



COMMUNITY PARTNERS

Compassionate Care. Empowered Communities.

2026 Family Support Community Resource Newsletter



Updated Community Resource List

As the cost of everyday necessities continues to rise, the Family Support Program has updated its list of community resources to better support individuals and families. This expanded guide brings together a wide range of local services designed to meet essential needs, including access to food and clothing, fuel and utility assistance, health care and childhood supports, as well as financial counseling and legal aid. By compiling these resources in one easy-to-use guide, we aim to reduce barriers to support and help families connect more quickly with the assistance they need. We hope this updated resource serves as a practical, reliable tool for families throughout Strafford County as they work toward greater stability and well-being.

Please contact
Jennica LeSiege at jlesiege@communitypartnersnh.org
if you discover an inaccuracy, a change in a resource is needed or if you know of another resource we should include in future editions.

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About Community Partners

Community Partners' mission is to connect individuals and families to opportunities and possibilities that promote full participation in their communities. We serve those experiencing emotional distress, mental illness, substance use disorders, developmental disability, acquired brain disorders, as well as those who need information and referral to access supports and services.

In Strafford County, Community Partners serves as both the Area Agency for individuals with developmental disabilities and the Community Mental Health Center. We also operate the Aging and Disability Resource Center (ADRC) – formerly known as Servicelink -- for both Rockingham and Strafford Counties. Each year, our ADRC team responds to over 17,000 contacts, linking people to essential resources and long-term care options.

Through the State's Choices for Independence (CFI) program, we provide case management services to clients in Strafford and Rockingham Counties. In July 2025, Community Partners acquired Southeastern New Hampshire Services (SENHS), a long-standing leader in substance use disorder treatment in the region.



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Food Pantries



Food Pantries: Nourishing Our Neighbors

Access to healthy, nourishing food is a need we all share — but for many families in our community, it can sometimes be a struggle to keep the pantry full. That’s where local food pantries and community meal programs step in, offering support, dignity and connection.

Food Pantries provide free groceries to individuals and families, helping stretch budgets and ensure no one has to go without the essentials. Many pantries now offer fresh produce, dairy, and proteins in addition to shelf-stable items, giving families the ability to prepare wholesome meals at home.

Food Assistance Programs help people with low income get food through a variety of methods, such as providing funds to buy groceries, distributing food directly, and offering nutrition education.

Community Meals bring people together around the table. These free or low-cost meals are about more than just food — they’re about fellowship. Volunteers prepare and serve hot, home-style dishes while neighbors enjoy good conversation in a welcoming environment. For many, these meals reduce isolation and create a sense of belonging.

Whether you are in need of a little extra support, or you’d like to give back by donating food, time, or resources, these programs rely on community involvement to thrive.

BARRINGTON

Barrington Community Food Pantry

105 Ramsdell Lane
Barrington, NH 03825
603-664-0233
Thursday 6-7:30
Residents only.

<https://www.barrington.nh.gov/welfare-department/pages/barrington-community-food-pantry>

Joseph’s Storehouse Food Pantry

8 Eastern Ave.
Barrington, NH 03825
603-664-0550
Third Sat of the month 9-11.

<https://thejourneynh.com/josephs>

DOVER

Dover Food Pantry

1 Silver St.
Dover, NH 03820
603-749-7827
Tues 3-5 and Thurs 9-11
Need proof of residency.

<https://nhfoodbank.org/locations/dover-food-pantry/>

Community Action Partnership of Strafford County

577 Central Ave., Ste. 10
Dover, NH 03820
603-435-2500 x8136
M-F 8:30 to 4:30

<https://straffordcap.org/food-pantries>

Food Pantries

St. Joseph Church – Our Daily Bread

180 Locust St.
Dover, NH 03820
603-742-4837
Tues, Wed and Sat 10-12
<https://poadovernh.org/food-pantry>

DURHAM

St. Thomas Moore

6 Madbury Rd.
Durham, NH 03824
603-868-2666
Thurs 4-6
<https://stmdurham.org/index.php/about-our-parish-food-pantry>

Cornucopia Food Pantry - The Waysmeet Center

UNH Campus
15 Mill Rd.
Durham, NH 03824
603-862-1165
Mon 1-4, Tues 3-6 and Fri 12-2
<https://waysmeetcenter.org/programs>

FARMINGTON

First Congregational Church – Inter-Faith Food Pantry

400 Main St.
Farmington, NH 03835
603-755-4816
Last Sat of the month 9:30 to 10:30. Closed in August.

Grace Food Pantry

9 Mechanic St.
Farmington, NH 03835
603-332-9689
Thurs 9-11
<https://graceplace.com/outreach>
tonnhucc.org/student-life

LEE

Lee Church Congregational

17 Mast Rd.
Lee, NH 03861
603-659-2861
1st and 3rd Monday 5:30 to 7
Lee, Madbury, Nottingham & Newmarket
residents only.
<https://leechurch.org/missions>

MILTON

We Care Food Pantry

Restoration Church
370 White Mountain Hwy.
Milton, NH 03851
603-923-9456
Fri 9:30 to 6:30
<https://wecarefoodpantry.us>

NEW DURHAM

New Durham Food Pantry

5 Main St.
New Durham, NH 03855
603-817-0372
Sat 9-10
Residents only.
<https://ewdurhamfoodpantry.my.canva.site>

Food Pantries

ROCHESTER

Bethany United Methodist Church

24 Main St.
 East Rochester, NH 03868
 603-332-3618
 Sat 10-12
<https://facebook.com/pages/bethany-united-methodist-church/115494591806471>

CAP-SC Rochester Food Pantry

10 Cold Spring Manor
 Rochester, NH 03876
 Tues 12-4
 603-435-2500 x8136
Straffordcap.org/food-pantries

First Church Congregational

63 S. Main St.
 Rochester, NH 03867
 603-332-1121
 Tues, Wed, Thurs 10-1
<https://first-ucc.net>

Emanuel Advent Christian Church

75 Eastern Ave.
 Rochester, NH 03867
 603-332-5355
 Monday 2-6
<https://emmanuelacc.net/calendar/>

Grace Community Church

57 Wakefield St.
 Rochester, NH 03867
 603-332-9689
 Last Sat of month 3:30 to 5
<https://graceplace.com/outreach>

Gerry's Food Pantry / Share Fund

150 Wakefield St.
 Rochester, NH 03867
 603-330-3468
 Mon and Wed 10-3 and Fri 9:30-11:30
<https://sharefund.org/qualify-for-food-pantry>

Salvation Army Food Pantry

10 Olde Farm Lane
 Rochester, NH 03837
 603-332-2623
 Mon, Wed, Fri 9-2
 Rochester, Gonic & Barrington residents only.
<https://easternusa.salvationarmy.org/northern-new-england/cure-hunger>

ROLLINSFORD

Seeds of Faith

1 Front St., Ste. 160
 Rollinsford, NH 03869
 207-703-3185
 Mon 9:30-11
 2nd and 4th Monday 6-7pm
<https://seedsoffaiethnh.org/food-pantry>

Food Assistance

SOMERSWORTH

First Parish Food Pantry

176 W High St.
Somersworth, NH 03878
603-692-2907
For any surrounding towns in NH or ME
Mon 10-12, Wed 6-8, Thurs 3-5



STRAFFORD

Christian Cupboard – Third Baptist Church

30 Strafford Rd.
Strafford, NH 03884
603-664-2517
Thurs 8-10
<https://tbcstrafford.weebly.com/christian-cupboard.html>

AROUND THE AREA

Families in Need

Homeless shelter and food pantry
See website for a listing of food pantries and soup kitchens.
<https://homelessshelterdirectory.org/foodbanks/state/new-hampshire>

Gather

Various Sites around the county .
See website for location and phone numbers.
<https://gathernh.org/mobilemarket>

FOOD ASSISTANCE PROGRAMS

Meals on Wheels

25 Bartlet Ave., Ste. A
Somersworth, NH 03878
603-692-4211
Mon, Tues, Thurs, Fri 8-3
Wed 8-12
Provides home delivered meal services to older adults and adults with disabilities
<https://straffordmealsonwheels.org>

Heart to Home Meals

508-658-3000
Home delivered meals to older adults and adults with disabilities
NH Medicaid Vendor
<https://hearttohomemeals.com>

Women, Infants and Children (WIC)

