

Family Resource Manual

Concord, NH - 2019

*For parents, caregivers, and professionals working
with families in Concord and the greater Concord community*

*A list of resources provided by Concord School District
38 Liberty Street, Concord, New Hampshire
Updated November 18 2019*

2019 Parent Resources – Concord New Hampshire Area

211NH – an initiative of Granite United Way – a resource for New Hampshire residents, including referrals for assistance with substance misuse or addiction, homelessness, tax information and more. Available 24 hours, 365 days a year. Multilingual assistance and TDD access available.

Dial 211

outside New Hampshire: 1-866.444.4211

www.211nh.org

A

AFTER SCHOOL/SUMMER PROGRAMS * *Limited scholarships typically available for eligible students*

21C Programs in Concord School District – contact Susan Farrelly at 225-0800 or sfarrelly@sau8.org

Boys and Girls Club – in its new state-of-the-art facility, the Boys & Girls Club offers child care and preschool, afterschool enrichment activities for elementary through high school, competitive basketball play, and summer camps. Dinner included each night. Limited scholarships available

(603) 224-1061

55 Bradley Street

www.concordkids.org

Child Care Aware of New Hampshire – online resources for parents and families to help find and learn about high-quality child care, including after school and summer care. What will you find online? – “Child Care 101,” parent information, helpful tools, newsletters.

(603) 578-1386, ext. 32

OR 1-(855) 393-1731

88 Temple Street, Nashua NH 03060

www.nh.childcareaware.org

Eastside Learning Center – a private center offering a developmentally appropriate environment based on best practices in early childhood and afterschool. Programs include preschool, kindergarten, afterschool care and a summer camp that includes field trips and swim lessons taught by Red Cross Certified Instructors. Child care is provided in these programs for children between three and 12.

(603) 224-2717

164 East Side Drive

www.eastsidelearningcenter.net

YMCA – its mission is to strengthen the foundation of community through a focus on youth development, social responsibility, and healthy living, providing value-based health and wellness programs for children, teens and adults.

(603) 228-9622

15 N State Street

www.concordymca.org

ASSISTANCE

Belknap and Merrimack Community Action Program (C.A.P.) – assists low-income families and the elderly to become or remain financially and socially independent. Programs include: area centers, electric assistance, fuel assistance, homeless prevention, Neighbor Program, security deposit, WIC, Medicaid, and Food Stamps.

(603) 225-3295

OR [in NH] 1-800-856-5525

2 Industrial Park Drive

needhelppayingbills.com/html/community_action_program_of_be.html

ADULT EDUCATION

Second Start Adult Basic Education – instruction in basic reading, writing and math. Daytime and evening classes are free of charge, even for those who already have a diploma. GED prep classes, independent study coaching, and examination.

(603) 228-1341 OR (603) 228-3852

17 Knight Street

ABE@second-start.org

Driver Education Classes – register at Second Start

228-1341

B

BENEFITS

DHHS/Family Assistance – NH State benefits including Medicaid, disability.

1-800-852-0632

Apply online: <https://nheasy.nh.gov>

C

CHILDCARE

The Children’s Place and Parent Education Center – parent education and training, child development information, group play for children, and quality short-term child care for ages 2 months to 6 years for 2-5 hours per day.

(603) 224-9920

27 Burns Avenue

www.thechildrensplacenh.org

Child Care Aware of New Hampshire – online resources for parents and families to help find and learn about high-quality child care, including after school and summer care. What will you find online? – “Child Care 101,” parent information, helpful tools, newsletters.

(603) 578-1386, ext. 32

OR 1-(855) 393-1731

88 Temple Street, Nashua NH 03060

www.nh.childcareaware.org

CLOTHING

Catholic Charities – a Christian faith-based organization providing person-centered services to strengthen New Hampshire families and build independence. Offers NH Food Bank, adoption and maternity services, immigration legal services, counseling, assessment and case management, financial education and mentoring, support groups and parenting support.

