



FAMILY RESOURCE GUIDE

MONADNOCK REGION

**Provided by the Rotary Clubs of Keene
Success by Six Committee
Fifth Edition**

Introduction

The fifth 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 succeed.

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. 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
362 Flat Roof Mill Rd. Swanzey, NH 03446
or e-mail: SBYSIX@gmail.com

Details about the organizations listed in this guide change often. For the most up to date information an electronic version of this guide is available at
www.elmcityrotary.org
www.keenerotary.org

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.....357-6855
www.asmronline.org

ALCOHOL AND DRUG ABUSE

Alcoholics Anonymous.....1-800-593-3330
www.alcoholics-anonymous.org
Provides time and place of meetings in area or residence.

Alcohol and Drug Abuse Help Line and Treatment..... 1-800-234-0420
Cocaine abuse 24-hour hotline & treatment

Phoenix House

Keene Center.....358-4041
Dublin Center.....563-8501
Alcohol crisis intervention
www.phoenixhouse.org

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

CHILD ABUSE AND NEGLECT

NH Division of Children, Youth and Families.....1-800-894-5533
www.dhhs.nh.gov/DHHS/DCYF
www.dontshake.org

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

DISASTER RELIEF

American Red Cross – NH West Chapter.....1-800-244-2214
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
www.mfs.org
Immediate help with mental health crisis.

MAPS Counseling Services

19 Federal Street, Keene, NH 03431..... 355-2244

44 Concord Street, Peterborough, NH 03458..... 924-2240

www.mapsnh.org

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.

POISON

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

RAPE AND PHYSICAL ABUSE

Monadnock Center for Violence Prevention.....352-3782 or 1-888-511-MCVP(6287)

www.mcvprevention.org

24-hour help for victims of rape and domestic violence, temporary shelter, and help with police and courts.

RUNAWAYS

National Runaway Hot Line.....1-800-Run-away (1-800-786-2929)

SHELTER AND CLOTHING

The Salvation Army.....352-0607

15 Roxbury Plaza, Keene

e-mail: sakeenenh@gmail.com

Website: www.salvationarmyusa.org

Tuesday – Friday 10 am – 2 pm

Thrift Store: 132 Monadnock Highway, Swanzey, NH 03446

1-603-357-2207 Mon.-Sat. 9 - 5

SUICIDE PREVENTION

Samaritans..... 357-5505 or 924-7000 or 1-877-583-8336

www.samaritansnh.org

STAYING HEALTHY

Cheshire Smiles

354-5494

www.cheshire-med.com

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.

New Hampshire Healthy Kids

1-877-464-2447

1 Pillsbury Street, Suite 300, Concord, NH 03301

www.healthykids.com

New Hampshire Healthy Kids provides access to affordable, quality health and dental coverage to uninsured children and teens in New Hampshire.

The Cheshire Medical Center/Dartmouth-Hitchcock Keene

354-5400

580-590 Court Street, Keene, NH 03431

www.cheshire-med.com

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.

Home Healthcare, Hospice And Community Services(HCS)

312 Marlboro St., PO Box 564, Keene, NH 03431

352-2253 or 1-800-541-4145

www.hcsservices.org

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.

Monadnock Community Hospital

452 Old Street Road, Peterborough, NH 03458

924-7191

www.monadnockhospital.org

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

Monadnock Family Services (MFS)

Keene District Office: 64 Main St., Suite 301, Keene, NH 03431

357-4400

www.mfs.org

Community Support Program:

17 93rd Street, Keene, NH 03431

357-5270

Winchester District Office:
20 Warwick Road, Winchester, NH 03470
239-4376

Walpole District Office:
Main Street (PO Box 187), Walpole, NH 03608
756-4735

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

Planned Parenthood Of Northern New England

8 Middle St., Keene, NH 03431
352-6898

www.ppnne.org

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.

HELP WITH HOUSING

Cheshire Homes, Inc.

245 Pearl Street, Keene, NH 03431
Phone: 352-5459 (9AM to 1PM weekdays)

A family housing project of 75 apartments, providing subsidies when available to those in need, using income guidelines to determine eligibility.