<https://signupwic.com>
Goodwin Community Health
311 Route 108
Somersworth, NH 03878
603-332-4358
Federally funded free program to improve nutritional health for low-income new mothers, infants, and children to age 6. Available through Goodwin Community Health in Somersworth.
<https://getcommunityhealth.org/services/wic-and-nutrition>

Food Assistance

Commodity Supplemental Food Program (CSFP)

Goodwin Community Health
 311 Route 108
 Somersworth, NH 03878
 603-332-4358
 Federally funded free program to improve nutritional health for seniors 60+
<http://fns.usda.gov/csfp/commodity-supplemental-food-program>

End 68 Hours of Hunger

Parents can contact their school's guidance counselor to see if their school is participating and request a backpack of food to take home over weekends or holiday breaks.
<https://end68hoursofhunger.org>

Community Action Partnership of Strafford County Summer Meals Program

603-435-2500 x2339
 Provides free breakfast and lunch for children ages 0 to 18 during the summer months only. Call for locations and times.
Straffordcap.org/summer-meals

Supplemental Nutrition Assistance Program (SNAP)

New Hampshire Health and Human Services Community Center
 150 Wakefield St.
 Rochester, NH 03867
 603-332-9120
 M-F 8-4
<https://dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-sup>

Connections Through Kindness

352-425-0399
 Dover area
 Grab-and-Go food bags for unsheltered people. Pickup spots announced on Facebook and drop-offs throughout the community.
<https://facebook.com/groups/462464757776770>

United Way of the Greater Seacoast

List of local food pantries
<https://uwgs.org>

At Risk After School Program

Children enrolled in school programs are eligible for free meals. This program provides dinner and a snack. Available at Idlehurst Elementary School (Somersworth), Somersworth Middle School, Rochester Middle School and the Farmington Recreation Center. Ask about the program at your child's school.

Food Assistance



COMMUNITY MEAL PROGRAMS

Connections Through Kindness

603-352-425-6399

Grab-and-go food bags for unsheltered individuals in the Dover area. Pick up spots announced on Facebook and drop-offs throughout the community.

<https://facebook.com/groups/462464757776770>

Dover Friendly Kitchen

St. Thomas Episcopal Church
5 Hale St.

Dover, NH 03820

603-742-3155

Tues and Thurs 5pm

<https://www.stdover.org/index.html>

Strafford 3rd Baptist Church

30 Strafford Rd.

Strafford, NH 03884

603-664-7750

Take-out W 5:30

<http://tbcstrafford.weebly.com/calendar.html>

New Hampshire Food Bank

700 E Industrial Park Dr.

Manchester, NH 03109

603-669-9725

Check website for locations across New Hampshire

<https://nhfoodbank.org/find-food/food-map/>

Table of Plenty

United Methodist Church
37 School St.

Berwick, ME 03901

207-517-7000

Take-out meals. Wed. 4-5:30

<https://www.thetableofplenty.com>

House of Hope Community Meals

25 Saw Mill Hill Rd.

Berwick, ME 03901

207-698-9944

Mon, Tues & Thurs 5-6

<https://houseofhopemission.org>

FARMER'S MARKETS

Granite State Market Match

Shop with SNAP/EBT and Granite State Market Match or Double up Food Bucks at participating acceptance sites and get 50% off fruits, vegetables, seeds and herbs.

<https://granitestatemarketmatch.org>

Seacoast Eat Local

Seasonal markets throughout the region, headquartered at 4 Captain Smith Emerson Rd.

Lee, NH 03861

603-241-4400

Basic Healthcare

WOMENS HEALTH

Lamprey Health Care

603-659-3106
 207 S. Main St.
 New Market, NH 03857
 Routine exams and minor procedures onsite.
 Prenatal care and childbirth. Free breast and cervical cancer screening and diagnostic testing.
<https://lampreyhealth.org/services/womens-health>

New Hampshire Breast and Cervical Cancer Program

Free cancer screening and diagnostic program for women who meet eligibility requirements. These services are offered at many health care sites statewide, including NH community health centers, hospitals and physician offices.
 603-966-0685
 603-271-4628
 29 Hazen Dr.
 Concord, NH 03301
<https://nhbcc.org/resources/let-no-woman-be-overlooked-program>

New Hampshire Family Planning Program

Provides low to no-cost sexual and reproductive health services and information to all individuals in need. Services include birth control, annual exams, basic infertility programs, testing and treatment for STIs, and help in planning for a pregnancy.
<https://www.dhhs.nh.gov/programs-services/population-health/family-planning>

New Generation, Inc.

603-436-4989
 586 Portsmouth Ave.
 Greenland, NH 03840
 Supports for pregnant women, mothers and children experiencing homelessness in NH.
 Through a family-oriented shelter, transitional housing, stabilization services and a variety of support programs, New Generation helps mothers get back on their feet and build self-sufficient futures with stable housing and jobs.
<https://newgennh.org>

GENERAL HEALTH SERVICES

Greater Seacoast Community Health / Family Care and Pediatrics

Families First Health and Support Center
 8 Greenleaf Woods Dr.
 Portsmouth, NH 03801
 603-442-8208

Goodwin Community Health
 311 Rt. 108
 Somersworth, NH 03878
 603-749-2346

Primary Care, substance use disorder treatment, pediatrics, WIC, dental care, social work services, prenatal care, pharmacy, parenting classes, playgroups, home visiting and mobile health care van.
 Serving the greater seacoast region of New Hampshire and southern Maine; infants to seniors, single people and families, insured or uninsured, all income levels.
<https://getcommunityhealth.org/about>



Healthcare Assistance

MOBILE HEALTH CARE VAN

603-766-9220 Opt. 2 to schedule an appointment
General Information Recording

Healthcare can be hard to get to if you are experiencing homelessness, don't have stable housing or are having financial challenges. Mobile Health Clinics bring medical and social work services to convenient places like shelter, soup kitchens and community organizations.

Mobile online calendar:

<http://getcommunityhealth.org/events/month>

Wednesdays:

12-2p

Salvation Army
10 Olde Farm Lane
Rochester, NH 03867

3-5p

Dover CAP
577 Central Ave.
Dover, NH 03820

Thursdays:

8:30-11

Crossroads House
600 Lafayette Rd.
Portsmouth, NH 03801

11:30-1:30

St. John's Church
101 Chapel St.
Portsmouth, NH 03801

PRESCRIPTIONS

Transfer your prescriptions to a new pharmacy or grocery store when they offer a gift card promotion, and use the store credit to pay for future medications. If you're having difficulty affording your prescriptions, consider asking your doctor for samples.

Find the lowest-cost place to purchase prescription drugs: check not only your local pharmacies, but also local supermarkets, area discount centers and mail-order pharmacies.

Free Tests

Get basic health tests by attending free health fairs. Walmart, Walgreens and CVS offer free blood pressure checks.

Free Covid Test

Go to <https://dhhs.nh.gov> or check with your health insurance provider to see if they offer free tests.

Coupons for Low-Cost Medication

<https://goodrx.com>

<https://rxsaver.com>

<https://singlecare.com>

Needy Meds

No cost meds to eligible participants.

<https://needymeds.org>

Walmart

Hundreds of \$4 prescriptions, check the website or ask the pharmacist.

<https://walmart.com>

Healthcare Resources

MEDICAL INSURANCE

My Healthcare Finances

This company provides an overview of how insurances work, including Medicare, Medicaid and other government healthcare programs. Information includes how to make exception requests for prescription drugs, finding in-network pharmacies, and exploring employer-sponsored and individual insurance.

<https://www.myhealthcarefinances.com/health-insurance>

Aging & Disability Resource Center Strafford County

State Number 866-634-9412
603-332-7398
25 Old Dover Rd.
Rochester, NH 03867

603-334-6594
72 Portsmouth Ave.
Stratham, NH 03885

Provides information support and referrals to individuals of all ages, income levels and abilities.

The ADRC can help answer your questions, help you reduce your Medicare expenses, and assist you with Medicaid.

<https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/aging-disability-6>

Health Market Connect New Hampshire

603-309-2021

HMCNH provides no-cost marketplace health insurance assistance to New Hampshire residents. The team can help you determine your eligibility, compare and select a plan, complete your enrollment, and understand how to use your new coverage. This program is funded through a federal grant.

<https://affordablehealthinsurancetoday.com>

New Hampshire Department of Health and Human Services

603-332-9120
800-862-5300

Health insurance for children and adults. NH Healthy Families, Wellsense or AmeriHealth.

