



FAMILY RESOURCE GUIDE
FOR THE MONADNOCK REGION



Seventh Edition

Provided by the Rotary Clubs of Keene
Success by Six Committee

See the Family Resource Guide on the Web
At

www.keenerotary.org

Or

www.elmcityrotary.org

Introduction

The sixth edition of the Family Resource Guide has been developed by the Success by Six Committee of the Rotary Clubs of Keene. This guide is part of our mission to have all children of the Monadnock Region start school ready to learn.

Rotary, working with our community, is committed to improving the quality of life of young children and their families by building and sustaining a climate of support.

This directory provides a guide to help that is available for young children, their parents and families in The Monadnock Region. For easy reference, the Family Resource Guide is organized by the type of service. The first section: Help in A Hurry provides toll-free emergency numbers, crises services and human services in the region.

The listed programs and information about them is subject to change between publications. The web version has the most current information provided to us. Please contact the program/agency directly for the most up-to-date information. If you have questions about the directory or suggestions about it's content in the future, please contact us at:

SUCCESS BY SIX COMMITTEE,
KEENE ROTARY CLUB
PO BOX 126, KEENE, NH, 03431
or e-mail: successbysix.rotary@gmail.com

Details about the organizations and programs listed in the guide are subject to change after publication. For the latest information check The Family Resource Guide on the web at:

www.elmcityrotary.org
or
www.keenerotary.org

Seventh Edition, Revised April 2017

HOW TO USE THIS BOOK

How will this book be helpful?

The following pages will provide information about services in our area. Use the Table of Contents to find the sections of the book you need.

When should I use the emergency numbers?

Use the emergency numbers when you need help in a hurry. Please remember that 9-1-1 is only for use when you have a true police, fire or medical emergency.

What if I can't find the information I need?

Statewide Help Line.....2-1-1
Or the Monadnock United Way
HELP-LINE352-1999
Or Community Network/Service Link.....357-1922

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HELP IN A HURRY

AIDS

AIDS Hot Line.....354-3241
www.asmrnline.org

ALCOHOL AND DRUG ABUSE

Alcoholics Anonymous.....1-800-593-3330
Provides time and place of meetings in area or residence.
Website: www.nhaa.net

Monadnock Substance Abuse Services.....(603) 357-4400
Alcohol and drug crisis and counseling services 24 hours a day.

Phoenix House (Keene).(877)-769-9698
Dublin Center.....(877)-769-9698
Alcohol crisis intervention
Website: www.phoenixhouse.org

CHILD ABUSE AND NEGLECT

NH Division of Children, Youth and Families

Child protection staff work with families to address the safety of children, identify needs and develop a case plan

Central Intake

Phone: 1-800-894-5533

Website: <http://www.dhhs.nh.gov/dcyf/index.htm>

Website: www.dontshake.org

N. H. Hot Line.....1-800-852-3388
After hours, call local police.

DISASTER RELIEF

American Red Cross – NH West Chapter..... 1-800-464-6692
Offers help after fire, flood, or other disaster.

MEDICAL CARE IN AN EMERGENCY . . . 9-1-1
or Emergency Care Center.....354-6600
Cheshire Medical Center/Dartmouth Hitchcock Keene.
www.cheshire-med.com

MENTAL HEALTH

Monadnock Family Services-Keene..... 357-4400

Immediate help with mental health crisis
www.mfs.org

MAPS Counseling Services

Provides counseling services to couples, families and individuals of all ages. Our children's program specializes in the assessment and treatment of children with Autism Spectrum Disorders and behavioral problems. Accepts most insurance and offers a sliding scale for uninsured clients. Free and low cost support groups for people with chronic pain, cancer and their families.

19 Federal Street
Keene, NH 03431
Phone: 603 355-2244

9 Vose Farm Road
Peterborough, NH 03458
Phone: 603 924-2240

Website: www.mapsnh.org

POISON

Northern New England Poison Control Center

Offers information and support in the event of accidental poisoning or for poison prevention questions. Staffed 24/7 with nurses.

Phone: 1-800-222-1222

RAPE AND PHYSICAL ABUSE

Monadnock Center for Violence Prevention

Provides support to survivors of domestic violence, rape, sexual assault, and stalking, and works to break the cycle of violence through school, community and business prevention education programs. Services include 24-hour crisis line, emergency shelter, support groups, court advocacy, hospital advocacy and information and referral. All crisis services are free and confidential.

24-Hour Crisis Line
Phone: 1-888-511-MCVP (6287)
12 Court Street Ste. 103 Mon - Fri 8-4
Keene, NH 03431

Phone: 603-352-3782
Roving Advocacy Services - The River Center
9 Vose Farm Road Mondays 8-4 or by appointment
Peterborough, NH 03458
Phone: 603-209-4015

Website: <http://www.mcvprevention.org>

RUNAWAYS

National Runaway Safeline (NRS)..... Phone: 1-800-Run-Away (1-800-786-2929)

The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets. NRS provides education and solution-focused interventions, offers non-sectarian, non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families. For more information visit us on the Internet at www.1800runaway.org

Website: [National Runaway Safeline](http://www.1800runaway.org)

SHELTER AND CLOTHING

The Salvation Army

Provides food assistance (food pantry) and assistance with clothing, small furniture, linens and other small household items through thrift store vouchers, as well as some other limited material and financial assistance. Offering other social, educational, recreational and religious programs for children and adults. Also counseling, information and referral services.

Office open Tuesday – Friday 9 am – 2 pm

Thrift Store open Mon.-Sat. 9 - 5

15 Roxbury Plaza

Keene, NH 03431

Phone: 603-352-0607

Thrift Store

132 Monadnock Highway

Swanzey, NH 03446

Phone: 603-357-2207

Website: nne.salvationarmy.org/Keene

SUICIDE PREVENTION

Samaritans

Phone: 357-5505

Phone: 924-7000

Phone: 1-877-583-8336

Website:

<http://www.samaritansnh.org>

STAYING HEALTHY

Cheshire Smiles

Offers dental screenings and education to all children from Preschool to Grade 3 and offers preventative care and referrals to dental offices for those without routine dental care.

Phone: 603-354-5494

Website: www.cheshire-med.org

Cheshire Medical Center/Dartmouth Hitchcock Keene

Regional medical center and multi-specialty physician group practices with offices in Keene, Walpole and Winchester. Select specialty services are available in Jaffrey, NH and Brattleboro, VT. Emergency Care Center available.