Cheshire Housing Trust

39 Central Square, Suite 202, Keene, NH 03431
357-7603

www.cheshirehousingtrust.org

Provides renters with opportunities to participate in the management and maintenance of their homes. Provides home buyer education, IDA program information and foreclosure prevention counseling.

Keene Housing Authority

Stone Arch Village, 831 Court Street, Keene, NH 03431
352-6161

www.kha.org

Provides decent, safe and affordable housing for individuals, families, elderly and disabled persons of low to moderate income within the Monadnock region.

SCS Homeless Services

A program of Southwestern Community Services
63 Community Way, PO Box 603, Keene, NH 03431
357-7512 or NH HELPLINE: 1-800-852-3388
Shelter: 357-1654

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

Southwestern Community Services

63 Community Way, PO Box 603, Keene, NH 03431

352-7512 (Ext. 4279)

www.scshehelps.org

SCS owns and manages over 300 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.

HELP WITH CLOTHING, FURNITURE AND HOUSEHOLD ITEMS**Project Share Thrift Shop**

Keene Recreation Center

312 Washington Street, Keene, NH 03431

Phone: 352-8464

Open Mon - Fri 9AM - 3PM

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

The Salvation Army

15 Roxbury Plaza, Keene, NH 03431

1-603-352-0607;

e-mail: sakeenenh@gmail.com

Website: www.salvationarmyusa.org

Tuesday – Friday 10 am – 2 pm

Thrift Store: 132 Monadnock Highway, Swanzey, NH 03446

1-603-357-2207

Mon.-Sat. 9 - 5

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.

Saint James Church

44 West Street, Keene, NH 03431

352-1019

www.stjameskeene.org

Thrift store hours:

Mon.- Fri, 10-4; Sat. 10-2.

352-3697

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

Troy Helping Hands Center

1 Depot Street, PO Box 240, Troy, NH 03465

242-3007

e-mail: jeannedrugg@hotmail.com

Hours: Mon.-Fri 10-1:30 Sat.9:30-1:30

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

STAYING WARM

Southwestern Community Services

63 Community Way, PO Box 603, Keene, NH 03431
352-7512 Ext. 4120 or Ext. 4246 or 1-800-529-0005
www.scshehelps.org

Provides help with fuel and electrical assistance. Weatherization program available for low income families.

HELP WITH FOOD

Community Kitchen, Inc.

37 Mechanic St., Keene, NH 03431
352-3200
www.thecommunitykitchen.org

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

Food Stamps

Keene District Office
809 Court Street, Keene, NH 03431
357-3510 or 1-800-624-9700
www.dhhs.nh.gov

A program of NH Dept. Of Health & Human Services.
Assists families in applying for food stamps if they are eligible.

St. Vincent Depaul Society

173 Main Street, Keene, NH 03431
357-1647 (Mon., Weds., Fri. 7 PM - 8PM)
A program of St. Bernard's Catholic Church. Provides a food pantry.

Salvation Army

See listing under: HELP WITH CLOTHING, FURNITURE AND HOUSEHOLD ITEMS

Troy Helping Hands Center

See listing under: HELP WITH CLOTHING, FURNITURE AND HOUSEHOLD ITEMS

WIC Program

63 Community Way, PO Box 603, Keene, NH 03431
352-7512, Extension 4234
e-mail: bpearsall@scshehelps.org
www.scshehelps.org

A program of Southwestern Community Services. A supplementary food program offering nutritious foods, nutrition education, breast feeding support and health care referral to women with young children who qualify for the program.

HELP WITH CHILD CARE

Easter Seals Child Care Resources and Referral

12 Kingsbury Street, Keene, NH 03431

355-4341

e-mail: keeneccrr@eastersealsnh.org

www.nhccrr.org

Provides lists of licensed and license exempt childcare providers by town along with detailed information on choosing child care. Information on child care subsidies and eligibility criteria is also available.

Please Note: Families are encouraged to call Easter Seals Child Care Resources and Referral for a complete list of child care options in their community.

The following list includes licensed centers only:

Elm City Childcare Center

168 Emerald Street Keene, NH 03431

283-0350

e-mail: director@elmcitychildcare.com

Hours: 7:30 AM - 5:30 PM, 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 four classrooms based on age and developmental needs and are open to children with special needs.