<https://nheasy.nh.gov>

New Hampshire Navigator

877-211-6284
603-931-3858

New Hampshire's Health Insurance Helpline.
M-F 8-5:45p

<https://newhampshirenavigator.com/faqs>



Hospital Information and Medical Bills

HOSPITAL INFORMATION

Skip the ER

If you have a non-life-threatening medical issue such as a fever, cuts, minor burns or headaches, an affordable alternative is a walk-in urgent care center open 7 days per week, no appointment necessary.

Overnight Stays

When overnight stays are necessary for your child, ask a social worker about free or discounted housing for the family. For example, David's House at Dartmouth Hitchcock Medical Center.

Accessibility

Prioritize hospitals that establish community health clinics to increase access to care, particularly to those underserved. They may also offer services like transportation assistance.

HOSPITAL AND MEDICAL BILLS

Annie's Angels

603-686-4224

The Angel Fund provides financial assistance through fund-raising networks. It aids local families facing unexpected burdens that come with illness, disability and hardship.

<https://anniesangels.org>

To apply for a grant: https://anniesangels.org/angel_fund

Frisbie Memorial Hospital

603-332-5211

11 Whitehall Rd.

Rochester, NH 03867

Financial assistance options are available.

<https://frisbiehospital.com/patient-financial/charity-policy>

Patient Advocate Foundation

This agency is a national non-profit organization which provides case management services and financial aid to Americans with chronic, life threatening and debilitating illnesses.

<https://patientadvocate.org>

MGH—Wentworth Douglass Hospital

603-740-3234

Patient billing and financial assistance

<https://www.wdhospital.org/wdh/patients-and-visitors/billing-and-insurance/financial-assistance>

New Hampshire Charitable Foundation

603-225-6641

800-464-6641

37 Pleasant St.

Concord, NH 03301

Funds grant programs that advance health and well-being, economic security and basic needs.

<https://nhef.org>

New Hampshire Navigator

New Hampshire's Health Insurance Helpline

877-211-6284

603-931-3858

M-F 8-5:45

<https://newhampshirenavigator.com>

Mental Health and Substance Use Resources

Community Partners Behavioral Health

603-516-9300
Dover Behavioral Health Office
50 Chestnut St.
Dover, NH 03820

Rochester Behavioral Health Office
25 Old Dover Rd.
Rochester, NH 03867

Strafford County's community mental health center providing a wide array of behavioral services for individuals and families.

<https://communitypartnersnh.org>

Crisis Text Line

Connect with a volunteer Crisis Counselor for compassionate support and guidance. Counselors can assist with a wide range of concerns, including anxiety, depression, eating disorders, and emotional abuse.

Text HOME to 741741

The Doorway Operated by Wentworth-Douglass Hospital

Call 211
603-609-6690
798 Central Ave.
Dover, NH 03820

Comprehensive mental health and substance use services are available, including phone and in-person screening, crisis stabilization, evaluation, individualized care planning, facilitated referrals, ongoing recovery monitoring, Naloxone (Narcan) distribution, and transportation assistance. Walk ins welcome.

<https://www.wdhospital.org/wdh/services-and-specialties/the-doorway>

Dover Mental Health Alliance / The Community Circle

The DMHA holds meetings monthly, offering educational presentations, resource introduction and connection to training opportunities, including mental health first aid, adverse childhood experiences and NAMI NH Suicide Prevention.

Goodwin Community Health

311 Rt. 108
Somersworth, NH 03878
603-749-2346

Provides general mental health care, medicated assisted treatment, general substance use disorder treatment, primary care, and women's health.

<https://getcommunityhealth.org/services/behavioral-health>

Great Bay Mental Health

Wentworth Health Partners
15 Old Rollinsford Rd., Ste 302
Dover, NH 03878
603-742-9200

Treatment, support and counseling for many concerns are cared for by a psychiatric nurse practitioner, licensed clinical social workers, mental health counselors and marriage and family therapists.

<https://wdhospital.org/whp/specialty-care/mental-health/great-bay-mental-health>

Hope on Haven Hill

40 Charles St.
Rochester, NH 03867
603-841-5353

The Outpatient Program provides counseling and case management for pregnant and postpartum women in recovery who are experiencing homelessness, including support for co-occurring mental health needs.

<https://hopeonhavenhill.org>

National Maternal Health Hotline

833-TLC-MAMA

Trained hotline counselors provide emotional support, resources and referrals.

<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

Mental Health and Substance Use Resources

National Alliance on Mental Illness NAMI

800-242-6264

NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. Leave a confidential message at the number above.

M-F 9-5

<https://naminh.org>

National Suicide Prevention Lifeline

800-237-TALK (8255)

Call 24/7. Free and confidential support for people in distress. Also provides prevention and crisis resources for you or your loved ones.

<https://988lifeline.org>

NH Community Behavioral Health Association

Visit this website to find community mental health services in your area.

<https://nhcbha.org/nhcbha-member-locations>

NH Rapid Response Access Point

833-710-6477

If you or someone you care about is experiencing a mental health and /or substance use crisis, you can speak to a trained and caring crisis operator. 24/7

Psychology Today

Use this resource to find a local therapist.

<https://psychologytoday.com>

Southeastern New Hampshire Services (SENHS)

A division of Community Partners

603-516-9300

272 County Farm Road

Dover, NH 03820

Providing substance use disorder treatment to support individuals and families.

<https://senhs.org>

Stafford County Public Health Network

SCPHN's mission is to build an integrated system to address public health needs.

<https://scphn.org>

Trevor Project

1-866-488-7386

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQIA+ young people. If you are in need of support, reach out to their crisis counselors who are available 24/7

Text 678-678

Trans Lifeline

877-565-8860

Trans Lifeline offers direct emotional and financial support to trans people in crisis.

<https://translifeline.org>

Veterans Crisis Line

Call 988 and press 1

Text 838255

Provides 24/7 emotional support for veterans and their loved ones.

<https://veteranscrisisline.net>

988 Suicide & Crisis Lifeline

24/7 support or chat

Call or text 988

National Maternal Health Hotline

24/7 support for postpartum mothers

833-TLC-MAMA

Trans Lifeline Peer Support

877-565-8660

Veterans Crisis Line 24/7 support for Veterans and their families.

Call 988 or text 838255

Vision and Hearing Resources

For Medicaid Recipients

Go to your insurance website and use the “find a provider” tab for a list of local doctors.

Amerihealthcaritasnh.com

Wellsense.org

nhhealthyfamilies.com

VISION SERVICES

Future in Sight

25 Walker St.,
Concord, NH 03301
603-224-4039
M-F 8-4
<https://futureinsight.org>

New Eyes for the Needy

973-376-4903
<https://new-eyes.org>

Operation KidSight New Hampshire

<https://e-district.org/sites/kidsightnh/index.php>

Sight for Students VSP Vision

800-615-1883
<https://vspvision.com/eyes-of-hope/get-help.html>

HEARING SERVICES

Alexander Graham Bell Association

25 Walker St., Concord, NH 03301
202-337-5220
<https://agbell.org>

The Hike Fund

Provides ages 0-20 hearing devices.
712-325-0812
<https://thehikefund.org>

Miracle Ear Children’s Foundation

888-596-0065
<http://miracle-ear.com/miracle-ear-foundation>

Northeast Deaf & Hard of Hearing Services, Inc.

603-224-1850
<https://ndhhs.org>

CareCredit

Plans for dental, vision, hearing, and other specific health care needs are available. Low-interest loans are also offered for larger expenses.

1-866-893-7864

Dental Resources

For Medicaid Recipients:

Contact New Hampshire Smiles or DentaQuest to receive a comprehensive state listing of dentists.

