 p.m.

SAINT VINCENT DE PAUL HAMPTON
289 Lafayette Road, Hampton, NH 03842
Contact: Patrick Greenish or Jim Covey
Phone: 929-4427
Monday – Friday: 10:00 a.m. – noon/6:00 p.m. – 8:00 p.m.

SEABROOK COMMUNITY TABLE
18 Boynton Lane, Seabrook, NH 03874
Contact: Joyce Addison
Phone: 474-9608
Monday, Tuesday, Wednesday: 5:00 p.m. – 6:00 p.m.

SEACOAST MH CONSUMER ALLIANCE
Soup Kitchen
544 Islington Street, Portsmouth, NH 03801
Contact: Hilary Clarke
Phone: 427-6966
Monday, Tuesday, Thursday, Friday: 8:30 a.m. – 4:30 p.m.
Wednesday: 9:00 a.m. – 6:00 p.m.
Saturday: 10:00 a.m. – 2:00 p.m.

SONSHINE SOUP KITCHEN
4 Crystal Avenue #4, Derry, NH 03038
Contact: Christine Fudala
Phone: 437-2833
Monday – Friday (Office): 1:00 p.m. – 6:00 p.m.
Meal served at 4:30 p.m.

HOLIDAY NEEDS ASSISTANCE

CORNUCOPIA
Every year we have three major food drives: Thanksgiving, winter holydays and spring around earth day. We make a scheduled delivery to everyone who has requested a care basket.
Phone: 603.862.0079

WILDCAT SANTA
Contacts: Cathy Annese 862-2075 / Maureen Marshall 862-2567.
Website: http://explore.unh.edu/wildcatsanta/

HOMELAND HEROES FOUNDATION
The Homeland Heroes Foundation is a team of volunteers who work tirelessly to lend a hand in a variety of ways to help active duty military, veterans and their families. Currently HHF can assist with needs such as:

- Food assistance
- Home furnishings & appliances
- Family wellness issues
- Home purchases and VA loans
- Financial planning & credit counseling
- Legal advice
- Sending necessary item to deployed military
- Christmas Toy Drive
- Events throughout the year to raise awareness and donations

PO Box 584, North Salem, NH 03073-0584
Phone: 617-910-6948
Email: info@homelandheroesfoundation.org
Website: http://www.homelandheroesfoundation.org/about-us.html

**HOLIDAY FOOD BASKETS**
Every year, CAP seeks food and financial donations to provide Thanksgiving and Christmas food baskets to those in need. In 2013, we distributed 564 baskets during the holidays.

For information or to learn how you can help, contact 603-516-8146.
Website: http://www.straffordcap.org/programs/food-a-nutrition

**THE U. S. MARINE CORPS TOYS FOR TOTS**
Reserve Toys for Tots Program collects new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted. The program is for all children, including military kids.

Website: http://www.toysfortots.org/request_toys/toys-city-county.aspx?txtState=NEW%20HAMPSHIRE

**FAMILY ASSISTANCE CENTER (OPERATION HOMEFRONT)**
For Christmas toys.
Michelle Brennan
Phone: 603.715.3106
HOME REPAIR ASSISTANCE

CHAPLAINS EMERGENCY RELIEF FUND

Eligibility: Veterans/ Active Duty/Guard/Reserve connected to New Hampshire

Address: PO Box 3448, Concord, NH 03302-3448

Phone: 603-227-1560/1561 or 603-430-3456

MAINE NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Website: http://www.me.ngb.army.mil/Family/

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Website: http://states.ng.mil/sites/MA/resources/family/MA_Family_Support_Program/assistance_centers.htm

NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 1-877-598-0666

Website: https://www.nh.ngb.army.mil/families/familyhome
VERMONT NATIONAL GUARD FAMILY READINESS

**Eligibility:**  All Veterans, Service Members and Family

Phone:  800-607-8773


NH AIR NATIONAL GUARD FAMILY READINESS

302 Newmarket Street Pease ANGB, NH

Contact: Bonnie Lee Rice

Phone: (603) 430-3545

Email: bonnie.rice@ang.af.mil

HELPING A HERO

**Eligibility:**  Severely Disabled Veterans

Phone:  888-786-9531

Website: [www.helpingahero.org/](http://www.helpingahero.org/)

AFAS: EMERGENCY ASSISTANCE

**Eligibility:**  Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review, Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC, Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)

Phone:  800-769-8951

E-mail:  dvosburg@afas.org

Websites:  [www.afas.org](http://www.afas.org)
BUILDING DREAMS FOR MARINES

Eligibility: Marines who have honorably served and have a physically-limiting condition, with life-enhancing modifications to their homes.

Phone: 800-858-6613
Website: http://www.buildingdreamsformarines.com

OPERATION FAMILY FUND

Eligibility:

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.

3. Spouse is defined as the other partner of a legal marriage in any state of the U.S. and its territories or any country recognized by the United Nations. A certificate of marriage will be required for eligibility of funds. A birth certificate, social security card, passport or driver’s license may also be required.

4. Dependent children is defined as, any child under the age of 22 who is by birth or stepchild or legally adopted to the member. A birth certificate, adoption papers, social security card or passport will be required for identification and proof of relationship to the member.

5. Family is defined as a spouse and or dependent child; Priority given to VA Rating 50% or more. Financial grants for each eligible member or member’s family to meet personal, short and long term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle.

Phone: 760-793-0053
Website: www.operationfamilyfund.org
OPERATION HOMEFRONT

Eligibility: Active duty or activated reserves, deployed or injured. Types of Assistance Provided: Shelter, rent, mortgage, utilities, temporary lodging, Vehicle expenses, car payments, car insurance, registration (only when it is the family’s only means of transportation), Airfare to transport a family member to assist a military family during illness or for childbirth, Childcare during illness or surgery, Personal Property Taxes, Emergency.

Phone: 800-722-6098
Website: www.operationhomefront.net

FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368
Website: http://www.friendsofveteransvtnh.org

NHANG YELLOW RIBBON PROGRAM MANAGER

Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases

302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803

Contact: Karen Morton-Clark
Phone: 603.430.3272
Email: Karen.Morton-Clark@ang.af.mil

HOMELAND HEROES FOUNDATION

The Homeland Heroes Foundation is a team of volunteers who work tirelessly to lend a hand in a variety of ways to help active duty military, veterans and their families. Currently HHF can assist with needs such as:

- Food assistance
- Home furnishings & appliances
- Family wellness issues
• Home purchases and VA loans
• Financial planning & credit counseling
• Legal advice
• Sending necessary item to deployed military
• Christmas Toy Drive
• Events throughout the year to raise awareness and donations

PO Box 584, North Salem, NH 03073-0584
Phone: 617-910-6948
Email: info@homelandheroesfoundation.org
Website: http://www.homelandheroesfoundation.org/about-us.html

COMMUNITY TOOLBOX
Community Toolbox believes that everyone deserves to live in a safe and healthy home. People shouldn't be forced to leave their homes because they can't afford repairs.
135 Mirona Road, Portsmouth, NH 03801
Phone: (603) 294-0479
Website: http://www.commtoolbox.org/

LICENSED CONTRACTOR (HELP WITH PLUMBING AND CONTRACT WORK)
This person is a former Marine who is a licensed contractor in New Hampshire. He is ADA compliant and has an A rating for the Better Business Bureau. He works out of Strafford, NH but travels from Nashua to Berlin. He is willing to help veterans who are in need of his services (plumbing, general contracting, etc.).

Robert Dutcher
Phone: 603.905.9022
Email: irishplumber68@yahoo.com
TRANSPORTATION ASSISTANCE

EASTER SEALS OF NH

Eligibility: Veterans

Phone: 603-623-8863
Fax: 603-625-1148
Website: http://nh.easterseals.com

DAV TRANSPORTATION ASSISTANCE

DAV operates a fleet of vehicles around the country to provide free transportation to VA medical facilities for injured and ill veterans.

Website: http://www.dav.org/veterans/i-need-a-ride/

New Hampshire Contact (Hospital Service Coordinator / HSC)

Michael L. Lareau

718 Smyth Road, Rm. E-106 Manchester, NH 03104
Phone: (603) 624-4366 EXT. 6776
FAX (603) 314-1623

Rides for the Somersworth area:

Driver- Paul Pratt: 330-7621 (home)/534-4108 (cell)
Driver- Curry Lashua: 332-3813 (home)/973-5144 (cell)

VA (VETERANS TRANSPORTATION SERVICES/ VTS)

Shuttle Service

Manchester, NH

http://www.va.gov/HEALTHBENEFITS/vts/locations.asp?location=48
White River Junction, VT

http://www.va.gov/HEALTHBENEFITS/vts/locations.asp?location=85

NASHUA TRANSIT CENTER
Bus stops are marked with a City bus sign. There are bus stops every two or three blocks along each route, and the transfer station is located on Elm St. behind City Hall. Bus passes & schedules are located at either City Hall Clerk’s Office or our main office at Riverside St. from 8am to 4pm Mon-Fri.

11 Riverside St., Nashua, NH 03062

Phone: 603-880-0100

FRONT DOOR AGENCY
Security Deposit loans, rent and utility assistance, IDAs (matched savings accounts), Revolving Loan Fund (RLF), transportation assistance

7 Concord Street, Nashua

Phone: 603-886-2866

NATIONAL VETERANS FOUNDATION

Eligibility: All Veterans

Phone: 888-777-4443

Website: www.nvf.org

VETERANS TRAINNING SCHOOL
Eligibility: all homeless veterans or at risk of becoming homeless.

Housing assistance referrals, mass health applications, transportation assistance and case management

John Silva: 617.371.1742 / john.silva@nechv.org

Christine Pineda: 617.371.1751 / 199nuncia.t.pineda@nechv.org
OPERATION FAMILY FUND

Eligibility:

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.

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5. Family is defined as a spouse and or dependent child (Priority given to VA Rating 50% or more). Financial grants for each eligible member or members family to meet personal, short and long term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle.

Phone: 760-793-0053

Website: www.operationfamilyfund.org

SOLDIERS’ ANGELS

Eligibility: All services/ Retired/ Reserve

Phone: 615-676-0239

Website: www.soldiersangels.org
CARING COMPANIONS
Companionship services, home helper services (laundry, dusting, etc.), personal hygiene services, transportation services, transition home from hospital

Phone: 603.621.3497 / 800.870.8728
Website: www.eastersealsnh.org

COAST
Website: http://www.coastbus.org/default.html

CAREGIVER
Supports caregivers of veterans. The program provides a wide range of services to caregivers of eligible veterans of all eras.

Phone: 1.855.260.3274
Website: www.caregiver.va.gov

GOOD NEWS GARAGE
Good News Garage accepts, repairs and awards donated vehicles to families in need.
Website: www.GoodNewsGarage.org

VETERAN OWNED CAR REPAIR
Richard and Rebecca Murtaqh
6 Mariette Ave., Hooksett, NH 03106
Phone: 792.2273

MORE THAN WHEELS
Organization that helps people to get the best deal on a reliable and fuel-efficient car
Phone: 866.455.2522
Website: www.morethanwheels.com

CHAPLAINS EMERGENCY RELIEF FUND

Eligibility: Veterans/ Active Duty/Guard/Reserve connected to New Hampshire

Address: PO Box 3448, Concord, NH 03302-3448
Phone: 603-227-1560/1561 or 603-430-3456

FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368
Website: http://www.friendsofveteransvtnh.org

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302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803

Contact: Karen Morton-Clark

Phone: 603.430.3272
Email: Karen.Morton-Clark@ang.af.mil

VETERANS PLUS

Eligibility: OEF/OIF service members (active duty and veteran status). Helps meet the needs of individuals or families that have been affected by job loss, illness, other substantial income impairment or significant expected expense. This could include an overdue mortgage payment, needed repairs to an automobile, payment of a utility bill or other circumstances requiring prompt assistance.
Website: [http://www.veteransplus.org](http://www.veteransplus.org)

**HAGAN’S MOTOR POOL**
Automotive repair expert / Veterans receive discount with verifiable service.
152 Farmington Rd., Rochester, NH 03867
Phone: 603.332.6822
Website: [www.hagansmotorpool.com](http://www.hagansmotorpool.com)

**WONDERLAND THRIFT SHOP**
Help: Clothing, financial, heating/utilities, auto fix, travel/medical, gas cards, etc.
Phone: 603.703.4284
Website: [www.wonderlandthrift.org](http://www.wonderlandthrift.org)

**HOPE FOR THE WARRIORS**
Hope For The Warriors® works daily with wounded service members, their families, and families of the fallen to meet immediate financial needs. Applicants may apply once a year. Payment is always made to a third party, typical grants cover household utilities, gas cards for vehicles to get to appointments, groceries, rent, mortgage, and rental deposits.
Website: [http://www.hopeforthewarriors.org/](http://www.hopeforthewarriors.org/)

**OPERATION HOME FRONT**
Eligibility: All Veterans/Guard/Reserve
Phone: (888) 810-0221
Website: [www.operationhomefront.net](http://www.operationhomefront.net)
GAS-CARDS.US
GAS-CARDS.US provides free GAS CARDS, DIESEL CARDS, or generic GIFT CARDS (Visa, MasterCard). This is the only solution we know of to today's high cost of keeping your vehicles on the road! Visit GAS-CARDS.US now!

Related Websites:

http://gas-cards.us/

http://www.veteranownedbusiness.com/business/18460/gascardsus

CLOTHING AND HOUSEHOLD ITEMS

THE SALVATION ARMY THRIFT STORE - WEST HOLLIS ST.

Former Soucy’s Market

Monday-Saturday, 9:00am-5:30pm

Phone: 880-0271

Donation for furniture pick-up (only) 1-800-958-7825

All other donations are Tues-Thur 12:30-4:00pm

FIRST CHURCH THRIFT SHOP -1 CONCORD ST.

Clothing for sale Thursday, 10am-2pm

Low Prices

NASHUA SENIOR CENTER

To assist seniors ages 50 and over Mon-Fri, 9am-4pm, Sat. 9am-1:30 or 2:00pm.

70 Temple St., Nashua, NH 03060

Phone: 603-889-6155
CARE NET
Confidential Advice, Maternity/baby clothing, baby equipment, limited ultra sound, parenting advice (free).

Mon, Wed, and Thur 10-3pm Tues 10-5pm
(Formerly Crisis Pregnancy Center) - 110 Main St. Nashua, NH 03060
Phone: 603-883-9355

UPPER ROOM
Clothing is Available Tues, Wed and Thur 10-11:30am
36 Tolles St. Nashua, NH 03060
Phone: 603-595-2039

TOLLES ST MISSION
Clothing is available Tues, Wed, Thur 10-12pm
52 Whitney St., Nashua, NH 03060
Phone: 603-880-4984

HOUSING / MORTGAGE/ RENT

BENEFITS CHECK UP
After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: https://www.benefitscheckup.org/
CITY/TOWN WELFARE
Each municipality has a city/town welfare official. General assistance may include rent, utilities, food, personal care items and prescriptions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Nashua</td>
<td>589-4555</td>
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<td>Mont Vernon</td>
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</tbody>
</table>

FRONT DOOR AGENCY
Security Deposit loans, rent and utility assistance, IDAs (matched savings accounts), Revolving Loan Fund (RLF), transportation assistance
7 Concord Street, Nashua
Phone: 603-886-2866

THE HOMETEAM
Hometeam will help you clearly understand all the steps of home ownership. They give you a great sense of comfort and confidence when getting to those tricky stages of purchasing a home, which can be very nerve-racking.
Phone: 866.701.9097
Website: http://www.hometeamnh.org/

FAMILIES IN TRANSITION
Provides safe, affordable, housing and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless
122 Market Street, Manchester, NH 03101
Phone: 603.641.9441
Website: www.fitnh.org
FAMILIES IN TRANSITION (MANCHESTER/CONCORD)
Email: intake@fitnh.org
Phone: 603.641.9441

VETERAN RESORT CHAPEL
Helping Homeless US Military Veterans
Peter MacDonald
101 Stepping Stone Road, Lee, NH 03861
Phone: 603.781.3839

VASH PROGRAM MANAGER
VA Medical Center, 718 Smyth Road, Manchester, NH 03104
Phone: 603.624.4266
Cell: 657.5512
Email: Tracey. Noonan@ va.gov

HOUSING AUTHORITIES
Laconia Housing Authority
Phone: 623.8988
New Hampshire Housing Authority
Phone: 524.2112 / 524.6445

Berlin Housing Authority
10 Serenity Circle,
Berlin, NH 03570
Phone: 603-752-4240

Northumberland Housing Authority (Applications available at the Northumberland Town Hall.)
c/o Berlin Housing Authority
10 Serenity Circle, Berlin NH 03570
Phone: 603-752-4240

NEW HAMPSHIRE HOUSING FINANCE AUTHORITY
32 Constitution Drive, Bedford, NH 03110
Phone: (800) 640-7239
Toll Free Call 1-800-439-7247
For rental assistance program: (603) 472-8623
Service/Intake: (603) 472-2089 TDD
http://www.nhhfa.org
rentinfo@nhhfa.org

AMHERST ROOMS
Rooming house (Manchester)
Phone: 603.647.7223

BRIDGE STREET ROOMS
Rooming house (Manchester)
Phone: 603.623.0889
AMOSKEAG ROOMS
Rooming house (Manchester)
Phone: 603.626.4434

ADDIE
Rooming house (Manchester)
Phone: 603.623.8988

JEFF NOURY
Rooming house (Manchester)
Phone: 603.512.2666

PINE STREET ROOMS
Rooming house (Manchester)
Phone: 603.668.8709

RICE HAMILTON
Rooming house (Manchester)
Phone: 603.624.4353

EDMUND TERRACE PLACE
Rooming house (Manchester)
Phone: 603.785.1255
WASHINGTON MANOR
Rooming house (Manchester)
Phone: 603.668.7111 / 668.5894

COLONIAL ARMS
Rooming house
56 S. Main Street, Concord, NH 0331
Phone: 603.228.8612

FAYETTE PLACE
Rooming house
21-23 Fayette Place, Concord, NH 0331
Phone: 603.746.1125

GATEWAY VENTURES
Rooming house
32 and 38 South Street, Concord, NH 0331
Phone: 603.369.1231

LABBE ROOMING HOUSE
Rooming house
83 S. Main Street, Concord, NH 0331
Phone: 603.225.4391
OAKSTREAM ROOMING HOUSES
Rooming house
56 and 66 Warren Street, Concord, NH 0331
32 North Spring Street, Concord, NH 0331
Phone: 603.224.7449

ROLLINS ST. ROOMING HOUSE
Rooming house
5 Rollins Street, Concord, NH 0331
Phone: 603.767.9965

WHITEFIELD HOUSE
Rooming house
86 ½ Pleasant Street, Concord, NH 0331
Phone: 603.225.9734

STEWART PROPERTY MANAGEMENT
Property Management
41 Cottage Street, Littleton, NH 03561
Phone: 603-444-5244
stewartproperty.net

AFFORDABLE HOUSING EDUCATION & DEVELOPMENT (AHEAD)
Property Management
161 Main Street, Littleton, NH 03561
NORTHERN COMMUNITY MANAGEMENT: BEATTIE HOUSE
Property Management
262 Cottage Street, Littleton, NH 03561
Phone: (800) 639-3403 Toll Free

THE CALEB FOUNDATION, INC. - HIGHLAND HOUSE APARTMENTS
Property Management
30 Highland Street, Whitefield, NH 03598
(603) 883-6770

CROTCHED MOUNTAIN MCINTYRE SCHOOL APARTMENTS
Property Management. Affordable, accessible living for adults age 62 and older
16 Highland Street, Whitefield, NH 03598
(800) 495-7731 Toll Free
http://www.crotchedmountain.org
mcintyre@crotchedmountain.org

REALTY RESOURCES MANAGEMENT: THE WOODS APARTMENTS
Property Management
1228 Route 175, Campton, NH 03223
(603) 726-4677 Main
(800) 338-8538 Toll Free
(877) 550-4777

THE HODGES COMPANIES: PRINCE HAVEN APARTMENTS
Property Management
20 Prince Haven Rd, Plymouth, NH 03264
(603) 224-9221 Service/Intake
http://www.hodgescompanies.com

PLYMOUTH WOODS: (PLYMOUTH AREA)
Property Management
Hanaway Management
Phone: 603-536-4402

SOUTHERN NH SERVICES: (PLYMOUTH AREA)
Property Management
Fairgrounds Road
Phone: 603-744-3627

SK MANAGEMENT
Property Management
16 Charlevoix Place
Laconia, NH 03246
(603) 878-2400 Service/Intake SK Companies
(603) 878-4740 Fax
VETERANS TRAINING SCHOOL
Eligibility: all homeless veterans or at risk of becoming homeless.
Housing assistance referrals, mass health applications, transportation assistance and case management

John Silva: 617.371.1742 / john.silva@nechv.org
Christine Pineda: 617.371.1751 / christine.pineda@nechv.org

VA HOMEFRONT
Housing and supportive services, home loan guaranty service, medical and health treatment services, education benefits, job training, etc.

