



Concord Children's Initiative

2008 RESOURCE DIRECTORY

SERVICES FOR CHILDREN THROUGH AGE SIX

Concord Children's Initiative – 2008 Resource Directory

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About this directory

This directory was created by the Concord Children's Initiative, with the assistance of grant funding, to support the needs of families with young children in the Concord area. This directory is intended to serve as a resource for parents, caregivers, and professionals concerned about youth up to age 6. For recommended changes to this directory, contact the United Way of Merrimack County at 603-224-2595 and ask to talk with the Concord Children's Initiative liaison.

Many thanks to the following organizations for their grant and in-kind support:

- Community Provider Network of Central NH
- Casey Family Services
- Delta Dental
- Providian Bank
- United Way of Merrimack County
- University of New Hampshire Cooperative Extension
- Concord Children's Initiative members

About the Concord Children's Initiative

The Concord Children's Initiative is a nonprofit organization that was created in 1994 through a merger of the Concord Preschool Taskforce and the Concord Success by Six Coalition. This **mission** of the Concord Children's Initiative is to create a nurturing, caring, safe, and supportive community of people and organizations that places priority on all children and families, and encourages them to reach their full potential.

The **vision** of the Concord Children's Initiative is that:

- * The community will value the importance of children and families.
- * Resources will be available, affordable and accessible for all children and families.
- * Opportunities will be integrated for all children and families, so as to avoid labels, stigma, and social and cultural stratification.
- * The community of families will be kept aware of resources through multiple outlets.
- * New families will be welcomed into supportive atmospheres and educated about the resources available.
- * Organizations serving children and families will work collaboratively to achieve common goals.

Over the years the Concord Children's Initiative has sponsored the following activities:

- * Recognized businesses that have child- and family-friendly access, atmospheres, and employment policies.
- * Conducted focus groups that provided insight regarding how Concord relates to and supports families with young children.
- * Honored teachers and childcare providers for the important work they do.
- * Held "brown bag lunches" to provide professional development opportunities.
- * Offered an attachment seminar that brought a nationally recognized expert to NH to speak to professionals from all part of the state.
- * Provided a conference for 200 parents called *Parenting: The Toughest Job in Town* that included over 20 workshops.
- * Engaged in a fall 2005 planning session to determine direction of CCI, and decided that it will continue to meet monthly for the purposes of self-education, sharing, and problem solving.

Members: Concord Children's Initiative annual dues are \$35 for an organization or \$15 for an individual.

Organizational Members -

Casey Family Services
Concord Head Start and Early Head Start
Concord Hospital Center for Health Promotion
Child and Family Services
The Children's Place and Parent Education Center
Concord Family YMCA
Concord Public Library

Concord Regional Visiting Nurse Association
Early Learning NH
Families in Transition
Riverbend Community Mental Health, Parent-Child Center
United Way of Merrimack County
Woodside School

Individual Members -

Philip Yeaton

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Crisis Information

For a medical emergency, fire or police assistance, call 911 from anywhere in NH.

ALCOHOL AND DRUG ABUSE

Alcoholics Anonymous Referral Service and Treatment Program, 24 Hour Help Line 800-711-6375

Substance Abuse Treatment Facility Locator (<http://dasis3.samhsa.gov/>)
(Substance Abuse and Mental Health Services Administration, US DHHS)

CHILD ABUSE

1-800-894-5533

To report child abuse or neglect, contact the NH Department of Health and Human Service's Division for Children, Youth and Families. NH law states that anyone who has reason to suspect that a child has been abused or neglected must make a report to NH DHHS DCYF.

After hours call your local police department (Concord Police Department, 225-8600).

DISASTER SERVICES

American Red Cross

225-6697 or 1-800-464-6692

One function of the American Red Cross is to provide relief to victims of disaster (local fires and other disasters) and respond to emergencies.

2 Maitland Street, Concord, NH 03301

email info@redcross-concordnh.org, web site <http://www.concord-redcross.org/> .

HOUSING – EMERGENCY

Homeless Hotline – 1-800-852-3388

The Homeless Hotline provides New Hampshire's homeless with live voice assistance from trained information and referral specialists. These specialists help homeless persons locate emergency shelter during periods of crisis and assist persons already being served in shelters, to find and locate services within the community.

Friends Emergency Housing Program

228-1462

Provides shelter, case management and intensive community-based services for homeless families. 30 Thompson Street, Concord, NH 03301, email eh@friendsprogram.org web site

<http://www.friendsprogram.org/>.

McKenna House (shelter for adults only)

228-3505

PARENTING SUPPORT

ParentLine (Child and Family Services)

1-800-640-6486

This is a free and confidential service in which parents can talk confidentially to a counselor who answers questions on parenting concerns, including but not limited to school behaviors, self-esteem, divorce and step-family adjustment, child development, positive discipline techniques, family conflict, trauma and loss parent-child communication and enrichment activities.

Email: parentline@cfsnh.org

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POISON CONTROL

1-800-222-1222

http://www.mmc.org/mmc_body.cfm?id=2046

RAPE AND DOMESTIC VIOLENCE

Merrimack County Rape & Domestic Violence Crisis Center 1-866-841-6229

P O Box 1344, Concord, NH 03302-1344

<http://www.rdvcc.org/>

The Rape and Domestic Violence Crisis Center provides 24 hour crisis line, court advocacy, emergency transportation, hospital advocacy, social service advocacy, emergency shelter, peer support groups, and education and outreach.

Statewide Sexual Assault Hotline

1-800-277-5570

Statewide Domestic Violence Hotline

1-866-644-3574

SUICIDE PREVENTION

For IMMEDIATE police or ambulance assistance call 911.

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

For immediate phone support. If you are feeling suicidal, thinking about hurting yourself, or are concerned that someone you know may be in danger, call the National Suicide Prevention Lifeline. Available 24 hours a day, 7 days a week.

Riverbend Community Mental Health

226-0817, 1-800-852-3323

278 Pleasant Street, Concord, NH 03301.

Provides 24-hour emergency assessment for Concord and surrounding towns in conjunction with Concord Hospital. <http://www.riverbendcmhc.org/>

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Child Care

Child care and preschool resources are too numerous to include in a directory addressing the broad needs of families with young children. Please contact the Child Care Resource and Referral Service (part of Easter Seals) to learn about types of child care and specific providers:

Child Care Resource and Referral

226-3791, x25 or 1-800-307-2737, x8286

This information line provides up-to-date referrals to families seeking child care as well as assistance and training to child care providers. Easter Seals serves as the regional referral source for the NH Child Care Resource and Referral Network.

Easter Seals, 2 Industrial Park Drive, Concord; 8:30am-4:30pm

Email: rgaudette@eastersealsnh.org

NH Child Care Resource and Referral Network

To learn more about selecting a child care provider and to perform an online search, go to:

<http://www.nhccrr.org/families/index.cfm>

Subsidized Child Care

271-6200

NH DHHS Concord District Office

40 Terrill Park Drive, Concord NH

The NH Department of Health and Human Services provides subsidized child care for parents making the transition from financial assistance to employment and training opportunities and for those at risk of needing financial assistance. Parents may apply for a payment to subsidize the cost of child care so long as the child care is needed to look for work, remain employed or participate in training. The Concord District Office assists families in the region with eligibility and enrollment.

