Every effort has been made to insure that the information presented in this document is accurate at the time of publication. We recommend that you use this document as a healthcare resource in your own organization.
MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

VISION STATEMENT

To be a healthy community where the public can enjoy a high quality of health in a clean environment, enjoy protection from public health threats, and can access high quality health care.
<table>
<thead>
<tr>
<th>Emergency Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9-1-1</strong> is the primary emergency telephone number for emergency calls to police, fire, medical, rescue and other emergency services.</td>
</tr>
<tr>
<td><strong>2-1-1</strong> connects callers, at no cost, to information about critical health and human services available in their community and a referral line for the homeless or at risk.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ALCOHOL HOTLINE</strong></th>
<th>866-513-9835</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>CHILD ABUSE REPORT LINE</strong></th>
<th>1-800-894-5533 or 603-271-6562</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call either number if you suspect that a child has been abused or neglected. During non-business hours, call <strong>911</strong> or the Manchester Police Department at 603-668-8711.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>DOMESTIC VIOLENCE 24-HOUR HOTLINE</strong></th>
<th>1-866-644-3574</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>TREVOR SUICIDE PREVENTION HOTLINE</strong></th>
<th>1-866-488-7386</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>GAY, LESBIAN, BISEXUAL &amp; TRANSGENDER HOTLINE (GLBT)</strong></th>
<th>1-888-843-4564</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides information and referrals for gays, lesbians, transgendered and persons with questions about their sexuality. Information, referrals and peer counseling are offered.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>GLBT NATIONAL HELP CENTER</strong></th>
<th>1-800-246-7743</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>GOOD SAMARITANS SUICIDE HOTLINE</strong></th>
<th>603-357-5505 1-877-583-8336</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>MANCHESTER POLICE</strong></th>
<th>603-668-8711</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>MANCHESTER FIRE</strong></th>
<th>603-669-2256</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>MANCHESTER HEALTH DEPARTMENT</strong></th>
<th>603-628-6003</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH CENTER OF GREATER MANCHESTER</strong></th>
<th>603-668-4111</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>NATIONAL RUNAWAY HOTLINE</strong></th>
<th>1-800-621-4000</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>NH TRY-TO-STOP TOBACCO RESOURCE CENTER</strong></th>
<th>1-800-784-8669</th>
</tr>
</thead>
</table>
| Spanish: 1-800-833-5256  
Hearing Impaired: 1-800-833-1477 |

<table>
<thead>
<tr>
<th><strong>POISON CONTROL CENTER</strong></th>
<th>1-800-222-1222</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call right away if you have a poison emergency. Also call if you have a question about a poison or about poison prevention. Available 24/7.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RAIN (RAPE, ABUSE, AND INCEST NETWORK)</strong></th>
<th>1-800-656-HOPE</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>SERENITY PLACE (SUBSTANCE ABUSE CRISIS LINE)</strong></th>
<th>603-625-6980</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>SEXUAL ASSAULT 24-HOUR HOTLINE</strong></th>
<th>1-800-277-5570</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>STD HOTLINE</strong></th>
<th>1-800-228-0254</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>YWCA CRISIS LINE</strong></th>
<th>603-668-2299</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call this number 24 hours a day, 7 days a week to talk to a crisis counselor regarding domestic abuse, sexual violence (male and female), stalking, and/or teen dating violence.</td>
<td></td>
</tr>
</tbody>
</table>
**TABLE OF CONTENTS**

*Note:* Click on any of the major headings below to bring you to that section in the manual or hover near this icon for links to additional headings within the document.

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABUSE</strong></td>
<td>15</td>
</tr>
<tr>
<td>CASA of New Hampshire, Inc.</td>
<td>15</td>
</tr>
<tr>
<td>Child and Family Services Support Groups</td>
<td>15</td>
</tr>
<tr>
<td>Division for Children, Youth, and Families (DCYF)</td>
<td>15</td>
</tr>
<tr>
<td>Domestic Violence/Sexual Assault Hotline</td>
<td>15</td>
</tr>
<tr>
<td>YWCA Crisis Service</td>
<td>15</td>
</tr>
<tr>
<td><strong>ADOLESCENT RESOURCES</strong></td>
<td>16</td>
</tr>
<tr>
<td>Alateen</td>
<td>16</td>
</tr>
<tr>
<td>Child and Family Services Teen Resource Center</td>
<td>16</td>
</tr>
<tr>
<td>Child Health Services Teen Health Clinic</td>
<td>16</td>
</tr>
<tr>
<td>Manchester Community Health Center</td>
<td>16</td>
</tr>
<tr>
<td>Manchester School District Student Assistance Program</td>
<td>16</td>
</tr>
<tr>
<td>Office of Youth Services (OYS)</td>
<td>16</td>
</tr>
<tr>
<td>Salvation Army Youth Center (Also See Education)</td>
<td>17</td>
</tr>
<tr>
<td>Teen Pregnancy (See Pregnancy)</td>
<td>17</td>
</tr>
<tr>
<td>YWCA Youth Programs</td>
<td>17</td>
</tr>
<tr>
<td><strong>ADOPTION (ALSO SEE PREGANCY)</strong></td>
<td>17</td>
</tr>
<tr>
<td>Adoption Network</td>
<td>17</td>
</tr>
<tr>
<td>Bethany Christian Services</td>
<td>17</td>
</tr>
<tr>
<td>Child and Family Services/Adoptive Parent Services</td>
<td>17</td>
</tr>
<tr>
<td>NH DHHS Foster Care and Adoption Services</td>
<td>17</td>
</tr>
<tr>
<td><strong>AFTER SCHOOL/ADULT LEARNING PROGRAMS</strong></td>
<td>18</td>
</tr>
<tr>
<td>21st Century Afterschool Programs</td>
<td>18</td>
</tr>
<tr>
<td>Boys and Girls Club</td>
<td>18</td>
</tr>
<tr>
<td>Daniel Webster Council</td>
<td>18</td>
</tr>
<tr>
<td>Girls Inc</td>
<td>18</td>
</tr>
<tr>
<td>Girl Scouts Swift Water Council</td>
<td>18</td>
</tr>
<tr>
<td>Manchester Housing and Redevelopment Authority (MHRA) School District Partnership</td>
<td>19</td>
</tr>
<tr>
<td>YMCA</td>
<td>19</td>
</tr>
<tr>
<td><strong>AIDS/HIV (ALSO SEE HEALTHCARE)</strong></td>
<td>19</td>
</tr>
<tr>
<td>Greater Manchester AIDS Project/Merrimack Valley Assistance Program</td>
<td>19</td>
</tr>
<tr>
<td>Manchester Health Department</td>
<td>19</td>
</tr>
<tr>
<td>Merrimack Valley Assistance Program</td>
<td>19</td>
</tr>
<tr>
<td><strong>ARBOVIRUS SURVEILLANCE &amp; CONTROL</strong></td>
<td>20</td>
</tr>
<tr>
<td>Manchester Health Department</td>
<td>20</td>
</tr>
<tr>
<td><strong>ASTHMA</strong></td>
<td>20</td>
</tr>
<tr>
<td>AsthmaNowNH</td>
<td>20</td>
</tr>
<tr>
<td>Manchester Health Department</td>
<td>20</td>
</tr>
<tr>
<td><strong>BED BUGS (SEE RODENTS)</strong></td>
<td>20</td>
</tr>
</tbody>
</table>
BILLS/FINANCIAL ASSISTANCE (ALSO SEE ELDER RESOURCES) ..... 20
Low-Income Home Energy Assistance Program ........................................ 20
Manchester City Welfare ........................................................................ 21
NH DHHS Division of Family Assistance .................................................. 21
Public Utilities Commission .................................................................... 21
Salvation Army ........................................................................................ 21
St. Mary’s Bank - Family Emergency Loan Program .................................. 21

CARBON MONOXIDE POISONING............................................................ 21
Northern New England Poison Center ...................................................... 21

CHILDCARE/DAYCARE ........................................................................ 22
Child Care Aware - Child Care Resource ................................................. 22
Burke Street Early Learning Center/Girls Inc. ............................................ 22
NH DHHS ............................................................................................... 22
YMCA ...................................................................................................... 22

CHRONIC DISEASE PREVENTION ........................................................ 22
Manchester Health Department ............................................................... 22

CLOTHING ............................................................................................. 23
Blessed Sacrament/St. Anne’s Closet ......................................................... 23
Child and Family Services - Teen Resource Center .................................. 23
Family Outfitters Thrift Store .................................................................. 23
First United Methodist Church ............................................................... 23
Salvation Army ......................................................................................... 23
St. Vincent de Paul Thrift Store ............................................................... 23

COMMUNICABLE DISEASE CONTROL .................................................... 24
Manchester Health Department ............................................................... 24

DENTAL/ORAL HEALTH (Manchester Dentists) .................................... 24
Manchester Health Department School Dental Program .......................... 25
NH Smiles Program ................................................................................ 25
Poisson Dental Facility/CMC .................................................................... 26
Small Smiles Dental Center .................................................................... 26
Vachon Dental ........................................................................................ 26

DOMESTIC AND SEXUAL VIOLENCE .................................................... 26
CASA of New Hampshire, Inc. ................................................................. 26
NH Domestic Violence Hotline ............................................................... 26
Sexual Assault Hotline ........................................................................... 26
YWCA Crisis Service .............................................................................. 26

EDUCATION/GED/DROPOUTS .............................................................. 26
Girls Inc. - Operation Smart ..................................................................... 26
Manchester Community Resource Center ............................................. 27
Manchester Housing Authority - Academic Incentive Program .............. 27
Manchester School of Technology ......................................................... 27
Salvation Army Tutoring Center ............................................................ 27

ELDER RESOURCES (ALSO SEE OLDER ADULTS) .............................. 27
Meals on Wheels and Senior Meals Programs ......................................... 27-28
New Hampshire Bureau of Elderly & Adult Services .............................. 28
New Horizons Soup Kitchen .................................................................... 28
NH DHHS Division of Family Assistance ................................................ 28
NH SHIP - ServiceLink Resource Center ................................................. 28

8
The Mental Health Center of Greater Manchester ........................................... 29
William B. Cashin Senior Activity Center ................................................... 29

EMERGENCY PREPAREDNESS .................................................................... 29
Manchester Health Department .................................................................... 29

EMPLOYMENT AND JOB TRAINING .............................................................. 29
Manchester Community Resource Center (MCRC) ..................................... 29
Manchester School of Technology - Adult Education Program ..................... 29
NH DHHS Manchester District Office & NH Employment Program ................. 29
NH Employment Security (NHES) ............................................................... 30
NH Works .................................................................................................... 30

EYE EXAMS/OPTOMETRISTS ............................................................... 30
Doctors of Optometry .................................................................................. 30
E Vision ........................................................................................................ 30
Lens Crafters ............................................................................................... 30
Lens Doctors ............................................................................................... 30
Manchester Eye Associates .......................................................................... 30
Medical Eye Center ...................................................................................... 30
NH Eye Associates ...................................................................................... 31
Pearl Vision Center ........................................................................................ 31