Phone: 1.877.424.3838
Website: www.va.gov/homeless

MEDICAL FOSTER HOME PROGRAM
The organization works closely with HBPC (home based primary care). This allows for the care of dependent, chronically ill veterans in a community based setting.

Kristin Maxwell (Medical Foster Home Coordinator)
603.624.4366 Ext 5812

PROJECTS FOR ASSISTANCE IN TRANSITIONS FROM HOMELESSNESS
PATH services are for people with serious mental illness, including those with co-occurring substance use disorders, who are experiencing homelessness or at risk of becoming homelessness.

Seacoast Mental Health Center
1145 Sagamore Ave., Portsmouth, NH03801
Phone: 603.957.5750
Website: www.smhc-nh.org
NASHUA CHILDREN’S HOME (TRANSITIONAL LIVING PROGRAM)
Apartment-style program that provide housing at a nominal rent along with continued staff support and guidance. Young adults must be between the ages of 18-20 years of age and have some form of income to apply.
125 Amherst St., Nashua NH 03064
Phone: 603-821-7088

NASHUA CHILDREN’S HOME (RESIDENTIAL CARE PROGRAM)
Residential care, special education services, and home-based counseling primarily to abused/neglected and educationally handicapped children and their families
125 Amherst St., Nashua, NH 03064 (603-883-3851)

SUPPORTIVE SERVICES FOR VETERAN FAMILIES (SSVF)
SSVF assist Veterans and their families who are homeless or at risk of losing their home.
17 Court Street, Boston MA 02108
Phone: 800.365.3665

NEIGHBOR WORKS, GREATER MANCHESTER
Non-profit organization dedicated to the improvement of the lives of individuals and families living in the Greater Manchester region by providing access to quality housing services, revitalizing neighborhoods and supporting opportunities for personal empowerment.
20 Merrimack Street, Manchester, NH 03101
Phone: 603-626-4663

LIBERTY HOUSE
Housing, addiction, mental health
75 West Baker Street, Manchester, NH
Contacts:

Rebecca Searles / Phone: (603) 669-0761/ Email: rebecca@libertyhousenh.org

Keith Howard (Exec Director) / Phone: (603) 361-6266 / Email: keith@libertyhousenh.org

NEW HAMPSHIRE HOUSING

Housing Choice Voucher Program

Website: http://www.nhhfa.org/rental-housing-vacant-unit-listing.cfm

WORKFORCE HOUSING COALITION OF THE GREATER SEACOAST (NH, ME)

Ashlee Iber (Executive Director)

One Middle Street, Suite 211, PO Box 4772, Portsmouth, NH 03802

Phone: 603.205.0539

Email: ashlee@seacoastwhc.org

ROOMING HOUSES/ UP TO $140 A WEEK (INCLUDING ALL UTILITIES)

736 Union LLC – 736 Union Ave., Laconia, NH

Phone: 623.8988

Richard Allen

Phone: 524.0242 / 524.6445

AIR FORCE AID SOCIETY (AFAS): EMERGENCY ASSISTANCE

Eligibility: Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review. Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC, Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)
AMERICAN LEGION: NATIONAL COMMISSION ON CHILDREN & YOUTH

**Eligibility:** limited to minor children (17 years or younger) whose biological parent, or legal guardian, is a veteran and is, or would have been, eligible for American Legion membership. However, Legion membership is not required. Children 18-20 years old will also be considered if a current disability requires special schooling or indefinite in-home care, or they are enrolled in an approved high school and unmarried. Cash grants to minor children of veterans who are eligible for American Legion membership. These grants help families in need meet the cost of shelter, food, utilities and health expenses, thereby keeping the child or children in a more stable environment.

Phone: 317-630-1323

Website: [www.legion.org/financialassistance](http://www.legion.org/financialassistance)

ARMED FORCES FOUNDATION

**Eligibility:** OEF/OIF: Severely Injured Financial Assistance for service members and their families: Family Assistance Program/ Injured Support Services Program. Helps families cover such expenses as: Utility, bills, Rent or mortgage payments (for civilian housing), Car payments, Childcare during illness, surgery or recovery, Car insurance or registration payments.

Phone: 910-585-8003

Website: [wwwarmedforcesfoundation.org/family-assistance-program.php](http://wwwarmedforcesfoundation.org/family-assistance-program.php)

ARMY EMERGENCY RELIEF

**Eligibility:** Active Duty (ARMY) + retired

Phone: 866-878-6378

Fax: 703-325-7183

Website: [www.aerhq.org](http://www.aerhq.org)
CHAPLAINS EMERGENCY RELIEF FUND

Eligibility: Veterans/ Active Duty/Guard/Reserve connected to New Hampshire

Address: PO Box 3448, Concord, NH 03302-3448

Phone: 603-227-1560/1561 or 603-430-3456

COAST GUARD MUTUAL ASSISTANCE

Eligibility: Active Duty/ Retired Military/Coast Guard Civilians/Coast Guard Reservists/Public Health Service/ Surviving Family Member.

Phone: 800-881-2462

Website: www.cgmahq.org/

DISABLED VETERAN’S NATIONAL FOUNDATION

Eligibility: One time grant for up to $1000 for Veterans from all eras to prevent homelessness however, the Veteran must provide verification of bills.

Phone: 202-737-0522

Website: http://dvnf.org/index.php

FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368

Website: http://www.friendsofveterans.net/

HELPING A HERO

Eligibility: Severely Disabled Veterans

Phone: 888-786-9531

Website: www.helpingahero.org/
HOPE FOR THE WARRIORS

Eligibility: OEF/OIF: Severely Injured Hope For The Warriors™ provides financial assistance to injured service members with immediate needs. The following examples of immediate needs, although not a comprehensive list, have been deemed appropriate to the program: Travel to bedside where the government does not provide assistance, Rental cars, Lodging assistance, Assistance with child care, Groceries, Gas, Furniture, Emergency assistance with essentials to daily living, i.e. rent and utilities. This occurs during the transition between active duty and disability payments. Must be verified by active duty chain of command or VA caseworker, Items that assist and or supplement programs at Military Treatment Facilities and VA Poly-Trauma Units.

Phone: 910-938-1817

Website: www.hopeforthewarriors.org/immneeds.html

NAVY-MARINE CORPS RELIEF SOCIETY

Eligibility: The Navy-Marine Corps Relief Society can provide interest-free loans or grants to help with emergency needs such as: Emergency Transportation, Funeral expenses, Medical/dental Bills (patient's share), Food, Rent, and Utilities, Disaster Relief Assistance, Child Care Expenses, Essential Vehicle Repairs, Unforeseen Family Emergencies. If you need emergency assistance after hours, please call: the American Red Cross Armed Forces Emergency Service Center at (877) 272-7337.

Website: http://www.nmcrs.org/intfreeloan.html

OPERATION FAMILY FUND

Eligibility:

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family
Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.

3. Spouse is defined as the other partner of a legal marriage in any state of the U.S. and its territories or any country recognized by the United Nations. A certificate of marriage will be required for eligibility of funds. A birth certificate, social security card, passport or drivers license may also be required.

4. Dependent children is defined as, any child under the age of 22 who is by birth or stepchild or legally adopted to the member. A birth certificate, adoption papers, social security card or passport will be required for identification and proof of relationship to the member.

5. Family is defined as a spouse and or dependent child (Priority given to VA Rating 50% or more). Financial grants for each eligible member or members family to meet personal, short and long term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle. Phone: 760-793-0053

Website: www.operationfamilyfund.org

OPERATION FIRST RESPONSE

Eligibility: All branches, Active Duty Service Members that have been wounded, injured or are critically ill and to Veterans that have been wounded, injured or are critically ill. Financial aid varies as each case is based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, and travel expenses to and from major medical facilities.

Phone: 888-289-0280

Website: www.operationfirstresponse.org

OPERATION HELPING HEAL

Eligibility: Veteran/Service Member in a Combat Zone

Fax: 415-288-1401

Website: www.helpingheal.org
OPERATION HOMEFRONT

Eligibility: Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance Provided: Shelter, rent, mortgage, utilities, temporary lodging, Vehicle expenses, car payments, car insurance, registration (only when it is the family's only means of transportation), Airfare to transport a family member to assist a military family during illness or for childbirth, Childcare during illness or surgery, Personal Property Taxes, Emergency dental expenses, Critical baby items, Basic Food Needs, Toiletries, Moving Assistance, Eyeglasses, Limited Travel Assistance, Home Repairs, Other emergency financial needs.

Phone: 800-722-6098
Website: www.operationhomefront.net

SALUTE AMERICA'S HEROES

Eligibility: OEF/OIF Injured in action Veterans

Phone: 914-432-5400
Fax: 914-923-3898
Website: www.saluteheroes.org/

SALVATION ARMY

Eligibility: All Veterans

Contact: Majors Gregory and Joyce Hartshorn

Phone: 603-627-7013
Website: www.use.salvationarmy.org/manchester

SEMPER FI FUND

Eligibility: United States Marine Corp & Some Navy Corpsman

Phone: 760-725-3680
Fax: 760-725-3685
Website:  www.semperfifund.org

SOLDIERS' ANGELS

Eligibility:  All services/ Retired/Reserve

Phone:  615-676-0239

Contact:  Ms. Ramona Leff (Rental Assistance)

E-mail:  veteransalert@soldierangels.org

Website:  www.soldiersangels.org

UNMET NEEDS

Eligibility:  Veterans that have hardship due to service/ was in combat or active duty within the last three years

Phone:  866-789-6333

Website:  unmetneeds@vfw.org

USA CARES

Eligibility:  All Services

Phone:  800-773-0387

Website:  www.usacares.org

VERMONT NATIONAL GUARD FAMILY READINESS

Eligibility:  All Veterans

Phone:  800-607-8773

Website:  www.vtguard.com/famread
VETERANS OF FOREIGN WARS (VFW)

Eligibility: OEF/OIF

Phone: 866-789-6333

Website: www.vfw.org/Assistance/National-Military-Services/

VETERANS SUPPORT FOUNDATION

Eligibility: All Veterans

Phone: 800-882-1316, ext126

Website: www.vsf-usa.org/

AIR FORCE AID SOCIETY (AFAS): EMERGENCY ASSISTANCE

Eligibility: Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review, Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC,

Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)

Phone: 800-769-8951

E-mail: dvosburg@afas.org

Website: www.afas.org

ARMY EMERGENCY RELIEF

Eligibility: Active Duty (ARMY) and retirees NH, USAR, on orders over 30 days. NG and USAR Retirees receiving retirement pay. Must call for Military Assistance through the Red Cross at: 877-272-7337 AER

Phone: 866-878-6378

Fax: 703-325-7183
Website: [www.aerhq.org](http://www.aerhq.org)

**CHAPLAINS EMERGENCY RELIEF FUND**

**Eligibility:** Veterans/ Active Duty/Guard/Reserve connected to New Hampshire

Address: PO Box 3448, Concord, NH 03302-3448

Phone: 603-227-1560/1561 (Army) or 603-430-3456 (Air Force)

**NATIONAL VETERANS FOUNDATION**

**Eligibility:** All Veterans

Phone: 888-777-4443

Website: [www.nvf.org](http://www.nvf.org)

**NAVY-MARINE CORPS RELIEF SOCIETY**

**Eligibility:** The Navy-Marine Corps Relief Society can provide interest-free loans or grants to help with emergency needs such as: Emergency Transportation, Funeral expenses, Medical/dental Bills (patient's share), Food, Rent, and Utilities, Disaster Relief Assistance, Child Care Expenses, Essential Vehicle Repairs, Unforeseen Family Emergencies.

When there is no NMCRS office in the area, an available Army Emergency Relief, Air Force Aid Society, or American Red Cross Chapter Office can process your request on behalf of the Navy-Marine Corps Relief Society. **If you need emergency assistance after hours, please call:** the American Red Cross Armed Forces Emergency Service Center at (877) 272-7337.

Website: [http://www.nmcrs.org/intfreeloan.html](http://www.nmcrs.org/intfreeloan.html)

**OPERATION HELPING HEAL**

**Eligibility:** Veteran/Service Member in a combat zone

Fax: 415-288-1401

Website: [www.helpingheal.org](http://www.helpingheal.org)
OPERATION HOMERFRONT

Eligibility:  Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance Provided: Shelter, rent, mortgage, utilities, temporary lodging, Vehicle expenses, car payments, car insurance, registration (only when it is the family's only means of transportation), Airfare to transport a family member to assist a military family during illness or for childbirth, Childcare during illness or surgery, Personal Property Taxes, Emergency dental expenses, Critical baby items, Basic Food Needs, Toiletries, Moving Assistance, Eyeglasses, Limited Travel Assistance, Home Repairs.

Phone:  800-722-6098

Website:  www.operationhomefront.net

SALUTE AMERICA'S HEROES

Eligibility:  OEF/OIF Injured in action Veterans

Phone: (914) 432-5400

Fax: (914) 923-3898

Website:  www.saluteheroes.org/

SEMPER FI FUND

Eligibility:  United States Marine Corp (USMC) & Some Navy Corpsman

Phone:  760-725-3680

Fax:  760-725-3685

Website:  www.semperfifund.org

UNMET NEEDS

Eligibility:  Veterans that have hardship due to service/ was in combat or active duty within the last three years.

Phone:  866-789-6333

Email:  unmetneeds@vfw.org
Website: www.unmetneeds.com;

VERMONT NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans
Phone: 800-607-8773
Website: www.vtguard.com/famread

VETERANS OF FOREIGN WARS (VFW)

Eligibility: OEF/OIF/OND
Phone: 866-789-6333
Website: www.vfw.org/Assistance/National-Military-Services/

VETERANS PLUS

Eligibility: OEF/OIF service members (active duty and veteran status). Helps meet the needs of individuals or families that have been affected by job loss, illness, other substantial income impairment or significant unexpected expense. This could include an overdue mortgage payment, needed repairs to an automobile, payment of a utility bill or other circumstances requiring prompt assistance.
Website: www.registrynetwork.org

Other emergency financial needs: Travel Assistance, Home Repairs
Phone: 800-722-6098
Website: www.operationhomefront.net

CORPUS CHRISTI

Helps with rental, utilities, etc.
43 Franklin St., Nashua, NH 03064
Phone: 603-598-1641/ 603-882-6372
THE FRONT DOOR, INC.
Offers support and provides services to assist individuals and families transition from crisis to self-sufficiency. Assistance with back rent, utility arrearages, security deposit loans, transitional housing for single women & children, financial literacy and other basic needs.
7 Concord St., Nashua, NH 03064
Phone: 603-886-2866

HOMELESS PREVENTION
This program is funded through a partnership with the United Way of Massachusetts Bay and Merrimack Valley and assists eligible clients with, among other things, first month's rent, back rent, mortgage payments (principal and interest only), utility assistance and some vehicle repairs. The amount of assistance depends upon the client's immediate need and the availability of funding. The program is designed to be used if a client is unable to receive assistance through other sources.
Contact Information: Call 603-516-8139
Website: http://www.straffordcap.org/programs/homeless-a-housing-services/homeless-prevention

NASHUA CENTER FOR THE MULTIPLY HANDICAPPED
Services to persons with developmental disabilities through early intervention (the Children's Pyramid), adult day habitation/supported work employment (JOBS/ETC) and residential services
18 Simon St., Nashua, NH 03060
Phone: 603-595-0961

PLUS COMPANY
A comprehensive organization providing vocational, residential and social services to people with disabilities
19 Chestnut St., Nashua, NH 03060,
Phone: 603-889-0652
NH HUMANE SOCIETY RESOURCES FOR VETERANS IN NEED

Resources that will house pets for up to 30 days while veterans are stabilizing their housing situation:

**Dover, NH - Serves Strafford county area.**
They have a program called Safe Pets that provides temporary shelter assistance for families in need. They would love to help a veteran family!