The following child care organizations and family resource centers are members of the Concord Children's Initiative:

Concord Family YMCA

228-9622, x147

The Concord Family YMCA programs provide care for children in a safe setting with opportunities for mental, physical, social and emotional development. The Concord Family YMCA programs strive to support and strengthen family relationships while providing a sense of community with other families. Children will also participate in swim and gym programs offered at the YMCA. Serve infants, toddlers, and preschoolers. Hours of operation are 7:30am-5:30pm for younger children, 7am-6pm for 3 year olds and above. <http://www.concordymca.org>

Concord Head Start and Early Head Start

224-6492

67 Old Loudon Road, Concord NH

Early Head Start is a child development and family support program providing assistance, education and support to pregnant women and families with children from birth to three years of age.

Head Start is a comprehensive child development and family support program for income-eligible families. Children attend a center-based program four or five days a week and families receive support through their relationship with the center's family service worker. Headstart serves families one or two years before the child enters public school. Services include prenatal education, parenting programs, nutritional education, developmental assessments, and health and dental screenings.

Hours: 6:30am-5:30pm

Concord Heights Neighborhood Family Center

225-0832

Dame School, 14 Canterbury Road, Concord

Offers preschool programs, parent-child activity times, family events, Grandparent's Support Group, parenting workshop, and before school child care.

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Early Learning NH

226-7900

Two Delta Drive, Concord, NH 03301

Early Learning NH is a statewide leadership, public policy, and member services organization committed to ensuring that all New Hampshire children have the opportunity to reach their full potential by expanding access to affordable quality child care and early education; supporting the child care industry; building public-private partnerships; and helping families balance work and family.

info@earlylearningnh.org <http://www.earlylearningnh.org/>

Merrimack Valley Day Care Service

224-1632

Provides year round, developmentally appropriate infant, toddler, preschool and after school programs on a sliding fee basis at five centers in the Concord area. All sites have been granted License Plus status by the State of NH Bureau of Child Care Licensing.

MVDCS is also the area sponsor of the Child Care Food Program, a USDA program that helps family child care homes and child care centers get reimbursed for meals they serve. For more information call 225-2133.

Merrimack Valley Day Care Service

224-1632

19 North Fruit Street, Concord

Hours: 6:45am-5:30pm, Monday-Friday

This center offers infant care, a toddler and preschool program, and a kindergarten readiness program. Serves ages 12 weeks to 6 years.

Merrimack Valley Day Care Service at New Hampshire Hospital

271-5790

Pleasant Street, Concord

Hours: 6:45am-5:00pm, Monday-Friday

This center offers toddler and preschool programs. Serves ages 12 months to 6 years.

Merrimack Valley Day Care Service at Eagle Bluff

225-4305

2 Quincy Street, Concord

Hours 6:45am-5:30pm, Monday- Friday

This center offers toddler and preschool programs. In addition, it provides an after school and full day vacation program which serves children from nearby Dame School (transportation provided). Serves ages 18 months to 10 years

Merrimack Valley Day Care Service at Jennings Drive

228-0203

19 Jennings Drive, Concord

Hours: 2:30pm-5:30pm, Monday-Friday (full day program during school vacations)

This center provides after school and full day vacation programs to the children who live in the Concord Housing Authority apartment complexes. Transportation is provided from Walker Elementary School. Serves ages 5 years to 12 years.

Merrimack Valley Day Care Service at Merrimack County Nursing Home

796-6467

325 Daniel Webster Highway, Boscawen

Hours: 6:30am-5:00pm, Monday-Friday

This center provides infant care, a toddler and preschool program, and an after school and full day vacation program that serves children from Boscawen Elementary School (transportation provided). Serves ages 6 weeks to 10 years

NH Technical Institute's Child and Family Development Center

271-8910

31 College Drive, Concord NH

Provide quality child care and preschool for children 6 weeks to 5 years on part-time or full-time basis.

Open to the general community as well as to NHTI staff, students and faculty. Parent workshops and seminars are offered including topics like positive discipline, building literacy, and handling stress. Offer a parent resource library and children's book lending program.

<http://www.nhti.edu/cfdc/index.html>

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Riverbend Parent-Child Centers

226-7505, x3215

PO Box 2023, Concord, NH

Family resource centers in Concord, Penacook, Pittsfield, Franklin, and Hillsboro offering parenting education and support groups and a literacy-based children's program. Home-mentoring is also provided. The purpose of all programs is to strengthen families by enhancing parent-child relationships and help participants to parent with confidence. There is never a charge for groups and transportation is provided for the surrounding communities.

<http://www.riverbendcmhc.org/>

The Children's Place & Parent Education Center

224-9920

27 Burns Avenue, Concord

The Children's Place and Parent Education Center is a family resource center. Its mission is to enhance and strengthen families by offering support services, childcare and group play, parent education, and community outreach programs. Services include:

- Short-term, drop-in style child care Monday-Thursday 9am-4pm, Friday 9am-2pm
- Family Support Program for offering financial assistance for child care fees including one-on-one support to children with developmental delays, physical disabilities and those in need of social skill development
- New Parents and Babies Group
- Parent and Toddler Play Group
- Communication Workshops
- Building Blocks for Better Families (a 10 week parent education program targeting families experiencing multiple stresses in their lives)
- Educational evening presentations
- Music & Movement Class for economically disadvantaged families, children with developmental delays, physical disabilities and/or in need of social skill development
- Family Fun Events
- Parenting Library
- Rewarding volunteer opportunities – make connections with other parents and children!

<http://www.thechildrensplacenh.org/>

Woodside School

224-8418

114 South Fruit Street, Concord NH

Woodside School is dedicated to providing quality, developmentally appropriate early learning and care through a supportive environment for all children, their families and the greater community. Woodside's programs are designed to meet the individual needs of children 18 months through Kindergarten on a full-time or part-time basis. Woodside also offers after school care for children up to age 12.

<http://www.woodsideschool.org/>

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Education and Career Supports

ADULT – education and career supports

American Red Cross 1-800-464-6692 or 225-6697
2 Maitland Street, Concord, NH 03301

The American Red Cross is a humanitarian organization, led by volunteers, that provides relief to victims of disaster and helps people prevent, prepare for and respond to emergencies. Other services include health and safety services (training in CPR, first aid, water safety, and babysitting), and training to become a Certified Nurse Assistant.

info@redcross-concordnh.org, <http://www.concord-redcross.org/>

Concord Community Education 225-0804

Adult diploma program, enrichment and vocational courses, driver education, computer courses and summer school.

<http://www.csd.k12.nh.us/~jsieg/>

Concord Public Library 225-8670

45 Green Street, Concord

In addition to library resources, offer story hour and special programs.

Hours – Mon.-Wed. 9:00am-8:30pm, Th. 11:00am-5:30pm, Fri. and Sat. 9:00am-5:30pm, Sun. (Sept.-April) 1:00pm-5:30pm

<http://www.onconcord.com/library/>

Dress for Success 224-8683

111 South Main Street, Concord

Provides interview and back to work clothing for women. Also provides help with shoes, stockings, handbags and other items.