1-800-225-1108

** Also see Food Pantry list – many offer clothing and personal care items.*

Felicity’s Closet (Manchester) – offers clothing/other needs for adults

(603) 753-4801

Friends of Forgotten Children – offers clothing, a food pantry, self-help classes, and holiday gifts for low-income and at-risk families and individuals.

(603) 753-4801

224 Bog Road

www.fofc-nh.org/

Rise Again Mobile Mission – a Christian faith-centered organization offering weekly donated clothing, non-perishable food and personal item care items to any person(s) in need. Call for a monthly calendar of the Concord Rise Again Outreach bus locations, as they travel around the city. Contact:

lorinda@riseagainoutreach.org

www.riseagainoutreach.org

St. Paul’s Church – offers clothing and food pantry

(603) 224-2523

COMMUNITY GARDEN

Sycamore Community Garden – located on the edge of NHTI, serving low-income families with tools, water, and compost onsite, and seeds and seedlings. Contact Cheryl Bourassa.

cbourassa59@yahoo.com

sycamorecommunitygardenproject.blogspot.com

COUNSELING AND CRISIS

Abuse/Neglect Reporting 1-800-898-5544

Alcohol & Drug Abuse Prevention & Recovery 1-800-804-0909

Child Abuse Report Line 1-800-894-5533 OR (603) 271-6562

**Call 911 after hours, weekends, holidays, or if you live out of state.*

Child Impact Program – support for parents going through divorce/separation
(603) 228-0547

Children’s Intervention Program Admissions – for intake/counseling, call:
(603) 228-0547

Community House Calls/Hoarding Issues 1-888-887-0688

Crisis Center of Central NH – services to victims and survivors of domestic violence, sexual assault, elder abuse, stalking and child abuse such as court advocacy, hospital accompaniment, support groups, emergency shelter, education, and outreach
Crisis hotline 1-866-841-6229 Office: 225-7376

NH Coalition Against Domestic and Sexual Violence – provides statewide advocacy and information as well as direct service to victims and/or survivors of domestic and sexual violence.
(603) 224-8893 www.nhcadv.org

Riverbend Mental Health – offers an array of mental health services and support for children, families and adults including parent support groups, emergency and crisis intervention, assessment, counseling, testing, and elder services.
228-0547 x 4110 (leave a message) www.riverbendcmhc.org

D

DENTAL

Aspen Dental – free x-rays and exam, for new patients who are without insurance.
(603) 369-6996 14 Loudon Road

Concord Hospital Family Health Center Dental Clinic – dental care available those who are current clients of the Family Health Center. Contact Deb Bergschneider.
(603) 228-7200, ext. 4461 250 Pleasant Street

NHTI Dental Clinic – preventive dental care and evaluation offered at low cost by dental hygiene students. Dental School cleanings and X-rays
(603) 230-4023 31 College Drive nhtidentalclinic@ccsnh.edu

Saving People’s Smiles – offers affordable dental care to patients of all ages.
(603) 219-0770 194 Pleasant St., Suite 6 savingpeoplesmile.org

DISABILITY

Community Bridges – connects individuals with disabilities to their community; provides early childhood and family centered services, and referrals to community services such as Head Start, child care, parent support, and education. Evaluation and assessment available for those who wish to have a child development screening done birth through age 3. Support services provided following assessment.
1-800-499-4153 2 Whitney Road www.communitybridgesnh.org

Easter Seals – offers an array of supports and services to families including Autism Services, Early Intervention, Family Supports, Special Education, and a *Dental Center (*in Manchester).
(800) 870-8728 (toll- free) or (603) 623-8863 (voice/TTY)
555 Auburn St. Manchester, NH www.nh.easterseals.com

Swing for the Stars – offers occupational therapy, physical therapy, and speech therapy services to children with special needs.
603-228-7827 2 Pillsbury St., Suite 404 www.swingforthestars.com

E

EARLY INTERVENTION

Community Bridges – connects individuals with disabilities to their community; provides early childhood and family centered services, and referrals to community services such as Head Start, child care, parent support, and education. Evaluation and assessment available for those who wish to have a child development screening done birth through age 3. Support services provided following assessment.

