

## PARENT RESOURCE GUIDE

### AGENCY INFORMATION

### CONTACT

#### Local Schools

<p>SAU #2 Office 103 Main Street Suite 2 Meredith, NH 03253 Mary Moriarty – Superintendent Trish Temperino – Assistant Superintendent Elaine Dodge – Director Student Svc/Homeless Liaison</p>	<p>279-7947 279-3044 (Fax)</p> <p>279-3144 x 1003</p>
<p>Ashland Elementary School 16 Education Drive Ashland, NH 03217 Shannon Bartlett – Principal Carrie Sanborn – Guidance/Homeless Liaison 504 Coordinator Sue Rubbe – School Nurse</p>	<p>968-7622 968-3167 (Fax)</p>
<p>Inter-Lakes Elementary School 21 Laker Lane Meredith, NH 03253 Jen Wrath – Principal Barbara Pope – Assistant Principal Teresa McCormack – School Nurse PK-6<sup>th</sup></p>	<p>279-7968 279-6344 (Fax)</p>
<p>Inter-Lakes Middle School 1 Laker Lane Meredith, NH 03253 Patti Murphy-Principal Mark Parsons- Assistant Principal</p>	<p>279-7968 – 5<sup>th</sup> &amp; 6<sup>th</sup> 279-5312 – 7<sup>th</sup> &amp; 8<sup>th</sup> 279-5310 (Fax)</p>
<p>Inter-Lakes High School 1 Laker Lane Meredith, NH 03253 Patti Kennelly – Principal Mark Parsons – Assistant Principal Holly Vieten – Guidance Director Jodi Pendexter – School Nurse 7<sup>th</sup> – 12<sup>th</sup></p>	<p>279-6162 279-5302 (Fax) 279-5308 (Guidance Fax) 279-5306 (Attendance)</p>
<p>Sandwich Central School 28 Squam Lake Road Center Sandwich, NH 03227</p>	<p>284-7712 284-6104 (Fax)</p>

Jeremy Hillger – Principal Jodi Pendexter – School Nurse	
Inter-Lakes Community Auditorium	279-5309
I-L Curriculum Coordinator – Kathleen Hill	279-5300 x 1006

### **Agencies for Disabilities**

Bureau of Special Education NH State Dept. of Education	271-3741
Disabilities Rights Center, Inc.	225-2077
Lakes Region Community Services Plymouth  Laconia	536-4999 524-8811
Parent Information Center	224-7005/800 232-0896
Northern Human Services - Conway	447-3347
Dept. of Health & Human Services - Concord	271-5034/800 852-3345 x5034
NH Department of Vocational Rehabilitation	271-3471

### **Community Agencies**

Brain Injury Association	225-8400
CASA of New Hampshire	536-1663
Division of Children, Youth & Families (DCYF)	271-4440/800 894-5533/271-6562
Pemi Youth Center	536-7264
Pemi-Baker Community Health	536-2232
Pemi-Valley Habitat for Humanity	536-1333
Lakes Region Habitat for Humanity	279-4820
Lakes Region General Hospital - Laconia	524-3211
Franklin Regional General Hospital	934-2060
Huggins Hospital - Wolfboro	569-7508
Speare Memorial Hospital - Plymouth	238-2225
Belknap Family Health – Meredith	279-7432
Inter-Lakes Clinical Laboratory	279-7464
Inter-Lakes Rehabilitation Services	279-7208
Visiting Nurses of Meredith & Center Harbor	279-6611
Moultonborough Visiting Nurses	476-2350
Health First – Primary Health Care for Uninsured & Medicaid	366-1070

### **Food Pantries, Vouchers & Meals Served**

Alton Community Food Pantry	875-2273
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Bristol Community Services	744-2222
Calvary Bible Church - Meredith	279-6025
Campton Area Resource Center	236-6232
Center Harbor Food Pantry	253-8008
First Fruits Food Pantry - Sanbornton	524-5996
Food Stamp Program	524-4485
Gilmanton Community Church	364-7891
Good Shepherd Lutheran - Laconia	528-1078
LR Vineyard Church Soup Kitchen	524-5895
Meals on Wheels	524-7689
Salvation Army-Friendly Kitchen	524-1834
St. Joseph Catholic Church - Belmont	267-8174
St. Vincent de Paul	524-5470
United Baptist Church	524-8775
WIC- Belknap, Coos, Grafton & Merrimack	1-800-578-2050/524-4485 536-3584
Whole Village Family Resource Center	536-3720
Ashland Community Center & Food Pantry	968-9698
Helping Hands food Pantry of Plymouth	536-1966
Plymouth Area Community Food Pantry	536-2242
New Life Church Food Pantry Ashland	968-7251