<http://www.dressforsuccess.org/>

N.H. Department of Employment Security 228-4100

10 West Street
Concord, NH 03301

Services:

1. Employment services - job counseling, placement and development. Bulletin boards and information is available on interstate and statewide job openings.
2. Job placement - Job listing plus provisions for vocational counseling, aptitude and interest testing.
3. Unemployment benefits
4. NH Employment Program

N.H. Division of Vocational Rehabilitation 271-2327

Concord Regional Office
105 Loudon Road, Building 1
Concord, NH 03301

Serves individuals with disabilities that pose a substantial barrier to employment. Services include:

1. Eligibility determination.
2. Service plan - setting employment goal.
3. Counseling and guidance.

NH Works One Stop Center 229-4326

10 West Street, Concord

The Workforce Investment Act offers a wide array of employment and training services to adults 18 or older and dislocated workers based on individual need and choice. Services available include skills assessment, job search and placement assistance, labor market information, individual and group career counseling, case management supportive services, and occupational skills training.

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Microcredit NH

1-800-769-3482 or 603-224-2069

7 Wall Street, Concord, NH 03301

Increases the income and economic stability of the self-employed by providing access to business development education, financial resources, technical assistance and expanded networking opportunities.

email geninfo@microcreditnh.org web site <http://www.microcreditnh.org/>

Second Start

603-228-1341

17 Knight Street, Concord, NH 03301

Adult basic education program including GED preparation classes, GED pretest and GED examinations.

email info@second-start.org; web site <http://www.second-start.org/>

LOCAL COLLEGES:

NH Technical Institute **271-6484**

Franklin Pierce College **228-1155**

Hesser College **225-9200**

YOUTH – public school listing and home schooling links, consult phone book for private schools

Concord Public Schools:

Concord School District (serves Concord except for Penacook)

Superintendent's Office, 225-0811

Elementary Schools -

Beaver Meadow, 40 Sewalls Falls Road, 225-0853

Broken Ground School, 123 Portsmouth Street, 225-0855

Conant School, 152 South Street, 225-0827

Dame School, 14 Canterbury Road, 225-0830

Eastman School, 15 Shawmut Street, 225-0858

Kimball School, N. Spring Street, 225-0840

Rumford School, 40 Thorndike Street, 225-0836

Walker School, 4 Church Street, 225-0844

Rundlett Middle School, 144 South Street, 225-0862

Concord High School, 170 Warren Street, 225-0800

Merrimack Valley School District

753-6561

(serves Penacook as well as Boscawen, Loudon, Salisbury and Webster)

Penacook Elementary School, 60 Village Street, Penacook, 753-4891

Merrimack Valley Middle School, 14 Allen Street, Penacook, 753-6336

Merrimack Valley High School, 106 Village Street, Penacook, 753-4311

NH Reads AmeriCorps

225-3295

2 Industrial Park Drive

Promotes reading with young children (birth through third grade) and families. AmeriCorps member bring fun reading, writing, and arts activities to locations like Head Start, child care sites, WIC clinics, after school programs, parent-child programs, shelters, and libraries. Road Readers is a traveling literacy van that provides outreach to families in neighborhoods and other community settings.

Home Schooling

NH Home Schooling Coalition - <http://www.nhhomeschooling.org/>

Links to local support groups - <http://www.nhhomeschooling.org/supportgroups.htm>

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Family Support Services

FAMILY RESOURCE CENTERS

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<http://www.riverbendcmhc.org/>

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- Communication Workshops
- Building Blocks for Better Families (a 10 week parent education program targeting families experiencing multiple stresses in their lives)
- Educational evening presentations
- Music & Movement Class for economically disadvantaged families, children with developmental delays, physical disabilities and/or in need of social skill development
- Family Fun Events
- Parenting Library
- Rewarding volunteer opportunities – make connections with other parents and children!

<http://www.thechildrensplacenh.org/>

GENERAL SERVICES

Casey Family Services

224-8909 or 1-800-417-7375

105 Loudon Road, Building 2

Provides family assessment with adoption related recommendations; individual and/or family counseling; parent support and education. Support groups for children and parents. Community education and consultation. Day respite. Recruits committed, talented foster parents and supports them with training and a range of ongoing services that help create a stable family experience. To the fullest extent possible, the program encourages and assists each child in maintaining a connection with his or her birth family. Provides counseling and support to children making the transition from foster homes to their birth homes, adoptive homes or into independent living. Operates three family resource centers in Franklin providing

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before- and after-school programs and such family supports as parenting classes and financial information and referral.

<http://www.caseyfamilyservices.org/index.php>

Child and Family Services

224-7479

Concord Office – 103 North State St., Concord, NH 03301

Provides services in the areas of adoption; advocacy; counseling for children, youth, adults, couples and families; child abuse prevention services; pregnancy counseling; teen risk prevention and intervention and school-based services.

- **Parenting Plus:** A free, voluntary home visiting program for families with children under the age of 18. Offers emotional support and practical solutions in managing family life. Develops skills in areas of discipline, parenting techniques, communication, conflict resolution and resourcefulness. Designed to help families reduce stress and improve the quality of their lives. No income requirements.
- **Healthy Families:** A free home visiting program for low-income mothers-to-be. Offers information and support on prenatal healthcare, nutrition, smoking cessation, counseling, family planning, early childhood development, alcohol and drug prevention and counseling, access to community resources, well baby care, effective parenting, childcare, breast/bottle feeding, and more to ensure mother and baby's success in life.
- **ParentLine:** Hotline where one can talk confidentially with a counselor about issues such as effective discipline techniques and ways of handling conflict or self-doubt, and can also receive information about support services in the community (1-800-640-6486).
- **Camp Spaulding:** Overnight camp for boys and girls ages 8-14 located in Penacook. Activities include horseback riding, swimming, hiking, arts and crafts, low and high ropes courses, canoeing, field trips and more. One and two week sessions offered. Cost of camp adjusted to each family's income on a sliding fee scale. Camperships are available.

Email: concord@cfsnh.org, website: <http://www.cfsnh.org/>

Familystrength

228-3266

85 North State Street

Concord, NH 03301

Provides home-based, family oriented, strength focused counseling and support to New Hampshire families, enhancing their ability to respond to life challenges. The goal of Familystrength's work is to help families find solutions to stay safely together in their homes and communities, living self determined and fulfilling lives. To accomplish these goals, agency staff adhere steadfastly to the philosophical tenets of empowerment, strength focus, collaboration, and change orientation. In addition to family counseling, Familystrength provides programs to middle school and teenage children and to older adults.

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

Lutheran Social Services of Northern New England

224-8111

261 Sheep Davis Road

Concord, NH 03301

Provides an array of services including therapeutic foster care, international adoption services, refugee resettlement services, "Language Bank" interpreter service, "Good News Garage" that helps low income families move from welfare to work by providing them with low cost automobiles, a residential program for teenage girls, and numerous supports for the elderly and adults with disabilities.

info@LSSNorth.org

<http://www.lssnorth.org/>

Parent Friend Program

224-4093 or 1-800-924-8620

PO Box 1797, Concord NH

Helps struggling parents build self-confidence, self esteem, and positive parenting skills. The program is free for both single and dual-parented families with at least one child under the age of three in the household.

<http://www.crvna.org/>

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Penacook Community Center

753-9700

Provides quality social, recreational, and educational services to children, adults and seniors. Center's service area includes Boscawen, Canterbury, Concord, Loudon, Salisbury and Webster.

<http://penacookcommunitycenter.org/>

INFORMATION AND REFERRAL

2-1-1 NH, an initiative of the United Ways of NH

1-866-444-4211

Provides health and human service information and referrals for Merrimack, Belknap, and Hillsborough counties. It is anticipated that this service will be accessible by dialing 2-1-1 by the end of 2008.

Family Resource Connection

1-800-298-4321

20 Park Street, Concord NH

Free statewide library and referral organization providing information and materials on all aspects of raising, educating and caring for children.