New Hampshire Smiles

844-583-6151

877-248-6684

<https://dhhs.nh.gov/programs-services/health-care/medicaid-dental-services-new-hampshire-smiles-program>

Denta Quest

<https://dentaquest.com/newhampshire>

Transportation Support

For Denta Quest or New Hampshire Smiles Programs call
844-304-6630

Greater Seacoast Community Health

Goodwin Community Health
311 Route 108, Somersworth, NH 03878
603-749-2346

Families First
8 Greenleaf Woods Dr.
Portsmouth, NH 03801
603-422-8208

Accepts Medicaid and most insurances
Has a sliding scale fee for those without insurance
M-F 8-5
<https://getcommunityhealth.org/services/dental-care>

NH Dental Program Society Professional Denture Care Program

603-225-5961
Provides low cost dentures for income-eligible individuals
<https://nhds.org>

New Hampshire Oral & Maxillofacial Surgery

Contact NH OMS for implants, extractions, cleft lip and palate, emergency surgery and more.
Offices in Dover, Exeter, Portsmouth, Concord, Manchester, Nashua, North Conway and Salem.
603-645-6600
<https://nhoms.com>

Saving People's Smiles Dental Center

194 Pleasant St., Concord, NH 03301
603-219-0070
<https://savingpeoplesmiles.org>

Wentworth-Douglass Community Dental Center

668 Central Ave., Dover, NH 03820
603-749-3013
For low-income, Medicaid and uninsured children and adults in the WDH catchment area
M-F 8-4
<https://wdhospital.org/whp/specialty-care/dental-care/wentworth-douglass-community-dental-center>

Elliot Oral Surgery Center

1 Elliot Way, Manchester, NH 03103
603-625-8462
<https://elliithospital.org/locations/elliott-oral-maxillofacial-surgery-center>



Transportation Assistance



Division of
Medicaid

Non-emergency Medical Transportation Quick Summary Guide

NH Medicaid Fee For Service & Managed Care Organizations Effective 10/17/2025

To request rides for NH Medicaid Fee For Service and Managed Care Organization Members, call the appropriate telephone number below.

Type of Transportation Needed	NH DHHS Fee For Service (CTS)	NH Healthy Families (MTM)	WellSense Health Plan (MTM)	AmeriHealth Caritas New Hampshire (CTS)	Northeast Delta Dental DentaQuest (CTS)
Routine Non-Emergency Medical Transportation (Non-Urgent)	Call 844-259-4780 to arrange ride 48-Hour Notice Required	Call 888-597-1192 to arrange ride 2-Business-Day Notice Required	Call 844-909-7433 to arrange ride 2-Business-Day Notice Required	Call 833-301-2264 to arrange ride 48-Hour Notice Required	Call 844-304-6630 to arrange ride 48-hour Notice required
Urgent Non-Emergency Medical Transportation: Urgent Care or Emergency Room needing a ride home	Call 844-259-4780 to arrange ride 2-Hour Notice Required	Call 888-597-1192 to arrange ride 3-Hour Notice Required	Call 844-909-7433 to arrange ride 3-Hour Notice Required	Call 833-301-2264 to arrange ride 2-Hour Notice Required	Urgent Non-Emergency, After Hours Non-Emergency and Emergency services are covered by AmeriHealth Caritas New Hampshire, NH Healthy Families, WellSense Health Plan and NH DHHS Fee For Service.
After Hours Non-Emergency Medical Transportation or Hospital Discharge	Call 844-259-4780 Select 'Less than 48 hours' and leave a message Calls generally returned within 1 hour	Call 888-597-1192 Follow prompts to connect to call center	Call 844-909-7433 Follow prompts to connect to call center	Call 833-301-2264 Select 'within next 2 business days' and leave a message Calls generally returned within 1 hour	
Family and Friends Mileage Reimbursement Program Advance Approval Required	Call 844-259-4780 for authorization	Call 888-597-1192 for authorization	Call 844-909-7433 for authorization	Call 833-301-2264 for authorization	Call 844-304-6630 for authorization
Medical provider escalation number for quick response to transportation need or issue	Call 844-259-4780, press Provider prompt (2) for immediate assistance	Call 888-597-1182	Call 844-909-7433	Call 833-301-2264, press Provider prompt (2) for immediate assistance	Call 844-304-6630, press Provider prompt (1) for immediate assistance

To file a complaint, contact the broker directly using their routine non-emergency number.

TTY Services and the hearing impaired, call: 7-1-1 or 800-735-2964 (relay New Hampshire).

Coordinated Transportation Services (CTS) Business Hours

ACNH and NEDD: Monday – Wednesday, 8:00am – 8:00pm; Thursday – Friday, 8:00am – 6:00pm
NH DHHS Fee For Service: Monday – Friday, 8:00am – 5:00pm

Medical Transportation Management (MTM) Business Hours

NHHF and WSHP: 24/7

OTHER TRANSPORTATION

CARE-VAN

603-740-2520

Services to appointments at Wentworth Douglass Hospital

Children's Dartmouth Health Family Center

603-653-9899

Traveling to CHaD in Lebanon? Check with the Family Center at the hospital for an Irving gas card.

<https://childrens.dartmouth-health.org/family-center/patient/-support-and-education>

COAST / Alliance for Community Transportation ACT / Para-transit

603-743-5777

COAST Online Community Transportation Directory lists a variety of services, including buses, volunteer driver programs for trips to doctors, shopping shuttles, tax services and more (application required).

<http://coastbus.org>

Commute Smart NH

Previously Rideshare. Various public transit routes are available across New Hampshire.

<https://dot.nh.gov/services/nh-rideshare>

Community Action Partnership of Strafford County Senior Transportation

CAP 603-435-2500

Trip Link 603-834-6010

Provides transportation to grocery stores and shopping for people 60 and over. Wheelchair accessible. Suggested donation of \$2. Apply for services first and then call Trip Link to schedule a ride.

<https://straffordcap.org/senior-transportation>

Transportation Assistance and Car Resources

OTHER TRANSPORTATION

Granite State Independent Living

603-228-9680

GSIL helps one understand their transportation options and access their community.

<https://gsil.org/services/transportation-services>

Ready Rides

Provides transportation at no charge for those over 55, disabled or temporarily disabled residents in Barrington, Deerfield, Durham, Epping, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham and Strafford.

<https://readyrides.org>

Wheelchair Van Services

800-852-3345

For NH Medicaid recipients who need accessible transportation to medical appointments.

Prior approval is required.<https://>

www.dhhs.nh.gov/programs-services/adult-aging-care



CAR RESOURCES

603 Driving School

603-584-3636

66 Third St. No. 103

Dover, NH 03820

Adult lessons, private lessons, teen classes and in-car driving lessons.

<https://603drivingschool.com>

Gas Buddy

Find the cheapest gas in your area.

<https://gasbuddy.com>

1-800-Charity Cars

(1-800-242-7489)

This non-profit organization provides free donated cars to assist struggling families in their transition from dependency to self-sufficiency.

Apply online.

<https://800charitycars.org>

Helping Hands of America

888-881-9090

HHA sells donated cars at affordable prices.

600 Washington St.

Wrentham, MA 02093

<https://helpinghandsofamerica.org>

Low Cost Housing

Affordable Housing

603-472-8623

800-439-7247

Find affordable rentals and waiting lists in your area.

<https://affordablehousing.com>

Dial 211

This organization provides a statewide comprehensive, information and referral service

<https://211nh.org>

Families in Transition

603-641-9441 x 257

Provides supportive and affordable recovery housing in Concord and Manchester.

<https://fitnh.org>

Helping Hands Outreach Center

603-623-8778

Provides a safe, sober environment in Manchester for men in recovery.

<https://helpinghandsmanchesternh.com>

NH Housing and Urban Development (HUD)

603-666-7510

Aids people in finding affordable housing, offers homeowner-ship counseling and assists those facing homelessness.

<https://hud.gov/newhampshire>

Dover Housing Authority

603-742-5804

Rochester Housing Authority

603-332-4126

Somersworth Housing Authority

603-692-2864

Manchester and Seacoast Street Outreach by Waypoint

27 Burns Ave.

Concord, NH 03301

603-518-4271

464 Chestnut St.

Manchester, NH 03105

603-518-4000 or 800-640-6486

35 Third St.

Dover, NH 03820

603-742-5662

60 Main St., Ste. 240

Nashua, NH 03060

603-889-7189

3 Wallace St.

Rochester, NH 03867

603-518-4020

11 Sandy Point Rd.

Stratham, NH 03885

603-518-4002

Provides a safe, supportive resource center and a healthy connection for at-risk youth in the community between the ages of 12-24. Housing programs and an emergency homeless shelter are available.

<https://waypointnh.org/programs/street-outreach-programs/#services>

NH Housing Authority

800-439-7247 or 603-472-8623

Section 8 and counseling for at-risk homeowners

<https://nhhfa.org> or <https://homehelpnh.org>

Homelessness Emergency Services

LOW COST HOUSING CONTINUED

Seacoast Family Promise

603-658-8448

27 Hampton Rd.,

Exeter, NH 03833

Provides housing assistance for families with children under 18.

<https://seacoastfamilypromise.org>

Crosshill Housing

1 Martha's Way

Dover, NH 03820

603-878-2400

Stewart Property Management

603-641-2163

Provides subsidized housing for the elderly and disabled.

