

# Special Community Resources Newsletter

Volume 11

## FAMILY SUPPORT PROGRAM

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## 2024 RESOURCES

Due to the increased cost of necessities, the Family Support Program has once again updated our list of available community resources to assist families. As a team, we have compiled resources in areas such as: Food, Clothing, Fuel, Medical, Dental, Finances, Vision, along with other areas. We strive to make this a valuable resource to help families in Strafford County.

Please contact Paula Fraser (pfraser@communitypartnersnh.org) if you discover something inaccurate, a change in a resource, or if you know of another resource we should include in future editions.



## ABOUT COMMUNITY PARTNERS

Community Partners has been in operation for over 40 years. Established as the Area Agency for Developmental Services in 1983, Community Partners sought and was awarded the contract to provide behavioral health services in Strafford County in 2001. We also contract with the State of New Hampshire for the Service Link Resource Center and the Health Care Coordination Program.

We have a long and rich history of providing critical supports and services for individuals and families living with developmental disabilities and/or behavioral health challenges, and are one of only two places in the state where people can find both behavioral health and developmental supports and services within one agency.

Last year Community Partners served over 4,700 individuals and families. The agency's mission is to promote respect, wellness, full inclusion, and empowerment of individuals and their families who experience mental illness, emotional distress, developmental disability, chronic health need, or acquired brain disorder.

## ASSISTANCE WITH FOOD

### Barrington

- **Community Food Pantry** (*residents only*)  
105 Ramsdell Ln  
Thurs 6-7:30pm  
(603) 664-0233
- **Joseph's Storehouse at Journey Baptist Church**  
8 Eastern Ave  
3rd Sat of the month 9-11am  
(603) 664-0550

### Dover

- **Dover Food Pantry at First Parish Church** (*need proof of residency*)  
One Silver St  
Tues 3-5pm & Thurs 9-11am  
(603) 742-5664
- **Food Pantry at St. Joseph's Church**  
150 Central Ave  
Tues, Weds & Sat 10-12  
(603) 742-4837
- **CAP Outreach and Food Pantry**  
577 Central Ave Suite 10  
Mon-Fri 8:30-4:30pm  
(603) 435-2500 x 8136
- **Seacoast Eat Local**  
Seasonal Farmers' Markets  
2 Washington St, Suite 331  
(603) 241-4400  
[Seacoasteatlocal.org](http://Seacoasteatlocal.org)

### Durham

- **Cornucopia Food Pantry**  
15 Mill Rd  
Tues 3-6pm, Wed 1-4pm, & Fri 12-2pm  
\* by appointment only (603) 862-1165
- **St. Thomas More Food Pantry**  
6 Madbury Rd  
Thurs 4-6pm  
(603) 868-2666

### Farmington

- **First Congregational Church/Interfaith Food Pantry**  
400 Main St  
Last Sat of month 9:30-10:30am (except August)  
(603) 755-4816

### Lee

- **Wilkinson Food Pantry in Congregational Church** (*Lee, Madbury, Durham, Nottingham & Newmarket residents only*)  
17 Mast Rd  
1<sup>st</sup> & 3<sup>rd</sup> Mon of the month 5:30-7pm  
(603) 659-2861

### New Durham

- **Food Pantry** (*residents only*)  
5 Main St  
Sat 9-10am  
(603) 817-0372



### Rochester

- **Salvation Army Food Pantry** (*Rochester, E. Rochester, Gonic, & Barrington residents only*)  
10 Olde Farm Ln  
Mon, Wed, & Fri 9-2pm  
(603) 332-2623
- **Gerry's Emergency Food Pantry** (*Rochester, Somersworth & Farmington residents only & must show photo ID*)  
150 Wakefield St  
Drive up Mon & Wed 9-3pm & Fri 9-11am  
(603) 330-3468
- **East Rochester Bethany Methodist Church**  
24 Main St  
Sat 10-12  
(603) 332-3618
- **First Church Congregational UCC Food Pantry**  
63 South Main St  
Tues, Wed & Thurs 10-1pm  
(603) 332-1121
- **Grace Place Food Pantry** (*Grace Community Church*)  
9 Mechanic St; Thurs 9:00-11:00am  
57 Wakefield St; last Sat of month, 3:45-5pm  
(603) 332-9689
- **CAP Rochester Food Pantry**  
10 Cold Spring Manor  
Tue 12-4pm  
(603) 435-2500 x 8136