### **Recreation & Early Learning**

Doris L. Benz Community Center-Sandwich	284-7211
Ashland Parks & Recreation	968-9209
Boys & Girls Club	528-0197
Center Harbor Parks & Recreation	455-1632
Child Care Resource & Referral	581-1579
Family Resource Center of Central NH	524-8811
Family Resource Connection	1-800-298-4621
Laconia Head Start/Early Head Start	528-5334
Meredith Community Center	279-8197
Parents & Children Together (PACT)	528-4048
Pemi Youth Center	536-7264
Ashland Community Center	968-9688
Prescott Farm Audubon Center	366-5720
Sandwich Parks and Recreation	284-6473

### **Employment, Financial Assistance & Legal Advocacy**

CCCS: Credit Counseling Services	224-6593
Greater Lakes Child Advocacy Center	524-5497

NH Employment Security	524-3960/536-3720
NH Legal Services	1-800-639-5290
Youth Services Bureau	524-9457
Community Action Program – Belknap County Meredith  Concord	279-4096 225-3295
Tri-County Cap – Carroll & Grafton County	443-6100
Identity Theft Hotline	1-877-ID-THEFT (438-4338)
Town of Meredith Welfare/General Assistance	279-4538 <a href="http://www.meredithnh.org">www.meredithnh.org</a>
Town of Center Harbor Welfare/General Assistance	253-4561 <a href="mailto:ctrhtownoffice@metrocast.net">ctrhtownoffice@metrocast.net</a>
Town of Sandwich Welfare/General Assistance	284-7701 <a href="http://townsandwich.nh.us/">http://townsandwich.nh.us/</a>
Town of Ashland Welfare/General Assistance	968-4432 <a href="http://www.ashland.nh.gov">www.ashland.nh.gov</a>
New Hampshire Vocational Rehabilitation	271-3471

### **Education**

Carroll County Adult Education	356-7242
Laconia Adult Education	524-5712

### **Libraries & Story Time**

Ashland Town Library	968-7928
Center Harbor – James E. Nichols Memorial	253-6950
Meredith Public Library	279-4303
Sandwich – Samuel H. Wentworth	284-6665
Plymouth – Pease Public Library	536-2616

### **Playgroups**

Giggles and Grins	524-8811
Pemi Youth Center	536-7264

**Mental Health, Counseling, Family Education & Support ( Accepts Medicaid/Well Sense )**

Aspire Women's Center Laconia	528-3121
Child & Family Services of New Hampshire Laconia	524-5835
Family Resource Center of Central NH Laconia	524-8811
Lakes Reg. Mental Health Laconia	524-1100
Horizons Counseling Center (Drugs/Alcohol/Co-occurring Mental Health) Laconia	524-8005
New Hampshire Catholic Charities Laconia	528-3035
Partners in Health Laconia	524-8444
The Compassionate Friends Madison	662-6746
Elizabeth Lachapelle, PhD Plymouth	536-5223
Mid-State Health Center Plymouth	536-4000
NAMI NH Concord	225-5359/800 242-6264
Janice Quintal PhD Plymouth	536-4787
Sherry Akers - ACSW – Eating Disorders Concord	226-1999
Steve Arvin - ARNP – Medication 12 yrs & up Concord	224-0863
Eileen Barry – ARNP - ADHD & Mood Disorders Conway	447-6339
Matthew Beyer – Child, Adolescent & Family Plymouth	287-4184
Karen Bianco – LICSW – Child, Teen & Family Gilford	524-5776
New Leaf Counseling- Family Laconia	524-0777
Linda Brewer – MLADC – Alcohol & Drug Meredith	393-6292
Steve Catalano – MSW – Children & Adolescents Gilford	528-3116

Holly Cedarstrom – MSW – Adults Only Meredith	279-8209
Judith Coleman – Eating Disorders/Trauma Concord	219-0066
Cornerstone Counseling – Child & Family Concord	228-3862
Dorothy Derepelian – LCMHC – Play Therapy Meredith	279-8169
Jennifer Heath – LPC, Med Meredith	524-7117
Nathan Brody Chemical Dependency Laconia	706-0336/524-8005
Northern NH Mental Health Services Wolfeboro/Conway	569-1884/447-2111
David Parisi – MLADC – Alcohol & Drug Gilford	528-6060
Erica Peck – Genesis (Child, Adolescent, Family) Plymouth	536-1118
Nancy Sheridan- Individual/Family Therapy Wolfeboro	730-2999
Scott Schinaman Psychologist – All Ages Plymouth	238-3149
Joan St. Jean – ARNP – Adults Meredith	279-3937
Anne Marie Tessier – MSW – Adolescents Concord	225-2985
Tucker Counseling Center – Alcohol & Drug Tilton	286-9584
Laurie Vachon – LICSW – Child, Teens, Adults Wolfeboro	651-5069
Lois Hurley LCMHC – Adults and Teens over 16 Meredith	219-1839
Edwin Goodall PhD Gilford	496-7955
Rob McCoul PsyD- Teens, Adults Gilford	527-0868
Hammond Brown, LICSW Counselor Laconia	326-6755
Elsa Johnson, LCMHC, MLADC Concord	855-805-2388