<http://www.nh.gov/nhsl/frc/>

United Way of Merrimack County

224-2595

46 South Main Street

Concord, NH 03301

The United Way of Merrimack County is composed of citizen volunteers, human service professionals, and member agencies who work in partnership to maximize the quality of life for all people of Merrimack County. United Way builds for the future by assembling financial and human resources contributed by the community, and focusing them on the most vulnerable individuals and families by supporting the direct services of the United Way member agencies. United Way hosts a web-based tool (<http://www.volunteersolutions.org/uwmc/volunteer/>) where agencies can post and individuals can search for volunteer opportunities. Volunteers are also invited to participate in the annual Day of Caring held each September.

<http://www.unitedwymc.org/>

University of New Hampshire Cooperative Extension

225-5505

315 Daniel Webster Highway, Boscawen NH

Provides parenting, food safety, and family finance education in community settings; newsletters provide age-specific information for families with children through 24 months; publications addressing parenting and family issues are available on the website or in hard copy through the office.

<http://extension.unh.edu/>

SPECIAL NEEDS / DISABILITIES

(Also see the following sections: Education/public schools, Health Education and Support Groups, Mental Health Services)

Community Bridges

225-4153

525 Clinton Street, Bow NH

Community Bridges is a community-based not-for-profit agency that supports people with disabilities and their families. Community Bridges helps clients and their families receive assistance in securing appropriate planning, treatment and on-going support in their community. Services focused on youth and families include:

- **Early Supports and Services** – Serves in the early identification, treatment and prevention of developmental delays for those infants and toddlers (newborn-3 years) who have a delay in any area of development or are at risk for disabilities. This includes support and information, home-based

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services, comprehensive coordination of services and programs, transition assistance to available community supports and services at age three, and consultative services.

- **Family Support** – Provides information, training, support, and enhanced access to families for parent-to-parent connections, guardianship and future planning, support groups, leisure activities, housing assistance, and collaboration with other agencies, programs, and businesses.

<http://www.communitybridgesnh.org/>

NH Brain Injury Association

225-8400 or 1-800-773-8400

Provides brain injury prevention, advocacy, and supports. Key activity areas include public policy and advocacy, information and support, education and awareness, and prevention. Provide bicycle helmets to those in need. The 800 number above serves as a "family helpline". **A resource directory can be found online at <http://www.bianh.org/directory.asp>. The directory provides information about brain injury and types of services available to those with brain injuries, and services listed by topic including a section on "child services."**

NH Family Voices

271-4525

Provides parent support, lending library, resources, information and specialized supports for families with children with special health care needs. **NHFV publishes a comprehensive resource guide called "Maneuvering through the Maze" that can be downloaded from their website or ordered by phone.** <http://www.nhfv.org/> (See "Publications" page.)

NH Institute on Disability

228-2084

Concord Center, 10 Ferry Street, Unit 14, Concord, NH
The Institute on Disability/UCED (IOD) at the University of New Hampshire was established in 1987 to provide a coherent university-based focus for the improvement of knowledge, policies, and practices related to the lives of persons with disabilities and their families. Conducts early childhood and inclusive education projects, offers trainings, and publishes resource documents.

<http://www.iod.unh.edu/>

Parent to Parent of NH

1-800-499-4153 ext. 241

Region IV, Community Bridges, 525 Clinton Street, Bow
Supports for parents of children with special needs include parent matching (volunteer "supporting" parents offer support to "referred" parents who have recently learned of a child's diagnosis) and referral assistance.

<http://www.parenttoparentnh.org/>

Other NH disability resources can be found at following web sites:

NH Family Voices resource guide, <http://www.nhfv.org> (go to "publications" page)

NH Governor's Commission on Disability, <http://www.state.nh.us/disability/organizations.html>

National Dissemination Center for Children With Disabilities, <http://www.nichcy.org/stateshe/nh.htm>

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Financial Assistance

City of Concord Human Services Department

225-8575

(Also referred to as city welfare)

247 Pleasant Street, Concord

Office hours: 8:00am-4:30pm Monday, Tuesday, Thursday and Friday. 10:30am-4:30 Wednesday.

Closed daily from noon-1:00pm.

Provides short-term emergency assistance for Concord residents. This includes food, shelter stays, rent, electricity disconnects, gas disconnects, fuel, travel, prescriptions, and burials. All applicants must complete and application and bring documentation for proof of residency to determine their eligibility.

Email: humanservices@onconcord.com , website: <http://www.ci.concord.nh.us/hs/>

If you reside in another town or city, contact your town/city hall for information about available assistance. NH towns and cities are required to have welfare programs for the purpose of providing temporary short-term assistance to residents who are not able to pay basic living expenses, when no other resources are available.

Community Action Program of Belknap-Merrimack Counties

225-3295 or 800-856-5525

2 Industrial Park Drive

Concord, NH 03301

Provides a permanent outreach and intake structure to the community for all CAP programs. Eligibility for many programs based on income.

- **Emergency housing assistance** and other crisis support (food, clothing, information and referral).
- **Food Distribution.** USDA Surplus Commodity Foods are made available to needy households through local Emergency Food Pantries and through periodic mass distributions to eligible households. Administers Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- **Fuel and Electric Assistance.** Provides grants during the heating season to income eligible households by assisting in paying energy bills, establishing fuel credits, or paying the energy portion of rent when heat is included.
- **Weatherization.** Improves energy efficiency of homes and mobile units.

Email: information@bm-cap.org; website: <http://www.bm-cap.org/>

Consumer Credit Counseling

224-6593 or 1-800-327-6778

105 Loudon Road, Building #1, Concord, NH 03301

Provide free confidential budget counseling, a creditor repayment program (monthly fee based on income) community financial literacy programs, and credit bureau report review.

Email: cccs@ccnh-vt.org; website: <http://www.cccsnh-vt.org/>

Healthy Kids

1-877-464-2447

Free or low cost medical and dental insurance for uninsured NH children. Health insurance coverage under Medicaid for children is known as NH Healthy Kids Gold. If income exceeds the limits for coverage under the Healthy Kids Gold program, children may still qualify for low-cost health insurance through Healthy Kids Silver.

Eligibility and program information at <http://www.nhhealthykids.com/NHHKeligibility.htm>
<http://www.nhhealthykids.org/>.

Pet Neutering (for income eligible)

271-3697

NH Department of Agriculture, Animal Population Control Program

25 Capitol Street, Concord NH

Provides financial assistance for low-income pet owners and people adopting pets from animal shelters to neuter their cat or dog. It is part of the state's program to reduce pet overpopulation and threats to public health and safety from mid-Atlantic rabies and other sources.

Concord Children's Initiative – 2008 Resource Directory

Salvation Army

225-5586

58 Clinton Street, Concord, NH

Food, clothing, children's programming, pantry vouchers. Call for more specific information.

http://www.salvationarmy.org/ihq/www_sa.nsf

State Assistance Programs

271-6200 or 1-800-322-9191

NH Department of Health and Human Services

Concord District Office

40 Terrill Park Drive, Unit 1, Concord, NH

District Office staff determine eligibility or provide help for individuals and families for a wide array of programs and services including:

- Child Care
- Child Support
- Child Protection
- Nursing Home Care
- Long Term Care
- Elderly and Disabled Supports
- Financial Assistance
- Food & Nutrition
- Foster Care & Adoption
- Juvenile Justice
- Medicaid and other medical assistance program

Social Security Administration

224-1939 or 1-800-772-1213

District Office, 70 Commercial Street, Concord

SSA administers federal programs to replace income lost because of retirement or disability as well as Supplemental Security Income and Medicare. The district office provides information on eligibility and helps people apply for benefits.