### Milton

- **We Care Food Pantry** (*Strafford County and Lebanon*)  
370 Mountain Hwy  
Fri 9:30-6:30pm  
(603) 923-9456

### Somersworth

- **The Community Food Pantry**  
from any surrounding towns in NH or Maine  
176 West High Street  
Mon 10-12pm, Wed 6-8pm, & Thurs 3-5pm  
(603) 692-2907

### Rollinsford

- **Seeds of Faith food pantry**  
1 Front Street, Suite 160  
Mon 9:30-11:00, & 3rd Thursday each month 6-7pm  
(603) 692-3100  
[lydiashousenh.org/food-pantry](http://lydiashousenh.org/food-pantry)

### Strafford

- **Food Pantry** (*Strafford residents only*)  
30 Strafford Rd (Christian Center of the Third Baptist Church in Center Strafford)  
Thurs 8-10am  
(603) 664-7750

### Other locations

- **Gather Pantry Market**  
Available to all; Photo ID & proof of residency  
210 West Rd #3, Portsmouth  
Mon-Thurs 10-5:00pm  
801 McGee Drive, Portsmouth  
Fri 10:30-12:30pm  
[gathernh.org](http://gathernh.org)  
(603) 436-0641

New Hampshire Food Bank  
 Mobile Food Pantry  
[nhfoodbank.org/find-food/mobile-food-pantry-schedule](http://nhfoodbank.org/find-food/mobile-food-pantry-schedule)



## MORE FOOD ASSISTANCE PROGRAMS

- ⇒ **Meals on Wheels:** Provides home delivered meal services to older adults and adults with disabilities. 25 Bartlett Ave, Suite A, Somersworth. Mon, Tues, Thurs, & Fri 8-3pm; Wed 8-12pm (603) 692-4211
- ⇒ **Women, Infant and Children (WIC):** Federally-funded free program to improve nutritional health for low income new mothers, infants, children to age 6. Available through Goodwin Community Health in Somersworth. (603) 332-4358
- ⇒ **Commodity Supplemental Food Program (CSFP):** Federally-funded free program to improve nutritional health for seniors 60+. Available through Goodwin Community Health in Somersworth. [fns.usda.gov/csfp/commodity-supplemental-food-program](https://fns.usda.gov/csfp/commodity-supplemental-food-program) (603) 994-6368
- ⇒ **End 68 Hours of Hunger:** Parents of children can contact their school's guidance counselor to see if their school is participating and request a backpack of food to take home over weekends or holiday breaks, [end68hoursofhunger.org](http://end68hoursofhunger.org)
- ⇒ **Community Action Partnership of Strafford County Summer Meals Programs:** provides free breakfast and lunch for children ages 0 to 18 during the summer months only. For locations and times, [straffordcap.org](http://straffordcap.org) or call (603)435-2500 x2339
- ⇒ **Granite State Market Match:** At farmer's market, shop with SNAP/EBT and Granite State Market Match or Double up Food bucks at participating acceptance sites and get 50% off on fruits, vegetables, herbs, & seeds, [granitestatemarketmatch.org](http://granitestatemarketmatch.org)
- ⇒ **Food Stamps:** NH Health and Human Services Community Center, 150 Wakefield St, Rochester Monday-Friday 8-4; closed holidays (603) 332-9120 or apply on [NHeasy.nh.gov](http://NHeasy.nh.gov)
- ⇒ **United Way of the Greater Seacoast:** list of all local food pantries, [uwgs.org](http://uwgs.org)
- ⇒ **At Risk After School program:** provides dinner and a snack. Available at Idlehurst Elementary, Somersworth Middle School, Rochester Middle School & Farmington Recreation Center. Children enrolled in school programs are eligible for free meals. Ask about the program at your child's school.