Cocheco Valley Humane Society – 262 County Farm Rd Dover NH
Contact:  Kris Halsey
Phone: 603-749-5322x104

**Laconia - Serves Lakes Region**
They will offer one kennel for a needy veteran family for a maximum stay of 30 days. Dog must be fully vaccinated including Kennel cough.
New Hampshire Humane Society 1305 Meredith Center Rd. Laconia, NH
Contact: Marylee Gorham- Waterman, NHHS Executive Director
Phone: 603-524-8236x301

**Nashua - Serves Hillsborough County**
They would be happy to help whenever possible.
Humane Society of Greater Nashua 24 Ferry Road Nashua NH 03060
Contact: Douglas Barry
Phone: 603-889-2275

**Swanzey, NH - Serves Chesire County – (bordering Sullivan/Hillsboro counties)**
They have an established program to provide temporary free boarding for animals of individuals who are in transition. Their program works on a two-week contract, with an option to renew for a second two-week contract if necessary and space permits. The owner of the pet would have to sign the MHS contract providing all contact info of pet owner should they need to contact them.
Monadnock Humane Society – 101 W. Swanzey Rd., Swanzey, NH 03446
Contact: Stephanie Frommer
Phone: 603-352-9011

**CATS ONLY! - Claremont, NH**
They only take cats and they are willing to help our veterans in need. If they don’t have extra space at time of need, they will use one of their foster homes for the cat.
Sullivan County Humane Society 14 Tremont St. Claremont, NH 03743
Contact: Cheryl Bromley, RN, MSN
Phone: 603-542-3277

**PETS ASSISTANCE**

**LUCKY DOG THRIFT SHOP**
We are a non-profit organization whose mission is to help local pets in need with spay/neuter & emergency vet bill assistance. Our two floor shop features lots of new and gently used items; clothing and accessories, electronics, furniture, house wares and more. 100% of profits benefit animals and the earth!
23 Elm St., Nashua, NH 03060
Phone: 603-882-DOG[S] [3647]

**NH HUMANE SOCIETY RESOURCES FOR VETERANS IN NEED**
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Sullivan County Humane Society 14 Tremont St. Claremont, NH 03743
Contact: Cheryl Bromley, RN, MSN
Phone: 603-542-3277
GENERAL FINANCIAL ASSISTANCE

2-1-1 (VOLUNTEER INCOME TAX ASSISTANCE PROGRAM)
Phone: 211

BENEFITS CHECK UP
After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: https://www.benefitscheckup.org/

CITY/TOWN WELFARE
Each municipality has a city/town welfare official. General assistance may include rent, utilities, food, personal care items and prescriptions.

<table>
<thead>
<tr>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Nashua</td>
<td>589-4555</td>
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<tr>
<td>Milford</td>
<td>249-0672</td>
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<tr>
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<td>465-2780</td>
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<tr>
<td>Brookline</td>
<td>673-8855</td>
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<td>Merrimack</td>
<td>424-2331</td>
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<td>Hudson</td>
<td>886-6024</td>
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<tr>
<td>Amherst</td>
<td>673-6041</td>
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<tr>
<td>Mont Vernon</td>
<td>673-6080</td>
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</tbody>
</table>

GRANITED UNITED WAY (VOLUNTEER INCOME TAX ASSISTANCE)
Focuses on helping struggling families become more financially stable.

Contacts:
Southern Region | 22 Concord Street, Floor 2 | Manchester, NH 03101 | 603.625.6939
Merrimack County Region | 46 South Main Street | Concord, NH 03301 | 603.224.2595
Upper Valley Region | 21 Technology Drive, Suite 4 | West Lebanon, NH 03784 | 603.298.8499
AMERICAN PATRIOT HEROES FUND

501(c)(3), Not for Profit Organization that was founded with the sole purpose of aiding and assisting ALL Veterans. Our Board of Directors is composed primarily of Veterans of the United States Armed Forces who have served their country honorably and worn their uniforms proudly.

1038 West Jericho Turnpike (Route 25), Smithtown, NY 11787

Phone: 1-516-314-0265

Website: http://americanpatriotheroesfund.org

AIR FORCE AID SOCIETY (AFAS): EMERGENCY ASSISTANCE

Eligibility: Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review. Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC, Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)

Phone: 800-769-8951

E-mail: dvosburg@afas.org

Website: www.afas.org

LOCAL WELFARE

1528 Elm Street, Manchester, NH 03101-1350

Phone: 603.624.6484
DIVISION OF FAMILY ASSISTANCE
Cash assistance, food stamps, Medicaid…
195 McGregor Street, South Tower, Suite 110, Manchester, NH
Phone: 603.668.2330 / 800.852.7493

AMERICAN LEGION: NATIONAL COMMISSION ON CHILDREN & YOUTH
Eligibility: Limited to minor children (17 years or younger) whose biological parent, or legal guardian, is a veteran and is, or would have been, eligible for American Legion membership. However, Legion membership is not required. Children 18-20 years old will also be considered if a current disability requires special schooling or indefinite in-home care, or they are enrolled in an approved high school and unmarried. Cash grants to minor children of veterans who are eligible for American Legion membership. These grants help families in need meet the cost of shelter, food, utilities and health expenses, thereby keeping the child or children in a more stable environment.
Phone: 317-630-1323
Website: www.legion.org/financialassistance

ARMED FORCES FOUNDATION
Eligibility: OEF/OIF; Severely Injured Financial assistance for service members and their families cover such expenses as: Utility bills, Rent or mortgage payments (for civilian housing), Car payments, Childcare during illness, surgery or recovery, Car insurance or registration payments. Family Assistance Program/Injured Support Services Program:
Address: 16 North Carolina Avenue, SE. Washington, DC 20003
Financial Assistance Phone: 910-585-8003
Phone: 202-547-4713
FAX: 202-547-4712
E-mail: info@armedforcesfoundation.org
ARMED FORCES RESERVE FAMILY ASSISTANCE FUND (AFRFAF)

**Eligibility:** National Guard, Reservists and their families deployed or recently returned from deployment. AFRFAF can help with a demonstrated need that can be handled by a referral to a craftsman or professional willing to provide a needed service, or through a direct grant of funds to affect a repair, make a trip or buy a birthday present. Please note, AFRFAF can help with emergencies, but does not and cannot provide long-term financial assistance or income supplementation.

Phone: 800-964-4454, ext 21

E-mail: jmb@buttine.com

Website: [www.afrfaf.org](http://www.afrfaf.org)

ARMY EMERGENCY RELIEF

**Eligibility:** Soldiers on extended active duty and their dependents, Members of the Reserve Components of the Army (National Guard under Title 10 authority and Army Reserve) who are on continuous active duty for more than 30 consecutive days and their eligible family members. Soldiers retired from active duty because of longevity or physical disability or retired upon reaching age 60. (Reserve Components) and their eligible family members, Widows, widowers and orphans of Soldiers who died while on active duty or after retirement as cited above. Help with emergency financial needs for: Food, rent or utilities, Emergency transportation and vehicle repair, Funeral expenses, Medical/dental expenses, Personal needs when pay is delayed or stolen. Give undergraduate-level education scholarships, based primarily on financial need, to children of soldiers. **Before calling AER must call for Military Assistance through the Red Cross at 877-272-7337.**

AER Phone: (866) 878-6378

Fax: 703-325-7183

Website: [www.aerhq.org](http://www.aerhq.org)

OPERATION HOME FRONT FUND OF NEW ENGLAND

**Eligibility:** Demonstrate a financial hardship. Food Assistance, Home Repair, Auto repair, Moving Assistance, Essential Home Items, Morale Donated Items, Vision Care, Community Events, Financial Assistance and more.
Community Resource Guide

Phone: 888-810-0221
Website: http://www.operationhomefront.net/default.aspx

FRONT DOOR AGENCY
Security Deposit loans, rent and utility assistance, IDAs (matched savings accounts), Revolving Loan Fund (RLF), transportation assistance
7 Concord Street, Nashua
Phone: 603-886-2866

COAST GUARD MUTUAL ASSISTANCE
Eligibility: Active Duty/ Retired Military /Coast Guard Civilian/Coast Guard Reserve/Public Health Service/Surviving Family Member
Phone: 800-881-2462 or 202-493-6621
Email: ARL-DG-CGMA@uscg.mil
Website: www.cgmahq.org/

HELP OUR WOUNDED
Eligibility: Wounded Service Members, Veterans and their Families
Phone: 888-377-7964
Website: www.helpourwounded.org/

HOPE FOR THE WARRIORS
Eligibility: OEF/OIF; Severely Injured Hope For The Warriors™ provides financial assistance to injured service members with immediate needs. The following examples of immediate needs, although not a comprehensive list, have been deemed appropriate to the program: Travel to bedside where the government does not provide assistance, Rental cars, Lodging assistance, Assistance with child care, Groceries, Gas, Furniture, Emergency assistance with essentials to daily living, i.e. rent and utilities.
This occurs during the transition between active duty and disability payments. This must be verified by active duty chain of command or VA case worker. Items which, assist and or supplement programs at Military Treatment Facilities and VA poly-trauma Units.

Phone: 910-938-1817

Website: [www.hopeforthewarriors.org/immneeds.html](http://www.hopeforthewarriors.org/immneeds.html)

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**NAVY-MARINE CORPS RELIEF SOCIETY**

**Eligibility:** The Navy-Marine Corps Relief Society can provide interest-free loans or grants to help with emergency needs such as Emergency Transportation, Funeral expenses, Medical/dental Bills (patient's share), Food, Rent, and Utilities, Disaster Relief Assistance, Child Care Expenses, Essential Vehicle Repairs, Unforeseen Family Emergencies.

**How to Apply:** Service-member or eligible family members who have an emergency need should contact the nearest NMCRS location and make an appointment to be seen by an NMCRS caseworker. Bring your ID card and latest LES, if available, with you. If the office is closed and the emergency is of such a nature that it cannot wait until the next business day (e.g. death in the immediate family). The answering machine will provide instructions for obtaining "after hours" assistance. When there is no NMCRS office in the area, an available Army Emergency Relief, Air Force Aid Society, or American Red Cross Chapter Office can process your request on behalf of the Navy-Marine Corps Relief Society.

**If you need emergency assistance after hours, please call the American Red Cross Armed Forces Emergency Service Center at (877) 272-7337.**

Website: [http://www.nmcrs.org/intfreeloan.html](http://www.nmcrs.org/intfreeloan.html)

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**OPERATION FAMILY FUND**

**Eligibility:**

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.
3. Spouse is defined as the other partner of a legal marriage in any state of the U.S. and its territories or any country recognized by the United Nations. A certificate of marriage will be required for eligibility of funds. A birth certificate, social security card, passport or drivers license may also be required.

4. Dependent children is defined as, any child under the age of 22 who is by birth or stepchild or legally adopted to the member. A birth certificate, adoption papers, social security card or passport will be required for identification and proof of relationship to the member.

5. Family is defined as a spouse and or dependent child; Priority given to VA Rating 50% or more. Financial grants for each eligible member or members family to meet personal, short and long-term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle.

Phone: 760-793-0053
Website: www.operationfamilyfund.org

OPERATION FIRST RESPONSE

Eligibility: All branches, Active Duty Service Members that have been wounded, injured or are critically ill and to Veterans that have been wounded, injured or are critically ill. Financial aid varies as each case is based on individual needs ranging from: Rent, Utilities, Vehicle payments, Groceries, Clothing, and Travel Expenses to and from major medical facilities.

Phone: 888-289-0280
Website: www.operationfirstresponse.org

OPERATION HOMEFRONT

Eligibility: Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance provided: Shelter, Rent, Mortgage, Utilities, Temporary Lodging, Vehicle Expenses, Car Payments, Car Insurance, Registration (ONLY when it is the families only means of transportation). Airfare to Transport a family member to assist a military family during illness or for childbirth, Childcare during Illness or Surgery, Personal Property Taxes, Emergency Dental Expenses, Critical Baby Items, Basic Food Needs, Toiletries, Moving Assistance, Eyeglasses, Limited Travel Assistance, Home Repairs, Other Emergency Financial needs.
OPERATION SILVER STAR

Eligibility: Any era combat wounded veteran provides the financial, material, logistic and informational needs.

Phone: 951-550-7584
Website: www.operationsilverstar.org

REBUILD HOPE

Eligibility: Families of current era veterans who are: dealing with serious service-connected injuries or illnesses, experiencing short term unexpected financial problems for reasons other than unemployment, committed to achieving financial self-sufficiency, and would significantly benefit from our financial assistance. To qualify for financial assistance applicants must meet several criteria: The veterans must have received a medical disability rating of 50% or more from either the military or Veterans Administration, Their medical discharge must have occurred during the past 3 years, They must demonstrate their ability to achieve a positive cash flow generally within 6 months, i.e., they must have certain future sources of income that are sufficient to cover their living expenses, All required documentation and personal references must be provided.

Veterans who join Rebuild Hope receive the following benefits:

- Modest monthly grants and no-interest loans tailored to their circumstances
- A 12-month budget to guide their decision-making and actions
- Referrals to counselors who can help them renegotiate loans
- Referrals to other organizations that can supply basic resources
- Public recognition of the sacrifices they have made for our country
- Confirmation that asking for help is worthwhile

Phone: 650-321-4930
RESERVE AID

Eligibility: Must be a Reservist or National Guard Member who:

- Is currently deployed or has returned from deployment within the past 12 months or has been rated 75% or greater by the VA and is not able to work.
- Must be referred by a VA representative or service representative, i.e. Wounded Warrior Advocate or National Guard Family Assistance coordinator.
- All requests require prior approval.

Phone: 972-383-8080

Website: www.reserveaid.org

USA CARES

Eligibility: All Services, post-9/11 service members, veterans and their family’s financial assistance. Typically, USA Cares provides assistance in three major areas: Quality of Life—utilities, food, vehicle repair, etc., Rent and Mortgage Assistance, Combat Injured, to include the invisible wounds of post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

Phone: 800-773-0387

Website: http://usacares.org/index.php/assistance/main

SOUTHERN NH SERVICES

Fuel assistance, other benefits…

160 Silver Street, Manchester, NH

Phone: 603.647.4470 / 800.322.1073
VETERANS PLUS

Eligibility: OEF/OIF service members (active duty and veteran status). Helps meet the needs of individuals or families that have been affected by job loss, illness, other substantial income impairment or significant unexpected expense. This could include an overdue mortgage payment, needed repairs to an automobile, payment of a utility bill or other circumstances requiring prompt assistance.

Website: www.registrynetwork.org

WARRIOR LEGACY FOUNDATION

Eligibility: Wounded Maine Veterans

Point of Contact: Ms. Pam Payeur, Program Director

Phone: (207) 468-1026

Website: www.warriorlegacyfoundation.org

COMPUTERS 4 VETS

Computer donation

17 Epping Woods Road Epping NH

Contact: Mark Grimshaw

Phone number: (603) 918-7545

Email: computers4vets@comast.net

LOANER'S CLOSET

Eligibility: Those who receive assistance are the frail, elderly, temporarily or permanently disabled and those individuals recuperating from or dealing with chronic illness.

Caregivers covers the towns of Derry, Londonderry, Windham, Sandown, Chester, Hampstead and Danville. There is no charge for services. The Alexander Eastman Foundation continues to be a major funding source. Monies are also received through the United Way, towns, churches, membership drive, grants, fundraising efforts and individual donations.

48 East Broadway Derry, NH
Contact: Donna Kluk

Phone number: (603) 432-0877

Email: donna@comcaregivers.org

Website: http://comcaregivers.org/

NAVY-MARINE CORPS RELIEF SOCIETY

PO Box 25 Building 83 US Naval Submarine Base Groton CT

Visiting nurse program

Contact: Susette Lado

Phone: (860) 694-4118

Email: susette.lado@nmcrs.org

NHANG YELLOW RIBBON PROGRAM MANAGER

Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases

302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803

Contact: Karen Morton-Clark

Phone: 603.430.3272

Email: Karen.Morton-Clark@ang.af.mil

VETERANS PLUS

**Eligibility:** OEF/OIF service members (active duty and veteran status). Helps meet the needs of individuals or families that have been affected by job loss, illness, other substantial income impairment or significant unexpected expense. This could include an overdue mortgage payment, needed repairs to an automobile, payment of a utility bill or other circumstances requiring prompt assistance.

Website: www.registrynetwork.org
CORPORUS CHRISTI
Helps with rental, utilities, etc

43 Franklin St., Nashua, NH 03064
Phone: 603-598-1641/ 603-882-6372

THE FRONT DOOR, INC.
Offers support and provides services to assist individuals and families transition from crisis to self-sufficiency. Assistance with back rent, utility arrearages, security deposit loans, transitional housing for single women & children, financial literacy and other basic needs.

7 Concord St., Nashua, NH 03064
Phone: 603-886-2866

NH CHILD CARE SCHOLARSHIP: CHILD CARE ASSISTANCE
Helps families pay for child care. If you receive financial assistance to needy families (FANF) and are in the FANF work program you are eligible. If you are working, looking for work or are going to school you may also be eligible.