Cheshire Medical Center/Dartmouth-Hitchcock Keene

580-590 Court St

Keene, NH 03431

Phone: 603-354-5400

Emergency Care Center

580-590 Court St

Keene, NH 03431

Phone: 603-354-6600

Website: www.cheshire-med.com

Home Healthcare, Hospice And Community Services(HCS)

Providing home health care and helping services including: prenatal supports, maternal and child health services. The Well Child program provides parent education and guidance as well as physical exams, immunizations and other services to income eligible families. Available throughout southwestern New Hampshire, HCS Customized Care offers pediatric home health care for children with long term illnesses and disabilities.

312 Marlboro St.,

PO Box 564

Keene, NH 03431

Phone: 603-352-2253

Phone: 1-800-541-4145

Website:

www.hcsservices.org

Monadnock Community Hospital

A modern, 62-bed facility equipped to handle primary and emergency care needs of the residents of the Monadnock Region.

452 Old Street Road

Peterborough, NH 03458

Phone: 603-924-7191

Website: <http://www.monadnockhospital.org>

Monadnock Family Services (MFS)

Provides a range of mental health and support services to individuals and families.

Keene Administrative Office and Children's Services

64 Main St., Suite 201

Keene, NH 03431

Phone: 603-357-4400

Adult Recovery and Emergency Services

17 93rd Street

Keene, NH 03431

Phone: 603-357-4400

Recovery and Wellness Program/Acting Out

30 Washington Street

Keene, NH 03431

Phone: 603-355-3040

Walpole District Office (Fall Mountain Counseling Center)

8 Westminster Street

Walpole, NH 03608

Phone: 603-756-4735

Winchester District Office

83 Parker Street

Winchester, NH 03470

Phone: 603-239-4376

Website:

www.mfs.org

New Hampshire Children's Health Insurance Program (CHIP)

Provides access to low cost and free health coverage to uninsured children and teens in New Hampshire.

Phone: 1-877-464-2447

Website: InsureKidsNow.gov

Benefits.gov

Planned Parenthood of Northern New England

Provides routine gynecological care & treatment, birth control, pregnancy testing and options counseling, sexually transmitted infection testing and treatment, and the HPV and HEP B vaccine.

8 Middle Street

Keene, NH 03431

Phone: 603-352-6898

Website: <http://www.ppnne.org>

NH Smiles

Connects parents whose children are enrolled in the Medicare program with Medicare Client Services in order to seek help in obtaining dental care for their children.

NH Client Services

Phone: 1-800-852-3345 Ext 4344

Website: <http://www.dhhs.nh.gov/ombp/medicaid/children>

HELP WITH HOUSING

Ashbrook Apartments

Located on Meadow Road in Keene, 24 apartments. These are 1-bedroom townhouse apartments, perfect for singles and couples. Income guidelines apply. Section 8 vouchers accepted.

Rental Office (9:00AM - 1:00PM Mon-Fri)

82 Meadow Road

Keene, NH 03431

Phone: 603-352-5459

Cheshire Housing Trust

Cheshire Housing Trust is a non-profit organization, which was created to establish stable, affordable housing opportunities for households with low and moderate incomes in Cheshire County. CHT offers housing options ranging from single rooms to 3 bedroom apartments in central Keene, Marlborough and Hinsdale locations.

168 Castle St

Keene, NH 03431

Phone: 603-357-7603

Website: www.cheshirehousingtrust.org

Keene Housing

Provides and advocates for affordable housing and supportive services that strengthen and empower low and moderate-income households in the Monadnock region.

Stone Arch Village

831 Court Street

Keene, NH 03431

Phone: 603-352-6161

Website: <http://www.keenehousing.org>

Southwestern Community Services

Provides both emergency shelter and supportive housing services. The shelters are operational 24 hours a day, 365 days a year.

SCS owns and manages over 400 Senior and Workforce houses and apartments throughout the region. Income limits apply. Applications may be picked up at the Community Way office, online at www.scshehelps.org or can be mailed.

SCS also provides help with fuel and electrical assistance. The Weatherization program available for low-income families.

63 Community Way PO Box 603

Keene, NH 03431

Phone: 603-352-7512

NH Helpline
Phone: NH-211

Website: <http://www.scshehelps.org>

HELP WITH CLOTHING, FURNITURE AND HOUSEHOLD ITEMS

Project Share Thrift Shop

Open Mon - Fri 9AM - 3PM

Provides clothing, small furniture, linens, household and miscellaneous items to those in need for a small fee.

Keene Recreation Center

312 Washington Street

Keene, NH 03431

Phone: 603-352-8464

The Salvation Army

Provides food assistance (food pantry) and assistance with clothing, small furniture, linens and other small household items through thrift store vouchers, as well as some other limited material and financial assistance. Offering other social, educational, recreational and religious programs for children and adults. Also counseling, information and referral services.

Office open Tuesday – Friday 9 am – 2 pm

Thrift Store open Mon.-Sat. 9 - 5

15 Roxbury Plaza

Keene, NH 03431

Phone: 603-352-0607

Thrift Store

132 Monadnock Highway

Swanzey, NH 03446

Phone: 603-357-2207

Website:

www.salvationarmy.org/Keene

Saint James Church

Helps individuals find the household and clothing items they need. Accepts Manna Fund and Shelter Vouchers for clothing and household goods.

Thrift Store Hours:

Mon-Fri 10-4; Sat 10-2

25 Lamson Street

Keene, NH 03431

Phone: 603-352-1019

Website: <http://www.stjameskeene.org>

Troy Helping Hands Center

Provides food from its pantry for Troy and Fitzwilliam residents. Provides clothing based on family size. Open to

public for clothes and household items.
Hours: Mon-Sat 10-1:30
1 Depot Street PO Box 240
Troy, NH 03465
Phone: 603-242-3007
e-Mail: jeannedrugg@hotmail.com

STAYING WARM

Southwestern Community Services

Provides both emergency shelter and supportive housing services. The shelters are operational 24 hours a day, 365 days a year.

SCS owns and manages over 400 Senior and Workforce houses and apartments throughout the region. Income limits apply. Applications may be picked up at the Community Way office, online at www.scshehelps.org or can be mailed.