## COMMUNITY MEALS

- **Dover Friendly Kitchen:** St. Thomas Episcopal Church, Tues & Thurs 5pm (Corner of Locust and Hale) (603) 742-5664
- **Table of Plenty:** Take out or in person meals at 2 locations: 37 School Street @ Berwick United Methodist Church, Wed 4-5:30pm or Whipple Rd. St. Raphael's Church Thurs 4-5:00pm (207) 517-7000
- **House of Hope Community Meals:** 25 Saw Mill Hill, Berwick, ME. Mon, Tues, & Thurs 5:15-6:30pm (207) 698-9944

## FUEL & ELECTRIC ASSISTANCE

- **Fuel Assistance: Community Action Partnership of Strafford County, The Low Income Heating Program (LIHEAP)** provides eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs, and housing type. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. (603) 435-2500, [straffordcap.org](http://straffordcap.org)
- **Electrical Assistance: Community Action Partnership of Strafford County, The New Hampshire Electric Assistance Program:** gives income-eligible customers a discount on their monthly electric bills depending on gross household income, household size, and electricity use. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. (603) 435-2500, [straffordcap.org](http://straffordcap.org)
- **Call supplier for payment plan options, if available**
- **New Hampshire Department of Energy:** (800) 852-3793
- **WEATHERIZATION: Community Action Partnership of Strafford County,** designed to reduce household energy use and costs in the homes of low-income persons throughout the state by installing energy efficiency improvements, (603) 435-2500 ext 2350, [straffordcap.org](http://straffordcap.org)
- **Our Town Energy Alliance:** [ourtownenergyalliance.com](http://ourtownenergyalliance.com), (603) 435-3077
- **New Hampshire Neighbors Helping Neighbors:** Families who are not eligible for any other type of heating or fuel assistance and have received a disconnection notice. (603) 435-2500, [straffordcap.org](http://straffordcap.org) or [NHNfund.org](http://NHNfund.org)
- **ENH POWER:** compare energy plans; residential electricity for less, [providerpower.com](http://providerpower.com)
- **Eversource/New Start Program:** [eversource.com/content/residential/account-billing/payment-assistancenew-start](http://eversource.com/content/residential/account-billing/payment-assistancenew-start)



### DENTAL SERVICES

For Medicaid Recipients:  
 Dhhs.gov, type in "smiles program" in search bar OR [dentaquest.com/newhampshire](http://dentaquest.com/newhampshire) to set up an account and receive a more comprehensive state listing of dentists.  
**(844) 583-6151 or (877) 248-6684**  
 For Transportation support through DentaQuest or NH Smiles Program call **(844) 304-6630 (need 48 hour notice)**

- ⇒ **Greater Seacoast Community Health**  
 311 Route 108, Somersworth, NH  
 Accepts Medicaid & most insurances,  
 has a sliding scale fee for those without insurance  
 Mon-Fri 8-5pm  
**(603) 749-2346**
- ⇒ **Wentworth-Douglass Community Dental Center**  
 668 Central Ave, Dover NH  
 For low-income, Medicaid, & uninsured children and adults in the WDH catchment area  
 Mon-Fri 8-4pm  
**(603) 749-3013**
- ⇒ **NH Dental Society/Professional Dental Care Program**  
 Provides low cost dentures for income-eligible individuals  
**(603) 225-5961**
- ⇒ **Easter Seals Oral Health Center**  
 555 Auburn Street #1, Manchester  
 Mon-Fri 9-5pm  
**(603) 621-3482**
- ⇒ **Saving People's Smiles Dental Center**  
 194 Pleasant St, Concord  
**(603) 219-0070**
- ⇒ **Elliot Oral Surgery:** 1 Elliot Way, Manchester **(603) 625-8462**
- ⇒ **NH OMS**  
 4 Elliot Way, Manchester  
**(603) 645-6600**

### VISION RESOURCES

For Medicaid Recipients  
 Go to your insurance website & use the "find a provider" tab for a list of local eye doctors  
[amerihealthcaritasnh.com](http://amerihealthcaritasnh.com)  
[wellsense.org](http://wellsense.org)  
[nhhealthyfamilies.com](http://nhhealthyfamilies.com)

- ⇒ **Sight For Students/VSP Vision**  
[vspvision.com/eyes-of-hope/get-help.html](http://vspvision.com/eyes-of-hope/get-help.html)  
**(800) 615-1883**
- ⇒ **New Eyes for the Needy**  
[new-eyes.org](http://new-eyes.org)  
**(973) 376-4903**
- ⇒ **Operation Kid's Sight New Hampshire**  
[e-district.org/sites/kidsightnh/index.php](http://e-district.org/sites/kidsightnh/index.php)
- ⇒ **Future in Sight**  
 25 Walker St, Concord  
 M-F 8-4pm  
**(603) 224-4039**  
[futureinsight.org](http://futureinsight.org)

