

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

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
Big Brother/Big Sister-Laconia	528-0197
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
Identity Theft Hotline	1-877-ID-THEFT (438-4338)
Town of Meredith Welfare/General Assistance	279-4538 www.meredithnh.org
Town of Center Harbor Welfare/General Assistance	253-4561 ctrhtownoffice@metrocast.net
Town of Sandwich Welfare/General Assistance	284-7701 http://townsandwich.nh.us/
Town of Ashland Welfare/General Assistance	968-4432 www.ashland.nh.gov
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 – (Child, Adolescent, Family)		
Lakes Region Mental Health	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

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 Plymouth	524-1100 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
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
Speech Therapy-LRG Healthcare	527-2888

Other Resources

Afford-a-Phone	1-888-225-5322
Communities for Alcohol & Drug Free Youth (CADY, Inc.)	536-9793
Craigslist NH	http://nh.craigslist.org

Freecycle	www.freecycle.org
Partners in Prevention	528-2145
SafeLink	www.safelinkwireless.com

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 www.trytostop.org
Breastfeeding Support Group (LRGH)	524-3211 X3707
Car Seat Safety Checks	Lakes Region 527-2948 Three Rivers Region 934-2060 X8369
Pool & Fitness Exercise Programs (Hillside Medical Park)	Gilford 524-2852
Wellness Center Exercise Programs	
Community Wellness Center	Laconia 527-9355
Winnepesaukee Wellness Center	Center Harbor 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
Waypoint-Family Support Line	www.waypointnh.org 1-800-640-6486