Concord Children's Initiative – 2008 Resource Directory

Food

Serve Program (formerly "Share")

228-1654 or 888-742-7363

Serve is a nationwide neighborhood based self-help food distribution program. A network of churches, community centers and other groups are host organizations that operate as registration and distribution sites for food. The Concord distribution site is St. John's Church on South Main Street. Food packages consist of at least 15 items at a significant discount from retail prices. Packages can be purchased with (1) two hours of community service, (2) \$14 in cash, or (3) \$14 in food stamps.

<http://www.servenewengland.org/>

Nutrition Services – Community Action Program of Belknap-Merrimack Counties, Inc.

2 Industrial Park Drive

225-2050

▪ **Women, Infants & Children Supplemental Food Program (WIC)**

Provides nutritious foods, nutrition education and health screenings to income-eligible pregnant, postpartum and breastfeeding women and to infants and children up to age 5 who are at nutritional risk. Breastfeeding Peer Counselors are available to provide support and encouragement to breastfeeding mothers. Provides referrals to social service and health care providers

▪ **Commodity Supplemental Food Program (CSFP)**

Offers free and nutritious foods to help improve the health of income-eligible new mothers and seniors by providing nutrition education and a supplemental USDA commodity food package. The monthly food package provides a variety of foods. Nutrition education is provided to participants.

Food Pantries and Kitchens Serving the Concord Area (for referrals to other towns, contact municipal welfare offices or Community Action Program) –

- Boscawen Congregational Church, 12 High Street, Boscawen, 796-2565, Wednesday 4pm-6pm or emergencies.
- Community Action Program, Concord, phone 225-6880, hours 8am-4:30 pm Monday to Friday.
- Community Services Council of New Hampshire, Mitzi Jewett Memorial Food Pantry, 79 Sheep Davis Road, Pembroke, phone 225-9694, email info@cscnh.org, website <http://www.cscnh.org/>
- First Baptist Church, 20 North State Street, Concord, 224-7427, hours 3rd Saturdays 8am-10:00am.
- First Congregational Church, 177 North Main Street, Concord, phone 225-5491, hours Monday, Tuesday, and Wednesday 9am-11am (except holidays, closed when schools close).
- The Friendly Kitchen (soup kitchen) 603-224-7678, 14 Montgomery Street, Concord. Seven days a week 3pm-6pm in winter and 4pm-6pm in summer. Breakfast Sat. & Sun. 8-10am.
- Hopkinton Food Pantry, Hopkinton Community Center, 14 Maple Street, Contoocook, 746-5729, Wednesday 6:30pm-7:30pm
- Immaculate Conception Food Pantry, 9 Bonney Street, Penacook, 753-6669, Tuesday, Thursday and Saturday, 9am-10am
- Loudon Freewill Baptist Church, 33 Chichester Road, Loudon, 783-4540, Wednesday 2-3pm, Saturday 8-9am
- Pembroke Welfare, 311 Pembroke Street, Pembroke, 485-4747, Monday-Friday 9am-noon
- Salvation Army, 58 Clinton Street, Concord, 225-5586, Tuesday and Thursday, 9am-noon, 1-2pm.
- St. Paul's Episcopal Church, 21 Centre Street, Concord, 224-2523, hours Monday-Thursday 10am-2pm.
- St. Vincent De Paul Society at St. Peter's Parish, 135 North State Street, Concord, 225-2131, Monday 3:30-4:30pm, Wednesday and Friday 4-5pm.
- Seventh Day Adventist Church, 1310 Sheep Davis Road, Concord, 225-5577, as needed.
- Town of Boscawen, 116 North Main Street, Boscawen, 753-9188, Tuesday 12:30-6pm, Friday 8am-11am, noon-5pm, and emergencies.
- Town of Chichester, 54 Main Street, Chichester, 798-5250, Monday-Thursday, 9am-1pm.
- Webster Food Pantry, 1011 Long Street, Webster, 568-2526

Concord Children's Initiative – 2008 Resource Directory

Health Care

For medical advice, please contact your health care provider. If you need a physician, contact the Concord Hospital Physician Referral Line at 224-7879 or (800) 322-2711 or visit their website at <http://www.concordhospital.org/general/finder.php>.

Alcohol and Drug Prevention & Treatment Services – Resource Guide

<http://www.dhhs.state.nh.us/DHHS/ATOD/LIBRARY/Brochure/res-guide.htm>

NH Department of Health and Human Services

Bureau of Prevention Services, Alcohol, Tobacco & Other Drug Prevention

This 45 page resource guide provides a listing of state-funded alcohol and drug abuse prevention and treatment programs and other resources related to alcohol and other drugs, including:

- 12 Step Recovery Programs,
- Impaired Driving Intervention Programs,
- Statewide Alcohol and Drug Abuse Prevention Coalitions,
- New Hampshire Correctional Academies and their Providers,
- and Alcohol and Other Drug Abuse-Related Web Sites

Capital Region Family Health Center

228-7200

Concord Hospital, 250 Pleasant Street, Concord, NH 03301

Provides primary and preventive care for the entire family in collaboration with NH-Dartmouth Family Practice Residency. As a state-supported community health center, it provides a full range of primary care services regardless of ability to pay. Services include:

- Care coordination
- Family planning
- Prenatal care
- Free mammograms and pap test screenings for eligible women
- Gynecological consults
- Pediatric behavioral evaluations
- STD/HIV clinics
- Behavioral health counseling
- Nutritional services
- Basic dental services

Concord Regional Visiting Nurse Association

224-4093 or (800) 924-8620

250 Pleasant Street

Concord, NH 03301

Email: crvnainfo@crvna.org; <http://www.crvna.org/>

Services focused on families and children include:

- **Community Health Services** provides preventative health care and education including:
 - **Immunization Clinics** that provide affordable immunizations for all ages at clinics held twice a month.
 - **The Downtown Clinic**, a free walk-in clinic for people of all ages who do not have health insurance or access to a primary care provider.
 - **The Parent Friend Program** provides support and mentoring for at-risk parents who are struggling with the challenges of caring for their children.
 - **Dental Clinics**, provided twice per year for children ages 3 through 12 from low-income families.
 - **“Heads Up” Head Lice Program**
- **Maternal and Child Health** offers prenatal and postpartum care for women and their newborns. A comprehensive health assessment of the mother and the baby is completed to assist new parents in feeling more confident after coming home with their newborn. Maternal and Child Health can provide assistance with breast feeding, information regarding the infant's preventative health needs, discussion of parental health issues, and guidance and education on childhood illnesses, child safety, use of care restraints, and other childhood issues.

Concord Children's Initiative – 2008 Resource Directory

- **Pediatric Services** provide comprehensive healthcare services to children in partnership with their family and other healthcare providers. Services can be provided to children born prematurely, recovering from surgery, dealing with chronic illness, requiring therapy, or with multiple needs.

Healthy Kids

1-877-464-2447

Free or low cost medical and dental insurance for uninsured NH children. Health insurance coverage under Medicaid for children is known as NH Healthy Kids Gold. If income exceeds the limits for coverage under the Healthy Kids Gold program, children may still qualify for low-cost health insurance through Healthy Kids Silver.