Footsteps Daycare & Learning Center

407 Winchester Street, Keene, NH 03431

357-1475

Offers a program for children from 6 weeks to 6 years of age.

Friends-n-Fun

304 Jaffrey Road, Marlborough, NH 03455

876-4958

e-mail: cindy@thebrechards.com

Hours: 7 AM - 5 PM, Mon - Fri

Childcare for 6 children ages 6 weeks to 5 yrs.

Great Beginnings

39 Old Homestead Highway, PO Box 10652, Swanzey, 03446

355-8381


e-mail: greatbeginnings@myfairpoint.net

Offers care for children from 6 weeks through 6 years and a full year preschool program.

Harrisville Children's Center

66 Main Street, PO Box 128, Harrisville, NH 03450
827-3905

e-mail: harrisvillechildrenscenter@myfairpoint.net
www.harrisvillechildrenscenter.org

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

Head Start

63 Community Way, PO Box 603, Keene, NH 03431
352-7512 Extension 4164
www.scshehelps/headstarthome.htm

A program of Southwestern Community Services)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.

Harrisville School District-Wells Memorial School Before and After School Program

35 Chesham Road, Harrisville, NH 03450
827-3272

e-mail: jdavenson@sau29.org

Program Director: Julie Davenson

Hours: 6:30 AM - 8:45 AM and
2:30 pm - 6:00 PM, Mon - Fri on school days

For Grades K-6 children from Harrisville, Marlborough, Nelson and Dublin all school days of the year. Transportation is provided to the afternoon program for students from Marlborough and Nelson elementary school. No transportation is provided for the before school program.

Helping Hands Preschool

68 Water Street, Marlborough, NH 03455
876-4886

Hours: 7:30 am - 5:30 pm, Mon - Fri
9 children, ages 3-6

Home Away From Home

11 Maplewood Circle, Walpole, NH 03608
756-3550

e-mail: jennyro33@myfairpoint.net

Hours : 7:30 am – 5:30 pm, Mon - Fri

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.

Keene Day Care Center

86 Wood Street, Keene, NH 03431
352-2129 or School-aged after school program: 357-2031

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

Keene Family YMCA

200 Summit Rd., Keene, NH 03431
352-6002

e-mail: kfleurette@keeneymca.org

www.keene-ymca.org

Provides childcare services in Keene for infants thru preschool and before and after school programs in Keene, Swanzey, Marlborough and Chesterfield.

Keene Montessori School

125 Railroad Street, Keene, NH 03431
352-4052

e-mail: keenemontessorischool@myfairpoint.net

www.keenemontessorischool.org

Offers young children an enriching preschool experience based on Montessori philosophy and methods for ages 3 to 6.

Keene State College Child Development Center

Elliot Hall, 229 Main St., Keene State College, Keene, NH 03435
358-2233 ext. 2

www.keene.edu/cdc

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

Maple Avenue Nursery School

105 Maple Ave., Keene, NH 03431
357-5959

Hours: 9 AM - 11 AM, Mon, Wed, Fri (Sep - May)

Program designed for children 3 - 5 yrs. Activities include those that promote social interaction, learning and active play. Examples are storybooks, singing, dancing, manners, indoor and outdoor play times and kindergarten preparation.

Monadnock Waldorf School

98 South Lincoln Street, Keene, NH 03431
357-4442

e-mail: info@monadnockwaldorfschool.org

www.monadnockwaldorfschool.com

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

Montessori Schoolhouse

69 Washington Street, Keene, NH 03431

352-3301

e-mail: mshocc@myfairpoint.net

www.mshocc.org

Hours:

Toddler Program for children ages 18 mos to 2 yr, 8 mos: 8:30am – 11:30am on Sept. 1

Preschool Morning Program for children over 2 yr, 8 mo of age: 8:30am – 11:30am on Sept. 1

Extended-Day Program for children ages 4 to 6 yr.: 8:30am – 3:00pm

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.