SCS also provides help with fuel and electrical assistance. The Weatherization program available for low-income families.

63 Community Way PO Box 603
Keene, NH 03431
Phone: 603-352-7512
NH Helpline
Phone: NH-211

Website: <http://www.scshehelps.org>

HELP WITH FOOD

Community Kitchen, Inc.

Provides free meals in a comfortable setting to all people in the Monadnock Region, Mon-Fri 5pm-6:30pm and Sundays 12pm-1:30pm. Take home boxes of food are available on Wednesdays from 12:30-5:30pm and Thursdays from 11:30am-4:00pm. Provides information on food pantries in outlying communities.

37 Mechanic St.
Keene, NH 03431
Phone: 603-352-3200

Website: www.thecommunitykitchen.org

Food Stamps

A program of NH Dept. of Health & Human Services. Assists families in applying for food stamps if they are eligible. Office hours Monday through Friday, 8am to 4pm.

Keene District Office
109 Key Road
Keene, NH 03431
Phone: 603-357-3510 or 1-800-624-9700

Website: www.dhhs.nh.gov

St. Vincent DePaul Society

This is a program of the Parish of the Holy Spirit, at St. Bernard's Catholic Church that provides a food pantry.

Hours of Operation: Tuesday, Wednesday and Thursday, 7PM-8PM

173 Main Street

Keene, NH 03431

Phone: 603-357-1647/ Hrs., T,W,TH 7-8PM

The Salvation Army

Provides food assistance (food pantry) and assistance with clothing, small furniture, linens and other small household items through thrift store vouchers, as well as some other limited material and financial assistance. Offering other social, educational, recreational and religious programs for children and adults. Also counseling, information and referral services.

Office open Tuesday – Friday 9 am – 2 pm

Thrift Store open Mon.-Sat. 9 - 5

15 Roxbury Plaza

Keene, NH 03431

Phone: 603-352-0607

Thrift Store

132 Monadnock Highway

Swanzey, NH 03446

Phone: 603-357-2207

Website: nne.salvationarmy.org/Keene

Troy Helping Hands Center

Provides food from its pantry for Troy and Fitzwilliam residents. Provides clothing based on family size. Open to public for clothes and household items.

Hours: Mon-Sat 10-1:30

1 Depot Street PO Box 240

Troy, NH 03465

Phone: 603-242-3007

e-Mail: jeannedrugg@hotmail.com

WIC Program

A program of Southwestern Community Services. A supplementary food program offering nutritious foods, nutrition education, breast feeding support and health care referral, to pregnant women, new moms and children to age five.

63 Community Way PO Box 603

Keene, NH 03431

Phone: 603-719-4234

Phone: Toll Free: 1-800-529-0005

e-Mail: sburke@scshelps.org

Website: <http://www.scshelps.org/wic.htm>

HELP WITH CHILD CARE

Easter Seals / Child Care Resources and Referral Network

Provides a tailored list of licensed and license exempt childcare providers by town along with educational information on choosing quality childcare. Information about how to apply for the New Hampshire State Scholarship is also available. Please note: Families are encouraged to call Easter Seals NH/Child Care Resources and Referral for a complete list of childcare options in their community.

8 Norway Ave.

Keene, NH 03431

Phone: 603-355-4341 or 1-800-870-8728

Website: www.nh.childcareaware.org

The following list includes licensed centers only:

Elm City Childcare Center

Hours: 7:30am-5:30pm, Mon-Fri. A licensed childcare center that creates a nurturing environment for children ages 6 weeks to 5 years to explore all avenues of play and learning. We have staff educated in Early Childhood Education that create lesson plans as well as the set up of the classroom for optimal learning. We have 3 classrooms based on age and developmental needs and are open to children with special needs.

168 Emerald Street

Keene, NH 03431

Phone: 603-283-0350

e-Mail: j.carter427@gmail.com

Footsteps Daycare & Learning Center

Offers a program for children from 6 weeks to 6 years of age. Hours: Monday-Friday, 7:30am to 5:30pm

407 Winchester Street

Keene, NH 03431

Phone: 603-357-1475

e-Mail: smgingras@yahoo.com

Great Beginnings

Offers care for children from 6 weeks through 6 years and a full year preschool program. Hours: Mon-Fri, 7:30am – 5:30pm

39 Old Homestead Highway

PO Box 10652

Swanzey, NH 03446
Phone: 603-355-8381
e-Mail: greatbeginnings@myfairpoint.net

Harrisville Children's Center

Provides full and part time childcare and preschool to children from ages 6 weeks to 6 years old.

Hours: Mon-Fri, 6:30am to 5:50pm.

66 Main Street

PO Box 128

Harrisville, NH 03450

Phone: 603-827-3905

e-Mail: info@harrisvillechildrenscenter.org

Website: www.harrisvillechildrenscenter.org

Head Start

A program of Southwestern Community Services, Head Start provides a supportive and consistent preschool educational environment for children and families through open communication, exceptional resources and positive role modeling to help children and adults become successful and self-sufficient. Programs in Ashuelot, Claremont, Drewsville, Jaffrey, Keene, Newport, and Swanzey.

63 Community Way

PO Box 603

Keene, NH 03431

Phone: 603-352-7512 (ext 4164)

Website: www.scshehelps.org/headstarthome.htm

Home Away From Home

Fun educational and loving childcare in a relaxed home-like setting for children from 6 weeks to 12 years of age. Event care available upon request. We accept New Hampshire and Vermont state scholarships.

Hours: 7:30 am – 5:30 pm, Mon - Fri

11 Maplewood Circle

Walpole, NH 03608

Phone: 603-756-3550

e-Mail: hafh.ipad@gmail.com

Keene Day Care Center

Provides childcare services for children 6 weeks through preschool. Families of all incomes are eligible if they are working, seeking work or attending school.

86 Wood Street

Keene, NH 03431

Phone: 603-352-2129

Keene Family YMCA

Provides programs for children and teens, and physical activities for everyone. Also provides childcare services in Keene for infants thru preschool and before and after school programs in Keene, Marlborough and Chesterfield as well as summer day camp and vacation camps.