<https://skcompanies.com/crosshill-housing>

USDA Rural Development

802-828-6000

USDA RD helps NH families to achieve housing goals with creative financing and other funds.

<http://rd.usda.gov/nh>

Veterans, Inc.

800-482-2565

Aids include housing, training, food, health and family support, and dependent child services.

<https://veteransinc.org>

HOMELESSNESS

Community Action Partnership of Strafford County Homeless Outreach and Intervention Program

603-435-2500

HOIP outreach services to unsheltered homeless through the Strafford County. State-wide initiative to help the homeless obtain emergency shelter, provide referrals and get connected to other emergency services.

<https://straffordcap.org/homeless-services>

HAVEN

24-Hour Confidential Support:

1-603-994-7233

Business Line: 603-435-4107

In-person advocacy is by appointment only.

Chat Monday- Friday | 9 am- 4pm

20 International Dr., Ste. 300

Portsmouth, NH 03801

This is a short-term emergency shelter. It provides women and children with a safe environment to heal from domestic violence and to rebuild their lives.

<https://havennh.org>

Connections Through Kindness

Grab-and-Go food bags for those who are unsheltered in the Dover area. Pick-up spots are announced on Facebook and drop-offs are located throughout the community.

<https://facebook.com/>

[groups/462464757776770](https://facebook.com/groups/462464757776770)

Homelessness Emergency Services

Crossroads House

603-426-2218
 Shelter Referrals 866-444-4211
 600 Lafayette Rd.
 Portsmouth, NH 03801
 Emergency and transitional shelter to Seacoast individuals and families.
<https://www.crossroadshouse.org/need-help>

Emergency Assistance

The Emergency Assistance Program helps families get or keep their homes. It helps to pay for rent or utilities, security deposits, first month's rent, home heating fuel, or past due rent, mortgages or utility debts. Families must meet eligibility rules for Financial Assistance for Needy Families.
<https://dhhs.nh.gov/financial-assistance>

My Friend's Place

603-749-3017
 368 Washington St.
 Dover, NH 03820
 Provides a home-like emergency shelter and transitional housing for homeless men, women and families.
<https://myfriendsplacenh.org>

New Hampshire Housing

603-472-8623
 800-640-7239
 32 Constitution Dr
 Bedford, NH 03110
 Self-supporting public corporation that promotes, finances and supports housing solutions for the people of New Hampshire.
<https://nhhfa.org>

Lydia's House of Hope

603-692-3100
 21 Grand St.
 Somersworth, NH 03878
 We are committed to breaking the cycle of homelessness and generational poverty in the greater seacoast area, helping families move from hopelessness to wholeness.
<https://lydiashousenh.org/the-lydias-program>

New Generation

603-436-4989
 568 Portsmouth Ave
 Greenland, NH 03840
 Shelter and support for mothers and children facing homelessness.
<https://newgennh.org>

Seacoast Family Promise

603-658-8448
 27 Hampton Rd.
 Exeter, NH 03833
 Provides temporary housing, food and shelter to families.
<https://seacoastfamilypromise.org>

Willand Warming Shelter

603-742-2709
 Activation Updates text "willand"
 30 Willand Drive
 Somersworth, NH 03878
 Serves as an emergency shelter during extreme cold, operating seasonally (mid-Nov to April) on nights with severe weather (e.g., below 28°F or 20°F windchill) and major storms, offering beds, meals, and resources for the unsheltered, managed cooperatively by Dover, Somersworth, and Rochester.

Adaptive Equipment and Household Items / Repairs

ADAPTIVE EQUIPMENT

Chapin Senior Center

603-526-6368

37 Pleasant St.

New London, NH 03257

Loans out motility equipment at no cost to any community member in need.

<https://coachapincenter.org/services/mobility-equipment>

Chive Charities

Provides grants for veterans, military families, first responders and people with rare medical diagnoses. From therapy equipment to service dogs, wheelchair-accessible vans and a wide range of mobility items, Chive Charities fills the gaps.

<https://chivecharities/about>

Harry Gregg Foundation

603-792-0137

186 Granite St., Ste. 3C

Manchester, NH 03101

Offers small grants for special equipment or other treatment for individuals with disabilities including camperships.

<https://harrygreggfoundation.org>

The Loaner's Closet for Durable Medical Equipment

603-432-0877x3

6 Broadway, Unit 6

Derry, NH 03038

Loans medical equipment free of charge and without financial eligibility to New Hampshire residents.

<https://comcaregivers.org/loaners-closet>

Check your neighborhood churches also.
Many of them have adaptive equipment.

HOUSEHOLD ITEMS AND REPAIRS

Community Toolbox at Southeast New Hampshire Habitat for Humanity

603-433-9555

1 Middle St., Ste. 200

Portsmouth, NH 03801

Small home repairs like wheelchair ramps, safety handles (grab bars), handrails or banisters and more. Referral needed.

<https://senhabitat.org/our-community-toolbox-fix-it-program>

Habitat for Humanity ReStore

603-750-3200

29 Fox Run Rd.

Newington, NH 03801

Has donated new and reusable building materials like cabinets, appliances, windows, flooring and more.

<https://nhrestore.org>

Operation Blessing

603-430-8561

600A Lafayette Rd.

Portsmouth, NH 03801

For clothing, furniture and more.

<https://operationblessingnh.org>

Sleep in Heavenly Peace

844-432-2337 x 5962

Rochester, NH 03867

Beds provided for kids ages 3-17. Referral needed.

<https://shpbeds.org>

Fuel and Electric Assistance

Electrical Assistance: Community Action Partnership of Strafford County, the New Hampshire Electric Assistance Program

603-435-2500

This organization gives income-eligible customers a discount on their monthly electric bills. Applications are taken through their outreach offices in Dover, Rochester, Farmington and at selected sites around Strafford County.

<https://straffordcap.org>

ENH Power

866-937-1192

Compare energy plans; residential electricity for less.

<https://powerprovider.com>

Eversource Power

844-273-7760

The New Start program can give you a discount and help eliminate your outstanding balance in as little as 12 months if you make on-time monthly payments.

<https://eversource.com/residential/account-billing/payment-assistance/new-start>

Fuel Assistance: Community Action Partnership of Strafford County, The Low Income Heating Program (LIHEAP)

603-435-2500

This program provides eligible households assistance in paying their energy bills during the winter. Applications are taken through our outreach offices in Dover, Farmington and Rochester, and selected sites around Strafford County.

<https://straffordcap.org>

New Hampshire Department of Energy

800-852-3793

Provides assistance with fuel, gas, electric and telephone services.

<https://www.energy.nh.gov/consumers/help-energy-and-utility-bills>

Neighbors Helping Neighbors

603-435-2500

Provides assistance to families who are not eligible for any type of heating or fuel assistance and have received a disconnection notice.

<https://nhfund.org> or straffordcap.org

Our Town Energy Alliance

603-435-3077

Heating fuel discount group which serves the community for over 23 years. They provide oil, propane and kerosene discounts.

<https://ourtownenergyalliance.com>

Call your supplier for payment plan options if available.



Clothing Resources

The Barn Boutique and Haberdashery

603-231-4151
 142 Rochester Rd.
 Rochester, NH 03867
 April through November
 W 1-6
 Th-Fri 10:30-4:30
 Call ahead for winter hours.