<http://www.nhhealthykids.org/>.

Eligibility and program information at <http://www.nhhealthykids.com/NHHKeligibility.htm>

NH AIDS Hotline

1-800-752-AIDS

Concord Children's Initiative – 2008 Resource Directory

Health Education and Support Groups

HEALTH EDUCATION

Autism Society of NH

679-2424

P.O. BOX 68 Concord, NH 03302

A membership organization consisting of individuals with Autism and Pervasive Developmental Disorders, families, professionals, friends, and community members. The Society is committed to:

- Dissemination of knowledge and information about Autism/PDD
- Promoting enlightened public policy
- Facilitating the development of life-long support systems
- Providing members with social opportunities

Website includes information about support groups.

<http://www.autism-society-nh.org/>

Concord Substance Abuse Coalition

223-2023

46 South Main Street, Concord, NH 03301

Provides educational opportunities for parents and youth regarding the risks of alcohol, tobacco and other drugs. The Coalition sponsors events and educational opportunities such as annual resource fairs, the Radio Ad Challenge, and more.

Email info@concordprevention.org; website <http://www.concordprevention.org/>

Concord Hospital – Center for Health Promotion

230-7300

279 Pleasant Street, Concord

Group classes, support programs and one-on-one counseling are designed to educate individuals to make changes that may help prevent disease and injury. Classes, Programs and Groups Offered include:

- Childbirth
- Family management
- Parenting
- Fitness, general wellness
- Weight loss
- Health risk screenings and tests
- Mind and body self-care
- Nutrition
- Smoking-free living
- Stress management
- Support groups
- Weight loss

<http://www.concordhospital.org/services/chp.php>

Parent Information Center

224-7005

PO Box 2405, Concord NH

PIC provides information, support, and educational programs for parents, family members, educators, and the community. PIC is a pioneer in promoting effective parent involvement in the special education process.

Email: picinfo@parentinformationcenter.org; website <http://www.parentinformationcenter.org/>

Smoking Cessation

1-800-TRY-TO-STOP (1-800-879-8678)

The NH Tobacco Prevention and Control Program provides this Smokers' Helpline. It is a free, confidential, and highly personalized telephone service to help tobacco users quit smoking or dipping tobacco. Anyone in New Hampshire can call the Helpline, whether the caller is currently using tobacco, has already quit, or wants information for a friend or family member.

Concord Children's Initiative – 2008 Resource Directory

SUPPORT GROUPS

The following is a partial listing of support groups that might be of particular interest to parents with young children. Support groups are difficult to track as groups come and go and often depend on the commitment of one or a small core group of individuals.

- **Adoption Support Group**, NH Division for Children, Youth and Families, monthly meetings for adoptive parents particularly those who have adopted children from foster placement, dates vary, call 271-6202 for more information.
- **Adoption** – NH Chapter of the Association for Treatment and Training in the Attachment of Children, Foster / adoptive support group focused on attachment issues, meetings in Concord, for more information contact Casey Family Services, 800-417-7375.
- **Asperger's Syndrome**, Parents of Children with Asperger's Syndrome, 2nd Monday, 7-9pm, Concord High School Media Center, contact 225-0421 or luvmysons@comcast.net.
- **Autism/Pervasive Developmental Disorders**, 3rd Wednesday, 7-9pm, Community Bridges, Bow, for parents, family members, friends or persons with autism. For more information contact 228-9616.
- **Attention Deficit Disorder / Oppositional defiant disorder**, behavioral issues support group for parents of children in and around Concord area. Meets the 3rd Sunday of the month in Concord, call 225-4121 or contact parenthelpingparent@yahoo.com for more information.
- **Alcoholics Anonymous**, to find an AA meeting call 800-593-3330, <http://www.mv.com/ipusers/nhaa/>.
- **Al-Anon and Alateen**, for adult and teen families and friends of alcoholics call 877-825-2666 or 603-645-9518 to find a meeting location or go to <http://www.nhal-anon.org/>
- **Breastfeeding**, La Leche League provides education, information, support and encouragement to women who choose to breast-feed, meets the second Wednesday of each month at 10am at Wesley United Methodist Church, 79 Clinton St., Concord, and the second Thursday of each month at 6 p.m. at the Learning Center, Concord Hospital campus, 139 Langley Parkway, Concord. For more information, call 848-2991.
- **Capital Region Mothers of Multiples**, for mothers and expecting mothers, second Tuesday of the month at 6:30pm, Concord Hospital, The Family Place conference room, contact 228-6800 or 227-7000, x 3013.
- **Dysfunction of Sensory Integration**, support group for parents with children who have DIS or SID, meets the first Tuesday of each month at 7:30pm at Child and Family Services, 103 North State Street, Concord. For more information, call 798-3577.
- **Down Syndrome**, Supports for Down Syndrome, meets 1st Friday every other month from 7-9pm, meeting locations vary, call 225-4564 or sandb1990@aol.com.
- **Grandparents Support Group** for grandparents raising their grandchildren, contact the Dame School, 225-0830.
- **Infant Loss Support Group**, second Tuesday of each month, 7:30-9pm, Concord Hospital administrative offices conference room, 227-7000, x4908.
- **Mental Health**, National Alliance for the Mentally Ill (NAMI) NH, Child and Adolescent Network Support Group, 2nd Monday from 6-8pm at Concord Boys & Girls Club, 55 Bradley Street, call 746-5423 or 800-242-6264.

Concord Children's Initiative – 2008 Resource Directory

- **New Parents and Babies Group**, discuss questions and concerns in a friendly and informal atmosphere, led by early childhood educators. Meets Thursday mornings from 10-11:30am at The Children's Place and Parent Education Center, 27 Burns Ave., Concord, 224-9920.
- **NH Rainbow**, support group for gay and lesbian parents, meets monthly in Concord area, for more info contact nhrainbows@aol.com.
- **Parents of Children with Kidney Problems**, second Thursday from 7-8:30pm at Pillsbury Building Conference Room, Concord Hospital, call 224-6641.
- **Parent and Toddler Play Group**, meets weekly, includes circle song time, activities and snack, led by early childhood educators. Meets Monday mornings from 10:30am-noon at The Children's Place and Parent Education Center, 27 Burns Ave., Concord, 224-9920.
- **Parents Without Partners**, holds monthly informational meetings in various locations around the state, call 669-4275.
- **Postpartum Depression Support Group**, every Tuesday 10:30am-noon, Concord Hospital, The Family Place library, 224-1381 to register.
- **Smoke Free Living Support Group**, Second Monday of the month, 6:30-7:30pm, Center for Health Promotion, call 230-7300 to register. Registration required.
- **SIDS Support Group**, second Monday of each month, 7:30-9:30pm, Concord Hospital administrative offices conference room, 227-7000, x4908.

OTHER SUPPORT GROUP LISTINGS:

NH Family Voices, focus on children with special health care needs.
<http://www.nhfv.org>, click on Resources/Links

Concord Hospital

Online listing of support groups affiliated with Concord Hospital:
<http://www.concordhospital.org/offerings/support.php>

NH Brain Injury Association, listing of aphasia, brain injury, MS, Parkinson's and stroke support groups.
<http://www.bianh.org/directory.asp>, click on Support Groups.