129 Pleasant Street, Concord, NH 03301
Phone: 1.800.852.3345

Website:


http://www.dhhs.nh.gov/dfa/apply.htm

BRAIN INJURY ASSOCIATION
Transitional services, school support, financial support, information and resources.
Phone: 800.773.8400 or 603.225.8400
WONDERLAND THRIFT SHOP
Help: Clothing, financial, heating/utilities, auto fix, travel/medical, gas cards, etc.
Phone: 603.703.4284
Website: www.wonderlandthrift.org
SECTION V: EDUCATION (GRANTS/BENEFITS)

SOLDIER SOCKS
Offers scholarships to assist veterans
Phone: 203.832.2005
Email: info@soldiersocks.com
Website: www.soldiersocks.com

NH HIGHER EDUCATION ASSISTANCE FOUNDATION
Phone: 1.800.525.2
Website: www.nhheaf.org

EDUCATION SERVICES OFFICER (NH ARMY NATIONAL GUARD)
1 Minuteman Way, Concord, NH 03301
CW2 Erik P. Emond
Phone: 603.227.1550
Cell: 603.717.8290
Email: erik.p.emond.mil@mail.mil

INDIVIDUAL DEVELOPMENT ACCOUNTS: NH CATHOLIC CHARITIES
Mary Ann Fraser
Phone: 603.624.4717
Email: mfraser@nh-cc.org
AIR FORCE AID SOCIETY (AFAS): EMERGENCY ASSISTANCE

Eligibility: Active duty Air Force personnel and their eligible family members, Retired Air Force personnel and their eligible family members, but not on a continuing basis, and based on a case-by-case review. Air National Guard or Air Force Reserve personnel on extended active duty 15 days or more under Title 10 USC, Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status)

Phone: 800-769-8951

E-mail: dvosburg@afas.org

Website: www.afas.org

GO ARMY ED

Tuition assistance

Phone: 1 800 817 9990

Website: goarmyed.com

NATIONAL MILITARY FAMILY ASSOCIATION


COMPREHENSIVE LIST OF VETERAN/MILITARY SCHOLARSHIPS FOR SERVICE MEMBERS, SPOUSES AND DEPENDENTS

Phone: 888.LINK.VET (546.5838)/ 1-651-556-0596 International TTY: 1.800.627.3529

Website: https://mymilitaryeducation.org/app/answers/detail/a_id/1257/~/comprehensive-list-of-veteran%2Fmilitary-scholarships-for-service-members,
**FEDERAL STUDENT AID AN OFFICE OF THE US DEPARTMENT OF EDUCATION**


**MILITARY.COM EDUCATION**

Website: [http://www.armyscholarshipfoundation.org/index.html](http://www.armyscholarshipfoundation.org/index.html)

**SCHOLARSHIPS & GRANTS FOR SPOUSES & DEPENDENTS**

[https://www.nrd.gov/education_and_training/scholarships_and_other_financial_assistance/scholarships_and_grants_for_spouses_and_dependents](https://www.nrd.gov/education_and_training/scholarships_and_other_financial_assistance/scholarships_and_grants_for_spouses_and_dependents)

**AMERICAN LEGION NEW HAMPSHIRE**

Website: [http://www.nhlegion.com](http://www.nhlegion.com)

**VETERANS FOREIGN WAR (VFW) NEW HAMPSHIRE**

Website: [http://nhvfw.org](http://nhvfw.org)

**LIVE UNITED (UNITED WAY)**

**Eligibility:** Veterans

Phone: 703-836-7112

Website: [www.unitedway.org/](http://www.unitedway.org/)
MILITARY ONESOURCE

Eligibility: Veterans*/Active Duty/Reserves/ Family Members

Phone: 800-342-9647

Website: www.militaryonesource.mil

NATIONAL VETERANS FOUNDATION

Eligibility: All Veterans

Phone: 888-777-4443

Website: www.nvf.org

SALUTE AMERICA'S HEROES

Eligibility: OEF/OIF Injured in action Veterans

Phone: 914-432-5400

Fax: 914-923-3898

Website: www.saluteheroes.org

SEMPER FI FUND

Eligibility: USMC & Some Navy Corpsman

Phone: 760-725-3680

Fax: 760-725-3685

Website: www.semperfifund.org
VETERANS SUPPORT FOUNDATION

Eligibility: All Veterans

Phone: (800) 882-1316, ext 126

Website: www.vsf-usa.org/

VETERANS FOREIGN WAR (VFW) MAINE

Website: http://www.vfwwebcom.org/me/postdirectory/

AMERICAN LEGION MANCHESTER POST 79

Eligibility: Minor Children of Veterans

Phone: 603-623-9218

Website: www.nhpost79.org

SCHOLARSHIPS FOR MILITARY MEMBERS AND DEPENDENTS

https://mymilitaryeducation.org/app/answers/detail/a_id/1257/~/comprehensive-list-of-veteran%2Fmilitary-scholarships-for-service-members,#top

ARMY EMERGENCY RELIEF

Eligibility: Active Duty (ARMY) + Retired

Phone: 866-878-6378

Fax: 703-325-7183

Website: www.aerhq.org
**COAST GUARD MUTUAL ASSISTANCE**

**Eligibility:** Active Duty/Retired Military/Coast Guard Civilians/Coast Guard Reservists/Public Health Service/Surviving Family Member.

Phone: 800-881-2462

Website: [www.cgmahq.org/](http://www.cgmahq.org/)

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**HELPING A HERO**

**Eligibility:** Severely Disabled Veterans

Phone: 888-786-9531

Website: [www.helpingahero.org/](http://www.helpingahero.org/)

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**VETERAN EDUCATION SERVICES (EDUCATION SERVICES SPECIALIST)**

101 Pleasant St, Concord, NH

Contact: James Margeson

Phone: (603) 271-8508

Email: james.margesonIV@doe.nh.gov; edcation.nh.gov

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**GI BILL MANAGER (NHANG)**

1 Minuteman Way, Concord, NH 03301

Contact: SSg. Jason M. Kovarik

Phone: 603.225.1382

Email: Jason.m.kovarik.mil@mail.mil
**RETENTION OFFICE MANAGER - PEASE ANGD (GI BILL INFO)**
Your source for the Post 9-11 GI Bill and more

MSgt Dan Pollard

Phone: 603.430.3507

DSN: 852.3507

Email: dan.pollard@ang.af.mil

**NHANG**

Educational services

1 Minuteman Way, Concord NH

Contact: John Berube

Phone: (603) 225-1312

Email: john.w.berube.civ@mail.mil

**VA HOMEFRONT**

Housing and supportive services, home loan guaranty service, medical and health treatment services, education benefits, job training, etc.

Phone: 1.877.424.3838

Website: www.va.gov/homeless

**VETERANS TRAINING SCHOOL**

Shelter for homeless in school; CDL classes, computer training

17 Court St. Boston MA

Contact: John Silva

Phone: (617) 371-1742
VOC REHAB
This program offers vocational educational counseling, education, training and job placement.
Phone: 1.802.295.9363
Website: http://vabenefits.vba.va.gov/vonapp/main.asp

TUTORING SERVICES
82 Lull Road, New Boston
Contact Paul G. Keiner
Phone: 487-2445

MILITARY.COM

MY ARMY BENEFITS
Website:

NH STATE OFFICE OF VETERANS SERVICES
Website: http://www.nh.gov/nhveterans/
NEW HAMPSHIRE NATIONAL GUARD
Website: https://www.nh.ngb.army.mil/members/education

VETERAN EDUCATION SERVICES
Veteran education specialist
101 Pleasant St, Concord, NH
Contact: James Margeson (Veteran education specialist)
Phone: (603) 271-8508
Email: james.margesonIV@doe.nh.gov; edcation.nh.gov

NHANG YELLOW RIBBON PROGRAM MANAGER
Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases
302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803
Contact: Karen Morton-Clark
Phone: 603.430.3272
Email: Karen.Morton-Clark@ang.af.mil

MILITARY ONE SOURCE
John Nelson
New Hampshire
Phone: 603.491.6612
Email: john.nelson.@militaryonesource.com
Website: http://www.militaryonesource.mil
**BRAIN INJURY ASSOCIATION**

Transitional services, school support, financial support, information and resources.

Phone: 800.773.8400 or 603.225.8400

**ADULT LEARNING CENTER**

ESL, computer training, and job placement, GED testing, Spanish, Citizenship, childcare and school age care

4 Lake St., Nashua, NH 03060

Phone: 603-882-9080

**NASHUA SCHOOL DISTRICT – ADULT ED PROGRAM**

High School Diploma courses for adults looking to obtain a high school diploma or earn college pre-requisite credit to enter the medical field.

10 Chuck Druding Dr. Nashua, NH 03063

Phone: 603-589-6409)
SECTION VI: JOB ASSISTANCE INFORMATION (EMPLOYMENT/UNEMPLOYMENT)

OPERATION VETS CONNECT
The ultimate purpose is to enhance current efforts to support veteran hiring in New Hampshire and use it as a kick-off to a greater awareness of veterans, the unique skills they bring to the workforce and the benefits employers obtain in hiring them.

Website: http://www.nhes.nh.gov/media/job-fairs/index.htm

VA HOMEFRONT
Housing and supportive services, home loan guaranty service, medical and health treatment services, education benefits, job training, etc.

Phone: 1.877.424.3838
Website: www.va.gov/homeless

LOCAL EMPLOYER SUPPORT FOR THE GUARD AND RESERVE (ESGR)
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 603-225-1892
Fax: 603-227-5178
Website: http://www.nhesgr.com

EMPLOYER SUPPORT OF THE GUARD AND RESERVE (EXECUTIVE DIRECTOR)
James (Jim) Goss
New Hampshire
Phone: 603.225.1342
Email: james.goss@us.army.mil

SMALL BUSINESS ADMINISTRATION (SBA)
The US SBA was created as an independent agency of the federal government to aid, counsel, assist and protect the interest of small businesses concerns.

Miguel A. Moralez, Jr. (Veterans Business Development Specialist)

New Hampshire

Phone: 603. 225.1601

Email: Miguel.moralez@sba.gov

VETERAN BUSINESS OWNERS INITIATIVE

Many veterans with disabilities return to work in relatively low paying jobs that do not reflect personal abilities and interests. The Veteran Business Owners Initiative (VBOD is an organization established to assist veterans facing physical and emotional challenges to run profitable business ventures.

200 Springs Road (I16b), Bedford. MA 01730

Phone: 781-983 -3728

Website: http://www.veteranbusinessowners.org/

MAINE NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Website: http://www.me.ngb.army.mil/Family/

MASSACHUSETTS NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Website: http://states.ng.mil/sites/MA/resources/family/MA_Family_Support_Program/assistance_centers.htm
NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Address: State Military Reservation, One Minuteman Way, Concord, NH 03301

Phone: 1-877-598-0666

Website: https://www.nh.ngb.army.mil/families/familyhome

VERMONT NATIONAL GUARD FAMILY READINESS

Eligibility: All Veterans, Service Members and Family

Phone: 800-607-8773


NH AIR NATIONAL GUARD FAMILY READINESS

302 Newmarket Street Pease ANGB, NH

Contact: Bonnie Lee Rice

Phone: (603) 430-3545

Email: bonnie.rice@ang.af.mil

NHANG YELLOW RIBBON PROGRAM MANAGER

Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases

302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803

Contact: Karen Morton-Clark

Phone: 603.430.3272

Email: Karen.Morton-Clark@ang.af.mil
**THERAPEUTIC AND SUPPORTED EMPLOYMENT SERVICES**

TSES is a program that assists eligible Veterans to overcome barriers to employment.

1.800.892.8384 or 603.624.4366

Therapeutic and Supported Employment Services: Ext. 6922

Supported Employment: Ext. 2577

Homeless Veterans Supported Employment: Ext. 6921

Website: [www.manchester.va.gov/services/tses.asp](http://www.manchester.va.gov/services/tses.asp)

**THE VOCATIONAL REHABILITATION AND EMPLOYMENT (VR&E)**

Vet Success Program assists Veterans with service-connected disabilities to prepare for, find, and keep suitable jobs that will not aggravate or exacerbate service connected conditions. Services that may be provided include: Comprehensive rehabilitation evaluation to determine abilities, skills, and interests for employment; employment services which include assistance finding and keeping a job. To learn more about this VR and E/Chapter 31 program go to:

Website: [www.vetsuccess.gov](http://www.vetsuccess.gov)

**NH STATE DEPARTMENTS OF VOCATIONAL REHABILITATION**

3 Twelfth Street, Unit A, Berlin, NH 03570

Phone: 603-752-2271

103 Roxbury Street, Keene, NH 03431

Phone: 603-357-0266

Rivermill Complex, 85 Mechanic Street, Suite 260A, Lebanon, NH 03766

Phone: 603-448-5793
**VETERANS RÉSUMÉ SERVICES**

Seasoned résumé writers will convert your military experiences and terms into words that civilian hiring managers will easily understand. A well-written, targeted résumé will get you the interviews and job offers you seek. Interview readiness counseling is also available.

Bruce Montville, President, LifeWise Community

Phone: 603-929-0832

bmontville@lifewise-nh.org or

**HERO TO HIRE**

Help service members to find jobs with military friendly companies.

John Willbarger

New Hampshire

Phone: 603.227.1485

Email: jwillbarger@a-teamsolutions.com

**GOODWILL INDUSTRIES OF NORTHERN NEW ENGLAND**

Veteran friendly contact for jobs

34 Hutcherson Drive, Gorham, ME 04038

Contact: Manny Archibald (Director, Recruiting and Onboarding)

Cell: 207-329-8950

Website: www.goodwillnne.org/jobs

**RECRUIT MILITARY**

Help service members to find jobs

Website: www.recruitmilitary.com
NEW ENGLAND CENTER (EMPLOYMENT SPECIALIST)
17 Court Street, Boston, MA 02108
Phone: 617.371.1751
Website: www.nechv.org

MILITARY ONE SOURCE
John Nelson
New Hampshire
Phone: 603.491.6612
Email: john.nelson@militaryonesource.com
Website: http://www.militaryonesource.mil

NH WORKS
Development of individualized employment plans, vocational and career assessments, development of employment strategies, basic skills and educational services, on-the-job training (12 NH Works locations in NH)
Website: www.nhworks.org

AMVETS
Benefits counseling, claims assistance, career centers
Website: www.amvets.org

NH WORKS (PORTSMOUTH, NH)
2000 Lafayette Road Portsmouth NH
Veteran employment services specialist
Contact: Kyle DeClemente
Phone: (603) 559-91074
Email: kyle.b.declemente@nhes.nh.gov

EMPLOYER SUPPORT FOR THE GUARD AND RESERVE (ESGR)
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 603-225-1892
Fax: 603-227-5178
Website: http://www.nhesgr.com

WORKPLACE SUCCESS
Workplace Success is a partnership between the Department of Health and Human Services-Division of Family Assistance, SNHS, and the other New Hampshire Community Action Agencies. The goal of the program is to prepare participants to enter a volunteer Work Experience position within a nonprofit, business, or local/state government host site for 20-30 hours per week until they obtain full-time paid employment.
Address: 150 Wakefield Street, Suite 11, Rochester, NH 03867
Phone: 603-668-8010 or 800-322-1073
Website: http://www.snhs.org/programs/workforce-development/workplace-success/

NATIONAL VETERANS FOUNDATION
Eligibility: All Veterans
Phone: (888) 777-4443
Website: www.nvfd.org
JOBS IN NEW HAMPSHIRE
Website: http://jobsinnh.com

WORK READY NEW HAMPSHIRE
Website: http://www.ccsnh.edu/workforce-training/workready-nh

NH WORKS JOB MATCH
Website: https://nhworksjobmatch.nhes.nh.gov

THERAPEUTIC AND SUPPORTED EMPLOYMENT SERVICES
Employment therapy
VAMC 718 Smyth Rd. Manchester
Phone number: (603) 624-4366
Website: 261nunciate.va.gov/services/tses.asp

VETERANS INC. (EMPLOYMENT AND TRAINING SPECIALIST)
Dan M. Ward
Toll free: 800.482.2565
Cell: 603.717.1671
Email: danward@veteransinc.org

HOMELESS VETERAN’S REINTEGRATION PROGRAM
Eligibility: all homeless veterans.
Resume writing, on the job support, connections to community resources, job search, counseling, money management training.
Adrea Read or William Miller
Phone: 603.8823616
Emails: a.reed@harborhomes.org / w.miller@harborhomes.org

**VETERANS TRAINNING SCHOOL (EMPLOYMENT PROGRAM SERVICES)**
Eligibility: all homeless veterans or at risk of becoming homeless.
Survival skills for the business world (vocational training, marketing skills, job placement assistance, professional resume and cover letters)
John Silva: 617.371.1742 / john.silva@nechv.org
Christine Pineda: 617.371.1751 / 262nnunciat.pineda@nechv.org

**VOC REHAB**
This program offers vocational educational counseling, education, training and job placement.
Phone: 1.802.295.9363

**WORKFORCE DEVELOPMENT**
Workforce Investment Act helps displaced and economically disadvantaged workers to get jobs and, if appropriate, provides training for in-demand occupations through NH Works offices around the state. Activities to assist the unemployed are help with resume writing, interviewing and assessment of previous abilities and skill levels to match the customer with an appropriate occupational goal.

**BENEFITS CHECK UP**
After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.
Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: https://www.benefitscheckup.org/

**ADULT LEARNING CENTER**

ESL, computer training, and job placement, GED testing, Spanish, Citizenship, childcare and school age care

4 Lake St., Nashua, NH 03060

Phone: 603-882-9080

**NASHUA CENTER FOR THE MULTIPLY HANDICAPPED**

Services to persons with developmental disabilities through early intervention (the Children's Pyramid), adult day habitation/supported work employment (JOBS/ETC) and residential services

18 Simon St., Nashua, NH 03060

Phone: 603-595-0961

**NH EMPLOYMENT SECURITY OFFICE PORTSMOUTH, NH**

Jerry Avery, Veterans Service Officer

Phone: 603-436-3702

Website: http://www.nh.gov/nhveterans/

**NH EMPLOYMENT SECURITY OFFICE, SOMERSWORTH, NH**

Point of Contact: Jerry Avery, Veterans Service Officer

Phone: 603-742-3600

Website: http://www.nh.gov/nhveterans/
NH EMPLOYMENT SECURITY OFFICE (SALEM, NH)
Salem, NH
Point of Contact: Dianna L. Camac, Veterans Service Officer
Phone: 603-893-9185
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (NASHUA, NH)
Nashua, NH
Point of Contact: Dianna L. Camac, Veterans Service Officer
Phone: 603-882-5177
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CONCORD, NH)
Concord, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-228-4100
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (KEENE, NH)
Keene, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-352-1904
Website: http://www.nh.gov/nhveterans/
NH EMPLOYMENT SECURITY OFFICE (LACONIA, NH)
Laconia, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-524-3960
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CLAREMONT, NH)
Claremont, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-543-3111
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CONWAY, NH)
Conway, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-447-5924
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (LEBANON, NH)
Lebanon, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-448-6340
Website: http://www.nh.gov/nhveterans/
NH EMPLOYMENT SECURITY OFFICE (LITTLETON, NH)

Littleton, NH

Point of Contact: Brian S. Tomey, Veterans Service Officer

Phone: 603-444-2971

Website: http://www.nh.gov/nhveterans/
SECTION VII: MEDICAL ASSISTANCE/ TRICARE RESOURCE/ INFORMATION & REFERRAL

UNITED STATES (PHONE)
1-800-600-9332
Website: https://www.tricareonline.com
https://www.tricare4u.com
https://www.tricareonline.com/portal/page/portal/TricareOnline/Resource%20Center

BENEFITS CHECK UP
After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications/ Food / Utilities/ Legal / Health care/ Housing/ In-home services/ Taxes /Transportation /Employment Training.