200 Summit Rd

Keene, NH 03431

Phone: 603-352-6002

Website: <http://www.keeneymca.org>

The Keene Montessori School

Offers young children an enriching preschool experience based on the Montessori philosophy and methods, open from 7:30 am to 5:30 pm. We offer an infant program from the ages of eight weeks to fifteen months, a toddler program from the ages 15 months to 3 years, a preschool program from 3 to 5 years and an afternoon enrichment pre-k and kindergarten program. We also offer summer programs for children ages 15 months to 6 years.

125 Railroad Street

Keene, NH 03431

Phone: 603-352-4052

e-Mail: info@keenemontessorischool.org

Website: www.keenemontessorischool.org

Keene State College Child Development Center

Provides childcare and educational programs for children 4 months to 4 years, 11 months from late August through mid-June.

Keene State College / Elliot Hall

229 Main Street

Keene, NH 03435

Phone: 603-358-2233

Website: www.keene.edu/cdc

Monadnock Waldorf School

Offers a half day or full day of healthy and creative opportunities for children ages 2 years, 9 months to 6 years old to imitate through story, song, circle games, outside play, and many side-by-side activities with teachers.

98 South Lincoln Street

Keene, NH 03431

Phone: 603-357-4442

e-Mail: info@monadnockwaldorfschool.org

Website: <http://www.monadnockwaldorfschool.com>

Montessori Schoolhouse

Toddler Program for children ages 16 mos. to 2 yr., 10 mos: 8:30am – 11:30am

Primary Morning Program for children over 2 yr, 8 mo of age: 8:30am – 11:30am

Extended-Day Program for children ages 4 to 6 yr.: 8:30am – 5:00pm

Pre-care & After-care options: 7:15 am until 5:15 pm

Summer camp program for ages 2 years to 8 years old: Half Days 9am – 1pm or Full days 9am – 4pm Pre-care 8:00am & After-care until 5:00pm. Choose 3 to 5 days a week and one or up to all 8 weeks. Weekly Themes: Gardening, Frogs & Butterflies, Ocean Life, and Wild Animals. Enjoy lots of outdoor play, walks, visiting programs, and arts & craft activities.

69 Washington Street

Keene, NH 03431

Phone: 603-352-3301

e-Mail: mshocc@myfairpoint.net

Website: <http://www.mshocc.org>

Rise... for Baby and Family

Supports and services for infants and toddlers with special needs and their families. Rise also provides an on-site childcare program, which integrates children of different abilities.

147 Washington Street

Keene, NH 03431

Phone: 603-357-1395

Website: <http://www.riseforbabyandfamily.org>

Sophia's Hearth

Sophia's Hearth Family Center offers a small full-time, year-round childcare program for children from 3 months to age 6. The Center brings nurturing to families with children up to 3 years of age through playgroups, workshops and speaker and discussion evenings. Parents are invited to meet new friends, explore themes of interest to them, and enjoy their children with others who care about young children.

700 Court Street

Keene, NH 03431

Phone: 603-357-3755

e-Mail:

info@sophiashearth.org

Website: <http://www.sophiashearth.org>

Walpole Village School

Hours: 7:00 am – 5:00 pm, Mon - Fri

Provides play based education for children 2 - 5 years of age; pre-K program; before and after school care for children who live in Walpole up to age 12.

75 Westminster Street PO BOX 63

Walpole, NH 03608

Phone: 603-756-4246

e-Mail: director@walpolevillageschool.org

Website: <http://www.walpolevillageschool.org>

Winchester Learning Center

Offers childcare, preschool and family resources for families with children from 6 weeks to 12 years of age.

Hours: Mon-Fri 6:30 am - 5:30 pm

109 Keene Road

Winchester, NH 03470

Phone: 603-239-7347

e-Mail: roycewlc@gmail.com

Website: <http://www.winchesterlearningcenter.org>

HELP FOR CHILDREN WITH SPECIAL NEEDS

Cedarcrest Center for Children With Disabilities

Provides comprehensive medical/residential care, special education and outpatient therapy services to children with complex medical and developmental needs.

91 Maple Avenue

Keene, NH 03431

Phone: 603-358-3384

Website: www.cedarcrest4kids.org

Facebook: www.facebook.com/cedarcrestcenter

Council For Youths With Chronic Conditions

Advocates for community, family centered systems that serve the unique and diverse needs of NH children with chronic health conditions and their families.

21 South Fruit Street Suite 22

Concord, NH 03301

Phone: 603-271-7045

Website: www.nh-cycc.org

Early Supports and Services

Provides access and coordination of early intervention services for children birth to 3 years in 34 towns in the Monadnock region. Family support and advocacy, information and referral, training, preschool transition and respite services are available.

Phone: 603-352-1304

e-Mail:

anna@mds-nh.org

Website: www.mds-nh.org

Monadnock Developmental Services

Provides advocacy and case management services, family support, and respite along with residential, vocational, recreational and therapeutic services for persons with developmental disorders.

121 Railroad Street

Keene, NH 03431

Phone: 603-352-1304

Toll Free

Phone: 1-800-469-6082 Ext 293

Website: <http://www.mds-nh.org>

Monadnock Developmental Services / Birth to Three

Provides early intervention services for children from birth to 3 years of age and their families

103 Roxbury St Suite 102

Keene, NH 03431

Phone: 603-352-0165

Fax: 603-355-2656

Website: [Monadnock Developmental Services](http://www.monadnockdevelopmentalservices.org)

New Hampshire Family Voices

Provides families with information on special needs, and has a lending library.

Thayer Building

129 Pleasant Street

Concord, NH 03301

Phone: 603-271-4525

Toll-Free

Phone: 1-800-852-3345 ext. 4525

Website: <http://www.nhfv.org>

Parent Information Center

Provides information and free training to parents and community agencies regarding special education laws and services provided by schools such as I.E.P.'s for children ages three to twenty-one.

54 Old Suncook Road

Concord, NH 03301
Phone: 603-224-7005
Toll-Free
Phone: 1-800-947-7005
e-Mail: mlewis@picnh.org
Website: <http://www.parentinformationcenter.org>

Parent To Parent

Matches parents of children with disabilities with parents with children with similar concerns. Also provides information and referral services.

12 Flynn Street
Lebanon, NH 03766
Phone: 1-800-698-LINK (5465)
e-Mail: p2p@nhsupport.net
Website: <http://www.p2pnh.org>

Partners in Health

Help for families of children with chronic health conditions, birth to twenty-one years of age.