Bethany Church

603-332-3618
 24 Main St.
 Rochester, NH 03867
 T and Th 10-12
 Sat 10-1

Blessed Bargains

First Congregational Church
 603-755-4816
 400 Main St.
 Farmington, NH 03835
<https://farmingtonnhucc.org/student-life>

Children's Orchard

603-436-8704
 105 Gosling Rd.
 Newington, NH 03801
 Mon-Sat 10-3
<https://newingtonnh.childrensorcharde.com>

Echo Thrift Shop

603-868-3246
 17 Main St.
 Durham, NH 03824
 M-F 10-4
<https://echothriftshop.org>

First Parish Church

603-742-5664
 1 Silver St.
 Dover, 03820
 Th 1-7
 Fr 1-4
 Sat 10-1
<https://firstparishdover.org/find-it-at-the-gift-shop>

Goodwill

603-343-5660
 450 High St.
 Somersworth, NH 03878
 Mon-Sat 9-8
 Sun 9-6
<https://goodwillnh.org/locations>

Newmarket Community Church

603-659-0607
 10 N. Main St.
 Newmarket, NH 03857
 M, T, W, F 10-2
 Thursdays 10-6
<https://newmarketchurch.org/ncc-thrift-shop>

Salvation Army

800-728-7825
 28 Signal St.
 Rochester, NH 03867
 Mon-Sat 9-5:30
<https://easternusa.salvationarmy.org/northern-new-england/rochester-family-store>

Clothing Resources

Seacoast Birthright

603-436-5558
 278 Washington St.
 Dover, NH 03820
 Maternity and baby items.
 M 3-8
 T 10-12
 W 1-5
 Th-Sun by appointment
<https://birthright.org/seacoast>

Seeds of Faith

Lydia's House of Hope
 (603) 692-3100
 1 Front St.
 Rollinsford, NH 03869
<https://lydiashousenh.org>

SHARE Clothing and Thrift Shop

603-335-0011 x2003
 150 Wakefield St.
 Rochester, NH 03867
 M and W 9-3
 2nd and 4th Saturday of the month 9-12
 A picture ID and a referral letter from any agency or community professional familiar with your financial information is required.
<https://sharefund.org/qualify-for-the-community-clothing-shop>

St. Vincent de Paul

441 R Lafayette Rd.
 Portsmouth, NH 03801
 M,T,Th,F 10-12
 Thurs evenings from 4:30 to 6 except during the summer.
<https://svdphampton.com/clothes-closet>

Thrifty Boutique

603-416-4871
 652 Central Ave.
 Dover, NH 03820
 M-Sat 9-6
 Sun 11-5
<https://thriftyboutique.com>



Holiday Assistance

PLEASE CALL TO CONFIRM

BARRINGTON

Holiday food basket and Christmas gift program

603-664-0233
105C Ramsdell Lane
Barrington, NH 03825
<https://barrington.nh.gov/welfare-department/pages/barrington-community-food-pantry>

DOVER

Strafford County Community Action Partnership

Holiday Food Baskets for eligible individuals and families.
603-435-2500
577 Central Ave.
Dover, NH 03820
<https://straffordcap.org/holiday-food-baskets>

Toys for Tots

603-516-6000
City Welfare Office at City Hall
61 Locust St., Ste. 334
Dover, NH 03820
<http://dover.nh.gov>

DURHAM

Toys for Tots

Fire Department
603-868-5531
51 College Rd.
Durham, NH 03824
<https://ci.durham.nh.us/fire>

FARMINGTON

Farmington Toy Bank

603-755-2208
356 Main St.
Farmington, NH 03839
Must be a Farmington resident.
<https://farmington.nh.us/1289/toy-bank---Christmas-assistance>

MILTON

Gifts in Giving Program

603-652-4501 x8
55 Industrial Way
Milton, NH 03851
<https://www.miltonnh-us.com/milton-parks-recreation/pages/holiday-assistance-program-0>

PORTSMOUTH

Operation Blessing

603-430-8561
600A Lafayette Rd.
Portsmouth, NH 03801
<https://operationblessingnh.org/home-page>

Holiday Assistance

ROCHESTER

Holidays on the Hill

(603) 507-9866

<https://www.holidaysonthehill.net>

Rochester Professional Firefighters Toy Bank Program

603-335-7545

37 Wakefield St.

Rochester, NH 03867

<https://www.rochesternh.gov/municipal-welfare-department/faq/is-there-a-christmas-program-for-children-in-the-city-of-rochester>

ROLLINSFORD

Seeds of Faith Holiday Food Baskets

603-703-3185

1 Front St.

Rollinsford, NH 03869

<https://lydiashousenh.org/food-pantry>

SOMERSWORTH

Toys for Tots

Fire Department

603-692-3457

195 Maple St.

Somersworth, NH 03878

<https://www.somersworthnh.gov/fire>

STRAFFORD

Strafford Giving Tree

603-664-2800

P.O. Box 25

Strafford, NH 03815

<https://www.thegivingtreestrafford.org>

If your town is not listed, call the Salvation Army. They may be able to assist you further.



Childhood Supports

Bikers Against Child Abuse

Helpline: 603-547-4kid (4543)

B.A.C.A.is dedicated to creating a safer world for abused children by empowering them to feel protected and unafraid. Working alongside local and state officials, B.A.C.A. provides visible, emotional, and physical support through a united organization.

<https://bacaworld.org/mission>

Center for Grieving Children

207-775-5216

555 Forest Ave.

Portland, ME 04101

1209 Main St.

Sanford, ME 04073

CGC is a non-profit organization that provides no-cost peer support, outreach and education to families.

<https://www.cgcmaine.org>

Child Care Scholarship

Helps with the cost of child care. Parents must be working, looking for work or in training.

Apply online.

<https://www.dhhs.nh.gov/apply-assistance>

New Hampshire Family Voices

1-800-852-3345

603-271-4525

Provides free, confidential services to families and professionals caring for children with chronic conditions and or disabilities.

<https://nhfv.org>

Parent Information Center

603-224-7005

54 Old Suncook Rd.

Concord, NH 03301

Providing families and those who work with them with the resources, information, and training they need to help children thrive.

<https://picnh.org>

Stafford County Child Advocacy Center

603-516-8100

259 County Farm Rd.

Ste. 201

Dover, NH 03821

This is a community partnership dedicated to pursuing the truth in child abuse cases and coordinating social services for child victims.

<https://cac-nh.org/nh-child-advocacy-centers>

DIAPERS

Diaper Distribution Program — Stafford CAP

603-435-2500

577 Central Ave.

Dover, NH 03820

Provides access to diapers for any child who needs them. Up to size 8.

<https://staffordcap.org/free-diapers>

Diapers through Medicaid

If you have Medicaid, diapers may be available with a prescription from a doctor or with the assistance of a case manager.

Rochester SHARE Fund

603-330-3468

150 Wakefield St.

Rochester, NH 03867

Diapers are distributed through the food pantry program, following the established eligibility guidelines already in place through the food pantry.

<https://www.sharefund.org/diaperbank>

Happy Birthday!

For children ages 1-12

Call Joann at Bethany Methodist Church for details.

902 Portland St., E. Rochester, NH 03868

603-332-3618

Education Supports

Bureau of Special Education

603-231-1953

25 Hall St.

Concord, NH 03301

Go to the website for a list of services they provide.

<https://www.education.nh.gov/parents-and-students/services-my-child>

Early Headstart and Headstart

603-435-2500

Offices in Dover, Farmington, Rochester and Somersworth.

This is a federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social and emotional development.

<https://straffordcap.org/head-start>

Early Supports and Services

603-516-9300

Community Partners

113 Crosby Rd.

Dover, NH 03820

Developmental supports for children aged birth until age 3.

Services include full developmental evaluations and if a child qualifies, occupational or speech therapy, social work or special education.

<https://communitypartnersnh.org/early-supports>

New Hampshire Department of Education

603-271-3494

25 Hall St.

Concord, NH 03301

The website provides a wealth of data and information about the Department's programs, services and initiatives.

<https://education.nh.gov>

New Hampshire Department of Education: Services for the Blind and Vision Impaired

603-271-3537

21 South Fruit St.

Walker Building, Ste 20

Concord, NH 03301

Support in building independent living skills based on personal goals. Services may include support and training on travel, orientation, mobility, computer use and community cooking and housekeeping.

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/programs-and-services/services-blind-and-vision-impaired>

Preschool Special Education

603-271-2178

25 Hall St.

Concord, NH 03301

This department partners statewide to support children and schools by strengthening PreK–K–3 alignment and school readiness.

<https://www.education.nh.gov/who-we-are/deputy-commissioner/early-childhood-education>

Spectrum Connection

603-516-9300

353 High St.

Somersworth, NH 03878

This is an autism treatment clinic. Services are typically funded by Medicaid or private insurance. Individualized programs are developed based on each learner's specific needs.

<https://communitypartnersnh.org/applied-behavioral-services>

Literacy Resources and Employment Assistance

Adult Education and Literacy Activity

Adult education and literacy activities are free for adults over 18 who are not enrolled in school and are interested in improving their basic skills in reading, writing, math and English language acquisition (ESL).

<https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-career-development/office-adult-education/adult-education-and-literacy-activity>

Dover Adult Learning Center of Strafford County

McConnell Center
603-742-1030
61 Locust St.
Dover 03820

James W. Foley Memorial Community Center
603-335-6200
150 Wakefield St., Ste. 267
Rochester, NH 03867-1300

DALC helps all adults who seek to learn, enhance their skills and improve their lives through education, job preparation, high school completion, and enrichment classes. Many classes are free to current DALC students. A small fee is charged for community members and scholarships may be available to those with limited financial resources. In Dover, Rochester and online.