Website: https://www.benefitscheckup.org/

NORTH REGIONAL CONTRACTOR HEALTH NET FEDERAL SERVICES
Phone: 1-877-TRICARE (1-877-874-2273)
Website: www.hnfs.com

NASHUA DIVISION OF PUBLIC HEALTH & COMMUNITY SERVICES
Serves the community by maintaining the well-being of its citizens. Services are provided through a collaborative effort for Environmental Health, Public Health and Welfare.
18 Mulberry St., Nashua, NH 03060
Phone: 603-589-4560
MARTIN’S POINT HEALTHCARE

Martin’s point is contracted by the DOD to provide Tricare Prime Health Benefit (the Uniformed Services Family Health Plan) covering ME, NH, VT, NY and northern PA.

John Reed (Health Benefits Specialist)

161 Corporate Dr., Portsmouth, NH 03801

Office: 603.430.5057

Cell: 603.651.7112

Email: John.reed@matinspoint.org

SOLDIER SOCKS (EKSO SUIT FOR PARALIZE VETERANS)

Soldier Socks is dedicated to providing aid to veterans who sustained spinal cord injuries or paralyzed during their tours in war of terror (OEF/OIF/OND) by supplying Ekso suits to help them walk again.

Phone: 203.832.2005

Email: info@soldiersocks.com

Website: www.soldiersocks.com

NEURO RESTORATIVE MASSACHUSETTS

Community based services for individuals with brain and spinal cord injury. Provides socialized rehabilitation focusing on activities of daily living, community reintegration, social and emotional growth, etc.

Phone: 800.743.6802

Email: neuroinfo@neurorestorative.com

VETERANS TRAINING SCHOOL

Eligibility: all homeless veterans or at risk of becoming homeless.

Housing assistance referrals, mass health applications, transportation assistance and case management
John Silva: 617.371.1742 / john.silva@nechv.org
Christine Pineda: 617.371.1751 / christine.pineda@nechv.org

LIST OF STATE TRICARE PROVIDERS – MEDICAL
Website: https://www.hnfs.com/content/hnfs/home/tn/common/app_help_pages/provider_directory.html/pp/content/hnfs/home/tn/bene

LIST OF STATE TRICARE PROVIDERS– DENTAL
TRICARE DENTAL (METLIFE)
Website: https://employeedental.metlife.com/dental/public/EmpEntry.do

TRICARE ACTIVE DUTY DENTAL PROGRAM
For active duty service members in remote areas
Website: www.addp-ucci.com
Customer service: 1.866.984.2337

GREATER NASHUA DENTAL CONNECTION, INC.
Provide affordable dental services, accepts Medicaid. Appointments necessary.
31 Cross St., Nashua, NH 03064
Phone: 603-879-9314
TRICARE DENTAL PROGRAM FOR ACTIVE DUTY FAMILY MEMBERS, NATIONAL GUARD AND RESERVE MEMBERS AND THEIR FAMILIES

CONUS: 1.855.683.8371
OCONUS: 1.855.638.8372
TDD/TTY: 1.855.638.8373

LIST OF STATE TRICARE PROVIDERS – VISION

Web site: https://www.hnfs.com/content/hnfs/home/tn/prov/benefits/benefits_a_to_z/eye_examinations/eye_examinations.html

NH MEDICAID SERVICES

129 Pleasant Street, Concord, NH 03301

Phone: 800.852.3345, ext. 4344 (in-state only) or 603.271.4344

AMERICAN LEGION: NATIONAL COMMISSION ON CHILDREN & YOUTH

Eligibility: Limited to minor children (17 years or younger) whose biological parent, or legal guardian, is a veteran and is, or would have been, eligible for American Legion membership. However, Legion membership is not required. Children 18-20 years old will also be considered if a current disability requires special schooling or indefinite in-home care, or they are enrolled in an approved high school and unmarried. Cash grants to minor children of veterans who are eligible for American Legion membership. These grants help families in need meet the cost of shelter, food, utilities and health expenses, thereby keeping the child or children in a more stable environment.

Phone: 317-630-1323

Website: www.legion.org/financialassistance
**COAST GUARD MUTUAL ASSISTANCE**

**Eligibility:** Active Duty/Retired Military/Coast Guard Civilians/Coast Guard Reservists/Public Health Service/Surviving Family Member.

Phone: 800-881-2462

Website: [www.cgmahq.org/](http://www.cgmahq.org/)

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**EASTER SEALS OF NH**

**Eligibility:** Veterans

Phone: 603-623-8863

Fax: 603-625-1148

Website: [http://nh.easterseals.com](http://nh.easterseals.com)

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**LIVE UNITED (UNITED WAY)**

**Eligibility:** Veterans

Phone: 703-836-7112

Website: [www.unitedway.org/](http://www.unitedway.org/)

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**NATIONAL VETERANS FOUNDATION**

**Eligibility:** All Veterans

Phone: 888-777-4443

Website: [www.nvf.org](http://www.nvf.org)

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**NATIONAL VETERANS SERVICE FUND**

**Eligibility:** Vietnam/Persian Gulf War Vets (families/disabled children)

Phone: 800-521-0198
NAVY-USMC RELIEF SOCIETY

**Eligibility:** AD Navy and USMC/ Retired, NOAA, Family members whose active member has passed. Portsmouth, NH

Phone: 207-438-1832

Fax: 207-438-1830

Website: [www.nmcrs.org](http://www.nmcrs.org)

NHCNE CASE MANAGER

Naval Branch Health Clinic, Portsmouth

One Ayres Circle, PNSY, Portsmouth, NH 03804

Tammy J. Masse

Comm: 207.438.2354

DSN: 684.23.54

Email: tammy.masse@med.navy.mil

OPERATION FAMILY FUN

**Eligibility:**

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family
Community Resource Guide

Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.

3. Spouse is defined as the other partner of a legal marriage in any state of the U.S. and its territories or any country recognized by the United Nations. A certificate of marriage will be required for eligibility of funds. A birth certificate, social security card, passport or drivers license may also be required.

4. Dependent children is defined as, any child under the age of 22 who is by birth or stepchild or legally adapted to the member. A birth certificate, adoption papers, social security card or passport will be required for identification and proof of relationship to the member.

5. Family is defined as a spouse and or dependent child with priority given to VA Rating 50% or more. Financial grants for each eligible member or members family to meet personal, short and long term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle.

**OPERATION FIRST RESPONSE**

**Eligibility:** All branches, Active Duty Service Members that have been wounded, injured or are critically-ill and to Veterans that have been wounded, injured or are critically-ill. Financial aid varies as each case is based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, and travel expenses to and from major medical facilities.

Phone: 888-289-0280

Website: [www.operationfirstresponse.org](http://www.operationfirstresponse.org)

**OPERATION FOREVER FREE**

**Eligibility:** Deployed, active, veteran military service members and their families; those challenged physically, mentally and emotionally with Post Traumatic Stress and Traumatic Brain injuries, those experiencing long-term care in hospitals, rehabilitation centers and shelters. Phone: (214) 542-6975

Website: [info@operationforeverfree.org](mailto:info@operationforeverfree.org)
**OPERATION HOMERFRONT**

**Eligibility:** Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance Provided: Shelter, rent, mortgage, utilities, temporary lodging, Vehicle expenses, car payments, car insurance, registration (only when it is the family's only means of transportation), Airfare to transport a family member to assist a military family during illness or for childbirth, Childcare during illness or surgery, Personal Property Taxes, Emergency dental expenses, Critical baby items, Basic Food Needs, Toiletries, Moving Assistance, Eyeglasses, Limited Travel Assistance, Home Repairs, other emergency financial needs.

Phone: 800-722-6098

Website: [www.operationhomefront.net](http://www.operationhomefront.net)

**SEMPER FI FUND**

**Eligibility:** USMC & Some Navy Corpsman

Phone: 760-725-3680

Fax: 760-725-3685

Website: [www.semperfifund.org](http://www.semperfifund.org)

**UNMET NEEDS**

**Eligibility:** Veterans that have hardship due to service/ was in combat or active duty within the last three years.

Phone: 866-789-6333

Website: [unmetneeds@vfw.org](mailto:unmetneeds@vfw.org)

**USA CARES**

**Eligibility:** All Services

Phone: 800-773-0387

Website: [www.usacares.org](http://www.usacares.org)
**VFW NEW HAMPSHIRE**

**Eligibility:** Veterans/Active Duty/National Guard/USAR

Phone: 603-837-9595

Website: danavfw@metrocast.net

**VETERANS SALUTE**

**Eligibility:** Disabled Veterans/Surviving Spouse

Website: inquiries@veterans-salute.com

**VETERANS SUPPORT FOUNDATION**

**Eligibility:** All Veterans

Phone: 800-882-1316, ext 126

Website: www.vsf-usa.org/

**NAVY-MARINE CORPS RELIEF SOCIETY**

Visiting nurse program

PO Box 25 Building 83 US Naval Submarine Base Groton CT

Susette Lado

(860) 694-4118

susette.lado@nmcrs.org

**NORTHEAST PASSAGE**

Disability support

Hewitt Hall, 4 Library Way Durham, NH

Cathy Thompson
(603) 862-0070
cathy.thompson@unh.edu; nepassage.org

**NORTHEAST INJURED SUPPORT - WOUNDED WARRIORS**
Marine injury support
Jonathon Braca
(203) 410-7573
jonathon.braca@gmail.com

**NAVY WOUNDED WARRIOR SAFE HARBOR**
Phone: 1-855-628-9997
Email: navywoundedwarrior@navy.mil; safeharbor.navylive.dodlive.mil

**CAREGIVER**
Supports caregivers of veterans. The program provides a wide range of services to caregivers of eligible veterans of all eras.
Phone: 1.855.260.3274
Website: www.caregiver.va.gov

**WOMEN VETERANS PROGRAM MANAGER (HEALTH BENEFITS)**
Eligibility:
Most women discharged under honorable conditions are eligible for care. Spouses of 100% service connected veterans (non-veterans who have CHAMPVA benefits) are usually eligible. There will be no charge to you if you require care for a service-connected disability, if your income is below a certain level, or if you have CHAMPVA benefits. Under the Eligibility Reform Act, veterans are now entitled to a comprehensive benefits package. Health Benefits Advisors are available to answer your questions to
determine the extent of your eligibility. Or, visit the VA Health Care Eligibility web site for more information.

Contact: Mary F. Behnke, BSN, RN
Phone: 603. 624.4366 Ext. 6541
Email: mary.behnke@va.gov
Website: http://www.newengland.va.gov/womenvet/wvcontact.asp

**VA HOMEFRONT**

Housing and supportive services, home loan guaranty service, medical and health treatment services, education benefits, job training, etc.

Phone: 1.877.424.3838
Website: www.va.gov/homeless

**NAVAL HEALTH CLININC NEW ENGLAND**

1 Ayres Circle, Portsmouth, NH 03804
Phone: 207.438.6961
Website: http://nhcne.med.navy.mil/

**WIC (WOMEN, INFANTS & CHILDREN)**

Nutrition counseling, health care referrals, nutrition education, breastfeeding education, prenatal nutrition, health screening

Phone: 1.800.4321

**DELTA DENTAL**

Customer Service: 855.370.3303
**BRAIN INJURY ASSOCIATION**
Transitional services, school support, financial support, information and resources.
Phone: 800.773.8400 or 603.225.8400

**DEFENSE AND VETERANS BRAIN INJURY CENTER**
Services provided: care coordination, education (educational material about TBI), clinical care, etc.
Website: [www.dvbic.org](http://www.dvbic.org)

**CALL FOR VETERAN VOLUNTEERS**
Aims to pair recruited Veteran Volunteers with hospice patients who have been identified has Veterans.
Whitney Blethen (Seacoast): 603.433.2480 / email: whitney.blethen@amedisys.com
Linda Manning (Concord): 603.224.2230 / email: linda.manning@amedisys.com

**NH HEALTHY KIDS (NON-PROFIT INSURANCE AGENCY)**
1.877.464.2447

**ASK-A-NURSE**
603.626.2626

**LAMPREY HEALTH CARE**
603.895.3351

**CARE NET (PREGNANCY CENTER OF NASHUA)**
Free ultra sounds, Information and practical assistance to women facing unplanned pregnancy to help them make informed decisions and choices.
110 Main St., Nashua, NH 03060
Phone: 603-883-9355

**HOME HEALTH & HOSPICE CARE**

Services and support to the acutely, chronically, and terminally ill, and bereaved families (including nursing, hospice care, home health aides, homemakers, well-child care, health promotion clinics, and education).

7 Executive Park Drive, Merrimack, NH 03054
Phone: 603-882-2941

**LAMPREY HEALTH CENTER**

Lamprey Health Center provides comprehensive primary care services to individuals in the Greater Nashua Community regardless of their insurance status or ability to pay. These services include routine preventive and sick care, diagnostic evaluations, disease management and education for chronic illnesses, pharmacy assistance, nutrition education, case management and health education.

22 Prospect St., Nashua, NH 03060
Phone: 603-883-1626

**NASHUA CENTER FOR THE MULTIPLY HANDICAPPED**

Services to persons with developmental disabilities through early intervention (the Children's Pyramid), adult day habitation/supported work employment (JOBS/ETC) and residential services

18 Simon St., Nashua, NH 03060
Phone: 603-595-0961

**SOUTHERN NEW HAMPSHIRE HIV/AIDS TASK FORCE**

Comprehensive care, support and educational services to people living with HIV/AIDS

12 Amherst Street, Nashua, NH 03064
Community Resource Guide

Phone: 603-595-8464

**SOUTHERN NEW HAMPSHIRE MEDICAL CENTER**
Committed to stewardship and provides comprehensive medical services, many of which are exclusive to this region
8 Prospect Street, Nashua, NH 03060
Phone: 603-577-2728

**ST. JOSEPH HOSPITAL**
A caring, progressive, comprehensive 200 bed not-for-profit health care facility serving southern New Hampshire and dedicated to the prevention of disease and care of the sick, with special concern for the poor
172 Kinsley Street, Nashua, NH 03060
Phone: 603-882-3000

**COMMUNITY HEALTH SERVICES**
The Community Health Department works to protect the health of Nashua residents. The department’s programs include:

- Community Outreach Van
- Immunization Clinics: Tuesdays 4pm to 7pm and Fridays 8:30am to 10:30am
- Lead: Clinic Screening, Prevention and Case Management
- Tuberculosis Program
- Disease Investigation

Phone: (603) 589-4500
SECTION VIII: ID CARDS AND DEERS INFORMATION & REFERRAL

LOCAL DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

NEW HAMPSHIRE DEERS LOCATIONS

<table>
<thead>
<tr>
<th>SITE NAME</th>
<th>PHONE</th>
<th>BRANCH OF SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>157th Air Refueling Wing (ARW)</td>
<td>603-430-3514</td>
<td>Air National Guard (ANG)</td>
</tr>
<tr>
<td>Portsmouth, NH 03803</td>
<td></td>
<td></td>
</tr>
<tr>
<td>167th Armed Forces Support Group Reserve Center (AFRC)</td>
<td>603-537-8135</td>
<td>Army Reserve (USAR)</td>
</tr>
<tr>
<td>368th Engineer Battalion</td>
<td></td>
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</tr>
<tr>
<td>Londonderry, NH 03053</td>
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</tr>
<tr>
<td>Army Guard, Headquarters New Hampshire State Military Reservation</td>
<td>603-225-1326</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Concord, NH 03301</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Littleton National Guard Armory</td>
<td>603-752-3452</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Littleton, NH 03561</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Portsmouth Naval Shipyard</td>
<td>207-438-2640</td>
<td>Navy (USN)</td>
</tr>
<tr>
<td>Portsmouth, NH 03804</td>
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MAINE DEERS LOCATIONS

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<tr>
<th>SITE NAME</th>
<th>PHONE</th>
<th>BRANCH OF SERVICE</th>
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</thead>
<tbody>
<tr>
<td>101st Air Refueling Wing (ARW)</td>
<td>207-990-7387</td>
<td>Air National Guard (ANG)</td>
</tr>
<tr>
<td>Bangor International Airport (IAP)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bangor, ME 04401</td>
<td></td>
<td></td>
</tr>
<tr>
<td>52nd Troop Command Navy Reserve Center (NRC)</td>
<td>207-735-1000</td>
<td>Army Reserves (USAR)</td>
</tr>
<tr>
<td>Bangor, ME</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Army Guard Headquarters Maine Augusta</td>
<td>207-626-4387</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Augusta, ME 04333</td>
<td></td>
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<tr>
<td>Portsmouth Naval Shipyard</td>
<td>207-438-2640</td>
<td>Navy (USN)</td>
</tr>
<tr>
<td>Portsmouth, NH 03804</td>
<td></td>
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<tr>
<td>Caribou National Guard Armory</td>
<td>207-498-6517</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Caribou, ME 04736</td>
<td></td>
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</tr>
<tr>
<td>The Defense Finance and Accounting Service Center (DFAS)</td>
<td>207-328-1088</td>
<td>DFAS</td>
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<td></td>
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</tr>
<tr>
<td>Site Name</td>
<td>Phone</td>
<td>Branch of Service</td>
</tr>
<tr>
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</tr>
<tr>
<td>Limestone Field Organization Limestone, ME</td>
<td>207-783-0378</td>
<td>Army Reserve (USAR)</td>
</tr>
<tr>
<td>MG Oliver Otis Howard United States Army Reserve (USAR) Center</td>
<td>207-921-1645</td>
<td>Navy (USN)</td>
</tr>
<tr>
<td>NAS Brunswick</td>
<td>207-942-4388</td>
<td>Naval Reserve (USNR)</td>
</tr>
<tr>
<td>NRC Bangor</td>
<td>207-430-5497</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Portland National Guard Armory</td>
<td>207-780-3048</td>
<td>Coast Guard (USCG)</td>
</tr>
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**MASSACHUSETTS DEERS LOCATIONS**