Concord Children's Initiative – 2008 Resource Directory

Housing

CATCH Neighborhood Housing

225-8835

79 South State Street, Concord, NH 03301

Strengthening the community by creating opportunities for permanently affordable, quality housing for people otherwise not being served. Services include:

- Rental Apartments – High-quality, permanently affordable rental apartments for income-qualified families (generally, families who earn 80% or less than Area Median Income; for a family of four, that's \$52,300 per year or less.)
- Home Buyer Education Center – Offering classroom training, one-on-one housing counseling and financial resources for families who want to purchase a home. All classes and counseling are free.
- Homes Downtown – A new program offering homeownership opportunities to low-income families. CATCH purchases duplexes in downtown Concord, rehabilitates the major systems and sells as condominiums to families at well-below market prices.

Email info@catchhousing.org; web site <http://www.catchhousing.org/>

Community Action Program of Belknap-Merrimack Counties Inc.

225-3295 or 800-856-5525

Industrial Park Drive, Concord, NH 03301

Provides a permanent outreach and intake structure to the community for all CAP programs. Eligibility for many programs based on income. Housing related programs include:

- **Emergency housing assistance**
- **New Start Program**, 229-1989, acceptance into program and completion of skill-building classes qualifies homeless or at risk candidates for preferential placement on New Hampshire Housing Finance Authority's Section 8 Transitional Housing list
- **Housing Referral Network Program**, 225-3295 or 1-800-856-5525, assesses a family's housing situation and immediate housing needs; provides referrals to credit counseling, debt management and budgeting programs; provides information and referrals to housing assistance programs (including but not limited to accessing security deposit funds, utility assistance, shelters, Housing Authority, other subsidized alternatives); and provides follow-up services.
- **Fuel and Electric Assistance**. Provides grants during the heating season to income eligible households by assisting in paying energy bills, establishing fuel credits, or paying the energy portion of rent when heat is included.
- **Weatherization**. Improves energy efficiency of homes and mobile units.

<http://www.bm-cap.org/>

Concord Housing Authority

224-4059

15 Pitman Street, Concord, NH 03301

Administers Section 8 and public housing programs. There is an application process and eligibility criteria. There is a wait of 9 months to 1 year in the public housing program for residents of Concord working over 35 hours per week or attending school full-time and upwards of a 2 year wait for the Section 8 program.

Applications can be picked up and can be accessed online at

<http://www.concordha.com/downloads/application.pdf>.

<http://www.concordha.com/>

Families in Transition (FIT)

641-9441 or 866-470-6885

Main office, 122 Market Street, Manchester, NH 03101

Provides safe affordable housing to homeless individuals in Concord and Manchester with or without children. Participants also receive comprehensive supportive services, including support groups, skill-building workshops and computer/employment training.

<http://www.fitnh.org/>

Concord Children's Initiative – 2008 Resource Directory

Fellowship Housing Opportunities

225-0977

11 Chesley Street, Concord, NH 03301

FHO is a non-profit organization that owns and manages several residential facilities for people with mental illness in Concord. This can include family housing. First established in 1966, FHO is a community residential program which supports people in achieving stable housing and reducing the symptoms of mental illness.

<http://www.fellowshiphousing.org/>

Friends Emergency Housing Program

228-1462

30 Thompson Street, Concord, NH

Provides shelter, case management and intensive community-based services for homeless families.

Email eh@friendsprogram.org; web site <http://www.friendsprogram.org/>

NH Homeless Hotline – 1-800-852-3388

The Homeless Hotline provides New Hampshire's homeless with live voice assistance from trained information and referral specialists. These specialists help homeless persons locate emergency shelter during periods of crisis and assist persons already being served in shelters, to find and locate services within the community.

McKenna House (Adults Only)

228-3505

NH Housing Finance Authority

1-800-439-7247

32 Constitution Drive, Bedford NH

Operates a broad range of programs designed to assist low and moderate income persons and families to obtain decent, safe and affordable housing.

<http://www.nhhfa.org/>

Unite To Help

225-9000

This program of the Community Service Council of NH provides rent security deposits for low-income families and individuals in Merrimack County.

<http://www.cscnh.org/>

Concord Children's Initiative – 2008 Resource Directory

Legal Services

Disability Rights Center

228-0432, 1-800-834-1721

18 Low Avenue, Concord

advocacy@drcnh.org, <http://www.drcnh.org/>

Information, advice, legal representation and advocacy for persons with disabilities on a wide range of issues when they relate to the persons disability.

Domestic Violence Emergency (DOVE) Project

Provides free legal representation at the final hearings for a domestic violence protective order. The DOVE project can only be accessed through a local crisis center (Rape and Domestic Violence Crisis Center - Crisis Line 800-852-3388, Concord Office 225-7376).

Franklin Pierce Law Center, Civil Practice Clinic

225-3350

2 White Street, Concord, NH

Provides legal services for low income Concord residents. Callers will be directed to the appropriate person depending upon legal issue.

<http://www.piercelaw.edu/>

Legal Advice and Referral Center (LARC)

224-3333 or 1-800-639-5290

Provides information, advice, self-help assistance and referrals to eligible low-income people. LARC will determine eligibility. Services available in the areas of family law, housing, public benefits and limited consumer law. If a lawyer is needed, the case may be sent to the Pro Bono Referral Program of the NH Bar Association.

<http://www.larcnh.org/Home/PublicWeb>

NH Pro Bono Referral System

224-6942

Provides legal assistance at no charge to low-income families and senior citizens giving priority to victims of domestic violence and issues involving children.

<http://www.nhbar.org/>

NH Legal Assistance

800-562-3174

Providing free legal advice and representation in non-criminal matters to low-income and elderly NH residents. Services focus on basic needs including preserving homes, protecting subsistence income, obtaining access to health care, and maintaining safety, independence and dignity.

<http://www.nhla.org/>

Lawline

1-800-868-1212 or 603-223-9912

A public service of the NH Bar Association providing free legal information. Held on the 2nd Wednesday of the month from 6:00 pm – 8:00 pm.

Concord Children's Initiative – 2008 Resource Directory

Mental Health Services

Child and Family Services

224-7479

103 North State St., Concord, NH 03301

Counseling to help children, youth, adults, couples, and families find solutions to their problems.

Treatment design is strengths-based, solution focused, short-term, and family centered. No one is denied service due to inability to pay. <http://www.cfsnh.org/>

NAMI New Hampshire

225-5359 or 1-800-242-6264

15 Green Street, Concord

A statewide education, support and advocacy organization working for a quality, comprehensive mental health service system. Provides information and referral, educational opportunities, resources, support groups and other supports.

E-mail: info@naminh.org; website <http://www.naminh.org/>

Riverbend Community Mental Health

228-1551

PO Box 2032, Concord, NH 03301

Provides a full range of quality outpatient and residential services for individuals, families and businesses. Riverbend offers a broad array of home and community based services, always prioritizing those who are most in need.

inquiries@riverbendcmhc.org; <http://www.riverbendcmhc.org/>

- **Emergency Services**, provides 24-hour emergency assessment for Concord and surrounding towns in conjunction with Concord Hospital. 278 Pleasant Street, Concord. 226-0817 or 1-800-852-3323.

