

# SAU #2

## PARENT RESOURCE GUIDE

### AGENCY

### CONTACT INFORMATION

#### Local Schools

<b>SAU #2 Office</b> 103 Main Street Suite 2 Meredith, NH 03253 Mary Moriarty – Superintendent Trish Temperino – Assistant Superintendent Chuck DiCecca – Spec. Ed. Director/Homeless Liaison	<b>279-7947</b> <b>279-3044 (Fax)</b>  <b>279-3144</b>
<b>Ashland Elementary School</b> 16 Education Drive Ashland, NH 03217 Shannon Bartlett – Principal Carrie Sanborn – Guidance/Homeless Liaison 504 Coordinator Ellen Young – School Nurse	<b>968-7622</b> <b>968-3167 (Fax)</b>
<b>Inter-Lakes Elementary School</b> 21 Laker Lane Meredith, NH 03253 Jen Wrath – Principal Kay Mulcahy – Assistant Principal Teresa McCormack – School Nurse PK-6 <sup>th</sup>	<b>279-7968</b> <b>279-6344 (Fax)</b>
<b>Inter-Lakes Middle Tier</b> Meredith, NH 03253 Everett Bennett – Principal Kay Mulcahy – 5 <sup>th</sup> & 6 <sup>th</sup> Assistant Principal Mark Parsons – 7 <sup>th</sup> & 8 <sup>th</sup> Assistant Principal	<b>279-7968 – 5<sup>th</sup> &amp; 6<sup>th</sup></b> <b>279-5312 – 7<sup>th</sup> &amp; 8<sup>th</sup></b> <b>279-5310 (Fax)</b>
<b>Inter-Lakes High School</b> 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>	<b>279-6162</b> <b>279-5302 (Fax)</b> <b>279-5308 (Guidance Fax)</b> <b>279-5306 (Attendance)</b>
<b>Sandwich Central School</b> 28 Squam Lake Road Center Sandwich, NH 03227 Jeremy Hillger – Principal Jodi Pendexter – School Nurse	<b>284-7712</b> <b>284-6104 (Fax)</b>
<b>Inter-Lakes Community Auditorium</b>	<b>279-5309</b>
<b>I-L Curriculum Coordinator – Kathleen Hill</b>	<b>279-5300</b>

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### 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 - Wolfeboro	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
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

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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	279-4096 225-3295
Concord	
Tri-County Cap – Carroll & Grafton County	443-6100

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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
Genesis Behavioral Health Laconia	524-1100
Horizons Counseling Center (Drugs/Alcohol/Co-occurring Mental Health) Laconia	524-8005

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<b>New Hampshire Catholic Charities Laconia</b>		<b>528-3035</b>
<b>Partners in Health</b>	<b>Laconia</b>	<b>524-8444</b>
<b>The Compassionate Friends</b>	<b>Madison</b>	<b>662-6746</b>
<b>Elizabeth Lachapelle, PhD</b>	<b>Plymouth</b>	<b>536-5223</b>
<b>Mid-State Health Center</b>	<b>Plymouth</b>	<b>536-4000</b>
<b>NAMI NH</b>	<b>Concord</b>	<b>225-5359/800 242-6264</b>
<b>Janice Quintal PhD</b>	<b>Plymouth</b>	<b>536-4787</b>
<b>Sherry Akers - ACSW – Eating Disorders</b>	<b>Concord</b>	<b>226-1999</b>
<b>Steve Arvin - ARNP – Medication 12 yrs &amp; up</b>	<b>Concord</b>	<b>224-0863</b>
<b>Eileen Barry – ARNP - ADHD &amp; Mood Disorders</b>	<b>Conway</b>	<b>447-6339</b>
<b>Matthew Beyer – Child, Adolescent &amp; Family</b>	<b>Plymouth</b>	<b>287-4184</b>
<b>Karen Bianco – LICSW – Child, Teen &amp; Family</b>	<b>Gilford</b>	<b>524-5776</b>
<b>New Leaf Counseling- Family</b>	<b>Laconia</b>	<b>524-0777</b>
<b>Linda Brewer – MLADC – Alcohol &amp; Drug</b>	<b>Meredith</b>	<b>393-6292</b>
<b>Steve Catalano – MSW – Children &amp; Adolescents</b>	<b>Gilford</b>	<b>528-3116</b>
<b>Holly Cedarstrom – MSW – Adults Only</b>	<b>Meredith</b>	<b>279-8209</b>
<b>Judith Coleman – Eating Disorders/Trauma</b>	<b>Concord</b>	<b>219-0066</b>
<b>Cornerstone Counseling – Child &amp; Family</b>	<b>Concord</b>	<b>228-3862</b>
<b>Dorothy Derepelian – LCMHC – Play Therapy Meredith</b>		<b>279-8169</b>
<b>Jennifer Heath – LPC, Med</b>	<b>Meredith</b>	<b>524-7117</b>
<b>Nathan Brody Chemical Dependency</b>	<b>Laconia</b>	<b>706-0336/524-8005</b>
<b>Northern NH Mental Health Services Wolfeboro/Conway</b>		<b>569-1884/447-2111</b>
<b>David Parisi – MLADC – Alcohol &amp; Drug</b>	<b>Gilford</b>	<b>528-6060</b>
<b>Erica Peck – Genesis (Child, Adolescent, Family)</b>	<b>Plymouth</b>	<b>536-1118</b>
<b>Nancy Sheridan- Individual/Family Therapy</b>	<b>Wolfeboro</b>	<b>730-2999</b>
<b>Scott Schinaman Psychologist – All Ages</b>	<b>Plymouth</b>	<b>238-3149</b>
<b>Joan St. Jean – ARNP – Adults Meredith</b>		<b>279-3937</b>
<b>Anne Marie Tessier – MSW – Adolescents</b>	<b>Concord</b>	<b>225-2985</b>
<b>Tucker Counseling Center – Alcohol &amp; Drug</b>	<b>Tilton</b>	<b>286-9584</b>
<b>Laurie Vachon – LICSW – Child, Teens, Adults Wolfeboro</b>		<b>651-5069</b>
<b>Lois Hurley LCMHC – Adults and Teens over 16</b>	<b>Meredith</b>	<b>219-1839</b>
<b>Edwin Goodall PhD</b>	<b>Gilford</b>	<b>496-7955</b>
<b>Rob McCoul PsyD- Teens, Adults</b>	<b>Gilford</b>	<b>527-0868</b>
<b>Hammond Brown, LICSW Counselor</b>	<b>Laconia</b>	<b>326-6755</b>
<b>Elsa Johnson, LCMHC, MLADC</b>	<b>Concord</b>	<b>855-805-2388</b>