FINANCIAL ASSISTANCE/LOANS ............................................................... 31
Department of Health & Human Services, Division of Family Assistance ....... 31
Electric Energy Assistance .......................................................................... 31
Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP) ................................................................. 31
Low-Income Home Energy Assistance Program .......................................... 31
Manchester City Welfare ............................................................................... 32
NH DHHS Manchester District Office & NH Employment Program ............. 32
NH Health Access Network .......................................................................... 32
NH Housing Finance Authority (NHHFA) ..................................................... 32
NH Medicaid Program .................................................................................. 32
NH Partners in Health - The Hood Center for Children and Families ............ 32
NH Welfare ................................................................................................. 33
Salvation Army ............................................................................................. 33
St. Mary’s Bank - Family Emergency Loan Program ..................................... 33

FIRE/FIRE PREVENTION ........................................................................... 33
Arson Tipline ................................................................................................. 33
Manchester Fire Department .......................................................................... 33

FLU CLINICS .............................................................................................. 34
Manchester Health Department ...................................................................... 34

FOOD/FOOD PANTRIES ............................................................................ 34
1269 Café Food Pantry ................................................................................. 34
Blessed Sacrament Food Pantry ..................................................................... 34
Commodity Supplemental Food Program ...................................................... 34
First United Methodist Church ...................................................................... 34
Food for Children, Inc. .................................................................................. 34
Food Stamps ................................................................................................ 34
Kids Café - Also See Salvation Army ............................................................ 35
Manchester Christian Church Food Pantry ................................................... 35
Manchester Church of God Food Pantry ...................................................... 35
Manchester Homeless Services Center ...................................................... 35
Manchester Vineyard Community Meals .................................................. 35
Meals on Wheels and Senior Meals Programs ........................................... 35
New Hampshire Food Bank ...................................................................... 35
New Horizons for NH Food Pantry and Soup Kitchen .............................. 35
Parish of the Transfiguration Food Pantry ................................................. 36
Sacred Heart Church Food Bank .............................................................. 36
Saint Andrew’s Church Food Pantry ......................................................... 36
Saint Raphael’s Church Food Pantry ........................................................ 36
Saint Vincent de Paul Sacred Heart Food Pantry ........................................ 36
Saint Vincent de Paul Ste Marie’s Church Food Pantry ............................... 36
Saint Vincent de Paul St. Joseph Catholic Parish Food Pantry .................. 36
Salvation Army Food Pantry/Kids Café ..................................................... 36
Shiloh Ministries Food Pantry ................................................................. 36
The Caregivers, Inc. Food for the Homebound .......................................... 37
The Karen Angela Carter Memorial Food Pantry/The ARK Church of God 37
Women, Infants & Children (WIC) .......................................................... 37

**FOOD PROTECTION** ...............................................................................37
Manchester Health Department ............................................................... 37

**FORECLOSURE PREVENTION** ........................................................................37
The Way Home - Housing Resource Center ......................................................... 37

**FUEL ASSISTANCE** .............................................................................38
Electric Energy Assistance ........................................................................ 38
Low-Income Home Energy Assistance Program .......................................... 38
Merrimack Valley Assistance Program ....................................................... 38
St. Mary’s Bank - Family Emergency Loan Program ................................... 38
The Weatherization Program of Southern NH Services Inc. ........................ 38

**GAY/LESBIAN BISEXUAL/TRANSGENDER (GLBT) RESOURCES** ..............39
GLBT National Help Center ...................................................................... 39
Manchester Outright ................................................................................ 39

**HEALTHCARE/HEALTHCARE PROVIDERS** ........................................ 39-41
Amoskeag Primary Care ........................................................................... 39
Catholic Medical Center (CMC) ................................................................. 39
Child Health Services ............................................................................... 39
Concentra Medical Center ........................................................................ 39
Dartmouth Hitchcock ............................................................................... 39
Doctors Park ............................................................................................ 40
Elliot Bay Medical .................................................................................... 40
Elliot Family Medicine ............................................................................. 40
Elliot Hospital .......................................................................................... 40
Elliot Pediatrics ....................................................................................... 40
Family Physicians of Manchester ............................................................. 40
Family & Sports Medicine Association ..................................................... 40
Hampshire Pediatrics ............................................................................... 40
Manchester Community Health Center .................................................... 40
Manchester Health Department ................................................................ 41
NH Medicaid Program ............................................................................. 41
Queen City Medical Associates (CMC) ....................................................... 41
The Doctor’s Office NH ............................................................................ 41
Webster Street Internal Medicine (CMC) .................................................... 41
HEALTHY HOMES ................................................................. 41
Healthy Homes and Lead Poisoning .......................................................... 41
New Hampshire DHHS ............................................................................. 41
HOME VISITING PROGRAMS ......................................................... 42
Interim Healthcare ................................................................................... 42
Ready Nurse .............................................................................................. 42
Visiting Nurse Association of Manchester & Southern New Hampshire (Elliot Hospital) ........................................................................... 42
HOUSING: EMERGENCY SHELTER/HOMELESS RESOURCES .......... 42
Child and Family Services Teen Resource Center ...................................... 42
Families in Transition ................................................................................ 42
Greater Manchester Habitat for Humanity .................................................. 43
Health Care for the Homeless (HCH)/Catholic Medical Center ................. 43
Manchester Emergency Housing ............................................................... 43
Manchester Health Department ................................................................. 43
Manchester Homeless Services Center ..................................................... 43
Manchester Welfare Family Shelter ........................................................ 43
NeighborWorks ........................................................................................ 44
New Horizons for New Hampshire ............................................................. 44
NH DHHS Division of Family Assistance .................................................. 44
NH Homeless Hotline ............................................................................... 44
NH Housing Finance Authority (NHHFA) ................................................... 44
Salvation Army .......................................................................................... 44
Southern New Hampshire Services .......................................................... 45
Southern NH Services Housing and Homeless Outreach ............................ 45
The Way Home - Housing Resource Center ............................................. 45
IMMUNIZATIONS (ALSO SEE HEALTHCARE) ......................................... 45
Manchester Health Department ................................................................. 45
LEAD POISONING/LEAD PAINT ASSESSMENT ............................... 45
City of Manchester Lead Remediation Program for Property Owners .......... 45
Healthy Homes & Lead Poisoning Prevention Program .............................. 45
Manchester Health Department ................................................................. 46
LEGAL ASSISTANCE ........................................................................ 46
Legal Advice & Referral Center ................................................................. 46
NH Legal Assistance (NHLA) Housing Justice Project ............................... 46
The Disabilities Rights Center ................................................................. 46
LOW-INCOME/AFFORDABLE HOUSING (ALSO SEE HOUSING) ...... 46
Manchester Housing and Redevelopment Authority (MHRA) ..................... 46
NH DHHS Division of Family Assistance ................................................... 47
NH Housing Finance Authority (NHHFA) ................................................... 47
The Way Home-Housing Resource Center ................................................. 47
MENTAL HEALTH ......................................................................... 47
Mental Health Center of Greater Manchester ............................................. 47
National Alliance for Community Supports/Mental Health Youth Leadership ......................................................................................... 47
MENTORING ...................................................................................... 47
Big Brothers, Big Sisters ........................................................................... 47
NEIGHBORHOOD HEALTH ............................................................... 48
Manchester Health Department ................................................................. 48
OLDER/ELDER ADULTS/ADULTS WITH DISABILITIES (ALSO SEE ELDER RESOURCES) ................................................................. 48
ServiceLink Hillsborough County ................................................................. 48
The Disabilities Rights Center ........................................................................ 48
William B. Cashin Senior Activity Center ........................................................ 48

POISONS/LEAD POISON .............................................................................. 48
Healthy Homes & Lead Poisoning Prevention Program ........................................ 48
Manchester Health Department ......................................................................... 49
Northern New England Poison Center .............................................................. 49
The New Hampshire's Department of Environmental Services ................................ 49

PREGANCY/PARENTING (ALSO SEE HEALTHCARE) .................................. 49
Bethany Christian Services .............................................................................. 49
Birthright ........................................................................................................ 49
Care Net ........................................................................................................ 49
Child Health Services ..................................................................................... 49
Child and Family Services Teen Resource Center ............................................ 50
CMC Pregnancy Care Center .......................................................................... 50
Our Place ........................................................................................................ 50
Planned Parenthood ......................................................................................... 50
Visiting Nurse Association of Southern New Hampshire .................................. 50
Women, Infants & Children ............................................................................. 50

PRESCRIPTION DISCOUNT PROGRAMS .................................................. 51
FamilyWize Prescription Discount Program .................................................. 51
Hannaford Health Saver Plus Program ............................................................ 51
Needy Meds - NH Catholic Charities ................................................................. 51
Partnership for Prescription Assistance ........................................................ 51
Target Prescription Savings Program .............................................................. 51
Wal-Mart Prescription Discount Program ..................................................... 51

REFUGEE AND IMMIGRANT SERVICES ...................................................... 52
Bhutanese Community of New Hampshire ..................................................... 52
International Institute of New England .......................................................... 52
Manchester Health Department ....................................................................... 52
New American Africans .................................................................................. 52
New Hampshire Minority Health Coalition .................................................... 52
Organization for Refugee and Immigrant Success (ORIS) ............................... 52

RELIGIOUS ORGANIZATIONS .................................................................... 53-54
First United Methodist Church ....................................................................... 53
Manchester Church of Christ ......................................................................... 53
Manchester Christian Church ....................................................................... 53
Parish of the Transfiguration ........................................................................... 53
St. Andrew's Episcopal Church ....................................................................... 53
St. Anthony Parish .......................................................................................... 53
Ste. Marie's Parish .......................................................................................... 53
St. Pius X Catholic Church .............................................................................. 53
Saint Raphael Parish ....................................................................................... 54
Salvation Army ................................................................................................ 54
St. Vincent de Paul .......................................................................................... 54
The ARK Church of God ................................................................................ 54
RODENTS/INSECTS/BEDBUGS .............................................................. 54
Manchester Health Department ......................................................... 54

SAFETY .................................................................................................. 54
Healthy Homes & Lead Poisoning Prevention Program........................ 54
NH Safe Kids ..................................................................................... 54
Northern New England Poison Center ................................................. 55

SCHOOL HEALTH ........................................................................... 55
School Health Services/Manchester Health Department ..................... 55

SMOKING CESSATION ..................................................................... 55
Manchester Health Department .......................................................... 55
NH Try-To-Stop Tobacco Resource Center ........................................... 55

STDs/SEXUALLY TRANSMITTED DISEASES (SEE HEALTHCARE) .... 55
Manchester Community Health Center ............................................. 55
Manchester Health Department .......................................................... 55

SUBSTANCE ABUSE/MISUSE ............................................................ 56
Alateen ............................................................................................... 56
Child and Family Services .................................................................. 56
Farnum Center ................................................................................... 56
Granite State Area Narcotics Anonymous ............................................ 56
Manchester School District Student Assistance Program (SAP) in the Middle & High Schools .............................................................. 56
Office of Youth Services ..................................................................... 56
Serenity House .................................................................................. 57
Teen Challenge .................................................................................. 57

SUMMER PROGRAMS (ALSO SEE YMCA, YWCA, ETC.) ................... 57
Girls Inc. Leadership Academy ............................................................ 57