- **Children's Intervention Program (CHIP)** provides an array of services to children and their families. These services include:

- Assessment
- Crisis Management
- Therapy
- Groups
- Parent Education
- Adolescent Substance Abuse Assessment and Treatment
- Psychiatric Evaluations And Medication Monitoring
- Psychological And ADHD Evaluations
- School-Based Therapy
- Consultation
- Case Management

For more information about this program call 228-1600 or go to:

http://www.riverbendcmhc.org/html/consumersfamilies/consumr_child_inter_prog.html

- **Parent Child-Centers**, see child care section and find more information at: http://www.riverbendcmhc.org/html/consumersfamilies/consumr_parent_child_ctrs.htm

Concord Children's Initiative – 2008 Resource Directory

Recreation

This is a limited listing of nonprofit and city resources. For additional opportunities, consult the phone book and local newspapers.

For referrals to **after school programs**, contact the Child Care Resource and Referral Service:

Child Care Resource and Referral 226-3791, x25 or 1-800-307-2737, x8286
This information line provides up-to-date referrals to families seeking child care and after school programming, as well as assistance and training to child care providers.
Easter Seals, 2 Industrial Park Drive, Concord; 8:30am-4:30pm
Email: rgaudette@eastersealsnh.org

NH Audubon Society 224-9909
3 Silk Farm Road, Concord
Seek to enhance a child's ecological awareness and sense of community by developing a relationship with the natural world and with one another. Camps and programs allow youth to make new discoveries and have fun learning. Information about specific programs is posted the website.
Email: asn@nhaudubon.org; website <http://www.nhaudubon.org/>

Boy Scouts, Daniel Webster Council 625-6431
571 Holt Avenue, Manchester, NH
Email: nhbsa@dwcbbsa.org; website:
http://www.nhscouting.org/openrosters/view_homepage.asp?orgkey=1801

Carter Hill Orchard 225-2625
73 Carter Hill Road, Concord
Apple picking, tractor rides, nature trails, educational center and much more.

Christa McAuliffe Planetarium 603-271-STAR (7827)
2 Institute Drive, Concord, NH <http://www.starhop.com/>

Concord Recreation Department 225-8690
1 White Street, Concord, NH 03301
Offers year round programs and activities for all ages, from 2 to 102. Take part in art, dance and archery classes to name a few, over twenty types of camps, lots of preschool programs, and sport leagues such as soccer, basketball and field hockey. The Department coordinates numerous special events around the City and operates four community centers, seven seasonal pools and the schedules for all city athletic fields and parks. Scholarships available to Concord/Penacook residents.
Email: recreation@onconcord.com; website <http://www.onconcord.com/recreation/>

Concord Boys & Girls Club 224-1061
55 Bradley Street
Provides after school programming at its Concord facility as well as in neighboring communities, league play, and special events. Programming focuses on arts, character and leadership development, education and career development, health and life skills, and sports, fitness and recreation. The Club serves youth ages 6-18 with a separate setting for teens. Summer day camp is also provided.
<http://www.concordkids.org/>

Concord Community Music School 228-1196
Wall Street, Concord NH
CCMS offers high quality, diverse programs of musical instruction, performance, participation and community services to the people of New Hampshire. Early childhood programs and public events are listed on the website. <http://www.ccmusicschool.org/>

Concord Children's Initiative – 2008 Resource Directory

Concord Family YMCA

228-9622

This full service YMCA includes a main facility featuring a pool, gym, fitness equipment and more as well as a separate 18,000 square foot child care facility. After school care is also provided. The goal is to provide a safe environment for individuals and families to strengthen their spirit, mind, and body. Scholarship assistance is available.

<http://www.concordymca.org/>

Concord Public Library

225-8670

45 Green Street, Concord

In addition to library resources, offer story hour and special programs.

Hours – Mon.-Wed. 9:00am-8:30pm, Th. 11:00am-5:30pm, Fri. and Sat. 9:00am-5:30pm, Sun. (Sept.-April) 1:00pm-5:30pm

<http://www.onconcord.com/library/>

Girls, Inc.

223-0087

Based on the Girls, Inc. national model targeting at-risk girls age 6 - 18, provides after-school activities that empower girls to be strong, smart and independent.

<http://www.girlsinnewhampshire.org/>

Girl Scouts - Swift Water Council

627-4158

Girl Scouts is a value based crisis prevention program, building self-esteem and leadership for all girls, kindergarten through high school, through troop/group meetings during the school year. Summer camp opportunities.

<http://www.swgirlscouts.org/>

Kimball Jenkins Estate, School of Art

225-3932

Offers programming for youth. <http://www.kimballjenkins.com/>

Museum of New Hampshire History

228-6688

6 Eagle Square, Concord

Tuesday through Saturday, 9:30 a.m. to 5 p.m.

- Sunday 12 noon to 5 p.m.
- Also open Monday 9:30 a.m. to 5 p.m. from July 1 through October 15 and in December.

Admission:

- \$5.50 for adults, \$4.50 for seniors, \$3 for children 6-18, with a family maximum of \$17
- Children under 6 and members of the New Hampshire Historical Society admitted free

Guided school and youth tours also are available. Visit our school programs page

(http://www.nhhistory.org/edu_dept.html) for details on our varied programs. For more information, and to arrange your visit, contact Education Services.

<http://www.nhhistory.org/museum.html>

Society for the Protection of NH Forests

224-9945

One of the country's most effective statewide land conservation organizations. As a non-profit membership organization, the Forest Society is dedicated to protecting the state's most important landscapes while promoting the wise use of its renewable natural resources. Offer field trips, special events, and hiking locations.

<http://www.spnhf.org/>

The Little Nature Museum

746-6121

656 Gould Hill Road (Gould Hill Orchards), Contoocook, NH

A small nature center that seeks to raise awareness and appreciation of the natural environment through hands-on exhibits, interactive collections, trails, and special programs. Open seasonally from June through late October and during the off season the Museum offers programming at the Hopkinton Town Library in Contoocook. The Museum suggests a \$1 admission fee.

Email: info@littlenaturemuseum.org; website: <http://www.littlenaturemuseum.org/>

Concord Children's Initiative – 2008 Resource Directory

Transportation

Child Car Seats – Safety Inspection

The following organizations offer car seat safety inspections:

- Concord Hospital's Center for Health Promotion, call 230-7300 to schedule an appointment or to find out when their monthly inspection will take place.
- Concord Fire Department, contact Lieutenant Kiehl at 225-8651.
- Concord Police Department, contact Officer Crane or Officer Moreira at 225-8600.

Central NH Transportation

225-3003

Central New Hampshire Transportation (CNHT) is a cooperative program that provides door-to-door transportation for people who are not able to use existing fixed-route service. Through this new system, four agencies provide a pool of vehicles to expand transportation services in central New Hampshire. Once this call is placed, a central scheduler will coordinate between the agencies to schedule rides. Rides will be provided based on vehicle availability. The first time a person calls to schedule a ride, they will be asked questions to determine eligibility. Rides can be scheduled for Monday through Friday travel between the hours of 6:00am and 5:30pm to transport people to medical appointments, work, shopping, meetings, social engagements, and more.

Concord Area Transit

225-1989

Provides bus service within Concord and Penacook. Monday-Friday. Hours: 6:00am-6:30pm. Also operates senior transit system for those 60 and older and special transit service for people with disabilities. Call to determine eligibility and availability for rides with these programs.

Website: <http://www.bm-cap.org/concord.htm>

Concord Trailways

228-3300

Bus service to Manchester, Logan Airport and Boston South Station.

<http://www.concordtrailways.com/>

Taxi Services:

Concord Cab - Local and long distance service open 7 days a week. Phone 603-225-4222

Main Street Taxi - Local and long distance service open 7 days a week. Phone 603-226-8888