Phone: 603-653-1483
Toll-Free
Phone: 1-800-656-3333
e-Mail:
dawn.k.mays-hardy@dartmouth.edu
lisa.mackenzie@dartmouth.edu
elaine.j.small@dartmouth.edu
Website: <http://www.nhpih.dartmouth.edu>

Rise... for Baby and Family

Supports and services for infants and toddlers with special needs and their families. Rise also provides an on-site childcare program, which integrates children of different abilities.

147 Washington Street
Keene, NH 03431
Phone: 603-357-1395
Website:
<http://www.riseforbabyandfamily.org>

Special Medical Services

SMS provides medical and financial services to children with special health care needs from ages birth to twenty-one, who have or are at increased risk for, chronic physical, developmental, behavioral or emotional conditions which require health and related services of a type beyond that required by children generally.
Department of Health and Human Services

97 Pleasant Street Thayer Building (2nd Floor)
Concord, NH 03301
Phone: 603-271-4488
TD Access
Phone: 1-800-735-2964
Website:
dhhs.nh.gov

FINDING AREA SCHOOL DISTRICTS

School Administrative Unit 24

Includes: Stoddard, Weir and Henniker.

258 Western Avenue
Henniker, NH 03242
Phone: 603-428-3269
Website: www.sau24.org

School Administrative Unit 29

Includes: Chesterfield, Harrisville, Keene, Marlborough, Marlow, Nelson and Westmoreland.

193 Maple Avenue
Keene, NH 03431
Phone: 603-357-9002
Website: www.sau29.org

School Administrative Unit 60

Includes: Alstead, Walpole and surrounding towns.

122 NH RT 12A
Langdon, NH 03602
Phone: 603-835-0006
Website: <http://www.sau60.org>

School Administrative Unit 91

Includes: Surry
1 Village Road
Surry, NH 03431
Phone: 603-209-3315

School Administrative Unit 92

Includes: Hinsdale

49 School Street PO Box 27
Hinsdale, NH 03451
Phone: 603-336-5728
Website: <http://www.hnhsd.org>

School Administrative Unit 93

Includes: Fitzwilliam, Gilsum, Richmond, Roxbury, Swanzey and Troy
600 Old Homestead Highway
Swanzey, NH 03446
Phone: 603-352-6955
Website: <http://www.mrsd.org>

School Administrative Unit 94

Includes: Winchester
85 Parker Street
Winchester, NH 03470
Phone: 603-239-4381
Fax: 603-239-4968
Website: <http://www.wnhsd.org>

Surry Village Charter School

Providing students from the Monadnock region, grades K-8, with a challenging and rigorous education in an environment that emphasizes creativity, collaboration, community, diversity, service and leadership. We are located at two campuses: grades K-6 in Surry and grades 7-8 in Keene.

Surry Grades K-6
449 Route 12A
Surry, NH 03431
Phone: 603-357-9700
Fax: 603-357-9701
Keene Grades 7-8
217 Court St
Keene, NH 03431
Phone: 603-439-6030
Fax: 603-357-9701

Website: <http://www.surryvillagecharterschool.org>

FINDING OTHER HELP

Adoptive Families For Children, Inc.

Adoptive Families for Children is a full service adoption agency, licensed in New Hampshire since 1983. Adoptive Families for Children offers adoption counseling and placement services for birth parents that want to place their child for adoption. Our experienced staff will help you throughout the process to ensure that your needs are met. There is no charge to birth families for the services and the counseling provided. For families looking to adopt, Adoptive Families for Children offers an experienced team of professionals throughout New Hampshire to assist you with a home study (domestic or international), post placements, court reports for out of state adoption agencies and courts, as well as for interstate and international authorities.

Kristine Pries, Agency Director

18 Centre Street

Concord, NH 03301

Phone: 603-357-4456 or 603-228-6712

Fax: 603-226-0165

Amanda L. Casella, Director of Adoption services

e-Mail: info@adoptivefamiliesforchildren.com

Website: <http://www.adoptivefamiliesforchildren.com>

Adult Learner Services-Community Education

Provides tutors and classes free of charge for adults who need help with reading or math, especially for preparation to pass the HiSet test battery. Provides free English classes and tutorials for speakers of other languages.

171 West Street

Keene, NH 03431

Phone: 603-357-9041

e-Mail: jdecoste@sau29.org

Website: www.keenecommunityed.org

AIDS Services of the Monadnock Region

Provides case management and housing to people living with HIV/AIDS and HCV, community education and outreach.

The Cleve Jones Wellness House

19 Dunbar Street

Keene, New Hampshire 03431
Phone: 603-354-3241
Fax: 603-354-3245
Toll-Free Hotline
Website: www.asmrnline.org

American Red Cross - NH West Chapter

Provides relief for victims of disaster and helps people prevent, prepare for and respond to emergencies. Education and training in disaster preparedness, CPR, first aid, water safety, swimming, and Licensed Nurse Assistant. Holds Blood drives throughout the region. Volunteers provide transportation services for medical appointments. Free services are also provided for emergency communication to soldiers, veterans and military families.

83 Court Street Keene, NH 03431
Phone: 603-352-3210
Toll-Free
Phone: 1-800-464-6692
Website:

<http://www.redcross.org/nh>

Ark Supervised Visitation Center

Provides a safe, neutral, child-centered environment for supervised visitation and exchange to promote healthy interaction between family members, allowing a child to have safe contact with their non-residential parent in a warm, friendly atmosphere. Service for Western Cheshire County.

22 North Street
Jaffrey, NH 03452
Phone: 603-532-2426
Website: <http://www.mfs.org/services/children/all-r-kids>

Catholic Charities

Information and referral, counseling, adoption, NH Food Bank, unemployment support groups, and community outreach.

Food pantry for Winchester, Richmond, Ashuelot and Hinsdale is open 6:30pm to 7:30pm on Tuesday evenings and operated by the Mary Queen of Peace Parish located at: St. Stanislaus Church, 82 Richmond Road,

Winchester, NH 03470
161 Main Street Suite 200
Keene, NH 03431-3722
Phone: 603-357-3093
St. Stanislaus Church
82 Richmond Road
Winchester, NH 03470
e-Mail: keene@nh-cc.org
Website: <http://www.nh-cc.org>

Children's Medicaid Unit

Access to applications and enrollment of Medicaid coverage for children, cash assistance, food stamps, childcare assistance and Medicare Saving Program. Resource made available through the NH Dept. of Health and Human Services.