1-800-499-4153

2 Whitney Road

www.communitybridgesnh.org

Waypoint (formerly Child and Family Services) – free screening provided for children ages 4 months to 60 months. For more information about Developmental screenings contact:

Tammy Boucher

(603) 518-4198.

Child Check – developmental child checks offered in January and March:

Sue Carrigan

(603) 225-0830

Easter Seals – offers an array of supports and services to families including autism services, early intervention, family supports, special education, and a *dental center (*in Manchester).

(800) 870-8728 (toll- free) or (603) 623-8863 (voice/TTY)

555 Auburn St. Manchester, NH

www.nh.easterseals.com

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

(603) 226-7900

2 Delta Drive

www.earlylearningnh.org

**You may contact your child's doctor if you have questions about your child's development.*

EDUCATION

Concord School District

(603) 225-0811

38 Liberty Street

www.sau8.org

Kindergarten registration: to attend a Concord School District Kindergarten (full-day program) your child must be the age of 5 on or before September 30 of that school year. Enroll online at

https://www.sau8.org/news/what_s_new/student_registration

N.H. Department of Health and Human Services Emergency Assistance – the Emergency Assistance Program is available to those who meet all the requirements for the Financial Assistance for Needy Families program (FANF). It helps families with children who are facing a housing or utility crisis and are without resources to resolve the crisis. Permanent housing payments under Emergency Assistance help eligible families get or keep safe and healthy housing by providing funds for rent or utility security deposits, home heating fuel deliveries, or past due rent, mortgage and utility bills.

(603) 271-9700

40 Terrell Park Drive

EMPLOYMENT

N.H. Employment Security – free public employment and career service; unemployment compensation and benefits; labor market information

1-800-852-3400

45 South Fruit Street

www.nhes.nh.gov

F

FAMILY RESOURCES

ParentingNH website – includes the annual, downloadable “Family Resource Book” which covers health and wellness, education and child care, community resources and support, summer camps, enrichment programs, resources for special needs, family fun activities, camps and summer programs.

PARENTINGNH.COM/Resources/

FOOD AND NUTRITION

Free and Reduced Lunch Program – Concord School District

Students receive a Free and Reduced-price lunch application at the beginning of the school year. If you need to apply in the middle of the school year as you find yourself eligible, contact your child’s school for an application, or Central Office at 225-0811.

The Friendly Kitchen – open door soup kitchen. Dinner from 5:00 to 6:00 pm every evening. Lunch from noon to 12:30 pm, Monday through Friday. Breakfast from 8:00 to 9:00 am Saturday and Sunday year-round. Daily breakfast December through March.

(603) 224-7678

2 South Commercial Street

thefriendlykitchen.org

Food Resources in Merrimack County

Many of the food resource centers are open limited hours. Individuals can receive help from the centers only as long as supplies last. Many provide assistance with Christmas gifts and food baskets, clothing, meals and more. Many locations also have a clothing closet that distributes free or low-cost, donated, clean clothes for work or school. Programs are usually open to Merrimack County families in need, regardless of background. Many centers require clients to call ahead for an appointment. Call one of the centers below for information and/or referrals.

Program	Address	Telephone
Belknap Merrimack County Community Action Program	2 Industrial Park Drive, Building #2	(603) 225-6880
Center Point Pantry	20 North State Street	(603) 224-7427
Concord City, Concord Human Services	247 Pleasant Street, Suite 1	(603) 225-8575
First Congregational Church of Concord	177 North Main Street	(603) 225-5491
Friendly Kitchen	2 South Commercial Street	(603) 224-7678
Friends of Forgotten Children	224 Bog Road	(603) 753-4801
Gospel Light Food Pantry	124 L Hall Street	(603) 225-7373
New Hampshire Food Bank	700 East Industrial Park Drive, Manchester	(603) 669-9725
Rise Again Outreach	34 Staniels Road, Suite 5	(800) 226-5017
Salvation Army – Concord NH	58 Clinton Street	(603) 225-5586
St. John the Evangelist Parish, St. Vincent De Paul Food Pantry	72 South Main Street	(603) 225-1122
St. Paul’s Episcopal Church	21 Centre Street	(603) 224-2523
Wesley United Methodist Church	79 Clinton Street	(603) 224-7413
West Congregational Church	449 North State Street	(603) 224-7413