TRANSPORTATION ......................................................................... 57
Easter Seals STS (Special Transit Services) ......................................... 57
Green DASH - MTA Free Downtown Circulator .................................... 57
Manchester Transit Authority StepSaver Program ............................... 58
Queen City Taxi Cab .......................................................................... 58
Round The Clock Cab Company ......................................................... 58

TUBERCULOSIS CONTROL ............................................................... 58
Manchester Health Department .......................................................... 58

WELFARE OFFICE .......................................................................... 58
Manchester City Welfare ..................................................................... 58
CASA of New Hampshire, Inc.
(Court Appointed Special Advocate Program for Children). CASA of New Hampshire provides an advocate for every abused and neglected child in the New Hampshire courts.
  Manchester, NH 03105
  800-626-0622 or 603-626-4600
  Website: http://www.casanh.org/

Child and Family Services Support Groups
  464 Chestnut Street
  Manchester, NH 03105
  603-518-4000
  Website: http://www.cfsnh.org/index.html

Division for Children, Youth, & Families (DCYF)
To report child abuse or neglect, please call these numbers:
  Manchester DCYF District Office
  195 McGregor Street
  South Tower, Suite110
  Manchester NH 03102
  603-668-2330 or 800-852-7493
  Website: http://www.dhhs.nh.gov/dcyf/

Domestic Violence/Sexual Assault Hotline
Support and information available through a 24-hour hotline.
  NH Coalition Against Domestic and Sexual Violence
  Concord, NH 03302
  Domestic Abuse 24-Hour Hotline: 1-866-644-3574
  Sexual Assault 24-Hour Hotline: 1-800-277-5570
  Website: http://www.nhcadsv.org

YWCA Crisis Service
The international mission of the YWCA is to eliminate racism and to empower women in order to attain the common vision of: peace, justice, freedom and dignity for all people. This mission is met locally through the delivery of social service programs as well as programs that enrich the general community.
  YWCA Crisis Service
  72 Concord Street
  Manchester, NH 03101
  603-625-5785
  24-Hour Crisis Line: 603-668-2299
  Website: http://www.ywcanh.org
Alateen (See Additional Resources Under SUBSTANCE ABUSE/MISUSE)
Support group for teens who are affected by someone else’s drinking. Alateen, a branch of Al-Anon, provides strength and hope for friends and families of problem drinkers.
603-645-9519
Website: http://http://www.nhal-anon.org/

Child and Family Services Teen Resource Center
Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life.
Teen Resource Center
99 Hanover Street
Manchester, NH 03101
603-518-4000
Website: http://www.cfsnh.org/pages/programs/TeenServices/trc.html

Child Health Services Teen Health Clinic
The Teen Health Clinic provides a safe and respectful Patient-Centered Medical Home for adolescents and young adults.
Child Health Services
1245 Elm Street
Manchester, NH 03101
603-668-6629
Website: http://childhealthservices.org/programs/primary_care/teens

Manchester Community Health Center
MCHC’s Adolescent Preventive Services (APS) program is a preventive health initiative that focuses on youth in Manchester’s public school system.
145 Hollis Street
Manchester, NH 03101
603-626-9500
Website: http://www.mchc-nh.org/services.html

Manchester School District Student Assistance Program (SAP) in the Middle & High Schools
Student Assistance Program that provides confidential support groups for those suffering from their own or others’ addictions. Location: Varies
Website: www.mansd.org, go to Schools; Middle or High School; Student Assistance Program. (See example at: http://central.mansd.org/guidance/sap)

Office of Youth Services (OYS)
The City of Manchester Office of Youth Services helps all young people by providing effective solutions to a variety of challenges encountered by youth and their families.
1045 Elm Street, Suite 204
Manchester, NH 03101
603-624-6470
24 Hour Substance Abuse Hotline: 603-665-6600
Website: www.manchesternh.gov/youth
Salvation Army Youth Center (Also See EDUCATION/GED/DROPOUTS) The Youth Center serves children and teens, ages 5 to 17 years old, who show interest in becoming involved with the programs and services that we offer.

121 Cedar Street
Manchester, NH 03101
603-627-7013

Teen Pregnancy –See Pregnancy resources

YWCA Youth Programs
- PACT - Peer Action Changing Tomorrow (PACT) is a 10-week YWCA teen leadership and education program that empowers teens to become resources and consultants to their peers about sexuality and health concerns.
- LifeSkills - The LifeSkills Training program is a highly interactive, skills-based program designed to promote positive health and personal development for youth - see locations and phone numbers below or visit their website.

72 Concord Street
Manchester, MH 03101
24 Hour Crisis Hotline: 603-668-2299
603-625-5785
Website: http://ywcanh.org/index.php?id=17&maincatid=2

Adoption Network
Adoption Network Law Center
Call 1-888-675-6899 for your NO-OBLIGATION discussion of your adoption or unplanned pregnancy needs.

Website: http://www.adoptionnetwork.com/adoptionnetwork/index23.html?gcid=GOOG_index23&KEY=private_adoption&CAMP=Content&ADGROUP=(Opt)_Private_Adoption

Bethany Christian Services
Bethany offers adoption services in the United States and internationally

183 High Street
Candia, NH 03034
603-483-2886
Website: http://www.bethany.org/candia

Child and Family Services/Adoptive Parent Services
1-800-640-6486
Website: http://www.cfsnh.org/pages/programs/CommEducation/parentline.html

NH DHHS Foster Care and Adoption Services
Website: http://www.dhhs.nh.gov/dcyf/adoption/
21st Century Afterschool Programs
The Manchester School District’s 21st Century Community Learning Centers (21st CCLC) afterschool program envisions a community where all students are inspired to reach their full potential academically, socially and personally through the support of the program, families, and the community.

603-624-6300, Ext. 201
Website: https://sites.google.com/a/mansd.org/msd-21st-cclc/

Boys and Girls Club
The Boys & Girls Club of Manchester is the largest and most affordable after school program provider in the greater Manchester area. A low annual membership fee is all that is required for a youngster to participate in our programs and activities.
(Some programs offered at Jewett Street School and Highland Goffe School locations – see website below)

555 Union Street
Manchester, NH 03104
603-625-5982 or 603-625-5031
Website: http://www.mbgcnh.org/main.asp?id=6

Daniel Webster Council
Boy Scouts of America
571 Holt Avenue
Manchester, NH 03109
603-625-6431
Website: http://www.nhscouting.org/

Girls Inc.
At Girls Incorporated of New Hampshire, every girl, regardless of her age, background, interests or dreams, has the potential for greatness. The mission of Girls Incorporated is to help girls achieve their personal best through one-on-one attention, leadership development, a talented staff and volunteers, a wide range of enrichment programs and a caring family environment. The programs are offered after school between the hours of 2:30 to 6:30 pm.

Manchester Girls Center
340 Varney Street
Manchester, NH 03102
603-623-1117
Website: http://girlsincnewhampshire.org/

Girl Scouts Swift Water Council
Girl Scouts of the Green and White Mountains is recognized throughout New Hampshire and Vermont as a leading expert on girls. Their programs help girls discover, connect and take action as they develop strong values, a social conscience, and a deep sense of self and their potential.

One Commerce Drive
PO Box 10832
Bedford, NH 03110
888-474-9686
Website: http://girlscoutsgwm.org
**Manchester Housing and Redevelopment Authority (MHRA) School District Partnership**
An MHRA-Manchester School District partnership enables children aged 3-4 to participate in literacy-based educational opportunities in preparation for kindergarten. Morning and afternoon sessions of academic instruction are complemented by wrap-around preschool daycare for children whose parents work.

198 Hanover Street  
Manchester, NH 03104  
603-624-2100  
Website: [http://www.manchesterhousing.org/resident-opportunities/family-youth/](http://www.manchesterhousing.org/resident-opportunities/family-youth/)

**YMCA**
YMCA’s School’s Out Program (SOP) offers both before school (6:30-8:10am), after school (2:30-6pm), and combined child care options. The program offers a wide range of activities including structured homework time, physical fitness, arts & crafts more. Contact the YMCA to find out about all the programs.

Downtown Branch  
30 Mechanic Street  
Manchester, NH 03101  
603-623-3558  

**AIDS/HIV (Also See Healthcare)**

**Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)**
GMAP/MVAP provides Case Management Program that is available to anyone living with HIV within the Greater Manchester and Concord area. GMAP/MVAP's Client Services Department has years of experience in supporting clients, their families, partners, and friends.

170 Lowell Street  
Manchester, NH 03104  
603-623-0710  
Website: [http://www.mvap.org/gmap.html](http://www.mvap.org/gmap.html)

**Manchester Health Department**

1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: [http://www.manchesternh.gov/Departments/Health/Clinics/STDHIV-Programs](http://www.manchesternh.gov/Departments/Health/Clinics/STDHIV-Programs)

**Merrimack Valley Assistance Program**
Electric service, gas service and heating fuel payment assistance for persons with AIDS or HIV.

170 Lowell Street  
Manchester, NH 03104  
603-623-0710  
Website: [www.mvap.org](http://www.mvap.org)
ARBORVIRUS SURVEILLANCE AND CONTROL

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Arbovirus-Surveillance-and-Control

ASTHMA

AsthmaNowNH
AsthmaNowNH brings together information and resources to educate and support everyone in New Hampshire with an interest in asthma.
Website: http://asthmanow.net/ProgRes/index.htm

Manchester Health Department
Click on the link below to access comprehensive information related to asthma programs, asthma prevention, education and support services and more!
Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: Breath Easy

BED BUGS (ALSO SEE RODENTS)

Bed Bug Fact Sheets are available in English, Spanish, French, Kirundi and Nepali at the NH Bed Bug Action Committee’s Website listed below.
Website: http://www.nhbedbugs.org

BILLS/FINANCIAL ASSISTANCE (ALSO SEE ELDER RESOURCES)

Low-Income Home Energy Assistance Program (Fuel Assistance)
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.
160 Silver Street
Manchester, NH 03103
603-647-4470
Toll Free: 1-800-322-1073
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/
Manchester City Welfare
Provides emergency assistance to individuals and families who lack adequate resources and directs those in need to relief agencies, including federal, state, and non-profit organizations.
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: www.manchesternh.gov/welfare

NH DHHS Division of Family Assistance
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.
195 McGregor Street, Suite 110
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
603-271-9700 Temporary Assistance for Needy Families
Website: http://www.dhhs.nh.gov/dfa/index.htm

Public Utilities Commission
Assistance with payment arrangements on fuel and electricity bills in specific cases.
21 South Fruit Street, Suite 10
Concord, NH 03301
603-271-2431
Website: www.puc.state.nh.us

Salvation Army
Assistance with fuel bills for those who qualify. Call for qualification guidelines and/or to schedule an appointment.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: www.use.salvationarmy.org/use/www_use_manchester.nsf

St. Mary’s Bank – Family Emergency Loan Program
Provides short-term loans to help low to moderate-income individuals and families.
200 McGregor Street
Manchester, NH 03102
603-669-4600
Website: http://www.stmarysbank.com/about-st-marys-bank/community-outreach-programs/community-loan-programs.asp

CARBON MONOXIDE POISONING

Northern New England Poison Center
Website: http://www.nnepc.org/poisons/c/carbon-monoxide
Child Care Aware - Child Care Resource
Child Care Aware of New Hampshire is composed of 10 community-based Child Care Resource and Referral programs. Anyone can search for a child care provider and/or training as a child care provider on the site listed below.