Main Office

205 Pleasant Street

Concord, NH 03307

Mailing Address

129 Pleasant St

Concord, NH 03307

Website: <https://nheasy.nh.gov/>

Family Resource Connection

A statewide phone resource center providing information and resources for families with young children.

Available 8:00am – 4:30pm, Monday through Friday.

Phone: 1-800-298-4321

Website: <http://www.nh.gov/nhsl/frc>

HELP-LINE Information & Referral Service

A program of Monadnock United Way which provides an information and referral service for the region.

23 Center Street

Keene, NH 03431

Phone: 603-352-1999

Phone: NH 211

Website:

<http://www.muw.org>

Keene Community Education

Provides educational help for adults ranging from basic reading and math skills through HiSet classes, testing and alternative diploma classes. Also provides enrichment classes, English as a second language, vocational certificate programs and after school care for children in grades K-5.

227 Maple Ave

Keene, NH 03431

Phone: 603-357-0088

Website: <http://www.keenecommunityed.org>

MAPS Counseling Services

Provides counseling services to couples, families and individuals of all ages. Our children's program specializes in the assessment and treatment of children with Autism Spectrum Disorders and behavioral problems. Accepts most insurance and offers a sliding scale for uninsured clients. Free and low cost support groups for people with chronic pain, cancer and their families.

19 Federal Street

Keene, NH 03431

Phone: 603 355-2244

9 Vose Farm Road

Peterborough, NH 03458

Phone: 603 924-2240

Website: www.mapsnh.org

Monadnock Center for Violence Prevention

Provides support to survivors of domestic violence, rape, sexual assault, and stalking, and works to break the cycle of violence through school, community and business prevention education programs. Services include 24-hour crisis line, emergency shelter, support groups, court advocacy, hospital advocacy and information and referral. All crisis services are free and confidential.

24-Hour Crisis Line

Phone: 1-888-511-MCVP (6287)

12 Court Street Ste. 103 Mon - Fri 8-4

Keene, NH 03431

Phone: 603-352-3782

Roving Advocacy Services - The River Center

9 Vose Farm Road Mondays 8-4 or by appointment

Peterborough, NH 03458

Phone: 603-209-4015

Website: <http://www.mcvprevention.org>

Parent Express Newspaper

A free monthly newspaper for area families covering Cheshire County, NH and Windham County, VT. Includes ideas, resources and activities for parents, caregivers and children. Available at many area locations.

PO Box 546

Keene, NH 03431

Phone: 603-352-6278

e-Mail: ssherman@parentexpress.net

Website: <http://www.parentexpress.net>

Parenting New Hampshire

Parenting New Hampshire is a source of statewide information and resources for New Hampshire families.

150 Dow Street

Manchester, NH 03101

Phone: 603-624-1442

e-Mail: smccarthy@mcleancommunications.com

Website: <http://www.parentingnh.com>

Parentline

A program of Child and Family Services. Provides information about a wide variety of topics of interest and concern to families. The confidential conversations can include ways of handling conflict, developmentally appropriate child behavior as well as services a parent might want to consider.

PO Box 448

Manchester, NH 03105

Toll-Free (press 0 for operator and ask for Parentline)

Phone: 1-800-640-6486

e-Mail: info@cfsnh.org

Website: <http://www.cfsnh.org>

The River Center

A family and community resource center. Information and referral for area services, Parent Support Programs, Employment Resource Center, and Money Matters programs. Classes, workshops, individual coaching and referrals available.

9 Vose Farm Rd, Suite 115

Peterborough, NH 03458

Phone: 603-924-6800 or 603-924-2159

Fax: 603-924-2159

Website:

<http://www.rivercenter.us>

Sophia's Hearth

Sophia's Hearth Family Center offers a small full-time, year-round childcare program for children from 3 months to age 6. The Center brings nurturing to families with children up to 3 years of age through playgroups, workshops and speaker and discussion evenings. Parents are invited to meet new friends, explore themes of interest to them, and enjoy their children with others who care about young children.

700 Court Street

Keene, NH 03431

Phone: 603-357-3755

e-Mail:

info@sophiashearth.org

Website: <http://www.sophiashearth.org>

Stepping Stones

Stepping Stones NH seeks to provide the parents of children with disabilities and the professionals who work with them the information and resources they need to support the educational, social and emotional development and well being of the very special children they care so much about.

150 Dow Street

Manchester, NH 03101

Phone: 603-624-1442

e-Mail: smccarthy@mcleancommunications.com

Website: <http://www.steppingstonesnh.com>

UNH Cooperative Extension

Provides research-based education and information to strengthen youth, families and communities including nutrition education on an individual or group basis to families who are income eligible and on-line resources for families.

Hours: Mon-Fri 8am - 4:30 pm

33 West St

Keene, NH 03431

Phone: 603-352-4550

Toll-Free

Phone: 1-877-398-4769

Website: <http://extension.unh.edu>

HAVING FUN

Cheshire YMCA

The Cheshire YMCA and Camp Takodah are proud to serve thousands of children annually through summer camps, heritage yours, and outdoor education programs for families, schools, and community groups. financial assistance is available.

32 Lake St.

Swanzey, NH 603-352-0447

Phone: 03431

e-Mail:

info@cheshireymca.org

Website:

www.cheshireymca.org

www.camptakodah.org

Keene Family YMCA

Provides programs for children and teens, and physical activities for everyone.
Also provides childcare services in Keene for infants thru preschool and before and after school programs in Keene, Marlborough and Chesterfield as well as summer day camp and vacation camps.

200 Summit Rd

Keene, NH 03431

Phone: 603-352-6002

Website: <http://www.keeneymca.org>

Keene Parks and Recreation Department

Offers a range of recreational activities to residents of Keene.

312 Washington Street

Keene, NH 03431

Phone: 357-9829

Website: <http://ci.keene.nh.us/parks>

MoCo ARTS

A community based, family centered, multi-arts and wellness education organization for all ages and all levels of abilities.