Mountain Childcare Center

50 Optical Avenue, Keene, NH 03431

355-3700 ext 170

e-mail: kgilbert@themountain.com

Hours: 7 AM - 6 PM, Mon - Thurs

Childcare and preschool for ages 6 weeks to 6 years.

The Orchard School

114 Old Settlers Road, East Alstead, NH 03602

835-2495

e-mail: mshocc@myfairpoint.net

www.mshocc.org

Offers childcare services to children ranging from two and a half to six years of age. Summer camps for 2.5 to 14 year olds.

Rise...for Baby and Family

147 Washington Street, Keene, NH 03431

357-1395

www.riseforbabyandfamily.org

Offers a childcare program for children from infants to age three, which integrates children of different abilities.

Sophia's Hearth

700 Court Street, Keene, NH 03431

357-3755

e-mail: info@sophiashearth.org

www.sophiashearth.org

Sophia's Hearth Family Center offers a small full-time, year round childcare program for children from three months to age six. The program offers three and five day enrollment options. Priority is given to families requiring full time care.

Spofford Children's House

38 Chandler Road, Spofford, NH 03462
363-8498

Offers childcare to children from two years five months to six years of age.

Village Children's Center

43 Church St., Spofford, NH 03467
363-4226

e-mail: jjbcd1@msn.com

Hours of operation:

Pre-school - 8:30am – 11:30 am, Mon - Fri

All day childcare - 8 am – 5 pm Mon - Fri

Serving children from 2 ½ - 6 years of age in pre-school and 2 ½ - 12 years of age in after school programs

Walpole Village School

75 Westminster St., Walpole, NH 03608
756-4246

e-mail: walpolevillageschool@myfairpoint.net

www.walpolevillageschool.org

Hours: 7:30 am – 5:30 pm, Mon - Fri

Provides play based education for children 3 – 5 years of age

Winchester Learning Center

5 Michigan Street, Winchester, NH 03470
239-7347

e-mail: info@thewinchesterlearningcenter.org

www.thewinchesterlearningcenter.org

Offers childcare, preschool and family resources for families with children from one to six years of age.

HELP FOR CHILDREN WITH SPECIAL NEEDS

Special Medical Services

Department of Health and Human Services, Division of Public Health

129 Pleasant Street, Thayer Building, Concord, NH 03301

1-800-852-3345, extension 4488; 271-4488

www.DHHS.nh.gov/dhhs/specialmedsrvcs

Health programs for the diagnosis and treatment of children from birth to twenty who have physical disabilities, chronic illnesses, or developmental delays.

Cedarcrest Center for Children With Disabilities

91 Maple Avenue, Keene, NH 03431
358-3384

www.cedarcrest4kids.org (e-mail through web site)

Provides comprehensive medical/residential care, special education and outpatient therapy services to children with complex medical and developmental needs. Care giver training is also offered.

Council for Children & Adolescents with Chronic Health Conditions

21 South Fruit Street, Suite 22, Concord, NH 03301

271-7045

www.ccachc.org

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

Easter Seals

12 Kingsbury Street, Keene, NH 03431

352-0165

www.nh.easterseals.com (e-mail through web site)

Provides Early intervention, home-based services for children birth to three years and their families.

Monadnock Developmental Services

121 Railroad Street, Keene, NH 03431

352-1304 or 1-800-469-6082 ext 293

www.mds-nh.org

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

Partners in Health

352-1304 ext 293 or 1-800-469-6082

State wide resource: www.nhpih.dartmouth.edu

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

Early Supports and Services

352-1304

E-mail: anna@mds-nh.org

Provides access and coordination of early intervention services for children birth to three years in thirty-four towns in the Monadnock region. Family support and advocacy, information and referral, trainings, pre-school transition and respite services are available.

New Hampshire Family Voices

Thayer Building, 129 Pleasant St, Concord, NH 03301

1-800-852-3345 ext. 4525 or 603-271-4525

www.nhfv.org

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

Parent Information Center

151-A Manchester Street, Concord, NH 03301

224-7005 or 1-800-947-7005

e-mail: nhfv@yahoo.com

www.parentinformationcenter.org

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.