Local Child Care Aware Office:
Easter Seals
555 Auburn Street
Manchester, NH 03103
Website: http://nh.childcareaware.org/

Girls Inc.
Girls Inc. of New Hampshire provides early care and education experiences.
340 Varney Street
Manchester, NH 03102
603-6253-1117
Website: http://girlsincnewhampshire.org/

NH DHHS
Child Care Licensing Unit
603-271-9025
Website: http://www.dhhs.nh.gov/oos/cclu/index.htm

YMCA
The School’s Out Program (SOP) offers both before school (6:30-8:10am), after school (2:30-6pm), and combined child care options. The program offers a wide range of activities including structured homework time, physical fitness, arts and crafts and more. Contact the YMCA to find out about all the programs.

Downtown Branch
30 Mechanic Street
Manchester, NH 03101
603-623-3558
Website: http://www.graniteymca.org/index.php?page=downtown

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Chronic-Disease-Prevention
CLOTHING

**Blessed Sacrament/St. Anne’s Closet**
Children’s clothing (new and gently used)
14 Elm Street
Manchester, NH 03103
603-622-5445
Website: [http://blessedsacramentnh.org/](http://blessedsacramentnh.org/)

**Child and Family Services – Teen Resource Center**
Services, information and support are offered in the following areas:
*Clothing/laundry*
99 Hanover Street
Manchester, NH 03101
603-518-4000
Website: [http://www.cfsnh.org/pages/programs/TeenServices/trc.html](http://www.cfsnh.org/pages/programs/TeenServices/trc.html)

**Family Outfitters Thrift Store**
OutFITters Thrift Store in Manchester offers a large, open showroom and a department store feel with a wide selection of everything from gently used furniture, house wares and clothing to books, movies, small electronics, and seasonal decorations.
394 Second Street
Manchester, NH 03103
603-641-6691
Website: [http://www.outfittersnh.org/aboutoutfitters/manchester/#sthash.t3qJurEQ.dpuf](http://www.outfittersnh.org/aboutoutfitters/manchester/#sthash.t3qJurEQ.dpuf)

**First United Methodist Church**
961 Valley Street
Manchester, NH 03103
603-622-8863
Website: [www.fumcmanchester.org](http://www.fumcmanchester.org)

**Salvation Army**
Clothing for infants and adults based on contributions.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: [www.use.salvationarmy.org/use/www_use_manchester.nsf](http://www.use.salvationarmy.org/use/www_use_manchester.nsf)

**St. Vincent de Paul Thrift Store**
Gently used clothing, blankets and small appliances (at reduced cost).
177 Wilson Street
Manchester, NH 03101
603-627-1412
Website: [http://www.svdpusa.org/](http://www.svdpusa.org/)
COMMUNICABLE DISEASE CONTROL

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Communicable-Disease-Control

DENTAL/ORAL HEALTH

Amoskeag Family Dentistry
316 South Main Street
Manchester, NH 03102
603-627-1301
Website: http://www.amoskeagfamilydentistry.com/

Aspen Dental
1031 Gold Street
Manchester NH 03101
866-336-7590
Website: https://www.aspendental.com/office/Manchester-nh

Chestnut Family Dental
745 Chestnut Street
Manchester, NH 03104
603-622-7173
Website: http://www.chestnutfamilydental.com/

Dr. Dental of Manchester
861 Hanover Street
Manchester, NH 03104
603-232-2266
Website: http://new-hampshire.mydrdental.com/Manchester

Dr. Evelyn Bryan DMD PC
765 S. Main Street, Suite 202
Manchester, NH 03102
603-259-1278
Website: http://www.drevelynbryan.com/

Easter Seals Dental Center
555 Auburn Street
Manchester, NH 03103
603-621-3482
Website: http://nh.easterseals.com/site/PageServer?pagename=NHDR_dental_center
NH Walk in Dental Clinic
25 South Maple Street
Manchester, NH 03103
603-703-0220
Website: http://www.nhwidc.com/

Skaperdas Dental
101 Webster Street
Manchester, NH 03104
603-668-0244
Website: http://www.dentistnh.com/

Urgent Dental Care
324 South Main Street
Manchester, NH 03102
603-627-2227
Website: www.amoskeagurgentdentalcare.com

Webster Dental Associates
40 Webster St.
Manchester, NH 03104
603-669-4252
Website: http://websterdentalnh.com/

Manchester Health Department School Dental Program
The City of Manchester Health Department, Easter Seals NH and Catholic Medical Center work together with the Manchester School District to bring dental care to children attending Manchester elementary and middle schools. Dental care is provided on the dental van at the school by experienced dentists, dental hygienists and dental assistants. If you are interested in this program and have not received a form for your child please call 624-6466, ext.315.
Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Dental-Health

NH Smiles Program
"New Hampshire Smiles" connects parents whose children are enrolled in the Medicaid program with Medicaid Client Services in order to help them obtain dental care for their children. If your child is on the Medicaid program and you need help finding a dentist or getting an appointment, use the resources listed below for assistance:
Find a Dentist or Doctor
800-852-3345 ext. 4344 (NH only) or 603-271-4344
Translator/Interpreter Services
800-852-3345 ext. 8361 (NH only) or 603-271-8361
Website: http://www.dhhs.nh.gov/ombp/medicaid/children/dental.htm
**Poisson Dental Facility/CMC**  
Providing Dental Care to the Underserved – Children and adults in greater Manchester who do not have access to dental treatment and preventive care can access these services at the Poisson Dental Facility at Catholic Medical Center.  
100 McGregor Street  
Manchester, NH 03102  
603-663-6226  
Website: [https://www.catholicmedicalcenter.org/community-health/poisson-dental.aspx](https://www.catholicmedicalcenter.org/community-health/poisson-dental.aspx)

**Small Smiles Dental Center**  
8 Vinton Street  
Manchester, NH 03103  
603-627-8800  
Website: [http://www.smallsmiles.com/](http://www.smallsmiles.com/)

**Vachon Dental**  
57 Webster Street  
Manchester, NH 03104  
603-627-2092  
Website: [http://www.vachondental.com/](http://www.vachondental.com/)

**DOMESTIC AND SEXUAL VIOLENCE**

**CASA of New Hampshire, INC.**  
(Court Appointed Special Advocate Program for Children). CASA of New Hampshire provides an advocate for every abused and neglected child in the New Hampshire courts.  
Manchester, NH 03105  
800-626-0622 or 603-626-4600  
Website: [http://www.casanh.org/](http://www.casanh.org/)

**NH Domestic Violence Hotline – 1-866-644-3574**  
Support and information available through a 24-hour hotline.  
NH Coalition Against Domestic and Sexual Violence  
Emergency Hotline: 1-866-644-3574  
Website: [http://www.nhcadsv.org](http://www.nhcadsv.org)

**Sexual Assault Hotline – 1-800-277-5570**

**YWCA Crisis Service – 603-668-2299**

**EDUCATION/GED/DROPOUTS**

**Girls Inc. – Operation Smart**  
815 Elm Street, Suite 4A  
Manchester, NH 03102  
603-625-1296  
Website: [http://girlsincnewhampshire.org/](http://girlsincnewhampshire.org/)
Manchester Community Resource Center
434 Lake Avenue
Manchester, NH 03103
603-647-8967
Website: http://www.mcrcnh.com/programs_services.html

Manchester Housing Authority - Academic Incentive Program
The MHRA-subsidiary Manchester Housing and Redevelopment Foundation offers a program for public housing and Section 8 Housing Choice Voucher children and youth, designed to keep kids in school and encourage academic success. Students in elementary, middle, and high school can earn $5 for every “A” grade they receive.
198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: http://www.manchesterhousing.org/resident-opportunities/family-youth/

Manchester School of Technology
The Manchester Adult Education Program is located at The Manchester School of Technology at 530 South Porter Street in Manchester, NH. Programs include Adult High School Diploma, ABE (Adult Basic Education), HiSET (High School Equivalency) preparation and testing, ESL (English as a Second Language), and an evening electrical and plumbing apprenticeship program.
530 South Porter Street
Manchester, NH 03103
603-628-6144
Website: http://alc.mansd.org/

Salvation Army Tutoring Center
The Salvation Army has been operating the Tutoring Center for the last seven years assisting 100 students a week. The young people involved demonstrated their appreciation of this project by attending on a regular basis and participating in structured learning activities once their homework is completed. Results from all these years indicated that school attendance has improved, interest in school increased, and grades went up.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/use/www_use_manchester.nsf/vw-dynamic-index/85B758795F552E5080256FAC005AFAE1?Opendocument

ELDER RESOURCES

Meals on Wheels and Senior Meals Programs (MEALS ON WHEELS PROGRAM LOCATIONS ON NEXT PAGE)
Community Dining involves sharing a meal with others in one location. If you are over 60 years of age you are invited to join us for lunch Monday through Friday with other seniors for a nutritious mid-day meal.
395 Daniel Webster Highway
Merrimack, NH 03054
603-424-996
Website: http://www.mealsonwheelsnh.org/services/index.php?id=meals

27
# MEALS ON WHEELS PROGRAM LOCATIONS (Call for Meal Schedules)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burns Apartments</td>
<td>55 South Main Street</td>
<td>603-668-0254</td>
</tr>
<tr>
<td>Carpenter Center</td>
<td>323 Franklin Street</td>
<td>603-669-1699</td>
</tr>
<tr>
<td>W.B.C. Sr. Activity Center</td>
<td>151 Douglas Street</td>
<td>603-668-0254</td>
</tr>
<tr>
<td>Gallen Apartments</td>
<td>200 Hanover Street</td>
<td>603-669-1699</td>
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<tr>
<td>Kalivias Apartments</td>
<td>175 Chestnut Street</td>
<td>603-669-1699</td>
</tr>
<tr>
<td>O'Malley Apartments</td>
<td>259 Chestnut Street</td>
<td>603-669-1699</td>
</tr>
<tr>
<td>Pariseau Apartments</td>
<td>55 Armory Street</td>
<td>603-668-0254</td>
</tr>
</tbody>
</table>

**New Hampshire Bureau of Elderly & Adult Services**

129 Pleasant Street  
Concord, NH 03301  
603-271-9203  
Website: [http://www.dhhs.nh.gov/dcbcs/beas/index.htm](http://www.dhhs.nh.gov/dcbcs/beas/index.htm)

**New Horizons Soup Kitchen**

Serves a complete dinner to seniors (over 50) at 3:00 p.m. and for individuals, and their families beginning at 4:30 daily. The soup kitchen typically serves over 250 meals daily.  
199 Manchester Street  
Manchester, NH 03103  
603-668-1877  
Website: [http://www.newhorizonsfornh.org/programs/soup-kitchen](http://www.newhorizonsfornh.org/programs/soup-kitchen)