<https://www.doveradultlearning.org>

Learning Ally

800-221-4792

Provides audio books to those with dyslexia, a reading deficit or print disability. Financial assistance is available. Many schools provide free access to their student through institutional memberships; check with your child's school.

M-F 8-5

<https://learningally.org>

Learn to Be

Free one-on-one online tutoring for individuals who need help learning to read or who have reading difficulties.

<https://learntobe.org>

EMPLOYMENT ASSISTANCE

Bureau of Vocational Rehabilitation

603-271-2178

25 Hall St.

Concord, NH 03301

VRNH assists those with disabilities by helping them prepare, obtain, and succeed in meaningful careers.

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation>

IMPACCT

Inspiring the Mastery of Post-Secondary Achievement in College, Careers and Training is a partnership of the Bureau of Vocational Rehabilitation, Granite State Independent Living and high schools throughout NH. Dedicated to helping students with disabilities become part of the local workforce.

<https://gsil.org/services/education-services-2>

NH Employment Security

603-271-7700

45 South Fruit St.

Concord, NH 03301

This organization is your state resource, aiding individuals in finding a job or signing up for unemployment benefits.

<https://www.nhes.nh.gov>

Project Search

603-516-9300

Helps young adults with intellectual and developmental disabilities to achieve competitive employment through their 9 month, workplace immersion training.

Communitypartnersnh.org/project-search-seacoast-nh

Financial Assistance

Catholic Charities

603-332-7701

Provides support in case management, financial literacy training, community referrals and online support groups.

<https://www.cc-nh.org/services/community-services-assistance>

Chive Charities

Provides grants for veterans, military families, first responders and people with rare medical diagnoses. From therapy equipment to service dogs, wheelchair-accessible vans and a wide range of mobility items, Chive Charities fills the gaps.

<https://chivecharities/about>

Community Action Partnership of Strafford County Homeless Outreach and Intervention Program

603-435-2500

<https://straffordcap.org>

Dover Share Fund

Dover Welfare Assistance

603-516-6500

61 Locust St.

Dover, NH 03820

Can provide limited, one-time help for our Dover neighbors experiencing a financial hardship for which no other resources or funds are available.

<https://dovershare.org>

Green Path Financial Wellness

866-699-4584

Provides support and tools to manage debt and make housing decisions.

<https://www.greenpath.com>

Harry Gregg Foundation

603-792-0137

186 Granite St., Ste. 3C

Manchester, NH 03101

Offers small grants for special equipment or other treatment for individuals with disabilities including camper-ships.

<https://harrygreggfoundation.org>

Modest Needs Foundation

844-667-3776

A charity where you can apply for small, emergency grants to low-income workers who're at risk of slipping into poverty and for whom no other source of immediate help is available.

<https://modestneeds.org>

National Organization for Rare Disorders (NORD)

Patient Hotline

800-999-6673

Helpline hours M-Th 8:30-7

F 8:30-6

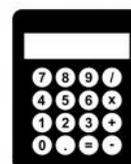
Families can receive financial help with insurance premiums and co-pays in addition to other programs.

<https://rarediseases.org/patient-assistance-programs>

NetWish

This non-profit group who provide financial assistance when most needed with a focus on how the aid will benefit children, older adults and other vulnerable members of our community.

<https://netwish.org>



Financial Assistance and Financial Aid

Rochester Share Fund

603-335-0011
150 Wakefield St.
Rochester, NH 03867
Provides assistance with housing, utility or urgent medical needs.
<https://sharefund.org>

Temporary Assistance for Needy Families TANF

800-735-2964
Cash assistance to families with dependent children. Must lack parental support or care to due to death, continued absence, or because parent is disabled or incapacitated.
<https://dhhs.nh.gov/temporary-assistance-needy-families-tanf>

TOWN AND CITY WELFARE OFFICES

Barrington: 603-664-0154
Dover: 603-516-6500
Durham: 603-868-8043
Farmington: 603-755-3100
Lee: 603-534-9119
Madbury: 603-742-2505
Middleton: 603-515-6250
Milton: 603-652-4501 x8
New Durham: 603-859-0204
Rochester: 603-332-3505
Rollinsford and Somersworth: 603-692-9509
Strafford: 603-664-2192 x107

FINANCIAL AID FOR SCHOOL

Federal Student Aid

Provides grants and loans to students.
<https://studentaid.gov/h/apply-for-aid/fafsa>

Granite Edvance

603-225-6612
3 Barrell Court
Concord, NH 03301-8543
Offers scholarships for NH undergraduate students.
<https://graniteedvance.org>

New Hampshire Charitable Foundation

603-225-6641
37 Pleasant St.
Concord, NH 03301
Provides scholarships.
<https://nhcf.org>

Check with your child's school for a list of community scholarships.

Consumer Credit Counseling:

Free budget, debt and housing counseling

800-327-6778

Tax Preparation and Legal Assistance

TAX PREPARATION

IRS

800-906-9887

Tax preparation assistance

<https://irs.gov>

Granite United Way's Volunteer Tax Assistance Program

This is a free tax preparation program available to individuals and families with household incomes up to \$60,000 annually. Two ways to file for free:

Visit <https://nhtaxhelp.org> to schedule a virtual appointment with an IRS-certified tax preparer. Call 211 if you don't have internet access.

Visit <https://myfreetaxes.com> to prepare your own return for free online, with guidance from a toll-free helpline.

Tax Highlights for People with Disabilities

Publication 907 gives a brief introduction to certain parts of the tax law of particular interest to people with disabilities and those who care for them.

<https://irs.gov/pub907>

LEGAL ASSISTANCE

603 Legal Aid

800-639-5290 or 603-224-3333

Free legal assistance to those who meet financial eligibility in areas of housing, domestic violence, family law, and public benefits. Aid is also provided to seniors over 60.

Mon-Thur 8:30 to 5pm

Fri 8:30 to 12pm

603legalaid.org

Disability Rights Center New Hampshire

603-228-0432 or 800-834-1721

64 N Main St., Ste. 2

Concord, NH 03301

Legal assistance for individuals with disabilities.

<https://drcnh.org>

Domestic Violence Emergency Project

NH DV hotline: 866-644-3574

NH Sexual Assault Hotline: 800-277-5570

DOVE provides legal assistance to victims of domestic abuse who meet financial eligibility.

Contact your local domestic violence support center for referral (available 24 hours).

<https://603legalaid.org/dove>

GLBTQGI+ Legal Advocates & Defenders

617-426-1350

18 Tremont St., Ste 950

Boston, MA 02108

GLAD Law supports the LGBTQI+ community to remove barriers to mediation and needed healthcare.

<https://gladlaw@gladlaw.org>

Legal Assistance

Lawline

800-868-1212

Volunteer attorneys are available to answer your legal questions through Lawline, the Bar's free telephone legal advice service.

<https://nhbar.org/legal-services-programs/lawline>

The Low-Income Taxpayer Project

603-224-3333

This organization may be able to help you if you received a notice from the IRS about taxes you owe, a lien on your property or an audit.

Referral needed.

<https://www.603legalaid.org/lowincome-taxpayer-project>

Modest Means Legal Program

603-715-3290

The Modest Means Program connects people in need of legal assistance with professionals who may be able to help.

<https://www.nhbar.org/lawyer-referral-service/modest-means-legal-program>

NH Coalition Against Domestic and Sexual Violence

603-224-8893

100 N Main St

Concord, NH 03301

<https://www.nhcadsv.org>

NH Legal Assistance

1-800-562-3174

Provides free civil legal aid to people in New Hampshire primarily in the areas of housing, domestic violence, family law and public benefits, youth law and immigration.

<https://www.nhla.org>

Senior Citizen's Legal Advice Line

800-639-5290

Strafford County Family Justice Center

603-509-1916

Support and resources to victims of domestic violence, sexual assault, elder abuse and stalking.

<https://scfjc.com>



Pet Assistance

Animal Population Control Program

603-271-3697

Provides financial assistance for low-income, New Hampshire resident pet owners to neuter their cat or dog.

<https://www.agriculture.nh.gov/farms-businesses/animal-industry/animal-population-control-program>

Care Credit

800-677-0718

The CareCredit credit card can be used for routine veterinary appointments, grooming services, emergency pet care, or a variety of surgeries and treatments in the CareCredit network.