H

HEALTH AND SOCIAL SERVICES

Ascentria Care Alliance (formerly Lutheran Social Services) – services for children and families, in-home care, disability, Good News Garage, services for older adults and resettled refugees.

(603) 224-8111

website: www.ascentria.org

Waypoint (formerly Child and Family Services) – dedicated to advancing the wellbeing of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children. Services Include: Adoption Support, Advocacy, Early Childhood Supports and Services, Home Visiting, Teen Services, School Based Services, Counseling, Family Support, Senior and Independent Living Services, Camp Spaulding, Community Education and Outreach, and Community Partnerships. Services are either FREE or available on a sliding scale, or covered by insurance.
www.cfsnh.org

Belknap and Merrimack Community Action Program (C.A.P.) – assists low-income families and the elderly to become or remain financially and socially independent. Programs include: area centers, electric assistance, fuel assistance, homeless prevention, Neighbor Program, security deposit, WIC, Medicaid, and Food Stamps.
(603) 225-3295 OR [in NH] 1-800-856-5525
2 Industrial Park Drive needhelppayingbills.com/html/community_action_program_of_be.html

Concord Hospital Family Health Center – medical care for the whole family and services for those who are not insured. Located at Concord Hospital
(603)225-2711 250 Pleasant St.
concordhospital.org/services/family-health-centers/

NH Department of Health and Human Services – to apply for family assistance including Medicaid, cash assistance, food stamps, child care assistance. Apply online.
(800) 852-3345, ext. 9700 40 Terrell Park Drive www.nheasy.nh.gov

Safe Kids New Hampshire – a project of the Injury Prevention Center at Children’s Hospital, Dartmouth-Hitchcock Medical Center. Safe Kids is a hub for communication and collaboration for those interested in preventing childhood injury, including monthly newsletters
www.safekidsnh.org

HOUSING AND HOMELESS SHELTERS / EMERGENCY HOUSING

CATCH Housing
(603) 225-8835 76 South State Street catchhousing.org

Concord Coalition to End Homelessness – offers Internet access, clothing, phones, laundry, showers
(603) 290-3375 238 North Main Street concordhomeless.org

Crisis Center of Central NH Crisis Line – provides emergency shelter for victims of domestic and sexual assault.
1-866-841-6229 www.cccnh.org

Family Promise of Greater Concord – helps homeless and low-income families achieve sustainable independence through a community-based response.

(603) 856-8490

176 Loudon Road

familypromiseofgreaterconcord.org

Families in Transition – provides services to those who are homeless. Support includes intensive case management, individual/group therapy, workshops to help clients get their own housing. Housing available in Concord and Manchester. For intake call:

(603) 641-9441

www.fitnh.org

Friends Program Emergency Housing

(603) 228-1193 ext. 3

www.friendsprogram.org/emergency-housing

OR (603) 228-7625

Homeless Hotline at NH Bureau of Homeless and Housing Services 1-866-444-4211

McKenna House – provides emergency housing, case management and client-centered support for adults who would otherwise be unsheltered.

(603) 225-5586

100 South Fruit Street

concord.salvationarmy.org

NH Housing Finance Authority – 1-800-439-7247

HOMELESSNESS – SCHOOL-AGED CHILDREN

DID YOU KNOW ... If you share housing with relatives, friends or others because you lost your housing or have nowhere else to go, you may be covered under the McKinney-Vento Act. Students covered under the Act have the right to stay in the same school and get transportation to school, or immediately enroll in the local school. If you have a school-aged child and you meet any of the following criteria, please contact the Homeless Liaison at your child's school to receive additional support.