Parent to Parent

12 Flynn Street, Lebanon, NH 03766

1-800-698-5465

e-mail: p2p@nhsupport.net

www.p2pnh.org

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

Rise...for Baby and Family

147 Washington Street, PO Box 824, Keene, NH 03431

357-1395

www.riseforbabyandfamily.org (can request info online)

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.

FINDING AREA SCHOOL DISTRICTS

Serving children with special needs from age three and all students at age five or six.

School Administrative Unit 24

41 Liberty Hill Road, Bldg 5, Henniker, NH 03242

428-3269

www.sau24.org

Includes: Stoddard and surrounding towns.

School Administrative Unit 29

34 West Street, Keene, NH 03431

357-9002

www.sau29.org

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

School Administrative Unit 93

600 Old Homestead Highway, Swanzey, NH 03446

352-6955

www.mrsd.org

Includes: Fitzwilliam, Gilsum, Richmond, Roxbury, Sullivan, Swanzey, Troy, and Winchester.

School Administrative Unit 60

Box 600, Charlestown, NH 03603

756-3348

www.fall-mountain.k12.nh.us

Includes: Alstead, Walpole and surrounding towns.

School Administrative Unit 91

Surry, N.H. 03431

Includes: Surry

School Administrative Unit 92

PO Box 27, 49 School Street, Hinsdale, NH 03451
336-5985
Includes: Hinsdale

School Administrative Unit 93

600 Old Homestead Highway, Swanzey, NH 03446
352-6955
www.mrsd.org
Includes: Fitzwilliam, Gilsum, Richmond, Roxbury, Sullivan,
Swanzey, and Troy.

School Administrative Unit 94

85 Parker Street, P. O. Box 46
Includes: Winchester

Surry Village Charter School

449 Route 12A, Surry, N.H. 03431
352-9700
www.surryvillagecharterschool.org
Providing students from the Monadnock region-grades K-8 with a challenging & rigorous education in an environment that emphasizes creativity, collaboration, community, diversity, service, and leadership.

FINDING OTHER HELP**Adoptive Families For Children, Inc.**

26 Fairview Street, Keene, NH 03431
Phone: 357-4456
Licensed by the State of N.H. to provide complete adoption services for children, birth parents, and adoptive parents.

Adult Learner Services-Community Education

171 West Street, Keene, NH 03431
357-0088
e-mail: kdelaney.sau.29.org
www.commed.keene.k12.nh.us
Provides tutors and classes free of charge for adults who need help with reading or math, especially for preparation to pass the GED test battery. Provides free English classes and tutorials for speakers of other languages.

Aids Services of the Monadnock Region

The Cleve Jones Wellness House
16 High Street, P.O. Box 396, Gilsum, NH 03448
357-6855 or 800-639-7903
www.asmrnline.org
Provides case management and housing to people living with HIV/AIDS and HCV, community education and outreach.

AL-ANON

24 Hour Hotline 1-877-825-2666

Fellowships of men, women and children whose lives have been touched by the compulsive drinking of a family member or friend.

American Red Cross, New Hampshire West Chapter

83 Court Street, Keene, NH 03431

352-3210 or 1-800-244-2214

www.nhredcross.org

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 medical careers. Holds Blood drives throughout the region. Volunteers provide transportation services for medical appointments. Free services are also provided for soldiers, veterans and military families.

Ark Supervised Visitation Center

24 Vernon Street, Keene, NH 03431

357-4661

www.mfs.org/services/children/all-r-kids

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.

Catholic Charities

161 Main Street, Suite 200, Keene, NH 03431-3722

357-3093

www.nh-cc.org

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

Family Resource Connection

1-800-298-4321

www.nh.gov/nhsl/frc

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

Familystrength

206 Roxbury Street, Keene, NH 03431

357-8772

e-mail: info@familystrength.org

www.familystrength.org

Provides families with in-home therapeutic, counseling and support services, office-based counseling/therapy for individuals, couples and families.

HELP-LINE Information & Referral Service

A program of Monadnock United Way
23 Center Street, Keene, NH 03431
352-1999 or NH 211
www.muw.org
Provides an information and referral service for the region.