**NH DHHS Division of Family Assistance**

Old Age Assistance (OAA) is available for individuals age 65 or older.  
195 McGregor Street, Suite 110  
Manchester, NH 03102  
603-668-2330 or 1-800-852-7493  
603-271-9700 Temporary Assistance for Needy Families  
Website: [http://www.dhhs.nh.gov/dfa/index.htm](http://www.dhhs.nh.gov/dfa/index.htm)

**NH SHIP - ServiceLink Resource Center**

The program provides information and assistance on Medigap policies, long-term care insurance, Medicare health plan choices, Medicare rights and protections, answers about healthcare and other services for older adults, persons with disabilities and family caregivers and help with filing an appeal.  
ServiceLink Hillsborough County - 603-644-2240  
National Toll Free Phone: (866) 634-9412  
Website: [http://www.nh.gov/servicelink/medicareinfo.html](http://www.nh.gov/servicelink/medicareinfo.html)
The Mental Health Center of Greater Manchester
We offer specialized care to meet the unique needs of seniors and their families.
401 Cypress Street
Manchester, New Hampshire 03103
603-668-4111
Website: http://www.mhcgm.org/

William B. Cashin Senior Activity Center
151 Douglas Street
Manchester, NH 03101
603-624-6533
Website: http://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center

EMERGENCY PREPAREDNESS

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Public-Health-Preparedness

EMPLOYMENT AND JOB TRAINING

Manchester Community Resource Center (MCRC)
MCRC assists individuals with employment issues.
434 Lake Avenue
Manchester, NH 03103
603-647-8967
Website: www.mcrcnh.com

Manchester School of Technology
Adult Education Programs include Adult High School Diploma, ABE (Adult Basic Education), HiSET (High School Equivalency) preparation and testing, ESL (English as a Second Language), and an evening electrical and plumbing apprenticeship program.
530 So. Porter Street
Manchester, NH 03103
603-628-6144
Website: http://alc.mansd.org/

NH DHHS Manchester District Office & NH Employment Program
195 McGregor Street, South Tower, Suite 110
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
Website: Website: http://www.dhhs.nh.gov/dfa/index.htm
**NH Employment Security (NHES)**
This is a free public employment service through a statewide network of job and information centers. NHES provides a broad range of assisted and self-directed employment and career related services and labor market information to all customers.
- 300 Hanover Street
  Manchester, NH 03104
  603-627-7841
  Website: [http://www.nhes.nh.gov/locations/Manchester.htm](http://www.nhes.nh.gov/locations/Manchester.htm)

**NH Works**
Information center for job seekers and employers (Same contact information as NHES, above)
- 603-628-6144
  Website: [http://www.nhworks.org](http://www.nhworks.org)

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### EYE EXAMS/OPTOMETRISTS

**Doctors of Optometry**
- 6 March Avenue
  Manchester, NH 03103
  603-647-8247

**E Vision**
- 1093 Elm Street
  Manchester, NH 03101
  603-296-0235
  Website: [www.evisioneyecare.com](http://www.evisioneyecare.com)

**Lens Crafters**
- 6 March Avenue
  Manchester, NH 03103
  603-647-8250
  Website: [http://www.lenscrafters.com/](http://www.lenscrafters.com/)

**Lens Doctors**
- 381 South Willow Street
  Manchester, NH 03103
  603-629-0090
  Website: [http://lensdoctors.net/](http://lensdoctors.net/)

**Manchester Eye Associates**
- 581 Second Street
  Manchester, NH 03102
  603-668-2010
  Website: [http://visionsource-manchestereye.com/](http://visionssource-manchestereye.com/)

**Medical Eye Center**
- 250 River Road
  Manchester, NH 03104
  603-668-2020
  Website: [http://www.bgseyecenter.com/](http://www.bgseyecenter.com/)
NH Eye Associates
1415 Elm Street
Manchester, NH 03101
603-669-3925
Website: http://www.nheyeassociates.com/

Pearl Vision Center
575 South Willow Street
Manchester, NH 03103
603-483-3260
Website: http://stores.pearlevision.com/6211/manchester-nh-willow-tree-plaza/

**FINANCIAL ASSISTANCE/LOANS**

**Department of Health & Human Services, Division of Family Assistance**
Administers programs and services for eligible NH residents.
195 McGregor Street, Suite 110
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
603-271-9700 Temporary Assistance for Needy Families
Website: http://www.dhhs.nh.gov/dfa/index.htm

**Electric Energy Assistance**
Assistance with payment arrangements on fuel and electricity bills in specific cases.
Public Utilities Commission
21 South Fruit Street, Suite 10
Concord, NH 03301
603-271-2431
Website: www.puc.state.nh.us

**Greater Manchester AIDS Project/Merrimack Valley Assistance Program (GMAP/MVAP)**
GMAP/MVAP provides a Case Management Program that is available to anyone living with HIV within the Greater Manchester and Concord area. GMAP/MVAP’s Client Services Department has years of experience in supporting clients, their families, partners, and friends. The Prevention Program includes street outreach and free and confidential medical services such as blood pressure screenings, weight checks and referrals.
170 Lowell Street
Manchester, NH 03104
603-623-0710
Website: http://www.mvap.org/gmap.html

**Low-Income Home Energy Assistance Program**
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.
160 Silver Street
Manchester, NH 03103
603-647-4470 or 1-800-322-1073
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/
Manchester City Welfare
Provides emergency assistance to individuals and families who lack adequate resources and directs those in need to relief agencies, including federal, state and non-profit organizations.
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: www.manchesternh.gov/welfare

NH DHHS Manchester District Office & NH Employment Program
95 McGregor Street, South Tower, Suite 110
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
Website: http://www.dhhs.nh.gov/dfa/index.htm

NH Health Access Network
Assists low-income people who do not have adequate health insurance or finances to pay for hospital care, doctor visits or other medical care.
125 Airport Road
Concord, NH 03301
603-225-0900
Website: http://www.healthynh.com/nh-health-access-network.html

NH Housing Finance Authority (NHHFA)
Administers a broad range of programs designed to assist low and moderate-income persons and families with obtaining decent, safe and affordable housing.
32 Constitution Drive
Bedford, NH 03110
Mailing Address: PO Box 5087
Manchester, NH 03108
603-472-8620 or 1-800-439-7247
Website: http://www.nhhfa.org/contact-us.cfm

NH Medicaid Program
The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services.
128 Pleasant Street
Concord, NH 03301
800-852-3345 ext. 4344
Website: http://www.dhhs.nh.gov/ombp/medicaid/index.htm

New Hampshire Partners in Health - The Hood Center for Children and Families
The Hood Center works directly with families and will assist them in finding resources.
One Medical Center Drive
Lebanon, NH 03756
603-653-1483 or 1-800-656-3333
Website: http://nhpih.dartmouth.edu/contact.html
NH Welfare
The Welfare Department provides emergency assistance to individuals and families who lack adequate resources.
   City of Manchester Welfare Department
   1528 Elm Street
   Manchester, NH 03101
   603-624-6484
   Website: www.manchesternh.gov/welfare

Salvation Army
Provides assistance with fuel bills for those who qualify. Call for qualification guidelines.
   121 Cedar Street
   Manchester, NH 03101
   603-627-7013
   Website: www.use.salvationarmy.org/use/www_use_manchester.nsf

St. Mary’s Bank – Family Emergency Loan Program
Provides small, short-term loans to help low to moderate-income individuals and families experiencing an emergency (including fuel assistance), to avoid the shut-off of service or to help with heating systems/home repair, medical/dental emergencies, security deposits, and disaster relief (funds to assist fire/flood victims).
   200 McGregor Street
   Manchester, NH 03102
   603-669-4600
   Website: http://www.stmarysbank.com/about-st-marys-bank/community-outreach-programs/community-loan-programs.asp

FIRE/FIRE PREVENTION

Arson Tipline
The Manchester Fire Department maintains an “Arson Tipline” which is an anonymous way for citizens to report knowledge of arson within the City of Manchester.
   Arson Tipline: 603-644-FIRE (3473)
   Email: arson@manchesternh.gov.
   Website: http://www.manchesternh.gov/Departments/Fire/Fire-Prevention/MFD-Arson-Tip-Line

Manchester Fire Department
   100 Merrimack Street
   Manchester, NH 03101
   603-669-2256
   Website: http://www.manchesternh.gov/Departments/Fire
**FLU CLINICS**

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: [http://www.manchesternh.gov/Departments/Health/Clinics](http://www.manchesternh.gov/Departments/Health/Clinics)

**FOOD/FOOD PANTRIES**

(http://www.foodpantries.org/ci/nhmanchester)

1269 Café Food Pantry
123 Hanover Street
Manchester, NH 03104
Website: [http://www.homenh.org/](http://www.homenh.org/)

Blessed Sacrament Food Pantry
14 Elm Street
Manchester, NH 03103
603-622-5445
Website: [http://blessedsacramentnh.org/](http://blessedsacramentnh.org/)

Commodity Supplemental Food Program
Food assistance for new mothers, children up to 6, and seniors 60 years of age or older.
40 Pine Street
Manchester, NH 03103
603-668-8010
Website: [http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm](http://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm)

First United Methodist Church
961 Valley Street
Manchester, NH 03103
603-622-8863
Website: [www.fumcmanchester.org](http://www.fumcmanchester.org)

Food for Children, Inc.
JFK Coliseum Parking Lot – Beech/Valley
Manchester, NH 03102
603-799-8642
Website: [http://foodfc.org/index.html](http://foodfc.org/index.html)

Food Stamps
The Food Stamp Program is about good nutrition and health. It provides eligible individuals and households with benefits to buy food items at grocery stores and food retailers. You can apply for Food Stamps online at: [https://nheasy.nh.gov](https://nheasy.nh.gov)
**Kids Café/Salvation Army**  
121 Cedar Street  
Manchester, NH 03101  
603-627-7013  
Website: [http://www.use.salvationarmy.org/manchester](http://www.use.salvationarmy.org/manchester)

**Manchester Christian Church Food Pantry**  
1308 Wellington Road  
Manchester, NH 03104  
603-622-9677  

**Manchester Church of God Food Pantry**  
230 Mooresville Road  
Manchester, NH 03101  
603-625-2732  

**Manchester Homeless Services Center**  
The drop-in center offers a variety of services including a hot lunch, laundry facilities, showers and a rotating group of service providers that are available to assist homeless adults access the services they may need to attain permanent housing.  
140 Central Street  
Manchester, NH 03103  
603-232-0615  
Website: [http://www.mcocnh.org/center.php](http://www.mcocnh.org/center.php)

**Manchester Vineyard Community Meals**  
150 Dow Street – Tower #4  
Manchester, NH 03101  
603-624-4080  
Website: [http://www.manchestervineyard.com/category/announcements/](http://www.manchestervineyard.com/category/announcements/)

**Meals on Wheels and Senior Meals Programs**  
If you are over 60 years of age, you are invited to join us for lunch Monday through Friday.  
Main Office:  
395 Daniel Webster Highway  
Merrimack, NH 03054  
603-424-9967  
Website: [http://www.mealsonwheelsnh.org/services/index.php?id=meals](http://www.mealsonwheelsnh.org/services/index.php?id=meals)