76 Railroad Street

Keene, NH 03431

Phone: 357-2100

Website:

<http://www.moco.org>

Stonewall Farm

The farm is a non-profit working farm offering educational programs to promote the importance of agriculture and natural resources. Among the offerings are special farm events, vacation and summer camps, Wild Roots pre-school, home schooled programs, farm store and year-round CSA, farm school, facility rental for events, open barns and hiking and biking trails.

242 Chesterfield Road

Keene, NH 03431

Phone: 603-357-7278

Website: <http://www.stonewallfarm.org>

Town Recreation Programs

Contact your local town office for information on recreation services.

LIBRARIES

Alstead (Shedd-Porter Memorial Library)

Hours: Weds. 11-5

Thurs. 11-7; Fri. 11-5; Sat. 9-12

3 Main Street PO Box 209

Alstead, NH 03602

Phone: 603-835-6661

e-Mail: spmlibrary@yahoo.com

Website: <http://www.sheddporter.wordpress.com>

Chesterfield Public Library

Hours: Mon. 10-5; Tues. 1-8; Weds. 1-5;

Thurs. 10-8; Sat. 9-1

524 Route 63

Chesterfield, NH 03443

Phone: 603-363-4621

e-Mail:

info@chesterfieldlibrary.org

Website: www.chesterfieldlibrary.org

Fitzwilliam Town Library

Hours: Mon. 2-8; Tues., Thurs. 2-6;

Weds. 9-12, 2-8; Sat. 9-12

11 Templeton Turnpike

Fitzwilliam, NH 03447

Phone: 603-585-6503

Website: <http://www.fitzlib.org>

Gilsum Public Library

Hours: Mon. 12pm-4pm, 6pm-8pm; Tues. 6pm-8pm; Wed. 12pm-4pm; Sat. 10am-noon

650 Route 10

Gilsum, NH 03448

Phone: 603-357-0320

e-Mail:

gilsumlibrary@comcast.net

Website: <http://www.gilsum.org/government/library>

Harrisville Public Library

Hours: Mon, Tues 3-7; Wed 10am-1pm and 3pm-7pm; Thurs 3-7; Sat. 10am – 1pm

7 Canal Street

PO Box 387

Harrisville, NH 03450

Phone: 603-827-2918

Fax: 603-827-2919

Website: <http://harrisvillepubliclibrary.blogspot.com/>

Hinsdale Public Library

Hours: Mon, Wed, Thurs 2-5; 6:30 -8; Fri. 10-12; 2-5; Sat 10-12

122 Brattleboro Road

PO Box 6

Hinsdale, NH 03451

Phone: 336-5713

Keene Public Library

Hours: Mon.- Thurs. 9-9; Fri. 9-6; Sat. 9-5 (summer 9-1)

60 Winter Street

Keene, NH 03431

Phone: 352-0157

Website: <http://www.keenepubliclibrary.org>

Marlborough (Frost Free Library)

Hours: Tues., Weds. 2-8; Thurs. 10-5; Fri. 10-5; Sat. 10-1

28 Jaffrey Road (Rt. 124)

PO Box 457

Marlborough, NH 03455

Phone: 876-4479

Website: <http://www.frostfreelibrary.com>

Marlow Public Library

Hours: Mon. 12-5, 6-8; Weds. 4-8; Sat. 9-12

12 Church Street

Marlow, NH 03456

Phone: 446-3466

Website: <http://www.marlownewhampshire.org/library.php>

Nelson (Olivia Rodham Memorial Library)

Hours: Mon., Sat. 10-1, Tues-Thurs. 3-7

1 Nelson Common Rd.

Nelson, NH 03457

Phone: 847-3214

Website: <http://www.townofnelson.com/library>

Richmond Public Library

Hours: Tues.3-7; Wed. 3-7;

Thurs. 3-7; Sat. 10-2

19 Winchester Road
Richmond, NH 03470

Phone: 239-6164

Stoddard (Davis Public Library)

Hours: Mon & Wed. 3-7, Tues.10-2, & Sat. 10-12

Also from Memorial Day to Labor Day: Mon & Wed. 3-7, Tues.10-2, Fri 3-7, & Sat. 10-2

Stoddard Davis Public Library

1391 Route 123 North

Stoddard, NH 03464

Phone: 603-446-6251

e-Mail: davispubliclibrary@gmail.com

Website: <https://www.stoddardnh.org/davis-public-library>

Sullivan Public Library

Hours: Tues. 10-4 and 6-8; Thurs. 2-4 and 6-8; Sat. 9-12

436 Centre Street PO Box 92

Sullivan, NH 03445

Phone: 603-847-3458

e-Mail: sullivanpubliclibrary@gmail.com

Website: <http://www.ci.sullivan.nh.us/content/library/library>

Surry (Reed Free Library)

Hours: Mon. and Thurs. 2-7

8 Village Road

Surry, NH 03431

Phone: 603-352-1761

Swanzey (Mt. Caesar Union Library)

Hours: Mon.10-4; Tues. 10-5; Weds. 2-8; Thurs. 10-5; Sat. 10-2

Swanzey Mt. Caesar Union Library

628 Old Homestead Highway

Swanzey, NH 03446

Phone: 603-357-0456

e-Mail: mculibrary@yahoo.com

Website: <http://mcul.sharepoint.com>

Swanzey, West (Stratton Free Library)

Hours: Tues., Thurs. 2:30-7; Fri. & Sat. 10-2

West Swanzey Stratton Free Library

9 Main Street

West Swanzey, NH 03469

Phone: 603-352-9391

e-Mail: strattonfreelibrary@ne.rr.com

Troy (Gay-Kimball Public Library)

Hours: Tues. 10:00-4:00; Weds: 2:00-7:00; Thurs. 10:00-4:00; Sat. 10:00-2:00.