MCKINNEY-VENTO LIAISONS BY DISTRICT CAN BE FOUND AT:

[www.education.nh.gov/instruction/integrated/title x.htm](http://www.education.nh.gov/instruction/integrated/title%20x.htm)

www.home4hope.com (education)

School-based homeless liaisons: If you have a school age child in Concord and you are considered 'homeless,' as defined above, your child is eligible for additional support. Please contact the homeless liaison in your child's school of enrollment.

See next page for contact information.

Concord School District Homeless Coordinator

Robert Belmont, Director of Student Services
(603) 225-0811, ext. 7004

38 Liberty Street

Email: rbelmont@sau8.org

School	Telephone	Homeless Liaison
Concord High	225-0800	Steven Rothenberg – Asst. Principal
Rundlett Middle	225-0862	Katherine Weeks – Guidance Grade 6 Lori Trefethen – Guidance Grade 7 Lindsey Herbert – Guidance Grade 8
Abbot-Downing	225-0827	Mel McSteen – Guidance Counselor
Beaver Meadow	225-0853	Ashley Barsaleau – Guidance Counselor
Broken Ground	225-0855	Christina Rousseau – Guidance Counselor
Christa McAuliffe	225-0840	Barbara Franzeim – Guidance Counselor
Mill Brook	225-0830	Kaitlin Gallagher – Guidance Counselor

INTERNET RESOURCES

Comcast Internet Essentials – \$9.95 per month plus tax, monthly internet rate, and low-cost computers for Free and Reduced Lunch-eligible families.

1-855-Internet (1-855-846-8376) <http://www.internetessentials.com>

Free and reduced-price lunch determination letter is needed to apply for this program.

Concord Public Library – offers free programs and events for infants, children, youth, teens, and adults. Offers free internet and computer use, homework resources, and after school workshops.

(603) 225-8570

45 Green Street

www.concordnh.gov

NH Dept. of Health and Human Services

www.dhhs.nh.gov/foryou/families.htm

L

LEGAL

Legal Advice and Referral

800-639-5290

NH Legal Assistance

800-562-3174

M

MENTORING PROGRAMS FOR CHILDREN

Big Brother Big Sister Program – matches children with a mentor in the community. This program operates in Manchester; however, also matches children in Concord and other surrounding areas. To enroll a child, call:
(603) 669-5365 www.bbbsmanchester.org/enroll-a-child/

Friends Program – youth mentoring program provides volunteers to mentor children ages 6-18 at
(603) 224-3452 202 North State Street www.friendsprogram.org.

MUSIC AND ART

Concord Community Music School – individual instruction, early childhood programs, music therapy, summer programs, workshops and events. Financial aid may be available.
(603) 228-1196 23 Wall Street www.ccmusicschool.org

Kimball Jenkins School of Art – art classes for children, teens, and adults. Scholarships may be available.
(603) 225-3932 266 North Main Street www.kimballjenkins.com

St. Paul's Church music class for kids – **Mustard Seed Preschool**
(603) 224-2523 21 Centre Street

P

PARENT SUPPORT AND TRAINING

Care Net of Concord – offers free pregnancy tests, option education, free limited ultrasounds, one-on-one free prenatal and parenting classes, post abortion services, referrals for healthcare and housing. Parents earn points for taking classes and can then trade the points for diapers, baby clothes and furniture. Programs are free and accessible to all. No income guidelines.
(603) 224-7477 7 Greenwood Avenue carenetconcord.com

The Children’s Place and Parent Education Center – parent education and training, child development information, group play for children, and quality short-term child care for ages 2 months to 6 years for 2-5 hours per day.

(603) 224-9920

27 Burns Avenue

www.thechildrensplacenh.org

Concord Connections – A collaborative group of local agencies that serve families and offer parent resources. Parent Training Website:

[http://www.cfsnh.org/pages/programs/FamilySupport/suppo1i education.html](http://www.cfsnh.org/pages/programs/FamilySupport/suppo1i%20education.html)

Concord Family Center Programs – an initiative of Concord School District offering shared parent-child activities, songs and stories, a light snack and outdoor play at some sites. Programs at Abbot-Downing, Beaver Meadow, Christa McAuliffe and Mill Brook Schools, and at the Heights Family Center.