**New Hampshire Food Bank**  
700 East Industrial Park Drive  
Manchester, NH 03109  
603-669-9725  
Website: [http://www.nhfoodbank.org/](http://www.nhfoodbank.org/)

**New Horizons for NH Food Pantry and Soup Kitchen**  
199 Manchester Street  
Manchester, NH 03103  
603-668-1877  
Website: [http://www.newhorizonsfornh.org/programs/food-pantry](http://www.newhorizonsfornh.org/programs/food-pantry)  
Website: [http://www.newhorizonsfornh.org/programs/soup-kitchen](http://www.newhorizonsfornh.org/programs/soup-kitchen)
Parish of the Transfiguration Food Pantry
107 Alsace Street
Manchester, NH 03103
603-622-0504

Sacred Heart Church Food Bank
265 South Main Street
Manchester, NH 03102
603-625-9525
Website: http://www.sacredheartchurch-nh.com/sacredheartfoodpantry.htm

Saint Andrew’s Church Food Pantry
102 North Main Street
Manchester, NH 03102
603-622-8632
Website: http://www.standrewsmanchester.com/

Saint Raphael’s Church Food Pantry
103 Walker Street
Manchester, NH 03102
603-623-2604
Website: http://www.saint-raphael-parish.com/food-pantry-hope-chest/

Saint Vincent de Paul Sacred Heart Food Pantry
247 South Main Street
Manchester, NH 03102
603-625-9525 (Sacred Heart)

Saint Vincent de Paul Ste Marie’s Church Food Pantry
133 Wayne Street
Manchester, NH 03102
603-623-3649

Saint Vincent de Paul St. Joseph Catholic Parish Food Pantry
460 Pine Street
Manchester, NH 03104
603-622-6404

Salvation Army Food Pantry/ Kids Café
The Salvation Army Kids' Café serves warm, nutritious evening meals to children each night.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: http://www.use.salvationarmy.org/manchester

Shiloh Ministries Food Pantry
55 Edmond Street
Manchester, NH 03102
603-627-7729
Website: http://www.shilohweb.com/
The Caregivers, Inc. Food for the Homebound
Provides transportation for grocery needs and assistance with reading food labels, carrying grocery bags and putting away groceries.
19 Harvey Road
Bedford, NH 03110
603-622-4948 or 1-877-278-0237
Website: http://www.caregiversnh.org/services/food-for-the-homebound.html

The Karen Angela Carter Memorial Food Pantry-The ARK Church of God
336 Kelley Street
Manchester, NH 03102
603-668-6226
Website: http://www.thearkchurch.us/ministries

Women, Infants & Children (WIC)
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.
40 Pine St
Manchester, NH 03108
603-668-8010 or 1-800-322-1073
Website: http://www.fns.usda.gov/wic

FOOD PROTECTION

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Food-Protection

FORECLOSURE PREVENTION

The Way Home – Housing Resource Center
Provides homelessness prevention/intervention services.
214 Spruce Street
Manchester, NH 03103
603-627-3491
Website: www.thewayhomenh.org
Electric Energy Assistance
Provides qualifying customers with a discount on their monthly electric bill depending on household income.
160 Silver Street
Manchester, NH 03103
603-647-4470 or 1-800-322-1073
Website: www.snhs.org/programs/energy-programs/home-energy-assistance

Low-Income Home Energy Assistance Program (Fuel Assistance)
Provides elderly, handicapped and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.
160 Silver Street
Manchester, NH 03103
603-647-4470
Website: http://www.snhs.org/programs/energy-programs/low-income-home-energy/

Merrimack Valley Assistance Program
Electric service payment assistance for persons with AIDS or HIV; gas service payment assistance for persons with AIDS or HIV; heating fuel payment assistance for persons with AIDS or HIV.
170 Lowell Street
Manchester, NH 03104
603-623-0710
Website: www.mvap.org

St. Mary’s Bank – Family Emergency Loan Program
Provides small, short-term loans to help low to moderate-income individuals and families experiencing an emergency (including fuel assistance), to avoid shut-off of service or to help with heating systems/home repair, medical/dental emergencies, security deposits, and disaster relief (funds to assist fire/flood victims).
200 McGregor Street
Manchester, NH 03102
603-669-4600 or 1-800-950-8850
Website: http://www.stmarysbank.com/about-st-marys-bank/community-outreach-programs/community-loan-programs.asp

The Weatherization Program of Southern NH Services Inc.
Federally funded weatherization programs are designed to address health and safety issues and to apply energy conservation measures in order to increase the energy efficiency of the home and reduce household energy costs. Eligibility is determined by income with priority given to the elderly, the disabled, and families with children under six years of age. These programs work in conjunction with various other conservation programs funded by National Grid-NH and Public Service of New Hampshire. Click here to download the Weatherization brochure in PDF format for more information regarding SNHS’ Weatherization Programs:
Weatherization brochure in PDF format
160 Silver Street
Manchester, NH 03103
603-668-8010
Website: www.snhs.org
GLBT National Help Center
The GLBT National Youth Talkline provides telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States. All of our services are free and confidential.
Toll-free 1-800-246-PRIDE (1-800-246-7743)

Manchester Outright
Universalist Unitarian Church
669 Union Street
Manchester, NH 03104
http://manchesteroutright.org

HEALTHCARE/HEALTHCARE PROVIDERS

Amoskeag Primary Care
1650 Elm Street, Suite 302
Manchester NH 03101
603-623-3343
Website: https://www.catholicmedicalcenter.org/about-us/locations/amoskeag-primary-care/default.aspx

Catholic Medical Center
100 McGregor Street
Manchester, NH
603-668-3545
Website: https://www.catholicmedicalcenter.org/

Child Health Services
1245 Elm Street
Manchester, NH 03101
603-668-6629
Website: http://childhealthservices.org/

Concentra Medical Center
1279 South Willow Street
Manchester, NH 03103
603-644-3330
Website: http://www.concentra.com/

Dartmouth Hitchcock Medical Center – Multiple sites
100 Hitchcock Way
Manchester, NH 03104
603-695-2500
Website: http://patients.dartmouth-hitchcock.org/our_locations/dh_manchester.html
**Doctors Park**  
275 Mammoth Road, Suite 2  
Manchester, NH 03109  
603-663-8300  

**Elliot Bay Medical**  
4 Elliot Way, Suite 102  
Manchester, NH 03103  
603-626-5900  
Website: [http://www.elliothospital.org/_rivedge/elliotbaymedical.php](http://www.elliothospital.org/_rivedge/elliotbaymedical.php)

**Elliot Family Medicine**  
4 Elliot Way, Suite 105  
Manchester, NH 03103  
603-626-5113  

**Elliot Hospital (multiple sites)**  
One Elliot Way  
Manchester, NH 03103  
603-663-2699  
Website: [www.elliothospital.org](http://www.elliothospital.org)

**Elliot Pediatrics**  
275 Mammoth Road, Suite 1  
Manchester, NH 03109  
603-663-8350  
Website: [http://www.elliothospital.org/website/275mammoth_pediatrichealth.php](http://www.elliothospital.org/website/275mammoth_pediatrichealth.php)

**Family Physicians of Manchester**  
57 Webster Street  
Manchester, NH 03104  
603-622-6491  

**Family & Sports Medicine Association**  
601 Riverway Place, Unit #6  
Bedford, NH 03110  
603-622-2112  
Website: [http://www.familyandsportsmed.com/](http://www.familyandsportsmed.com/)

**Hampshire Pediatrics**  
275 Mammoth Road, Suite 300  
Manchester, NH 03109  
603-623-2229

**Manchester Community Health Center**  
145 Hollis Street  
Manchester, NH 03101  
603-626-9500  
Website: [www.mchc-nh.org](http://www.mchc-nh.org)
Manchester Health Department  
1528 Elm Street  
Manchester, NH 03101  
603-628-6003  
Website: www.manchesternh.gov/health

NH Medicaid Program  
NH Medicaid is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements. The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients.  
800- 852-3345, ext. 4344 or 603-271-4344  
Website: http://www.dhhs.nh.gov/ombp/medicaid/contact.htm

Queen City Medical Associates (Catholic Medical Center)  
775 South Main Street  
Manchester, NH 03102  
603-625-6198  
Website: https://www.catholicmedicalcenter.org/about-us/locations/queen-city-medical-associates/default.aspx

The Doctor’s Office NH  
102 Bay Street  
Manchester, NH 03104  
603-625-1724  
Website: http://www.thedoctorsofficenh.net/

Webster Street Internal Medicine (Catholic Medical Center)  
57 Webster Street  
Manchester, NH 03104  
603-668-6489  
Website: https://www.catholicmedicalcenter.org/about-us/locations/webster-street-internal-medicine/default.aspx

West Side Neighborhood Health Center (at Catholic Medical Center)  
100 McGregor Street  
Manchester, NH 03102  
603-663-5382  
Website: https://www.catholicmedicalcenter.org/community-health/west-side-neighborhood-health.aspx

HEALTHY HOMES

Healthy Homes and Lead Poisoning  

New Hampshire DHHS  
Website: http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm
HOME VISITING PROGRAMS

Interim Healthcare
608 Chestnut Street
Manchester, NH 03105
603-668-6956
Website: http://www.interimhealthcare.com/newhampshire

Ready Nurse
177 South River Road
Bedford, NH 03110
603-222-1230
http://www.readynurse.com/index.php

Visiting Nurse Association of Manchester and Southern New Hampshire (Elliot Hospital)
One Elliot Way
Manchester, NH 03103
603-669-5300
Website: http://www.elliothospital.org/vna/index.php

HOUSING: EMERGENCY SHELTER/HOMELESS RESOURCES

Child and Family Services Teen Resource Center
Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children. Service, information and support are offered in the following areas – click below to access.

Runaway & Homeless Youth
http://www.cfsnh.org/pages/programs/TeenServices/runaway.html
Street Outreach
http://www.cfsnh.org/pages/programs/TeenServices/streetOutreach.html
Transitional Living Program
http://www.cfsnh.org/pages/programs/TeenServices/transLivingPgm.html
Teen Turnabout (Adolescent Community Therapeutic Service)
http://www.cfsnh.org/pages/programs/TeenServices/turnabout.html

Families in Transition (FIT)
Our residential buildings in Manchester and Concord, New Hampshire house more than 180 individuals and families on any given night. They offer clean, safe, affordable living to the many residents who come to call FIT home.
122 Market Street
Manchester, NH 03101
603-641-9441
Website: http://www.fitnh.org/housing-services/about#sthash.FHqFPzn6.dpuf
Greater Manchester Habitat for Humanity
Greater Manchester Habitat for Humanity works in partnership with local people and businesses to assist people in need by building and renovating houses, with the conviction that every man, woman and child should have a simple, decent, affordable place to live in dignity and safety.

250 Commercial Street, Suite 4019
Manchester, NH 03103
603-626-3944
Website: www.habitatmanchester.org

Health Care for the Homeless (HCH)/ Mobile Community Health Team (MCHT) at Catholic Medical Center
Catholic Medical Center conducts a primary care clinic at two locations in Manchester. All persons experiencing homelessness or at risk of being homeless are welcome. Check out the website for clinic locations.