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Phone</th>
<th>Branch of Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>102&lt;sup&gt;nd&lt;/sup&gt; FW MA ANG, OTIS ANGB</td>
<td>508-968-4180</td>
<td>Air National Guard (ANG)</td>
</tr>
<tr>
<td>104&lt;sup&gt;th&lt;/sup&gt; FW MA ANG, Westfield</td>
<td>413-568-9151</td>
<td>Air National Guard (ANG)</td>
</tr>
<tr>
<td>399&lt;sup&gt;th&lt;/sup&gt; Combat Support Hospital, Taunton</td>
<td>508-884-98007</td>
<td>Army Reserve (USAR)</td>
</tr>
<tr>
<td>439&lt;sup&gt;th&lt;/sup&gt; AW Westover ARB</td>
<td>413-557-3037</td>
<td>Air Force Reserves (USAFR)</td>
</tr>
<tr>
<td>94&lt;sup&gt;th&lt;/sup&gt; RRC Ft. Deven</td>
<td>800-554—8132</td>
<td>Army Reserve (USAR)</td>
</tr>
<tr>
<td>AG HQ MA</td>
<td>888-301-3103</td>
<td>Army National Guard (ARNG)</td>
</tr>
<tr>
<td>Hanscom AFB</td>
<td>781-3777-3979</td>
<td>Air Force (USAF)</td>
</tr>
<tr>
<td>NMCRC Worcester</td>
<td>866-249-9354</td>
<td>Navy Reserve (USNR)</td>
</tr>
<tr>
<td>USA Soldier Systems Center, Natick</td>
<td>508-233-5007</td>
<td>Army (USA)</td>
</tr>
</tbody>
</table>

**FACT SHEETS ON DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)**

https://www.dmdc.osd.mil/self_service/rapids/unauthenticated?execution=e2s1

**INFORMATION NEEDED FOR ID CARD-ALL CATEGORIES**


https://www.dmdc.osd.mil/self_service/rapids/unauthenticated;jsessionid=vTL2RmqhxG8PdKbBwlq2JgY1164nLnpPST1nLty42Jk6mFC81Pp!-947918917?execution=e1s1
DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS) RAPIDS CENTERS

Website:
https://www.dmdc.osd.mil/rsl/appj/site;jsessionid=VZZdRmrNdNHcB9IRvfvmT2qvZgKhGLfDjMI1xPDGvt8bXQyv73L8!-1228027641?execution=e1s1

ASSISTANCE WITH OBTAINING AN ID CARD

Informational Websites:
https://www.dmdc.osd.mil/rsl/appj/site;jsessionid=6V8cRmpBMMBNqRmgvGpk2lZV2qD18nbDPtGy1WX1nSLvTLbvQ!-1228027641?execution=e1s1
http://www.cac.mil
https://www.dmdc.osd.mil/appj/bwe/indexAction.do;jsessionid=vVwGRmqdsnQptLSMhhvJmgLsWywqK1yyTQQq1pGFrsGzmhVFq919295078

PERSONNEL SYSTEMS MANAGER (SOURCE FOR DEERS INFO AND MORE)

Pease ANG
TSgt Patrice Foggarty
Phone: 603.430.3511
DSN: 852.3511
Email: patrice.foggarty@ang.af.mil
SECTION IX: COMMUNITY INFORMATION AND OUTREACH

AKO REGISTRATION INFORMATION
Website: https://ako.us.army.mil/suite/pages/reg/startRegistration.ext

LOCAL AMERICAN RED CROSS EMERGENCY MESSAGE INFORMATION
Website: http://www.redcross.org/nh/concord

AMERICAN RED CROSS SERVICE TO THE ARMED FORCES NATIONAL HOTLINE FOR EMERGENCY SERVICES
Red Cross is always there to ensure that emergency or important events information can and will be accessible to our military personnel.
1.877.272.7238

NH Regional SAF Number: 603.318.8200

COMMUNITY OUTREACH SPECIALIST (ME/NH)
VA New England Health Care System
Cell: 207.312.9841
Ofc.:207.623.8411
www.newengland.va.gov/outreach

VETERANS’ FAMILIES FOUNDATION
Provides a list of different resources that help military members and their families with diverse needs
Website: http://veteransfamiliesunited.org/2011/06/06/needs-assistance/
VETERANS COMING HOME

This is a great general resource that connects to other resources. Also, a great education site (videos, etc.).

Website: http://wgby.veteranscominghome.org/all-resources/

SURVIVORS OUTREACH SERVICES

Elizabeth Santos

1 Minuteman Way, Concord, NH 03301

Office: 603.219.8159 / 603.227.5130

Cell: 603.219.8159

Email: Elizabeth.g.santos.ctr@mail.mil

Website: www.sos.army.mil

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)

Postvention resource available for soldiers and their families which includes: military survivor seminars and good grief camp, peer support networks for survivors, caseworkers to assist in problem solving, etc.

Phone: 23-hour information line: 800-959-TAPS (8277)

FAMILIES FIRST (PARENTING & FAMILY PROGRAMS)

Parenting classes, parenting groups, etc.

Phone: 603.422.8208

NH NG SENIOR FAMILY READINESS SUPPORT ASSISTANT JOINT FORCE

Headquarters Military Personnel Services Corporation

Amy Prince, LICSW (Contractor)
Phone: 603-225-1828
Cell: 603-724-7111
E-mail: amy.prince2@us.army.mil

**NH FAMILY READINESS SUPPORT ASSISTANT (CTR)**
Kathleen M. Rice (Contractor)
Military Personnel Services Corporation
197th Fires Brigade
E-mail: kathleen.m.rice3.ctr@mail.mil
Phone: 603-715-3108
Cell: 603-545-2508
Fax: 603-715-3103

**MAINE NATIONAL GUARD FAMILY READINESS**
Eligibility: All Veterans, Service Members and Family
Website: [http://www.me.ngb.army.mil/Family/](http://www.me.ngb.army.mil/Family/)

**MASSACHUSETTS NATIONAL GUARD FAMILY READINESS**
Eligibility: All Veterans, Service Members and Family

**NEW HAMPSHIRE NATIONAL GUARD FAMILY READINESS**
Eligibility: All Veterans, Service Members and Family
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 1-877-598-0666
Website: https://www.nh.ngb.army.mil/families/familyhome

**VERMONT NATIONAL GUARD FAMILY READINESS**

**Eligibility:** All Veterans, Service Members and Family
Phone: 800-607-8773

**NH AIR NATIONAL GUARD FAMILY READINESS**
302 Newmarket Street Pease ANGB, NH
Contact: Bonnie Lee Rice
Phone: (603) 430-3545
Email: bonnie.rice@ang.af.mil

**OPERATION HOME FRONT**
Eligibility: All Veterans/Guard/Reserve
Phone: (888) 810-0221
Website: www.operationhomefront.net

**SALVATION ARMY**
Eligibility: All Veterans
Contact: Majors Gregory and Joyce Hartshorn
Phone: 603-627-7013
Website: www.use.salvationarmy.org/manchester
MILITARY ONE SOURCE
John Nelson
New Hampshire
Phone: 603.491.6612
Email: john.nelson@militaryonesource.com
Website: http://www.militaryonesource.mil

US COAST GUARD SPECIAL NEEDS PROGRAM
Website: http://www.uscg.mil/worklife/special_needs.asp

CHAPLAINS EMERGENCY RELIEF FUND
Eligibility: Veterans/ Active Duty/Guard/Reserve connected to New Hampshire
Address: PO Box 3448, Concord, NH 03302-3448
Phone: 603-227-1560/1561 or 603-430-3456

EXCEPTIONAL FAMILY MEMBER PROGRAM INFORMATION (EFMP)

ARMY EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
Website:

US AIR FORCE EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
Website: http://www.naccrra.org/military-families/air-force/air-force/us-air-force-exceptional-family-member-program-efmp-respite-ca
US NAVY EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
Website: [http://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx](http://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx)

US MARINES EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
Website: [http://www.mccs-sc.com/efmp/index.asp](http://www.mccs-sc.com/efmp/index.asp)

ELDER CARE

NH 2-1-1
Provide the residents of NH with easy and accurate access to health and human services and to meet their needs daily and in times of crisis. 2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing **2-1-1** in state or **1-866-444-4211** from out of state.

Provide referral assistance for food, housing, fuel, clothing, finance, suicide, crisis, child or adult abuse, domestic violence, taxes and many other services. Website: [http://www.211nh.org/](http://www.211nh.org/)

DEPARTMENT OF HUMAN SERVICES/ADULT ABUSE NH
To find resources search or Dial 2-1-1

NH DEPARTMENT OF HEALTH & HUMAN SERVICES BUREAU OF ELDERLY & ADULT SERVICES
Services to help elderly and disabled adults remain at home or placement services when needed. Protective investigations for reports of abuse, neglect, self-neglect and exploitation of incapacitated adults.

Phone: 1-800-949-0470 / 603-883-7726

SERVICELINK
Adult disability, elder care support 18-64. Different offices cover all of NH; can help with ANYTHING elder care!
Auburn Street, Manchester NH
Contact: Joanna Theberge
Phone number: (603) 644-2240 555
Email: jtheberge@eastersealsnh.org

GATEWAYS FOR SENIORS
Services for seniors: skilled nursing services, personal care, homemaker services, adult day services.
144 Canal St., Nashua, NH 03060
Phone: 603-882-6333
Website: http://www.gatewayscs.org/services_elder.htm

ELDER CARE LOCATOR
To find senior resources
Website: www.aarp.org/family

ELDERCARE RESOURCE
Navigating Medicare and Medicaid basics
Website: www.agis.com

ELDER CARE LINK
Nationwide network of select eldercare providers
Website: www.eldercarelink.com
GRANITE STATE INDEPENDENT LIVING

(GSIL) is a statewide, non-profit organization whose mission is to promote life with independence for people with disabilities and those experiencing the natural process of aging through advocacy, information, education and support.

Phone: 603/228-9680

Website: http://www.gsil.org/

BUREAU OF ELDERLY AND ADULT SERVICES

Pleasant Street, Concord, NH

Phone number: (603) 271-9203 129

Website: http://www.dhhs.nh.gov/dcbcs/beas/index.htm

LOANER’S CLOSET

Eligibility: Those who receive assistance are the frail, elderly, temporarily or permanently disabled and those individuals recuperating from or dealing with chronic illness.

Caregivers covers the towns of Derry, Londonderry, Windham, Sandown, Chester, Hampstead and Danville. There is no charge for services. The Alexander Eastman Foundation continues to be a major funding source. Monies are also received through the United Way, towns, churches, membership drive, grants, fundraising efforts and individual donations.

48 East Broadway Derry, NH

Contact: Donna Kluk

Phone number: (603) 432-0877

Email: donna@comcaregivers.org

Website: http://comcaregivers.org/
CARING COMPANIONS
Companionship services, home helper services (laundry, dusting, etc.), personal hygiene services, transportation services, transition home from hospital

Phone: 603.621.3497 / 800.870.8728
Website: www.eastersealsnh.org

CAREGIVERS
Support to the frail elderly, disabled and culturally disadvantaged. Trained volunteers provide the "hands" of support

PO Box 6107, Nashua, NH 03063
Phone: 603-595-4502

SENIOR TRANSPORTATION
Our bus provides door-to-door, demand response transportation to anyone age 60 and over, and the suggested fare donation is $2 per roundtrip. We give rides to grocery stores, shopping malls and discount shops. All riders must be at least 60 years old to ride the bus.

Call 603-817-8207 for information and learn how to schedule a ride.
Website: http://www.straffordcap.org/programs/senior-transportation

SOUTHERN NEW HAMPSHIRE SERVICES,
Community Action Agency for Hillsborough County providing social services programs and advocacy activities to low income youth, elderly and other specialized populations through Housing, Head Start, WIC, Weatherization, Energy Assistance, Summer Youth Feeding, and Child Care.

134 Allds St. Nashua, NH 03060
Phone: 603-889-3440
NASHUA SENIOR CENTER
Services to assist seniors in maintaining active community involvement programs, Heath and Culture
Seniors ages 50 and over
70 Temple St., Nashua, NH 03060
Phone: 603-889-6155

STOP ABUSE FOR EVERYONE (SAFE)
Stop Abuse for Everyone (SAFE) provides unique services for domestic violence victims. We help those who typically fall between the cracks of domestic violence services and few services are available: straight men, GLBT victims, teens, and the elderly. We promote that there should be services for ALL victims and accountability for all perpetrators.
Website: http://www.stopabuseforeveryone.org/about-safe/about-safe.html

NATIONAL CENTER ON ELDER ABUSE
Phone: 1-800-677-1116
Website: http://www.ncea.aoa.gov

CHILD CARE AGENCIES

ESNH CHILD CARE REFERRAL
Finding quality affordable child care
Auburn Street, Manchester NH
(603) 621-3501 555
manchesterccrr@eastersealsnh.org
NACCRAA
Army respite and military fee assistance for active duty family’s 1-800-424-2246
Email: MSP@naccra.org
Website: www.Naccra.org

SITTER CITY (BABYSITTERS)
Website: http://www.sittercity.com/babysitters/nh.html

SITTER CITY (NANNIES)
Website: http://www.sittercity.com/nanny/nh.html

NH CHILD CARE SCHOLARSHIP: CHILD CARE ASSISTANCE
Helps families pay for child care. If you receive financial assistance to needy families (FANF) and are in the FANF work program you are eligible. If you are working, looking for work or are going to school you may also be eligible.

129 Pleasant Street, Concord, NH 03301
Phone: 1.800.852.3345
Website:
http://www.dhhs.nh.gov/dfa/apply.htm

THE FARMINGTON CHILDREN'S CENTER
The Farmington Children's Center, located at 120 Main Street, offers high-quality child care for children age 6 weeks to school age from 6:30 a.m. to 5:30 p.m. The center is open during the summer and school vacations, but it is closed on major holidays. Before and after-school care is available after for children
in grades 1-6, and care is available after morning public kindergarten. Breakfast, lunch and snack are provided, depending upon program.

To learn more about the center and our current rates, please call 603-755-2883

**SOUTHERN NEW HAMPSHIRE SERVICES,**

Community Action Agency for Hillsborough County providing social services programs and advocacy activities to low income youth, elderly and other specialized populations through Housing, Head Start, WIC, Weatherization, Energy Assistance, Summer Youth Feeding, and Child Care.

134 Allds St. Nashua, NH 03060

Phone: 603-889-3440

**LOCAL RECRUITING INFORMATION**

**US ARMY RECRUITING**

Website: [http://www.goarmy.com](http://www.goarmy.com)

**U.S. ARMY RECRUITING STATION**

Address: 211 Loudon Rd, Concord, NH

Phone: 603-224-1590

Website: [http://www.goarmy.com](http://www.goarmy.com)

**U.S. ARMY RECRUITING STATION**

Address: 522 Amherst St #26, Nashua, NH

Phone: 603-577-9710 ·

Website: [http://www.goarmy.com](http://www.goarmy.com)
U.S. ARMY RECRUITING STATION
Address: 22 E Broadway, Derry, NH
Phone: 603-434-3289
Website: http://www.goarmy.com

U.S. ARMY RECRUITING STATION
Address: 11525 S. Willow St., Manchester, NH
Phone: 603-622-7313
Website: http://www.goarmy.com

U.S. ARMY RECRUITING STATION
Address: 537 Central Ave, Dover, NH
Phone: 603-740-1482
Website: http://www.goarmy.com

U.S. ARMY RECRUITING STATION
Address: Benning St, West Lebanon, NH
Phone: 603-298-8926
Website: http://www.goarmy.com

US ARMY RECRUITING
18 N Main St, Concord, NH
(603) 224-2089
Website: http://www.goarmy.com
US ARMY RECRUITING
Address: 346 S Broadway, Salem, NH
Phone: 603-893-2274
Website: http://www.goarmy.com

US ARMY RECRUITING
767 Islington St, Portsmouth, NH
Phone: 603-431-4500
Website: http://www.goarmy.com

ARMY NATIONAL GUARD RECRUITING OFFICE
Address: 518 White Mountain Hwy, Conway, NH
Phone: 603-717-5676
Website: https://www.nh.ngb.army.mil/join

AIR NATIONAL GUARD RECRUITING
Website: http://www.goang.com

US AIR FORCE RECRUITING
Website: http://www.airforce.com

US Navy Recruiting
Website: http://www.navy.com
LIST OF LOCAL DISCOUNTS FOR MILITARY FAMILIES (CELL PHONE DISCOUNTS, STORE DISCOUNTS, RESTAURANTS, ETC)

PORTSMOUTH NAVAL SHIPYARD MORALE, WELFARE AND RECREATION (MWR)
Website: http://www.discovermwr.com/pnsy/

HANSCOM AFB, MORALE, WELFARE AND RECREATION (MWR)
http://www.dodhousingnetwork.com/air-force/hanscom-afb/base-directory.php?i=38 or
http://www.hanscomservices.com/index.asp

FT DEVENS, MORALE, WELFARE AND RECREATION (MWR)
Website: https://www.devens.army.mil/Devens_Staff/FortDevensMWR.html

OPERATION FOREVER FREE
Eligibility: deployed, active, veteran military service members and their families; those challenged physically, mentally and emotionally with Post Traumatic Stress and Traumatic Brain injuries, those experiencing long-term care in hospitals, rehabilitation centers and shelters.