Gay-Kimball Library

10 South Main Street PO Box 837

Troy, NH 03465

Phone: 603-242-7743

e-Mail: library@troylibrary.us

Website: <http://www.troylibrary.us>

Walpole Town Library

Hours: Mon 1-8; Tues 1-6; Wed 10-12 and 1-8; Thurs & Fri 1-6; Sat 9-1

Walpole Town Library

48 Main St PO Box 487

Walpole, NH 03608

Phone: 603-756-9806

e-Mail: jrogers@walpoletownlibrary.org

Website: <http://www.walpoletownlibrary.org>

Walpole Town Library North Branch

Hours: Tues & Weds 2-4; Sat. 1-4

Walpole Town Library North Branch

70 Church Street

North Walpole, NH 03609

Phone: 445-5153

e-Mail: NWlibrary@myfairpoint.net

Website: <http://www.walpoletownlibrary.org>

Westmoreland Public Library

Hours: Tues and Thurs 10-7; Sat. 9-1

33 South Village Road

Westmoreland, NH 03467

Phone: 603-399-7750

e-Mail:

wpl33svr@myfairpoint.net

Website:

<http://www.wplnh.org>

Winchester (Conant Public Library)

Hours: Mon, Weds & Fri. 10-8; Sat. 10-2

111 Main Street

Winchester, NH 03470

Phone: 603-239-4331

Website:

<http://www.conantlibrary.org>

Winchester, Ashuelot (Thayer Public Library)

Hours: Mon 10-2; Tues 3-7; Thurs 105

3 Main Street PO Box 49

Ashuelot, NH 03441

Phone: 603-239-0175

HELP GETTING PLACES

City Express

A program of Home Health Care, Hospice and Community Services.

Public transportation for the City of Keene. Mon.-Fri. 8 am to 5 pm.

312 Marlboro St., PO Box 564

Keene, NH 03431

Phone: 603-352-8494

Toll-Free

Phone: 1-800-541-4145

e-Mail: info@hcsservices.org

Website (City Express): <http://www.cityexpress.org>

Website (Home Health Care, Hospice and Community Services): <http://www.hcsservices.org>

American Red Cross - NH West Chapter

Provides relief for victims of disaster and helps people prevent, prepare for and respond to emergencies.

Education and training in disaster preparedness, CPR, first aid, water safety, swimming, and Licensed Nurse

Assistant. Holds Blood drives throughout the region. Volunteers provide transportation services for medical appointments. Free services are also provided for emergency communication to soldiers, veterans and military

families.

83 Court Street Keene, NH 03431

Phone: 603-352-3210

Toll-Free

Phone: 1-800-464-6692

Website:

<http://www.redcross.org/nh>

Community Volunteer Transport Company

Provides "no fee" transportation services. Trip purposes include no-emergency medical, social service appointments and trips to the grocery store and/or pharmacy.

Full directory available through: <http://monadnockrcc.weekly.com/need-a-ride.html>

Phone: (877)428-2882 Ext 5

Website: www.cvtc-nh.org

Friendly Bus

A program of Home Health Care, Hospice and Community Services. Door-to-door assisted transportation for seniors (60+) and individuals (18+) with disabilities.

Available Monday-Friday, 8am to 4pm

312 Marlboro St. PO Box 564

Keene, NH 03431

Phone: 603-352-8494

Toll-Free

Phone: 1-800-541-4145

Website: <http://www.dhhs.nh.gov>

GETTING FINANCIAL HELP

Keene City Welfare

Provides financial assistance, case management, resource and referral for residents of Keene whose reasonable and allowable expenses for basic needs (rent, food, utilities) exceed their income.

3 Washington St.

Keene, NH 03431

Phone: 603-357-9809

Website: <http://ci.keene.nh.us/departments/human-services>

Welfare / Cheshire County

Help with food, housing, money and medical problems for persons who have no other resources and who qualify. Contact the office in your town.

Alstead
Phone: 603-835-2986
Chesterfield
Phone: 603-363-4624 ext. 15
Fitzwilliam
Phone: 603-585-7723
Gilsum
Phone: 603-357-0320
Harrisville
Phone: 603-827-3431
Hinsdale
Phone: 603-336-5710 ext. 18
Keene
Phone: 603-357-9809
Marlborough
Phone: 603-876-3751
Marlow
Phone: 603-446-2245
Nelson
Phone: 603-847-0047
Richmond
Phone: 603-239-4232
Roxbury
Phone: 603-352-4903
Stoddard
Phone: 603-446-3326
Sullivan
Phone: 603-847-3316
Surry
Phone: 603-352-3075
Swanzey
Phone: 603-352-7411
Troy
Phone: 603-242-7722
Walpole
Phone: 603-756-3672
Westmoreland
Phone: 603-399-4471
Winchester
Phone: 603-239-4951 ext.110

NH Dept. of Health & Human Services

Provides services for individuals, children, families and seniors and administers programs and services such as mental health, developmental disability, substance abuse and public health

Keene District Office
109 Key Road

Keene, NH 03431
Phone: 603-357-3510
Toll-Free
Phone: 1-800-852-3345
Website: <http://www.dhhs.nh.gov/foryou/families>

FINDING LEGAL HELP

Legal Advice and Referral Center

Provides screening services to determine eligibility for NH Legal Assistance.

Phone: 1-800-639-5290

Phone: 224-3333

Website:

<http://www.larc.org>

Legal Advice and Referral Center-LARC

Screens for eligibility for NH Legal Assistance

Phone: 603-224-3333

Toll-Free

Phone: 1-800-639-5290

Website: <http://www.larcnh.org>

Pro Bono Referral System

Provides volunteer lawyers for services in civil (non-criminal) cases. Apply through LARC. For cases of bankruptcy and/or debt collection, call 603-224-5387 for an application.

Phone: 603-224-3333

Toll-Free

Phone: 1-800-639-5290

Website: www.nhbar.org

NH Legal Assistance

Provides free legal advice and representation to low-income people in civil matters involving basic needs, including: food, shelter, income and medical care.

24 Opera House Square Suite 206

Claremont, NH 03743

Phone: 603-542-8795

Toll-Free

Phone: 1-800-562-3994

Website: www.nhla.org

NH Public Defender Program

Provides legal services to defendants charged with felonies or misdemeanors and juvenile delinquency in state courts who qualify for the services.

1 West Street

Keene, NH 03431

Phone: 357-4891

Toll-Free

Phone: 1-800-464-0655

Website: <http://nhpd.org>

NOTES

IN AN EMERGENCY

**POLICE FIRE MEDICAL
EMERGENCY
DIAL 9-1-1**

STATE POLICE

1-800-525-5555

**NH POISON CONTROL
1-800-222-1222**

HELP-LINES

**Monadnock United Way
603-352-1999
The Community Network/Service Link
603-357-1922
The Statewide HELP-LINE
2-1-1**

**PARENTLINE
CHILD & FAMILY SERVICES
1-800-640-6468**