603-663-8718
Website: https://www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx

Manchester Emergency Housing
Contact the shelter for availability. Capacity is 7 families and rent is charged. Stays are for families with emergency shelter needs.
Manchester Emergency Housing (Family Shelter) – Families in Transition
122 Market Street
Manchester, NH 03103
603-627-2636 for shelter
603-641-9441 for Intake Coordinator
Website: http://www.fitnh.org/

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Homeless-Healthcare-Project

Manchester Homeless Services Center
The drop-in center offers a variety of services including a hot lunch, laundry facilities, showers and a rotating group of service providers that are available to assist homeless adults access the services they may need to attain permanent housing.
140 Central Street
Manchester, NH 03103
603-232-0615
Website: http://www.mcocnh.org/center.php

Manchester Welfare Family Shelter
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website:  www.manchesternh.gov/welfare
**NeighborWorks**
NeighborWorks® Southern New Hampshire is a non-profit organization dedicated to the improvement of the lives of individuals and families living in the Southern New Hampshire region by providing access to quality housing services, revitalizing neighborhoods and supporting opportunities for personal empowerment.
    NeighborWorks® Southern New Hampshire
    801 Elm Street, Second Floor
    Manchester, NH 03101
    603-626-4663
    Website: [http://nwsnh.org/about/contact_us](http://nwsnh.org/about/contact_us)

**New Horizons for New Hampshire**
Provides adult shelter for homeless individuals over 18 years of age. Clients have access to case management services, referral services, medical services, mental health services, substance abuse counseling, Alcoholics Anonymous meetings and Narcotics Anonymous meetings.
    199 Manchester Street
    Manchester, NH 03103
    603-668-1877
    Website: [http://www.newhorizonsfornh.org/](http://www.newhorizonsfornh.org/)

**NH DHHS Division of Family Assistance**
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.
    195 McGregor Street, Suite 110
    Manchester, NH 03102
    603-668-2330 or 1-800-852-7493
    603-271-9700 Temporary Assistance for Needy Families
    Website: [http://www.dhhs.nh.gov/dfa/index.htm](http://www.dhhs.nh.gov/dfa/index.htm)

**NH Homeless Hotline**
2-1-1 NH is contracted with the NH State Bureau of Homeless and Housing Services. Provides a specialized information and referral line that serves individuals and/or families who are homeless or in danger of becoming homeless. Provides information to callers regarding available shelter, as well as other support services in place statewide that provide assistance to persons who are currently homeless, or at risk of becoming homeless. 2-1-1 NH provides this service 24 hours a day, 7 days a week, and 365 days a year
Call: **2-1-1 or 866-444-4211**

**NH Housing Finance Authority (NHHFA)**
Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.
    32 Constitution Drive
    Bedford, NH 03110
    800-439-7247 (Rental Services)
    Website: [www.nhhfa.org](http://www.nhhfa.org)

**Salvation Army**
    121 Cedar Street
    Manchester, NH 03101
    603-627-7013
    Website: [www.use.salvationarmy.org/use/www_use_manchester.nsf](http://www.use.salvationarmy.org/use/www_use_manchester.nsf)
Southern New Hampshire Services
SNHS continues to maintain its place as one of the state’s leading providers of housing to low-income eligible senior citizens
  603-668-8010 or 1-800-322-1073
Website: [http://www.snhs.org/programs/housing-homeless/support-elderly](http://www.snhs.org/programs/housing-homeless/support-elderly)

Southern NH Services Housing and Homeless Outreach
The Homeless Outreach project is the primary entry point into the Manchester and Nashua areas Continua of Care systems and other networks of services for chronically and other homeless individuals and families.
  Central Office Location
  40 Pine Street
  Manchester, NH 03103
  603-668-8010
  Website: [http://www.snhs.org/about-us/contact-us/](http://www.snhs.org/about-us/contact-us/)

The Way Home – Housing Resource Center
Provides homelessness prevention/intervention services, housing information & referral, healthy home inspections, housing advocacy, renter & homeless housing counseling, foreclosure counseling, financial literacy workshops, access to affordable rental units, and applications for short-term rental assistance and security deposit guarantees.
  214 Spruce Street
  Manchester, NH 03103
  603-627-3491
  Website: [www.thewayhomenh.org](http://www.thewayhomenh.org)

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**IMMUNIZATIONS** *(ALSO SEE HEALTHCARE)*

Manchester Health Department Immunization Program
  1528 Elm Street
  Manchester, NH 03101
  603-628-6003
  Website: [http://www.manchesternh.gov/Departments/Health/Clinics/Immunization](http://www.manchesternh.gov/Departments/Health/Clinics/Immunization)

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**LEAD POISONING/LEAD PAINT ASSESSMENT**

City of Manchester Lead Remediation Program for Property Owners
  One City Hall Plaza
  Manchester, NH 03101
  603-624-6530
  Website: [www.LeadSafeManchester.com](http://www.LeadSafeManchester.com)

Healthy Homes & Lead Poisoning Prevention Program
  Prevention Program -800-897-LEAD (5323)
  Within New Hampshire or at 603-271-4507
  Website: [http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm](http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm)
**Manchester Health Department**
A Community Health Nurse provides case management for all Manchester children with elevated blood lead levels.
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: [http://www.manchesternh.gov/Departments/Health/Services/Live-Prevention](http://www.manchesternh.gov/Departments/Health/Services/Live-Prevention)

**LEGAL ASSISTANCE**

**Legal Advice & Referral Center**
48 South Main Street
Concord, NH 03301
800-639-5290 or 603-224-6067
Website: [http://www.nhlegalaid.org/](http://www.nhlegalaid.org/)

**NH Legal Assistance (NHLA) Housing Justice Project**
1-800-562-3174
Website: [http://www.nhla.org/legal/housing-16](http://www.nhla.org/legal/housing-16)

**The Disabilities Rights Center**
The Disabilities Rights Center (DRC) is New Hampshire’s designated Protection and Advocacy agency and authorized by federal statute “to pursue legal, administrative and other appropriate remedies” on behalf of individuals with disabilities.
18 Low Avenue
Concord, NH 03301
603-228-0432
Website: [http://www.drcnh.org/](http://www.drcnh.org/)

**LOW-INCOME/AFFORDABLE HOUSING (ALSO SEE HOUSING)**

**Manchester Housing and Redevelopment Authority (MHRA)**
Provides housing subsidies through the administration of the Section 8 Housing Choice Voucher Program.
198 Hanover Street
Manchester, NH 03104
603-624-2100
Website: [www.manchesterhousing.org](http://www.manchesterhousing.org)
NH DHHS Division of Family Assistance
Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

195 McGregor Street
Manchester, NH 03102
603-668-2330 or 1-800-852-7493
603-271-9700 Temporary Assistance for Needy Families
Website: http://www.dhhs.nh.gov/dfa/index.htm

NH Housing Finance Authority (NHHFA)
Administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

32 Constitution Drive
Bedford, NH 03110
800-439-7247
Website: www.nhhfa.org

The Way Home – Housing Resource Center
214 Spruce Street
Manchester, NH 03103
603-627-3491
Website: www.thewayhomenh.org

MENTAL HEALTH

Mental Health Center of Greater Manchester
We offer specialized care to meet the unique needs of seniors and their families. Seniors have particular needs that require different levels of care.

401 Cypress Street
Manchester, NH 03103
603-668-4111
Website: http://www.mhcgm.org/

National Alliance for Community Supports/Mental Health Youth Leadership
Website: http://www.nami.org/

MENTORING

Big Brothers, Big Sisters
25 Lowell Street, Suite 201
Manchester, NH 03101
603-669-5365
Website: http://bbbsmanchester.org/
NEIGHBORHOOD HEALTH

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website:
http://www.manchesternh.gov/Departments/Health/Services/Neighborhood-Health

OLDER/ELDER ADULTS/ADULTS WITH DISABILITIES (ALSO SEE ELDER RESOURCES)

ServiceLink Hillsborough County
ServiceLink Resource Centers are trusted places in your community to get answers about healthcare and other services for older adults, persons with disabilities and family caregivers.
555 Auburn Street
Manchester, NH 03103
603-644-2240

The Disabilities Rights Center
18 Low Avenue
Concord, NH 03301
603-228-0432
Website: http://www.drcnh.org/

William B. Cashin Senior Activity Center
151 Douglas Street
Manchester, NH 03101
603-624-6533
Website: http://www.manchesternh.gov/Departments/Senior-Services/William-B-Cashin-Senior-Activity-Center

POISONS/LEAD POISON

Healthy Homes & Lead Poisoning Prevention Program
For more information on healthy homes, lead poisoning prevention, and lead professional licensing, contact the Division of Public Health Services, Healthy Homes and Lead Poisoning. Prevention Program at 800-897-LEAD (5323)
Within New Hampshire or at 603-271-4507.
Website: http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm
Manchester Health Department
A Community Health Nurse provides case management for all Manchester children with elevated blood lead levels.
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Lead-Poisoning-Prevention

Northern New England Poison Center
1-800-222 1222 – Poison Control Center
Website: http://www.nnepc.org/

The New Hampshire’s Department of Environmental Services
Website: http://des.nh.gov/

PREGNANCY/PARENTING (ALSO SEE HEALTHCARE)

Bethany Christian Services
Pregnant and need help? Chat with someone or call 1-800-238-4269 to talk.
183 High Street
Candia, NH 03034
603-483-2886
Website: http://www.bethany.org/candia

Birthright
Birthright offers love, friendship, and support to women who are or may be pregnant.
307 Kelley Street
Manchester, NH 03102
603-668-3443
HELPLINE: 1-800-550-4900
Website: http://birthright.org/en/landingpage/lp-manchester

Care Net
The Pregnancy Center of Manchester & Nashua provides confidential services free of charge.
50 Bridge Street, Suite 307
Manchester, NH 03101
603-623-1122
Website: http://www.carenetnh.org/

Child Health Services
1245 Elm Street
Manchester, NH 03101
603-668-6629
Website: http://childhealthservices.org/
Child and Family Services Teen Resource Center
Child and Family Services is dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children.

   Teen Resource Center
   99 Hanover Street
   Manchester, NH 03101
   603-518-4304
   Website: http://www.cfsnh.org/pages/programs/TeenServices/trc.html

CMC Pregnancy Care Center
The Pregnancy Care Center provides supportive prenatal care to all women and their families, regardless of their ability to pay. Our mission is to improve pregnancy outcomes by serving those most in need and those unable to access services in a traditional prenatal setting.

   Catholic Medical Center
   100 McGregor Street
   Manchester, NH 03102
   603-668-3545
   Website: https://www.catholicmedicalcenter.org/moms-place/Services/pregnancy-care-center.aspx

Our Place/New Hampshire Catholic Charities
The OUR PLACE program assists pregnant and parenting teens and young adults from the point of pregnancy through their child’s third year.

   16 Oak Street
   Manchester, NH 03104
   603-647-2244
   Website: http://www.nh-cc.org/what-we-do/our-place.aspx

Planned Parenthood
Provides sexual & reproductive health services.

   24 Pennacook Street
   Manchester, NH 03104
   603-669-7321
   Website: www.ppnne.org

Visiting Nurse Association of Southern New Hampshire
Maternal and child services.