Phone: 469-892-7200
Email: info@operationforeverfree.org
Website: http://www.operationforeverfree.org/web/

SUPPORT GROUPS

NEW FUTURES
Offers a substance abuse support group

www.new-futures.org
MANCHESTER VET CENTER
MST Vets and Family and Friends of combat vets
Address: Vet Center 1461 Hooksett Rd Hooksett NH
Contact: Mearlene Filkins
Phone: (603) 668-7060
Email: mearlene.filkins@va.gov

ARMY NATIONAL GUARD (ARNG) CHAPLAIN SERVICES
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, parenting assistance.
Address: State Military Reservation, One Minuteman Way, Concord, NH 03301
Phone: 603-227-1560/1561
FAX: 225-1391

AIR NATIONAL GUARD (ANG) CHAPLAIN SERVICES
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, and parenting assistance.
Address: 302 Newmarket Street, Pease Air National Guard Base, Newington, NH 03803
Phone: 603-430-3456/3446/3492

NAVY CHAPLAIN OFFICE
Offer spiritual assistance, crisis management, family/life and career decisions, grief, classroom instruction, parenting assistance.
Phone: 207-438-1970
Website: http://www.portsmouthhousing.com/template.php?name=chaplain&PHPSESSID=7c897a58debb28603099ae0e0ed59ae38

CHAPLAIN (CONCORD)
Support
1 Minuteman Way Concord, NH
Contact: Steven Veinotte
Phone: (603) 227-1560
Email: steven.e veinotte.mil@mail.mil

CHAPLAIN (ANGB)
LtCol Robert Cordery
Building 100, 2dn floor, Pease ANGB
Office: 603.430.3456
DSN: 852.3456
Email: Robert.cordery@ang.af.mil

NATIONAL GUARD SURVIVOR OUTREACH SERVICES
Family Support. Linking army family survivors to support programs
NHNG 1 Minuteman Way Concord, NH
Contact: Elizabeth Santos
Phone number: (603) 227-5130
Email: Elizabeth.santos2@us.army.mil
NORTHEAST INJURED SUPPORT – WOUNDED WARRIORS
Marine injury support
Jonathon Braca
(203) 410-7573
301nnuncia.braca@gmail.com

MILITARY SPOUSES CLUB
Mary Heathman (President)
Phone: 603.583.5753
Email: peasmilitaryspouses@gmail.com / maryheathman@msn.com

SPOUSE TELEPHONE SUPPORT FOR SPOUSES OF OEF/OIF/OND VETERANS
Lisa Martel
Phone: 603.624.4366 x 2524

SUPPORT GROUP FOR MILITARY SPOUSES
Ann Stewart
Phone: 617.643.9334
Email: arstewart@partners.org
Website: www.homebaseprogram.org

THERAPEUTIC SUPPORT GROUP FOR PARENTS OF ADOPTED OR FOSTER CHILDREN
Phone: 978.697.9213
FAMILY SUPPORT GROUP
Eligibility: Family members/ friends of combat theatre veterans and military sexual trauma (MST) veterans.
Vet Center, 1461 Hooksett Rd., Hooksett, NH
Phone: 603.668.7060
Email: Mearlene.filkins@va.gov

NH VET- TO- VET
This is a peer driven support group where veterans can help one another with challenges such as: family, relationships, health, housing and employment.
Berlin/Gorham, NH
Phone: 603.752.5773
Concord, NH
Phone: 603.228.6625

BIPOLAR SUPPORT GROUP
333 Borthwick Ave., Portsmouth NH
Contact: Diane Cyr
Phone: 603.431.9757
Email: dcyr@smhc-nh.org

NAMI FAMILY MEMBER SUPPORT GROUP
Frisbee Memorial Hospital, Rochester, NH
Contact: Shirley Varney
Phone: 603.332.6390
SCHIZOPHRENIA SUPPORT GROUP
1 Campus Drive, Portsmouth NH 03801
Contact: Diane Cyr
Phone: 603.957.5767
Email: dcyr@smhc-nh.org

ANXIETY SUPPORT GROUP
789 Central Ave., Dover, NH
Phone: 603.7425252

WOMEN'S DEPRESSION & BIPOLAR SUPPORT GROUP
30 Prospect Ave., Exeter, NH
Contact: Jeannemarie (603.772.7769) or Janet (603.772.2750)
Email: dbsaexeterwoman@yahoo.com

ADULT DHD SUPPORT GROUP
1 Campus Drive, Portsmouth, NH
Contact: Robin Bellantone
Phone: 603.828.5852

SUICIDE SURVIVOR BEREAVEMENT SUPPORT GROUP
100 Campus Drive, Portsmouth, NH
Contact: please email Pamela or Chris to register.
Email: sspcbereavement@gmail.com
PARENTS MEETING THE CHALLENGE
Frisbie Memorial Hospital, Rochester, NH
Contact: Heidi
Phone: 603.978.7872

DIVORCE CARE
Contact: Bethany Church
Phone: 603.431.3646

ROLLING THUNDER (MOTORCYCLE GROUP)
While many members of Rolling Thunder® are Veterans, and many ride motorcycles, neither qualification is a prerequisite for membership. We are young and old(er), men and women, Veterans and Non-Veterans, riders and non-riders.

In addition to regularly scheduled events and rides, we meet on the second Wednesday of each month at the American Legion Hall in Claremont, NH at 7:00 PM.

Website: http://www.rollingthundernh2.org/index.html

LOCAL LIBRARIES

NEW HAMPSHIRE TOWN LIBRARIES
Website: http://www.publiclibraries.com/newhampshire.htm

LOCAL PASSPORT OFFICE INFORMATION AND REQUIREMENTS

THE NATIONAL PASSPORT CENTER
Website: http://travel.state.gov/passport/npic/agencies/agencies_5150.html
NEW HAMPSHIRE PASSPORT ACCEPTANCE FACILITY LIST
Website:  http://www.us-passport-service-guide.com/new-hampshire-passport-acceptance-facility-list.html

LOCAL AMERICAN LEGIONS

AMERICAN LEGION NEW HAMPSHIRE
Directory of Posts
Website:  http://www.nhlegion.com

AMERICAN LEGION (MANCHESTER, NH)
275 Chestnut, Manchester, NH
  Contact: Gary Wyman (Veterans Service Officer)
Phone: 603.222.5784

AMERICAN LEGION
POST #20, WOODSVILLE, NH
Point of Contact:  Brian S. Tomey, Veterans Service Officer
Phone: 603-747-3387
Website:  http://www.nh.gov/nhveterans/

AMERICAN LEGION
275 Chestnut St., Room 317, Manchester, NH
Point of Contact:  Gary Wyman, Veterans Service Officer
Phone: 603-222-5784
Website:  http://www.nhlegion.com
LOCAL VFW

VETERANS FOREIGN WAR (VFW) MAINE
Directory of Posts
Website:  http://www.vfwwebcom.org/me/postdirectory/

VETERANS FOREIGN WAR (VFW) NEW HAMPSHIRE
Directory of Posts
Website:  http://nhvfw.org

VETERANS FOREIGN WAR (VFW) MANCHESTER, NH
275 Chestnut, Manchester, NH
Contacts: John Barrett (State Service Officer)
Phone: 603.222.5780

VOLUNTEERING OPPORTUNITIES

VOLUNTEER NEW HAMPSHIRE
Website:  http://www.volunteernh.org/html/home.htm

NH.COM
Website:  http://www.nh.com/nh/eventsvolunteer/
SOLDIER SOCKS
Collects and supplies basics essentials to troops in need.
To support soldier socks in its efforts please visit: www.soldiersocks.com

TEAM RUBICON
Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams.
Link to volunteer: http://www.teamrubiconusa.org/join-the-team/down-n-dirty/volunteer/
Website: http://www.teamrubiconusa.org/story-of-team-rubicon/

LOCAL CHARITIES (CATHOLIC CHARITIES, SALVATION ARMY, ST VINCENT DE PAUL, ETC.)

NEW HAMPSHIRE CATHOLIC CHARITIES
New Hampshire Catholic Charities is the state’s largest private, non-profit, social service agency reaching out to the poor and vulnerable of all faiths and socioeconomic backgrounds. Since 1945, our vast array of dynamic programs and services, run by trained professionals and supported by dedicated volunteers, has served our Christian mission to heal, comfort, and empower.
Address: 215 Myrtle Street, Manchester, NH 03104-4354
E-mail: info@nh-cc.org
Phone: 603-669-3030 / 1-800-562-5249
Fax: 603-626-1252
Website: http://www.nh-cc.org/
YOUTH PROGRAM INFORMATION

OPERATION MILITARY KIDS (OMK)
Website: http://www.operationmilitarykids.org/public/home.aspx

UNH COOPERATIVE EXTENSION
After school, camps…
Website: http://extension.unh.edu/Youth-Family

OPERATION MILITARY KIDS NEW HAMPSHIRE (OMK)
Contact: Charlotte Cross (Program Director)
Phone: 603.862.2495
Email: Charlotte.Cross@unh.edu

MILITARY CHILD EDUCATION COALITION
Website: http://www.militarychild.org

MILITARY ONE SOURCE
John Nelson
New Hampshire
Phone: 603.491.6612
Email: john.nelson@militaryonesource.com
Website: http://www.militaryonesource.mil
AMERICAN LEGION: NATIONAL COMMISSION ON CHILDREN & YOUTH

**Eligibility:** limited to minor children (17 years or younger) whose biological parent, or legal guardian, is a veteran and is, or would have been, eligible for American Legion membership. However, Legion membership is not required. Children 18-20 years old will also be considered if a current disability requires special schooling or indefinite in-home care, or they are enrolled in an approved high school and unmarried. Cash grants to minor children of veterans who are eligible for American Legion membership. These grants help families in need meet the cost of shelter, food, utilities and health expenses, thereby keeping the child or children in a more stable environment.

Phone: 317-630-1323

Website: [www.legion.org/financialassistance](http://www.legion.org/financialassistance)

YMCA


LOCAL YMCA INFORMATION

YMCA (New Hampshire Directory)

Website: [http://www.ymca.net/find-your-y/?address=new+Hapmshire&x=0&y=0](http://www.ymca.net/find-your-y/?address=new+Hapmshire&x=0&y=0)

BIG BROTHERS BIG SISTERS OF THE GREATER SEACOAST

Amy Raymond (Community Outreach Coordinator)

Greenleaf Woods #201, Portsmouth, NH 03801

Phone: 603.430.1140 x 16

Email: outreach@bbbsgs.org

Website: [www.bbbsgs.org](http://www.bbbsgs.org)
BOYS & GIRLS CLUB
Affordable daily programs promoting the health, social, educational, vocational and character development of youth from disadvantaged circumstances ages 6-18.

47 Grand Ave., Nashua, NH 03060
Phone: 603-883-0523

GIRLS, INC.
Prevention and outreach programs for disadvantaged and/or at-risk girls

27 Burke St., Nashua, NH 03060
Phone: 603-882-6256

NEW OUTLOOK
Recreational, educational, and prevention programing for teens
Website: http://www.newoutlookteencenter.org/programs.cfm

INDERELLA PROJECT
Dresses for teens
C/O Joanne Sowa
266 Deerfield Road, Allenstown, NH 03275
Phone: 603.210.1415
Email: cinderellaprojnh@aol.com

AIR (VACATION PROGRAMS)
Contact: Shannon Marshall
Email: shannon@artsinreach.org
Phone: 603.433.4278
Website: www.artsinreach.org
ONE SKY COMMUNITY SERVICES (SERVICES FOR TEENS AND CHILDREN)
Website: http://www.oneskyservices.org/howwehelp/servicesforchildren16to21

CHILD AND FAMILY SERVICES
Serves children by strengthening families through counseling, adoption, teen services, and home-based services
22 E. Pearl St., Nashua, NH 03060
Phone: 603-889-7189

SEACOAST YOUTH SERVICES
Seacoast Youth Services (parent support programs, transition programs, resilience programs, anxiety management)
867 Lafayette Road, Seabrook, NH 03874
Phone: 603.474.3332
Website: www.seacoastyouthservices.org

DOVER COALITION FOR YOUTH (ALCOHOL AND DRUGS ABUSE)
The Dover Coalition for Youth is a non-profit community organization tasked with improving the quality of life in Dover for youth and families by preventing the harm caused by substance abuse.
Phone: (603) 516-3279
Website: http://dovercoalition.org/

SOUTHERN NEW HAMPSHIRE SERVICES,
Community Action Agency for Hillsborough County providing social services programs and advocacy activities to low income youth, elderly and other specialized populations through Housing, Head Start, WIC, Weatherization, Energy Assistance, Summer Youth Feeding, and Child Care.
134 Allds St. Nashua, NH 03060
Phone: 603-889-3440
LIFE PLANNING RESOURCES

CARE COORDINATION IN THE DEPLOYMENT CYCLE

Care Coordination program is managed by Easter Seals of New Hampshire. They provide assistance with counselors who are familiar with a wide range of human service programs, experienced in providing support before, during, and after deployment.

The Care Coordinator Counselor can assist with the following services:

- Counseling (individual, couples, children)
- Employment assistance (resumes, career counseling, job placement)
- Childcare and Respite resources
- Helping children with adjustment issues at home and in school; Advocating at school
- Helping access the Healthcare system (Civilian and Veterans Administration)
- Budgeting and Financial management
- Emergency Financial assistance

Intake Coordinator: Chrystin Pitt

Phone: 603-315-4354 or 1-800-870-8728

Website: http://nh.easterseals.com/site/PageServer?pagename=NHDR_Veterans_Services

NHANG YELLOW RIBBON PROGRAM MANAGER

Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases

302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803

Contact: Karen Morton-Clark

Phone: 603.430.3272

Email: Karen.Morton-Clark@ang.af.mil
TUTORING PROGRAMS (LOCAL AND NATIONAL)

SITTER CITY TUTORING
Website:  http://www.sittercity.com/tutor/nh.html

AUTISM ORGANIZATION INFORMATION (LOCAL AND NATIONAL)

EASTER SEALS OF NEW HAMPSHIRE
Easter Seals is the country’s leading provider of services for people with autism. While there is no known cause or cure, nor one single effective treatment, autism is treatable. People with autism, at any age, are capable of making significant progress through personalized intervention and therapy.

Address:  555 Auburn Street  Manchester, NH 0310

Phone:  603-623-8863 (voice/TTY)

Toll Free Phone:  800-870-8728

FAX:  603-625-1148

Website:  http://nh.easterseals.com/site/PageServer?pagename=NHDR_Autism_Services

NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE (AUTISM)
Phone:  Voice:  800-352-9424 or 301-496-5751

Website:  http://www.ninds.nih.gov/disorders/autism/detail_autism.htm

ACT TODAY MILITARY FAMILIES
Website:  http://www.acttodayformilitaryfamilies.org
AUTISM SPEAKS
Website: http://www.autismspeaks.org or http://www.autismspeaks.org/military-families/resources

THE GATEWAYS AUTISM CENTER
Offers programming for children and teens with autism, their siblings, and the entire family. Many of these programs focus on social skills development and emotional support - making a positive impact.
144 Canal St., Nashua, NH 03060
Phone: 603-882-6333
Website: http://www.gatewayscs.org/

VETERAN BENEFIT ASSISTANCE AND OTHER SERVICES FOR VETERANS

NATIONAL RESOURCE DIRECTORY
Resource for everything military
Website: https://www.ebenefits.va.gov/ebenefits/nrd

VETERANS’ VOICE RADIO (95.9 FM)
Airs every Wednesday night from 7:30 – 8:30 pm on 95.9 WATD-FM from Marshfield, MA
Shows archived online at: www.959WATD.com/veteransvoice
Streaming live online at: www.959WATD.com/streamming
Contact us at: veteransvoiceradio@gmail.com
Phone: 781.837.1166
MASS VETS ADVISOR
An easy to use website for benefits and services you are eligible for and deserve.
Website: www.massvetsadvisor.org

NEW HAMPSHIRE OFFICE OF VETERANS SERVICES
Address: 275 Chestnut St., Manchester, NH
Point of Contact: Mary E. Morin, Director
Phone: 603-624-9230 or 800-622-9230
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE PORTSMOUTH, NH
Jerry Avery, Veterans Service Officer
Phone: 603-436-3702
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE, SOMERSWORTH, NH
Point of Contact: Jerry Avery, Veterans Service Officer
Phone: 603-742-3600
Website: http://www.nh.gov/nhveterans/

NEW HAMPSHIRE OFFICE OF VETERANS SERVICES (MANCHESTER)
275 Chestnut St., Manchester, NH
Point of Contact: Dianna L. Camac, Veterans Service Officer
Phone: 603-624-9230
Website: http://www.nh.gov/nhveterans/
NH EMPLOYMENT SECURITY OFFICE (SALEM, NH)
Salem, NH
Point of Contact: Dianna L. Camac, Veterans Service Officer
Phone: 603-893-9185
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (NASHUA, NH)
Nashua, NH
Point of Contact: Dianna L. Camac, Veterans Service Officer
Phone: 603-882-5177
Website: http://www.nh.gov/nhveterans/

NEW HAMPSHIRE OFFICE OF VETERANS SERVICES (BOSCAWEN, NH)
NH Veterans Cemetery, Boscawen, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-624-923
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CONCORD, NH)
Concord, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-228-4100
Website: http://www.nh.gov/nhveterans/
NH EMPLOYMENT SECURITY OFFICE (KEENE, NH)
Keene, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-352-1904
Website: http://www.nh.gov/nhveterans/

CITY HALL, COUNCIL CHAMBER, ROCHESTER, NH
Point of Contact: Jerry Avery, Veterans Service Officer
Phone: 603-332-1167
Website: http://www.nh.gov/nhveterans/

NH STATE VETERANS HOME
Tilton, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-527-4400
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (LACONIA, NH)
Laconia, NH
Point of Contact: Carter C. Higginbotham, Veterans Service Officer
Phone: 603-524-3960
Website: http://www.nh.gov/nhveterans/

NEW HAMPSHIRE OFFICE OF VETERANS SERVICES (BERLIN, NH)
NH Employment Security Office, Berlin, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-752-5500
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CLAREMON'T, NH)
Claremont, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-543-3111
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (CONWAY, NH)
Conway, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-447-5924
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (LEBANON, NH)
Lebanon, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-448-6340
Website: http://www.nh.gov/nhveterans/

NH EMPLOYMENT SECURITY OFFICE (LITTLETON, NH)
Littleton, NH
Point of Contact: Brian S. Tomey, Veterans Service Officer
Phone: 603-444-2971
Website:  http://www.nh.gov/nhveterans/

NH NATIONAL GUARD ARMORY
Plymouth, NH
Point of Contact:  Brian S. Tomey, Veterans Service Officer
Phone:  603-536-3648
Website:  http://www.nh.gov/nhveterans/

DISABLED AMERICAN VETERANS
275 Chestnut St., Room 515, Manchester, NH
Point of Contact:  Mark Moore, SO Supervisor
Phone:  603-222-5788

OUTREACH SPECIALIST (VET CENTER)
Call with any questions you have.
Kevin Sullivan
1461 Hooksett Rd., B6 Hooksett, NH, 03106
Phone: 603.668.7060

MILITARY ORDER OF PURPLE HEART
Boston, MA
(Scheduled through the Secretary Jessica)
Phone:  617-303-5696
FAX:  617-303-5697
Website:  http://www.purpleheart.org
VETERANS OF FOREIGN WARS (VFW)
275 Chestnut St., Manchester, NH
Point of Contact: John Barrett, State Service Officer
Phone: 603-222-5780

VETERANS FOREIGN WAR (VFW) NEW HAMPSHIRE
Directory of Posts
Website: http://nhvfw.org

VETERANS FOREIGN WAR (VFW) MAINE
Directory of Posts
Website: http://www.vfwwebcom.org/me/postdirectory/

MILITARY ONESOURCE
Eligibility: Veterans*/Active Duty/Reserves/ Family Members
Phone: 800-342-9647
Website: www.militaryonesource.mil/

SALUTE AMERICA’S HEROES
Eligibility: OEF/OIF Injured in action Veterans
Phone: 914-432-5400
Fax: 914-923-3898
Website: www.saluteheroes.org/
VETERANS SUPPORT FOUNDATION
Eligibility: All Veterans
Phone: 800-882-1316, ext 126
Website: www.vsf-usa.org/

USA CARES
Eligibility: All Services
Phone: 800-773-0387
Website: www.usacares.org

OPERATION FOREVER FREE
Eligibility: deployed, active, veteran military service members and their families; those challenged physically, mentally and emotionally with Post Traumatic Stress and Traumatic Brain injuries, those experiencing long-term care in hospitals, rehabilitation centers and shelters.
Phone: 469-892-7200
Website: info@operationforeverfree.org

VETERANS SUPPORT FOUNDATION
Eligibility: All Veterans
Phone: 800-882-1316, ext 126
Website: www.vsf-usa.org/

WOUNDED WARRIORS
Website: http://www.woundedwarriorproject.org
FISHER HOUSE FOUNDATION

http://www.fisherhouse.org

FRIENDS OF VETERANS

Eligibility: Veterans

Phone: 802-296-8368

Website: http://www.friendsofveteransvtnh.org

HELPING A HERO

Eligibility: Severely Disabled Veterans

Phone: (888) 786-9531

Website: www.helpingahero.org/

HOPE FOR THE WARRIORS

Eligibility: OEF/OIF Severely Injured Hope For The Warriors™ provides financial assistance to injured service members with immediate needs. The following examples of immediate needs, although not a comprehensive list, have been deemed appropriate to the program: Travel to bedside where the government does not provide assistance, Rental cars, Lodging assistance, Assistance with child care, Groceries, Gas, Furniture, Emergency assistance with essentials to daily living, (ie. Rent and utilities). This occurs during the transition between active duty and disability payments. Must be verified by active duty chain of command or VA case worker, Items which assist and or supplement programs at Military Treatment Facilities and VA poly-trauma Units

Phone: 910-938-1817

Website: www.hopeforthwarriors.org/immneeds.html

NATIONAL VETERANS FOUNDATION

Eligibility: All Veterans

Phone: 888-777-4443
NAVY-USMC RELIEF SOCIETY

Eligibility: AD Navy and USMC/ Retired, NOAA, Family members whose active member has passed.
Portsmouth, NH  Phone: (207) 438-1832  Fax: (207) 438-1830  Website: www.nmcrs.org

OPERATION FAMILY FUND

Eligibility:

1. Eligible members and families of members of Military and Civilian personnel who died or who have been severely disabled while serving their country as a result of Operation Enduring and Iraqi Freedom both domestically and abroad.