(603) 230-1532

sau8.org – click on “For Families” for schedule

Parent Information Center on Special Education

(603) 224-7005

151A Manchester Street

www.nhspecialed.org

1-800-298-4321

20 Park Street

www.nh.gov/nhsl/frc

Riverbend Mental Health – Children’s Intervention Program – free parenting classes such as ‘The Incredible Years’ and ‘Parenting the Second Time Around’ available in 8 to 12-week sessions.

603-228-0547 x 4110 (leave a message)

www.riverbendcmhc.org

UNH Cooperative Extension – online family resources including ‘Just in Time’ online newsletter for parents about child development; links to view WMUR TV’s ‘Positive Parenting’ segments; NH Public Television’s video interview about bullying; research-based materials for families.

www.extension.unh.edu/4-H-Youth-Family/Families

PUBLIC PARKS, POOLS, CONVERSATION AREAS IN CONCORD

Concord Recreation Department – year-round activities for children, youth and adults of all ages. Limited scholarships available for children who qualify.

(603) 225-8690

14 Canterbury Road

www.concordnh.gov

St. Paul's Church – Mustard Seed Enrichment Program for ages 2-4 includes Rhythm, Dance, Movement, and Song
(603) 224-2523 email: snyhan@stpaulsconcord.org

RESOURCES

SparkNH – New Hampshire's governor-appointed Early Childhood Advisory Council. This is a private-public partnership that works to create a comprehensive coordinated system of programs and supports for young children and their families.

603-226-7900

2 Delta Drive

www.sparknh.org

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

(603) 226-7900

2 Delta Drive

www.earlylearningnh.org

Child Care Aware of America – online resources for parents and families to help find and learn about high-quality child care. What will you find online? – parent information and helpful tools.

(800) 424-2246

www.childcareaware.org

NH Children's Trust – Governor's designated statewide community-based child abuse prevention agency – provides integral training, technical assistance, resources, evaluation and accreditation support to direct-service programs – the professionals who directly interact with children and their families. Supports healthy outcomes for children by engaging the general public, community, business, religious and parent leaders to take action to eliminate child abuse and neglect.

224-1279

10 Ferry Street

www.nhchildrenstrust.org/programs

T

TRANSPORTATION

Medicaid Transportation

NH Healthy Families

603-222-5634

- Provides transportation, patient pick up and bring to doctor appointment, with 72 hours' notice
- If over 100 miles to appointment, prior authorization needed
- Will stop at a pharmacy if on the way to or from appointment
- Mileage reimbursement available

Meridian Health Plan

855-291-5223

- Requires 5 days' notice for doctor, pharmacy or hospital; van that picks up patients
- Any medical appointment up to 95 miles roundtrip to a hospital, 65 miles to a doctor
- 1 trip per day
- Mileage reimbursement

Well Sense Health Plan

1-855-739-4775

wellsense.org

- A van or wheelchair van for medical appointments, including prep, hospital appointments, physical therapy, etc.
- 48 hours' notice needed
- No pharmacy assistance
- No limit on mileage in state; approval needed for out-of-state visits
- Need exact address and phone number of destination; ID number every time
- Mileage reimbursement

Capital City Transportation CAT Call Center

(603) 225-1989

(800) 424-2246

PO Box 611, 2 Industrial Park Drive

concordareatransit.com

TUTORING AGENCIES*The following agencies provide fee-based, private tutoring***Parker Academy** – tutoring and instructional services

(603) 228-4209

2 Fisk Road

www.parkereducation.com

Club Z

(603) 644-2522

www.clubztutoring.com

Additional Resources

GRANTS, CAMPERSHIPS, SCHOLARSHIPS

NH Charitable Foundation

(603) 225-6641

student scholarships, grants

37 Pleasant Street

www.nhcf.org