   1070 Holt Avenue
   Suite 1400
   Manchester, NH 03109
   603-622-3781 or 1-800-624-6084
   Website: http://www.elliothospital.org/vna/maternal-and-child-services.php

Women, Infants & Children (WIC)
WIC provides you with basic, healthy foods to assure that your family is getting the nutrition they need.

   40 Pine St
   Manchester, NH 03108
   603-668-8010 or 1-800-322-1073
   Website: http://www.fns.usda.gov/wic
**FamilyWize Prescription Discount Program**
Offers a free prescription discount card for individuals and families without prescription coverage. The card be used at participating pharmacies to discount your prescription drugs.
  1-800-222-2818  
  Website: www.familywize.com

**Hannaford Health Saver Plus Program**
The Hannaford healthy saver plus program is designed to save you money on prescriptions, certain diabetic supplies and more.
  859 Hanover Street  
  Manchester, NH 03104  
  603-627-4354  
  Website: http://www.hannaford.com/content.jsp?pageName=HSPlus&leftNavArea=PharmacyLeftNav

**Needy Meds-NH Catholic Charities**
Prescription assistance can be offered in the way of Patient Assistance Programs (PAPs), which are created by pharmaceutical companies to provide free or discounted medicines to people who are unable to afford them. Each program has its own qualifying criteria.
  Website: http://www.needymeds.org/state_programs.taf?_function=list&state=nh

**Partnership for Prescription Assistance**
Assists qualifying patients without prescription coverage get the medicines they need for free or nearly free.
  1-888-477-2669  
  Website: www.pparx.org/Intro.php

**Target Prescription Savings Program**
Save 10-50%* on your prescription medications when you pay retail value.
  Fresh Grocery  
  220 South River Road  
  Bedford, NH 03110  
  603-263-0061  
  Website: https://www.targetprescriptionsavingsprogram.com/

**Wal-Mart Prescription Discount Program**
If a prescription is on the list of covered drugs, the cost is $4.00 for a 30 day supply for those without insurance. For those with insurance, the cost may be lower.
  300 Keller Street  
  Manchester, NH 03103  
  603-621-9666  
  Website: http://www.walmart.com/cp/PI-4-Prescriptions/1078664
REFUGEE AND IMMIGRANT SERVICES

Bhutanese Community of New Hampshire
The Bhutanese Community of New Hampshire (BCNH) is a community-based not for profit organization. Its role is to support and empower needy individuals and families and provide direction for successful integration into the mainstream community.
510 Chestnut Street
Manchester, NH 03101
603-935-9620
Website: http://www.bhutanesecommunitynh.org/

International Institute of New England
The Institute’s mission is to help refugees and immigrants become active participants in the social, political, and economic richness of American life.
1850 Elm Street
Manchester, NH 03104
603-647-1500
Website: http://iine.us/

Manchester Health Department
All refugees coming to the US should have a comprehensive health screening within 90 days of their arrival. Within two weeks of arrival all refugees who are resettling in Manchester are seen at the Manchester Health Department for an initial assessment by a community health nurse.
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Refugee-Health

New American Africans
New American Africans (NAA) is a self-supportive community group for refugees living in New Hampshire.
510 Chestnut Street
Manchester, NH 03101
603-552-5240
Website: http://newamericanafricans.wordpress.com/

New Hampshire Minority Health Coalition
25 Lowell Street, Suite 302
Manchester, NH 03105
603-627-7703
Website: http://info.nhpr.org/node/13967

Organization for Refugee and Immigrant Success (ORIS)
The Organization for Refugee and Immigrant Success (ORIS) is an ethnic community-based organization. Our mission is to aid in the resettlement of refugee and immigrant groups in the state of New Hampshire by providing assistance, training, and resources.
434 Lake Avenue, 2nd floor
Manchester, NH 03103
603-296-0443
Website: http://refugeesuccess.org/
First United Methodist Church
961 Valley Street
Manchester, NH 03103
603-622-8863
Website: www.fumcmanchester.org

Manchester Christian Church
1308 Wellington Road and 250 Commercial Street
Manchester, NH 03104
603-622-9677
Website: www.manchesterchristian.com

Manchester Church of Christ
66 Mammoth Road
Manchester, NH 03109
603-623-5559
Website: http://www.mhtchurch.org/

Parish of the Transfiguration
107 Alsace Street
Manchester, NH 03102
603-623-4715
Website: www.transfigurationnh.org

St. Andrew’s Episcopal Church
St. Andrew’s Episcopal Church Food Pantry
102 North Main Street
Manchester, NH 03102
603-622-8632
Website: http://www.standrewsmanchester.com/

St. Anthony Parish
172 Belmont Street
Manchester, NH 03103
603-625-6409
Website: http://stanthonyoypaduanh.org/

Ste. Marie’s Parish
378 Notre Dame Avenue
Manchester, NH 03102
603-622-4615
Website: http://www.stemarieparish.org/

St. Pius X Catholic Church
575 Candia Road
Manchester, NH 03109
603-622-6510
Website: http://saintpiusxnh.org/
Saint Raphael Parish
103 Walker Street
Manchester, NH 03102
603-623-2604
Website: http://www.saint-raphael-parish.com/food-pantry-hope-chest/

Salvation Army
The Salvation Army is an international faith-based, comprehensive human service organization whose programs help individuals, families and whole communities lead healthy, safe and productive lives.
121 Cedar Street
Manchester, NH 03101
603-627-7013
Website: www.use.salvationarmy.org/use/www_use_manchester.nsf

St. Vincent de Paul
177 Wilson Street
Manchester, NH 03103
603-627-1412
Website: http://www.svdpusa.org/

The ARK Church of God
336 Kelley Street
Manchester, NH 03102
(603) 668-6226
Website: http://www.thearkchurch.us/

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Health-A-Z#health

Healthy Homes & Lead Poisoning Prevention Program
Website: http://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm

NH Safe Kids
Safe Kids Worldwide is a global organization dedicated to preventing injuries in children, the number one killer of kids in the United States.
Dartmouth Hitchcock Medical Center
One Medical Center Drive
Lebanon, NH 03756
603-653-8360
Website: http://www.safekids.org/coalition/safe-kids-new-hampshire
SCHOOL HEALTH

School Health Services/Manchester Health Department
The SCHOOL HEALTH DIVISION is staffed by professional school nurses and health assistants committed to the youth of Manchester.

1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/School-Health

SMOKING CESSATION

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Chronic-Disease-Prevention

NH Try-To-Stop Tobacco Resource Center
If you, or someone you know, would like help quitting tobacco products.
   ENGLISH: 1-800-QUIT-NOW or 1-800-784-8669
   SPANISH: 1-800-8-DÉJALO or 1-800-833-5256
   Website: http://www.trytostop.org

STDs/SEXUALLY TRANSMITTED DISEASES (ALSO SEE HEALTHCARE)

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Clinics/STDHIV-Programs
**Alateen**  
Support group for teens who are affected by someone else’s drinking.  
Al-ANON Headquarters  
Concord, NH 03302  
Concord Headquarters: 603-645-9519  
Website: [http://www.al-anon.alateen.org/for-alateen](http://www.al-anon.alateen.org/for-alateen)

**Child and Family Services**  
Offers Adolescent Substance Abuse Treatment/Adolescent Treatment Initiative and Therapeutic Day Treatment Programs.  
99 Hanover Street  
Manchester, NH 03101  
603-518-4304  
Website: [http://www.cfsnh.org/pages/programs/TeenServices/trc.html](http://www.cfsnh.org/pages/programs/TeenServices/trc.html)

**Farnum Center**  
The Farnum Center is a clinical alcohol and substance abuse treatment facility.  
140 Queen City Avenue  
Manchester, NH 03103  
603-622-3020  
Website: [http://www.estreatment.org/farnum-center/](http://www.estreatment.org/farnum-center/)

**Granite State Area Narcotics Anonymous**  
540 Commercial Street  
Manchester, NH 03102  
603-645-4777 (Local NH 24-hour Helpline) or 1-888-624-3578  
Website: [www.gsana.org](http://www.gsana.org)

**Manchester School District Student Assistance Program (SAP) in the Middle & High Schools**  
Student Assistance Program that provides confidential support groups for those suffering from their own or others’ addictions.  
Location: Varies  
Website: [www.mansd.org](http://www.mansd.org)

**Office of Youth Services**  
The City of Manchester Office of Youth Services helps all young people by providing effective solutions to a variety of challenges encountered by youth and their families (including substance abuse evaluations).  
1045 Elm Street, Suite 204  
Manchester, NH 03101  
603-624-6470  
24 Hour Substance Abuse Hotline: 603-665-6600  
Website: [http://www.manchesternh.gov/Departments/Youth-Services](http://www.manchesternh.gov/Departments/Youth-Services)
Serenity House
Serenity Place has been providing critical substance use disorder services for adult men and women for over 36 years in downtown Manchester.

101 Manchester Street
Manchester, NH 03101
603-625-6980 (24/7 Help Line)
Website: http://www.serenity-place.org/

Teen Challenge
Teen Challenge is a Christian residential drug recovery program that is part of a network of 10 Teen Challenge centers across New England and New Jersey.

147 Laurel Street
Manchester, NH 03103
603-647-7770
Website: http://www.tcmanchester.org/index.html

SUMMER PROGRAMS (ALSO SEE YMCA, YWCA, ETC.)

Girls Inc. Leadership Academy
Girls Inc. of New Hampshire Leadership Academy will engage teen girls (ages 13-15) from Greater Manchester in different aspects of the City while cultivating the leaders in them.

340 Varney Street
Manchester, NH 03102
603-623-1117
603-625-1296 (Leadership Program)
Website: http://girlsincnewhampshire.org/programs/

TRANSPORTATION

Easter Seals STS (Special Transit Services)
Easter Seals New Hampshire provides door-to-door transportation with passenger assistance for the frail and isolated elderly, as well as individuals with disabilities.

555 Auburn Street
Manchester, NH 03103
603-668-8603
Website: http://nh.easterseals.com/site/PageServer?pagename=NHDR_Special_Transit_Service

Green DASH - MTA Free Downtown Circulator
The Green Dash is a free bus service in downtown Manchester. Check the website out for route and schedule information.

110 Elm Street
Manchester, NH 03101
603-623-8801
Website: http://www.mtabus.org/routeschedules/route-map/route-7/
Manchester Transit Authority – StepSaver Program
This program provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service sometime or all of the time.
Manchester Transit Authority
110 Elm Street
Manchester, NH 03101
603-623-8801
Website: http://www.mtabus.org/services/stepsaver/

Queen City Taxi Cab
146 Londonderry Turnpike
Manchester, NH 03104
603-622-0008

Round The Clock Cab Company
151 Elm Street
Manchester, NH 03101
603-622-3451

TUBERCULOSIS

Manchester Health Department
1528 Elm Street
Manchester, NH 03101
603-628-6003
Website: http://www.manchesternh.gov/Departments/Health/Services/Tuberculosis-Control

WELFARE OFFICE

Manchester City Welfare
1528 Elm Street
Manchester, NH 03101
603-624-6484
Website: www.manchesternh.gov/welfare