### HEARING RESOURCES

For Medicaid Recipients  
 Go to your insurance website & use "find a provider" tab for a list of local audiologist  
[amerihealthcaritasnh.com](http://amerihealthcaritasnh.com)  
[wellsense.org](http://wellsense.org)  
[nhhealthyfamilies.com](http://nhhealthyfamilies.com)

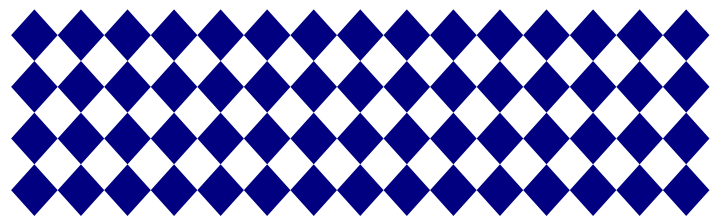
- ⇒ **The Hike Fund**  
 Provides ages 0-20 hearing devices for those with hearing loss  
[TheHikeFund.org](http://TheHikeFund.org)  
**(712) 325-0812**
- ⇒ **Alexander Graham Bell Association**  
[agbell.org](http://agbell.org)  
**(202) 337-5220**
- ⇒ **Miracle Ear Children's Foundation**  
[miracle-ear.com](http://miracle-ear.com)  
**(888) 596-0065**
- ⇒ **Northeast Deaf/Hard of Hearing Services, Inc**  
**(603) 224-1850**  
[ndhhs.org](http://ndhhs.org)

**New Hampshire Medicaid**  
 Wellsense, NH Healthy Families, AmeriHealth;  
 may provide coverage for hearing aides and glasses

**CareCredit**  
 Plans for dental, vision, auditory & other specific health care needs; low interest loans for larger amounts.  
[carecredit.com](http://carecredit.com) or **(866) 893-7864**



Families of children ages 1- 12  
 Call Bethany Methodist Church  
 24 Main St in East Rochester  
**(603) 332-3618**  
 Call for details



### ASSISTANCE WITH CLOTHING

- **Blessed Bargains**  
400 Main Street, Farmington  
2nd & last Saturday of the month 9:30am-2pm  
(603) 755-4816
- **Salvation Army**  
28 Signal St, Rochester  
Mon-Sat 9am-5:30pm  
(800) 728-7825
- **SHARE Clothing & Thrift Shop**  
150 Wakefield Street, Rochester  
Mon & Wed 9am-3pm  
2nd and 4th Sat of the month 9am-12pm  
(603) 335-0011 ext 2003
- **E. Rochester Bethany Church**  
24 Main St, East Rochester  
Tues & Thurs 10-12pm, & Sat 10-1pm  
(603) 332-3618
- **Goodwill**  
450 High St Somersworth  
Mon-Sat 9am-8pm, & Sun 9am-6pm  
(603) 343-5560
- **Savers**  
2064 Woodbury Ave, Newington  
Mon-Sat 9-9pm & Sun 9-7pm  
(603) 427-0814
- **Seacoast Birthright**  
278 Washington St, Dover  
They may be able to provide layettes for new moms  
in crisis and occasionally diapers  
Mon 3-8pm, Tues 10-12pm & Wed 1-5pm  
(603) 436-5558
- **First Parish Church Thrift Store**  
218 Central Ave, Dover  
Sat 10-1 & Thurs 1-4pm  
(603) 742-5664
- **Kid's Closet**  
Hall at Great Falls  
49 Market St, Somersworth  
Check Facebook page for more information



**SLEEP IN HEAVENLY PEACE**



Assists individuals ages 3-17  
who are in need of a bed/mattress  
[shpbeds.org](http://shpbeds.org)  
(844) 432-2337 x5934

**HOUSEHOLD ITEMS/REPAIRS**

**Habitat for Humanity's ReStore**  
Donated new and reusable building materials such as  
kitchen cabinets, appliances, doors, windows, flooring, etc.  
Available at low cost  
29 Fox Run Road, Newington  
Open Tues-Sat 9-5pm,  
[nhrestore.org](http://nhrestore.org)  
(603) 750-3200



**Operation Blessing**  
clothing, furniture & more,  
600A Lafayette Road, Portsmouth  
W-F 10-4pm & Sat 9-12pm  
[admin@theobnh.org](mailto:admin@theobnh.org), (603) 430-8561