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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)
Genesis Behavioral Health Emergency Services	Laconia 524-1100 Plymouth 536-1118
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 Meredith Ashland Tamworth	524-5512/536-8222 279-4096 968-3560 323-7400/1-888-842-3835
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

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Nafi North Transitional Housing/Shelter for Mental Health Issues (Age 18+) Concord	271-5878
Families in Transition Transitional Housing/Shelter for Homeless (Individual/Family) Concord	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

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### Other Resources

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

### Support Groups

<b>Central NH Foster &amp; Adoptive Parent Support Group</b>	<b>Beth Maltzie <a href="mailto:bmaltzie@gmail.com">bmaltzie@gmail.com</a></b>
<b>Individual Smoking Cessation Counseling (LRGH)</b>	<b>524-3211 X3541</b>
<b>LRGH Holistic Health Center – Smoking Cessation</b>	<b>524-9261</b>
<b>The New Hampshire Smokers’ Helpline</b>	<b>1-800-879-8678</b> <b><a href="http://www.trytostop.org">www.trytostop.org</a></b>
<b>Breastfeeding Support Group (LRGH)</b>	<b>524-3211 X3707</b>
<b>Car Seat Safety Checks</b>	<b>Lakes</b> <b>527-2948</b>
<b>Region</b>	<b>934-2060 X8369</b> <b>Three Rivers Region</b>
<b>Pool &amp; Fitness Exercise Programs (Hillside Medical Park)</b>	<b>Gilford</b> <b>524-2852</b>
<b>Wellness Center Exercise Programs</b>	
<b>Community Wellness Center</b>	<b>527-9355</b>
<b>Laconia</b>	<b>253-1839</b>
<b>Winnepesaukee Wellness Center</b>	<b>Center</b>
<b>Harbor</b>	
<b>National Alliance on Mental Illness</b>	<b>Laconia</b> <b>Theresa Eichhorn 707-0888</b> <b>Amy Tremblay 520-9791</b>
<b>Lyme 411 (Lyme Disease)</b>	<b>888-596-5698 <a href="mailto:info@lyme411.org">info@lyme411.org</a></b> <b>Lyme 411 Yahoo Group</b>
<b>Lakes Region Brain Injury Support Group</b>	<b>225-8400</b>
<b>Traumatic Brain Injury Support Group</b>	<b>Helen Robinson 279-3926</b> <b>(Summer months) 744-0522</b>
<b>NH Catholic Charities (Mutual Group’s)</b>	<b>Laconia</b> <b>669-3030</b>
<b>Speare Memorial Hospital (Mutual Group's)</b>	<b>536-1120</b>
<b>Plymouth</b>	
<b>Central NH VNA &amp; Hospice</b>	<b>Laconia</b> <b>524-8444/ 800-244-8549</b>
<b>Child &amp; Family Services</b>	<b>Laconia</b> <b>524-5835</b>



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