Keene Community Education

171 West Street, Keene, NH 03431 Tel. 357-0088
www.sau29.org/communityeducation
Provides educational help for adults ranging from basic reading and math skills through GED 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.

Monadnock Family Resource Center

30 Washington Street, Keene, NH 03431
357-6870 or Fax: 357-8394
Offers a wide range of programs and services designed to make the task of parenting a little easier. Programs include parenting workshops, groups and home visiting programs.

Baby Time is for Medicaid eligible pregnant moms in Cheshire County. Home visitors are certified in a nationally recognized parenting education program. The program provides moms with health, parenting information, support and linkages to community resources. It also includes visits from a nurse.

Family time provides services in the home to families who need parenting support and linkages to community services.

Mother Cares offers support to new moms by matching an experienced volunteer with a new parent. Other programs include: Parent Outreach, Dads Time, All R Kids and New Hampshire Employment Program.

MAPS Counseling Services

19 Federal Street, Keene, NH 03431
44 Concord Street, Peterborough, NH 03458
355-2244
www.mapsnh.org
Provides counseling services to individuals of all ages, as well as couples and families. Offers a sliding scale for uninsured clients and free support groups for people with cancer and their families.

Monadnock Center For Violence Prevention

24 Hour Crisis Line; 1-888-511-MCVP (6287)
12 Court Street, Keene, NH 03431 Tel. 352-3782
46 Concord Street, Peterborough 03458 Tel. 209-4015
22 North Street, Jaffrey, NH 03452 Tel. 532-6288
www.mcvprevention.org

Provides support to survivors of domestic violence, sexual assault and stalking and to breaking 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.

Network For Children And Families

147 Washington Street, Keene, NH 03431
357-1395

www.NHAIMH.org

The Network for Children and Families dedicated to supporting the well-being of babies, children and families in all aspects of their development. Offers educational opportunities for parents and professionals who work with children, as well as support meetings for child care providers.

The River Center-A Family and Community Resource Center

46 Concord St., Peterborough, NH 03458
924-2159

www.rivercenter.us

Information and Referral for area services, Parent Support Programs, Employment Resource Center, and Money Matters programs. Classes, workshops, individual coaching and referrals available.

Parentline

A program of Child and Family Services

P.O. Box 448, Manchester, NH 03105

1-800-640-6486 (press O for operator and ask for Parentline services.)

e-mail: info@cfsnh.org

www.cfsnh.org

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.

Parent Express Newspaper

P.O. Box 546, Keene, NH 03431
352-6278

www.parentexpress.net

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.

Parenting New Hampshire

150 Dow St., Manchester, NH 03101
(603) 624-1442

e-mail: smccarthy@nh.com

www.parentingnh.com

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

Stepping Stones

150 Dow Street, Manchester, NH 03101

(603) 624-1442

e-mail: smccarthy@nh.com

www.stepsstonesnh.com

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.

Sophia's Hearth

700 Court Street, Keene, NH 03431

357-3755

e-mail: info@sophiashearth.org

www.sophiashearth.org

Brings nurturing to families with children up to three years of age through play groups, 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. Provides full-time child care to children from 3 months to 5 years old.

UNH Cooperative Extension

800 Park Avenue, Keene, NH 03431

352-4550 or 1-877-398-4769

www.extension.unh.edu

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, workshops around family resource management, a newsletter about growth and development of children up to age two.

HAVING FUN**Cheshire YMCA**

32 Lake St., Swanzey, NH 03431

Phone: 352-0447

www.chesireymca.org

Offers creative educational and recreational activities including resident and day camping, outdoor education and 7th and 8th grade American history travel programs. Financial assistance is available.

Keene Family YMCA

200 Summit Rd., Keene, NH 03431

Phone: 352-6002

www.keene-ymca.org

Provides programs for children and teens, and physical activities for everyone.

Keene Parks and Recreation Department

312 Washington Street, Keene, NH 03431

Phone: 357-9829

www.ci.keene.nh.us/parks

Offers a range of recreational activities to residents of Keene.

Town Recreation Programs : Contact your local town office for information on recreation services.
Phone numbers are on page 27.