2. Member is defined as any person serving officially as an employee of the U.S. federal government or contractor to the U.S. federal government. Proof of employment and assignment to Operation Enduring and Iraqi Freedom will be required. A certified copy of the death certificate will be required. The Operation Family Fund Board of Directors along with medical consultants shall determine eligibility of severely disabled members.

3. Spouse is defined as the other partner of a legal marriage in any state of the U.S. and its territories or any country recognized by the United Nations. A certificate of marriage will be required for eligibility of funds. A birth certificate, social security card, passport or drivers license may also be required.

4. Dependent children is defined as, any child under the age of 22 who is by birth or stepchild or legally adopted to the member. A birth certificate, adoption papers, social security card or passport will be required for identification and proof of relationship to the member.

5. Family is defined as a spouse and or dependent child; priority given to VA Rating 50% or more. Financial grants for each eligible member or members family to meet personal, short and long term living needs in these areas; Food, rent or utilities, emergency transportation and vehicle repair, funeral expenses, legal expenses, medical/dental expenses, assistance with a home, rental, lease, purchase or home improvements, assistance with the purchase, rent or lease of a vehicle.  Phone: (760) 793-0053  Website: www.operationfamilyfund.org
OPERATION FIRST RESPONSE

Eligibility: All branches, Active Duty Service Members that have been wounded, injured or are critically-ill and to Veterans that have been wounded, injured or are critically-ill. Financial aid varies as each case is based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, travel expenses to and from major medical facilities. Phone: (888) 289-0280  Website: www.operationfirstresponse.org

OPERATION HELPING HEAL

Eligibility: V/SM in a combat zone

Fax: (415) 288-1401

Website: http://www.operationhomeandhealing.org

VIETNAM VETERANS OF AMERICA

Phone: 603-566-7749 (NH)

OPERATION HOMEFRONT

Eligibility: Active Duty or Activated Reserves, Deployed or Injured. Types of Assistance Provided: Shelter, rent, mortgage, utilities, temporary lodging, Vehicle expenses, car payments, car insurance, registration (only when it is the family’s only means of transportation), Airfare to transport a family member to assist a military family during illness or for childbirth, Childcare during illness or surgery, Personal Property Taxes, Emergency dental expenses, Critical baby items, Basic Food Needs, Toiletries, Moving Assistance, Eyeglasses, Limited Travel Assistance, Home Repairs, Other emergency financial needs.

Contact: Majors Gregory and Joyce Hartshorn

Phone: 800-722-6098

Website: www.operationhomefront.net

Other Phone: 888-810-0221
**SALUTE AMERICA’S HEROES**

**Eligibility:** OEF/OIF Injured in action Veterans

Phone: 914-432-5400  
Fax: (914) 923-3898  
Website: [www.saluteheroes.org/](http://www.saluteheroes.org/)

**SEMPER FI FUND**

**Eligibility:** USMC & Some Navy Corpsman

Phone: 760-725-3680  
Fax: 760-725-3685  
Website: [www.semperfifund.org](http://www.semperfifund.org)

**UNMET NEEDS**

**Eligibility:** Veterans that have hardship due to service/ was in combat or active duty within the last three years

Phone: (866) 789-6333  
Website: [unmetneeds@vfw.org](mailto:unmetneeds@vfw.org)

**VETERANS PLUS**

**Eligibility:** OEF/OIF service members (active duty and veteran status). Helps meet the needs of individuals or families that have been affected by job loss, illness, other substantial income impairment or significant expected expense. This could include an overdue mortgage payment, needed repairs to an automobile, payment of a utility bill or other circumstances requiring prompt assistance.

Website: [http://www.veteransplus.org](http://www.veteransplus.org)
SHEPHERDS FOR LOST SHEEP, INC. (SERVICE DOGS)
Trains service dogs for Vets
1067 Slide Creek Road, Colville, WA
Phone: (518) 697-0469
Website: shepherdsforlostsheepinc.org

NEW BALANCE (MILITARY SALES COORDINATOR)
CJ Annunciata
Phone: 617.746.2462
Email: 326nnunci.annunciata@newbalance.com

SURVIVORS OUTREACH SERVICES
Elizabeth Santos
1 Minuteman Way, Concord, NH 03301
Office: 603.219.8159 / 603.227.5130
Cell: 603.219.8159
Email: Elizabeth.g.santos.ctr@mail.mil
www.sos.army.mil

NHANG YELLOW RIBBON PROGRAM MANAGER
Promotes the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases
302 Newmarket Street, Building 145, Second floor, Pease ANGB, NH 03803
Contact: Karen Morton-Clark
Phone: 603.430.3272
Email: Karen.Morton-Clark@ang.af.mil
TECHWERKS (RESILIENCY TRAINING)

Contacts:

Jill Antonishak, PhD
Email: jillantonishak@gmail.com

Cristopher Poe
Phone: 804. 955.9846
Email: chris@technologywerks.com

CASE MANAGEMENT TRANSITION PROGRAM

OEF/OIF/OND Rehabilitation
VAMC 718 Smyth Rd. Manchester
Contact: Kristin Maxwell
Phone: (603) 624-4366 x6483
va.gov/1010ez.htm

NH TRANSITION ASSISTANCE ADVISOR

Lisa A. Aldrige –Contractor
Tel. 603.225.1309
Cell. 603.568.4656
Email: lisa.a.aldrige.ctr@mail.mil

MAKE A CONNECTION (TRANSITION)

In this web page you can view videos of veterans and their testimony, learn more about the life challenges veterans may face, hear from veterans who have had similar experiences and easily find resources available in your area.

Website: www.maketheconnection.net
**SOLDIERS FOR LIFE**

Soldier for life enables Army, governmental, and community efforts to facilitate successful reintegration of our soldiers, veterans and their families.

Phone: 703.545.2637

Website: [www.army.mil/SFL](http://www.army.mil/SFL)

**WOUNDED WARRIORS @ 45 NORTH**

Wounded or deployed warrior outdoor retreat (We invite our wounded or deployed warriors to join us at the Northern Goat Locker for some fishing, shooting, hunting and most importantly relaxation)

PO Box 132 Pittsburgh NH

Contact: Jon Worrall

(603) 566-8450

mmcssworrall@aol.com; 45N.org

**VETERANS SPORT AND FITNESS GROUPS FREE ALL SUMMER**

Phone: 781.995.4498

**NORTHEAST PASSAGE**

- Provide monthly Veteran specific adaptive sports and recreation events
- Subsidize participation in our ongoing adaptive sports and recreation events
- Provide our 1:1 community based Therapeutic Recreation services to all Veterans and Members of the Armed forces who experience disability regardless of era of service or type of disability.

**Address:** Durham, NH 03824tly with a phone call.

**PATH Program Therapists:**

- Cathy Thompson, CTRS/L: Cathy.Thompson@unh.edu
- Philip Brekke, CTRS/L: Philip.Brekke@unh.edu

**Phone:** 603-862-0070
OPERATION HORSE POWER (TOUCHSTONE FARM)
Operation Horse Power is a community of veterans who work with civilian counselors, equine professionals, and horses trained to work with veterans and their families. Operation Horse Power encourages and empowers veterans to:

- Overcome obstacles.
- Re-establish bonds.
- Reintegrate into civilian life.

Address: 13 Pony Farm Lane, Temple, NH 03084
Phone: 603.654.6308
Website: http://www.touchstone-farm.org/operation-horse-power

ALLARD CENTER
The YMCA Allard Center offers a wide variety of aquatics programs for every age and fitness level with a focus on water safety and fun! Swim lessons is one of the Y's most popular programs because we are successful in teaching children to be safe and enjoy the water. The Granite YMCA aquatics staff provides skill-based swim program designed to teach safety, technique, and positive values while promoting self-esteem and fun.

116 Goffstown Back Road
Goffstown, NH 03045
(603) 497-4663

MANCHESTER VET CENTER
Readjustment counseling
Hooksett Rd, Hooksett, NH
Kevin Sullivan
Phone: (603) 716-5945 1461
Email: kevin.sullivan6@va.gov

NH TRANSITION ASSISTANCE ADVISOR (TAA)
HPSC, Inc.
Lisa A. Aldridge – Contractor
Address: State Military Reservation, 1 Minuteman Way, Concord, NH 03301-5652
E-mail: lisa.aldridge1@us.army.mil
Phone: 603-225-1309
Cell: 603-568-4656

PROJECT NEW HOPE (TRANSITION PROGRAM)
Website: www.ProjectNewHopeNH.org

EDUCATION SERIES (TRANSITION – ONLINE TRAININGS)
Sessions include: understanding military culture, supporting resiliency, challenges of treating PTSD, etc.
Website: www.homebaseprogram.org

CAREGIVER
The program provides a wide range of services to caregivers of eligible veterans of all eras.
Phone: 1.855.260.3274
Website: www.caregiver.va.gov

OEF/OIF/OND PROGRAM MANAGER
The OEF/OIF/OND Transition Program serves to meet the needs of veterans whom have served active duty during a time-frame which falls between 11/11/1998 – present day. Our team helps link veterans
with the benefits they are entitled to and to review an array of other available social service resources based on need.

VA Medical Center, 718 Smyth Rd., Manchester, NH 03104

Phone: 603.624.4366 Ext.6932

Email: james.mazzuchelli@va.gov

MYPAY
Website: www.mypay.dfas.mil

NATIONAL MILITARY FAMILY ASSOCIATION (NMFA)
Website: http://www.militaryfamily.org
SECTION X: SOCIAL SECURITY

SOCIAL SECURITY OFFICES IN NH

Website: http://www.socialsecurityofficelocations.com/state/NH.html

<table>
<thead>
<tr>
<th>Office</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Concord Office</td>
<td>70 Commercial St Concord</td>
<td>Concord</td>
<td>1-603-225-8475</td>
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<tr>
<td></td>
<td>NH 03301</td>
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<tr>
<td>Keene Office</td>
<td>34 Mechanic Street Keene</td>
<td>Keene</td>
<td>(603) 352-3487</td>
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<tr>
<td></td>
<td>NH 03431</td>
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<tr>
<td>Littleton Office</td>
<td>177 Main Street Littleton NH</td>
<td>Littleton</td>
<td>(603) 444-2945</td>
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<tr>
<td>Manchester</td>
<td>2 Wall St Manchester NH</td>
<td>Manchester</td>
<td>(603) 641-2180</td>
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<tr>
<td>Office</td>
<td>03101</td>
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<tr>
<td>Nashua Office</td>
<td>175 Amherst St Nashua NH</td>
<td>Nashua</td>
<td>(603) 880-0295</td>
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<tr>
<td>Portsmouth</td>
<td>80 Daniel St Portsmouth NH</td>
<td>Portsmouth</td>
<td>(603) 433-0716</td>
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<tr>
<td>Office</td>
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SECTION XI: EASTER SEALS INTERNAL DIRECTORY
Community Resource Guide

ACCOUNTS PAYABLE/PURCHASING
Denise Brown-Sproul, Dir 621-3500
Jennifer Key, Sr AP Rep 621-3505
Laura Rankin, AP Rep 621-3521
Lisa Case, Records Retention 621-3526
Laurel Vailssacco, Travel 621-3573
Crystal Berube, Contracts 621-3420
FAX 621-2712

BILLING
Questions 621-3401
FAX 622-8101

ACCOUNTING
Kevin Cortner, Sr VP 621-3475
Chand Gaglione, Controller 621-3539
Annette Laughlin 621-3406
Wendy Holley 621-3408
Cheryl Kelley 621-3403
Sandra Salenik 621-3409
Sheryl Garretson 621-3468
Larry Limber, Dir of Finance 621-3402
Christian Credon 621-3538
Sandra Jackson 621-3419
Craig Lohrbard 621-3554
Mark Duby 621-3428
Wendy Labreque 621-3437
Kelly Wood 621-3304
FAX 621-3595

INFORMATION TECHNOLOGY
HELPLINE 621-3666
Mike Benham, Sr VP IT 621-3405
Jim Pratt, Dir 621-3555
Darren Bazydlo 621-3454
Donald Forster 621-3467
Tim Chino 621-3531
Dorcis Callaghon 621-3577
FAX 621-3476

NOVA COMMUNITY HEALTH CENTER
214 E.4th Street
410-2092

PAYROLL
FR Help Desk 603-341241
FAX 623-3461

SATELLITE OFFICES
BOW 226-3791
1 Garvin Falls Road
Bow, NH 03304
Renee Ingram, Ofc Mgr 621-3405
Jenna Crockett, Ofc Dir 675-1747
FAX 622-2540

RESOURCES & REFERRAL CBO
Toll Free 1-800-870-8728
Kristen Dohr 621-34791
Claudette Mann 621-34791
Crystal Lynn Henson 621-34791

DOVER
The McConnell Center
30 St. Thomas Street
Dover, NH 03820
Sherry Foulds, Ofc Mgr 621-3490
Kayleigh Labbee, Secretary 603-3409
FAX 740-3584

ESNH CHILD DEVELOPMENT & FAMILY RES
455 South Main St
Manchester, NH 03102
Tel: 666-5982
Fax: 668-2284

FARMINGTON CENTER
140 Queen Ave
Manchester, NH 03103
Fax: 603-404-2042
Cheryl Wilkie, Sr VP Programs
Website Project Ctrl 621-3439
27 Holy Cross Rd
Franklin, NH 03235
Fax: 603-353-5815

SALEM EARLY SUPPORT & SERVICE
15 Ermer Road

Unit 102-103
Salem, NH 03079
Telephone 893-0984
Fax 896-4385

STAPLES OF CEMEY OFFICE 775-1915
Toll Free 1-866-583-3939
157 Portsmouth Ave Ste 5B
Stratham, NH 03885
Fax 775-2040

WPD SERVICES
Peter Brown, NJ Specialist 258 775-0540
Debi Dunn, NJ Specialist 258 957-1872
Trent Daugherty, NJ Specialist 258

KEENE ISO (No main telephone)
20 Norway Ave
Keene, NH 03431
Fax: 382-1879

Sherryl Wight, Dir 384-7912
Barbara Truax 355-4819
Joel J. Snow 352-5724
Robert Redfield 352-5422
Melissa Rockwell 355-5016
Sarah Marx 352-4111
KEENE/WPD
355-5607
Colleen Powers, Dir WPD Dev 209-5019
Dianna Caster, WPD Dev Mgr 209-3587
Melanie Blake, JPS

RESOURCES & REFERRAL CBO
Shelby Kimonen 355-4381
Sarah Albrecht (Sally) 355-4027
Toll Free 800-870-8728

LEBANON
Toll Free # 800-307-2737
563 Mechanic St
Sauk Cty
Lebanon, NH 03766
Ben Adams, DDS Youth Transitional Scv
© 748-0871
Sarah Reynolds, Workforce Dev Spec
Thomas Waro, JECO Co-Dir, YTS 241-3992
Joanna Aldrich, Worksite Instr
FAX 433-7588

GILFORD
254-8852
143 Lake St. Suite 4
Gilford, NH 03249
Wanda Horton, x30
Patti Swift, Conn Dir 323 1608
FAX: 254-8596

GILMANTON CAMP
364-5818
Sno-Mo Hidden Valley Camp
335

EASTER SEALS MAINE
125 Penobscot St
Portland, ME 04103
207-282-8054
Evelyn Blanchard, Ex Dir x1204
Anne Washburn, Of Fgr x1015
Ada Garme x1002
Karen Mephey, Dir Camp TherAPE x1014
Kelly Gunn, Events Mgr x1015

VOC Dept:
Linda Leitman, IJS
Abbie Miller, IJS

EASTER SEALS CT
371 Summit Street Suite 104
Stamford, CT 06902
TEL: 203-388-1592
FAX: 203-388-2796
Lee Chalmers, Dir 203-313-1522
Dr. Thomas Zwecker, Dir Ambulatory Develop 203-246-2330
Kathy Ward

EASTER SEALS NEW YORK CITY
243 East 37th St
New York City, NY 10016
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ANDREW, KELLY
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AYOTTE, DONNA
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BALLI, STEVE
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BAYSOIL, JANN
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BEACH, JENNA
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BEACH, KATHY
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BEACH, JENN
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BOLSTER, KATHY
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BOYS, REED
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