<https://www.carecredit.com/vetmed>

ElderPet

603-767-6856

P.O. Box 624

Durham, NH 03824

Provides various services to low-income elders, persons with disabilities and hospice families. Services include limited transportation, pet food assistance, pet grooming, short term pet care, pet medication assistance and consultations.

<https://elderpet.org>

New Hampshire ASPCA

603-772-2921

104 Portsmouth Ave

Stratham, NH 03885

The NHSPCA's Low-Cost Spay/Neuter Clinic is aimed to prevent unplanned litters and promote the health and wellness of pets for owners with financial need such as low income, those who receive state/federal financial support, veteran's benefits, or have severe temporary financial hardship.

<https://nhspca.org/low-cost-spay-neuter-clinics>

NH Pet Aid

PO Box 34

Dover, NH 03821

Cat or dog must have an urgent, potentially treatable condition or injury with a favorable prognosis.

<https://nhpetaid.org>

PAWS University of New Hampshire

603-862-5306

34 Sage Way

Durham, NH 03824

Pet Access to Wellness Services provides low-cost veterinary care to qualifying pet owners during the academic year. Clients qualify by providing proof of some type of government assistance.

<https://colsa.unh.edu/paws-veterinary-clinic>

The Pet Fund

This program work only on non-basic, non-urgent care; for example treatments for cancer or chronic conditions. Your animal's medical needs must be able to wait the length of our current waitlist and you must contact the company by email to request assistance prior to sending your application.

<https://thepetfund.com>

Pope Memorial Humane Society

603-749-5322

221 County Farm Rd.

Dover, NH 03820

Spay or neuter your pet for an application fee and a \$25 payment to the veterinarian. Open to New Hampshire residents who receive, or are eligible for, benefits from: Food Stamps, Aid to the Needy Blind, Medicaid Old Age Assistance, AFDC, Supplemental Security Income (SSI), and Aid to the Permanently and Totally Disabled. Find more financial information on their website.

<https://popememorialcvhs.org/programs-and-resources/spay-neuter-pet>

Pet Assistance and Other Resources

Rozzie May Animal Alliance

603-447-1373

71 Hobbs St.
Conway, NH 03818

All spay/neuter procedures performed at Rozzie May Animal Alliance are provided below cost to the public and to animal welfare organizations.

<https://rozziemayanimalalliance.org>

Scratchpay Veterinary

Provides payment plans for veterinary services. See website for participating offices.

<https://scratchpay.com>

Tails to Freedom, Inc.

89 State Route 101A, Ste. 5
Amherst, NH 03031

Provides financial assistance to animals, charities, and pet owners facing hardship emergency veterinary bills.

<https://www.tailstofreedom.org>



OTHER GREAT RESOURCES

211 Info Line

For non-emergency help with food, housing, utility assistance, substance use resources, legal services and more.

<https://211nh.org>

Benefits Check-up for Older Adults and People with Disabilities

603-431-4711

<https://nhla.org>

Best Buddies New Hampshire

603-836-3473

Offering one-to-one Friendship and Leadership Development programs for teens with and without intellectual and developmental disabilities. (IDD) . This program educates and empowers people to become leaders, public speakers and advocates to break through social barriers.

<https://bestbuddies.org/newhampshire>

Child Protection Services & Bureau of Adult and Aging Services

603-271-8154

800-949-0470

<https://dhhs.nh.gov>

Other Great Resources

Doug Flutie Jr. Foundation

This organization supports individuals and families affected by autism in leading productive lives where they are included, respected, and actively engaged in their communities. It provides direct financial assistance, strengthens community supports, and promotes individual empowerment.

<https://flutiefoundation.org>

Empire Beauty School

603-692-1515

456 High St.

Somersworth, NH 03878

Low cost hair care services by students.

<https://empirebeautyschools.com>

Find Help

Search and connect to food, financial assistance, transit, medical care, legal services and more.

<https://findhelp.org>

Friends of Aine

603-669-1120

226 Coolidge Ave.

Manchester, NH 03102

This organization provides bereavement support services and resources to children and families who have suffered the death of a loved one.

<https://friendsofaine.com>

New Hampshire Council on Developmental Disabilities

603-271-3236

2 1/2 Beacon St., Unit 10

Concord, NH 03301

Councils contribute to a coordinated, person-centered, person-directed, comprehensive system of community services and supports that enable individuals with developmental disabilities to exercise self-determination, independence, integration, and inclusion in all facets of community life. Funding may be available.

<https://nhcdd.nh.gov>

Institute on Disability

603-862-4320 x711

The Institute provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families.

<https://iod.unh.edu/about>

New Hampshire Department of Health and Human Services

603-332-9120

800-862-5300

Medicaid, MEAD, APTD, Food Stamps, QMBY, TANF and child support.

<https://www.dhhs.nh.gov/programs-services>

May apply online at <https://nheasy.nh.gov>

New Hampshire Caregiver Support Program

603-271-4525

1129 Pleasant Street

Concord, NH 03301

Information about community programs and local resources, respite services, education and training opportunities, and access to support groups.

<https://nhfv.org/resources/the-nh-family-caregiver-support-program>

Other Great Resources

Restaurant Coupons

Visit <https://restaurant.com> for coupons to a variety of local restaurants.

Visit <https://nhdollarsaver.com> for coupons for a variety of restaurants and recreation.

Seacoast Outright

603-552-5824

100 Campus Dr.

Portsmouth, NH 03802

This is a non-profit organization dedicated to supporting, protecting and advocacy for LGBTQIA+ youth across the state.

<https://www.nhoutright.org/about-us>

Social Security Administration

800-772-1213

215 Commerce Way

Portsmouth, NH 03801

SSI and SSDI

Monday—Thursday 9-4pm

PHONES — COMPUTER — INTERNET

Assurance Wireless

888-321-5880

Assurance Wireless provides free phone service each month to low-income residents. Low-cost plans with more minutes and data are also available as well as low international rates to over 200 countries. There are no bills, long-term contracts, or activation fees.

<http://assurancewireless.com>

Call Free Telephone Directory

1-800-FREE411 / 800-373-3411

You can get free directory assistance on your cell phone or land line.

Comcast Internet

844-389-4681

You may qualify for Internet Essentials if you live in an area where Xfinity Internet service is available and you meet eligibility requirements.

<https://xfinity.com/learn/internet-service/internet-essentials>

Computer Technology Assistance Corps

603-218-3078

Access to fully refurbished computers for charities and low income people. Low cost computer repair and a full function recycling center dedicated to employing and training unemployed and low income people.

<https://greatnonprofits.org/org/computer-technology-assistance-corps>

SafeLink Wireless

800-723-3546

Free cell phone if income eligible.

<https://safelinkwireless.com>

T-Mobile Free Internet Access for K-12 Students

800-373-3411 or 411

Offering students free internet access and mobile hotspots. Children may be eligible if they have National School Lunch Program, SNAP, TANF, Medicaid, Head Start or are foster youth or homeless.

<https://t-moble.com/project10million>



Strafford County Police and Fire Stations

POLICE DEPARTMENTS

Barrington

774 Franklin Pierce Highway
Barrington, NH 03825
603-664-7679

Dover

46 Chestnut St.
Dover, NH 03820
603-742-4646

Durham

86 Dover Rd.
Durham, NH 03824
603-868-2324

Farmington

160 Main St.
Farmington, NH 03835
603-755-2731

Lee

20 George Bennett Rd.
Lee, NH 03861
603-659-5866

Milton

7 Townhouse Rd.
Milton, NH 03851
603-652-4500

New Durham

4 Main St.
New Durham, NH 03855
603-859-2751

Rochester

23 Wakefield St.
Rochester, NH 03867
603-330-7127

Somersworth

12 Lilac Lane
Somersworth, NH 03878
603-692-3131

FIRE STATIONS

Barrington

774 Franklin Pierce Highway
Barrington, NH 03825
603-664-2241

Dover

25 Durham Rd.
Dover, NH 03820
603-516-6300

Durham

51 College Rd.
Dover, NH 03824
603-868-5531

Farmington

160 Main St.
Farmington, NH 03835
603-755-2131

Lee

20 George Bennett Rd.
Lee, NH 03861
603-659-5411

Milton

865 White Mountain Highway
Milton, NH 03851
603-652-4201

New Durham

6 Main St.
New Durham, NH 03855
603-859-3473

Rochester

7 Pickering Rd.
Rochester, NH 03839
603-330-7182

Somersworth

195 Maple St.
Somersworth, NH 03878
603-692-3457

Strafford

475 First Crown Point
Strafford, NH 03884
603-664-6863