MoCo ARTS

76 Railroad Street, Keene, NH 03431

357-2100

www.moco.org

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

Stonewall Farm

242 Chesterfield Road, Keene, NH 03431

Phone: 357-7278

www.stonewallfarm.org

A non-profit working farm offering educational programs to promote the importance of agriculture and natural resources.

LIBRARIES

Alstead

Shedd-Porter Memorial Library

Main Street; PO Box 209

Phone: 835-6661

Hours: Weds. 12-4; 6-8 and Thurs.10-4, Fri. 12-6, Sat. 9-12

Chesterfield

Chesterfield Public Library

518A Route 63; PO Box 158

Phone: 363-4621

www.chesterfieldlibrary.org

Hours: Mon. 10-5; Tues. 1-8; Weds. 1-5; Thurs. 10-8; Sat. 9-1

Fitzwilliam

Fitzwilliam Town Library

11Templeton Turnpike

Phone: 585-6503

Hours: Mon. 2-8; Tues., Thurs. 2-6; Weds. 9-12, 2-8; Sat. 9-12

Gilsum

Gilsum Public Library

650 Route 10

Phone: 357-0320

Hours: Mon. 12-4, 6-8; Tues. 6 - 8; Weds. 12-4; Sat. 10-12

Harrisville

Harrisville Public Library

Canal Street; PO Box 248

Phone: 827-2918

Hours: Mon - Thurs 3-7; Wed - Sat 10-1

Hinsdale

Hinsdale Public Library
122 Brattleboro Rd.; PO Box 6
Phone: 336-5713
Hours: Mon, Wed, Thurs 2-5; 6:30 -8; Fri. 10-12; 2-5; Sat 10-12

Keene

Keene Public Library
60 Winter Street
Phone: 352-0157
www.keenepubliclibrary.org
Hours: Mon.- Thurs. 9-9; Fri. 9-6; Sat. 9-5 (summer 9-1)

Marlborough

Frost Free Library
28 Jaffrey Rd., Rt. 124, PO Box 416
Phone: 876-4479
Hours: Tues., Weds. 2-8; Thurs. 10-5; Fri. 10-5; Sat. 9:30-12:30

Marlow

Marlow Town Library
12 Church Street; PO Box 64
Phone: 446-3466
Hours: Mon. 10-12; 1-5; 6-8; Weds. 6-8; Thurs. 1-3; Sat. 10-12

Nelson

Olivia Rodham Memorial Library
1 Nelson Common Rd.
Phone: 847-3214
www.townofnelson.com/library
Hours: Mon., Sat. 10-1, Tues-Thurs. 3-7

Richmond

Richmond Public Library
19 Winchester Road
Phone: 239-6164
Hours: Tues.4:30-8, Wed. 9-12, Thurs. 4:30-7; Sat. 10-2

Stoddard

Davis Public Library
1391 Route 123 North
Phone: 446-6251
davispubliclibrary.blogspot.com
Hours Winter: Mon & Wed. 3:30-7, Tues.10-2, Sat. 10-12
Summer: Mon & Wed. 3:30-8, Tues.10-2, Sat. 10-12

Sullivan

Sullivan Public Library
436 Centre Street; PO Box 92

Phone: 847-3458
www.ci.sullivan.nh.us/content/library/library
Hours: Mon. 1-6; Weds. 6-8; Thurs. 9-12; 6-8; Sat. 9-12

Surry

Reed Free Library
8 Village Road
Phone: 352-1761
Hours: Mon.-Thurs. 2-7

Swanzey

Mt. Caesar Union Library
628 Old Homestead Highway
Phone: 357-0456
Hours: Mon.10-4; Tues. 10-5; Weds. 2-8;
Thurs. 10-5; Sat.10-2

Stratton Free Library
9 Main Street; PO Box 578, West Swanzey
Phone: 352-9391
Hours: Tues., Thurs. 2:30 -8; Sat. 10-3

Troy

Gay-Kimball Public Library
10 South Main Street; PO Box 837
Phone: 242-7743; www.troylibrary.us
Hours: Tues.10:30-7:30; Weds & Thurs. 1:30-7:30; Sat. 10-3