Womankind Counseling Center Concord	225-2985
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### **Crisis Information**

Emergency Services	911
NH Homeless Hotline	211
New Beginnings, Women's Crisis Center	528-6511
Poison Information Center	1-800-222-1212
Reporting Adult Abuse or Neglect	1-800-949-0470
Reporting Child Abuse or Neglect	1-800-894-5533
Substance Abuse	524-8005
Voices Against Violence	536-3423/536-1659 (24 hr)
Lakes Region Mental Health Laconia	524-1100 536-1118
Plymouth	
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Teen Line Hotline 24/7 (Anonymous)	1-800-639-6095

### **Fuel, Transportation & Housing**

Salvation Army Carey House Laconia	528-8086
Community Action Program Laconia	524-5512/536-8222 279-4096 968-3560
Meredith	323-7400/1-888-842-3835
Ashland	
Tamworth	
Laconia Area Community Land Trust Laconia	524-0747
Laconia Housing Authority Laconia	524-2112/1-800-439-7247
Homeless Outreach Laconia	524-0381/444-0184
NH Homeless Hotline	1-800-852-3345 x 9196
Open Arms Laconia	524-4580/1-888-759-0939

PSNH Laconia	524-5512/536-8222
St. Vincent de Paul (Gas vouchers) Laconia	524-5470
Winnepesaukee Transit Laconia	528-2496
Weatherization Assistance Program	271-6359
Bridge House Plymouth	536-7631
Lakes Region Habitat for Humanity Meredith	279-4820
Child & Family Services of NH	640-6486
NH Department of Health & Human Services-DHHS	852-3345
Nafi North Transitional Housing/Shelter for Mental Health Issues (Age 18+) Concord	271-5878
Families in Transition Concord Transitional Housing/Shelter for Homeless (Individual/Family)	641-9441

### **Clothing & Material Assistance**

Bristol Community Services	744-2222
Goodwill Store	527-1362
Salvation Army	524-1834
St. Vincent de Paul	524-5470
Plymouth Area Community Closet	536-1101

### **Volunteer Opportunities**

Lakes Region Community Services	524-8811
Lakes Region United Way	524-6864
Lakes Region Volunteer	528-6569
Parents & Children Together (PACT)	528-4048
CHMM Community Caregivers	253-9275

### **State Resources & Information and Referrals**

211 NH	211
Family Resource Center of Central NH	524-8811
NH Division of Health and Human Services	524-4485
HealthLink	527-7171
ServiceLink Resource Center	528-6945



UNH Cooperative Extension	527-5475/536-3720
NH Smokers Helpline to Quit	1-800-Try-to-STOP (879-8678)

### **Medical, Dental & Vision**

Community Health and Hospice	524-8444
Division of Health & Human Services	1-800-942-4321
Donated Dental Services	1-800-292-1241
Health First Family Care Center	366-1070
HealthLink	527-7171
Healthy Kids	1-877-464-2447
New Hampshire Medicaid	1-800-852-3345
NH Medication Bridge Program	225-0900
Vision USA	1-800-365-8295
NH Prescription Drug Card	www.nhrxcard.com

### **Other Resources**

Afford-a-Phone	1-888-225-5322
Communities for Alcohol & Drug Free Youth (CADY, Inc.)	536-9793
Craigslist NH	<a href="http://nh.craigslist.org">http://nh.craigslist.org</a>
Freecycle	<a href="http://www.freecycle.org">www.freecycle.org</a>
Partners in Prevention	528-2145
SafeLink	<a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a>

### **Support Groups**

Central NH Foster & Adoptive Parent Support Group	Beth Maltzie bmaltzie@gmail.com
Individual Smoking Cessation Counseling (LRGH)	524-3211 X3541
LRGH Holistic Health Center – Smoking Cessation	524-9261
The New Hampshire Smokers' Helpline	1-800-879-8678 <a href="http://www.trytostop.org">www.trytostop.org</a>
Breastfeeding Support Group (LRGH)	524-3211 X3707
Car Seat Safety Checks Lakes Region  Three  Rivers Region	527-2948 934-2060 X8369
Pool & Fitness Exercise Programs (Hillside Medical Park)	524-2852

Gilford	
Wellness Center Exercise Programs Community Wellness Center Laconia Winnepesaukee Wellness Center Harbor	Center 527-9355 253-1839
National Alliance on Mental Illness Laconia	Theresa Eichhorn 707-0888 Amy Tremblay 520-9791
Lyme 411 (Lyme Disease)	888-596-5698 info@lyme411.org Lyme 411 Yahoo Group
Lakes Region Brain Injury Support Group	225-8400
Traumatic Brain Injury Support Group	Helen Robinson 279-3926 (Summer months) 744-0522
NH Catholic Charities (Mutual Group's) Laconia	669-3030
Speare Memorial Hospital (Mutual Group's) Plymouth	536-1120
Central NH VNA & Hospice Laconia	524-8444/ 800-244-8549
Child & Family Services Laconia	524-5835

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