Walpole

Walpole Town Library
48 Main Street; PO Box 487
Phone: 756-9806
Hours: Mon 1:30-5; 6-8; Tues, Thurs & Fri 1:30-5; Weds 10-12; 1:30-5; Sat 8:30-1

North Walpole Branch
70 Church Street, North Walpole
Phone: 445-5153
Hours: Tues & Weds 2-4; Sat. 1-4

Westmoreland

Westmoreland Public Library
33 South Village Road
Phone: 399-7750
Hours: Tues. 10-7; Thurs. 9-6; Sat. 9-1

Winchester

Conant Public Library
111 Main Street
Phone: 239-4331
Hours: Mon, Weds & Fri. 10-8; Sat. 10-2

Thayer Public Library
3 Main Street, PO Box 49, Ashuelot
Phone: 239-4099
Hours: Mon & Thurs 1-6

HELP GETTING PLACES

City Express

A program of Home Health Care, Hospice and Community Services
312 Marlboro St., PO Box 564, Keene, NH 03431
Phone: 352-2253 or 1-800-541-4145
Public transportation for the City of Keene. Mon.-Fri. 8 am to 5 pm.

Friendly Bus

A program of Home Health Care, Hospice and Community Services
312 Marlboro St., PO Box 564, Keene, NH 03431
Phone: 352-8494 or 1-800-541-4145
Door-to-door assisted transportation for seniors (60+) and individuals (18+) with disabilities.

Local and Long Distance Rides

A service of the American Red Cross, New Hampshire West Chapter
83 Court Street, Keene, NH 03431
Phone: 352-3210 ext. 120 or 1-800-244-2214 ext. 120
Provides door-to-door transportation on weekdays for people of all ages to medical and other appointments in the Monadnock Region and beyond.

GETTING FINANCIAL HELP

Keene City Welfare

3 Washington St., Keene, NH 03431
Phone: 357-9809
<http://www.ci.keene.nh.us/departments/human-services>
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.

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.

Cheshire County Contact Numbers

Alstead	835-2986
Chesterfield	363-4624 ext. 15
Fitzwilliam	585-7723
Gilsum	357-0320
Harrisville	827-3431
Hinsdale	336-5710 ext. 18
Keene	357-9809
Marlborough	876-3751
Marlow	446-2245
Nelson	847-0047

Richmond	239-4232
Roxbury	352-0397
Stoddard	446-3326
Sullivan	847-3316
Surry	352-3075
Swanzey	352-7411
Troy	242-7722
Walpole	756-3672
Westmoreland	399-4471
Winchester	239-4951 ext.101

NH Dept. of Health & Human Services

Keene District Office

809 Court Street, Keene, NH 03431

Phone: 357-3510 OR 1-800-624-9700

www.dhhs.state.nh.us

Provides financial assistance including Temporary Assistance to Needy Families, Old Age Assistance, Aid to the Needy Blind, Aid to the Permanently and Totally Disabled, medical assistance, food stamps, child care assistance, and child support enforcement services. Handles reports of abuse or neglect.

FINDING LEGAL HELP

Legal Advice and Referral Center-LARC

Phone: 1-800-639-5290 or 603-224-3333

www.nhlegalaid.org

Offers free legal information, advice and referrals to low income people with family law, local welfare and housing issues, including Pro Se assistance. LARC refers cases to Pro bono, NHLA and other legal service agencies

Pro Bono Referral System

Phone: 1-800-639-5290 or 603-224-3333

www.nhbar.org

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.

NH Legal Assistance

24 Opera House Square, Suite 206, Claremont

Phone: 1-800-562-3994 or 603-542-8795

www.nhla.org

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

NH Public Defender Program

1 West Street , Keene

Phone: 357-4891 or 1-800-464-0655

www.nhpd.org

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

TOWNS INCLUDED IN THE SUCCESS BY SIX SERVICE AREA



NOTE: ORGANIZATIONS LISTED IN THE FAMILY RESOURCE GUIDE MAY PROVIDE SERVICES IN TOWNS THAT ARE OUTSIDE THE SUCCESS BY SIX SERVICE AREA SHOWN ON THE MAP

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-LINE

**Monadnock United Way HELP-LINE
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**