**Community Toolbox**  
Veterans, seniors, people with disabilities and those who  
have fallen on hard times, referral needed; Portsmouth  
[commtoolbox.org](http://commtoolbox.org)

### TOWN/CITY WELFARE OFFICES

- Barrington: (603) 664-0154
- Dover: (603) 516-6500
- Durham: (603) 868-8043
- Farmington: (603) 755-3100
- Lee: (603) 534-9119
- Madbury: (603) 742-2505
- Milton/Milton Mills: (603) 652-4501 x8
- New Durham: (603) 859-0204
- Rochester: (603) 332-3505
- Rollinsford & Somersworth: (603) 692-9509
- Strafford: (603) 664-2192 x107
- Middleton: (603) 515-6250



**Community Action  
Partnership of Strafford County**  
(603) 435-2500

Head Start and Early Head Start  
Home Visiting  
Child Care (Farmington Children's Center)  
Nutrition Services  
Parent Education  
Fuel and Electrical Assistance  
Weatherization  
Senior Transportation  
Food Pantries  
Housing Stability Services  
Homeless Outreach  
Workplace Success  
Workplace Development

Visit us at [www.staffordcap.org](http://www.staffordcap.org)

## ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

### PRESCRIPTIONS

- ⇒ Prescription Drug Savings Card Program  
Save an average of 20%  
[familywise.org](http://familywise.org)
- ⇒ Coupons for low cost medication  
[GoodRx.com](http://GoodRx.com)  
[Rxaver.com](http://Rxaver.com)  
[Singlecare.com](http://Singlecare.com)
- ⇒ Needy Meds  
No cost meds to eligible participants  
[needy meds.org](http://needy meds.org)
- ⇒ NH Medication Bridge  
Prescription assistance  
[healthynh.org](http://healthynh.org)  
(603) 225-0900
- ⇒ Wal-Mart  
hundreds of \$4.00 prescriptions, check their website or ask the pharmacist.



### HOSPITAL & MEDICAL BILLS

- MGH-Wentworth Douglass Hospital**  
Patient, Billing & Financial assistance  
(603) 740-3234  
[wdhospital.org/wdh/patients-and-visitors/billing-and-insurance/financial-assistance](http://wdhospital.org/wdh/patients-and-visitors/billing-and-insurance/financial-assistance)
- Frisbie Memorial Hospital**  
Financial assistance options  
(800) 849-0829  
[Frisbiehospital.com](http://Frisbiehospital.com)
- Patient Advocate Foundation**  
Financial Assistance with Co-Pays for specific diagnoses  
[patientadvocate.org](http://patientadvocate.org)
- Annie's Angels**  
501(c)3 non-profit helps families with the financial challenges of life threatening diseases and disabilities through fund raising networks  
(603) 686-4224  
[anniesangels.org](http://anniesangels.org)

### MEDICAL INSURANCE

- ⇒ New Hampshire Department of Health & Human Services  
Health insurance for children & adults;  
NH Healthy Families, Wellsense or Ameri Health  
(603) 332-9120 or (800) 862-5300  
[Nheasy.nh.gov](http://Nheasy.nh.gov)
- ⇒ Health Market Connect New Hampshire  
Help determine your eligibility, pick out a plan, enroll, & show you how to use your new coverage. Funded through a federal grant, & provides no-cost marketplace health insurance assistance to NH residents.  
(603) 309-2021  
[Hmcnh.com/coverage-assistance](http://Hmcnh.com/coverage-assistance)
- ⇒ NH Navigator  
New Hampshire's Health Insurance Helpline  
M-F 8:00-5:45pm  
(877) 211-6284 or (603) 931-3858  
[acanavigator.com/nh/contact](http://acanavigator.com/nh/contact)

### WOMEN'S HEALTH

- ⇒ New Hampshire Breast & Cervical Cancer Program  
Free cancer screening program for women  
(603) 966-0685  
[nhbcc.org/resources/let-no-woman-be-overlooked-program](http://nhbcc.org/resources/let-no-woman-be-overlooked-program)
- ⇒ New Generation, Inc  
Supports for pregnant women, mothers, and children experiencing homelessness in New Hampshire  
586 Portsmouth Ave, Greenland  
(603) 436-4989  
[newgennh.org](http://newgennh.org)

### ADAPTATIVE EQUIPMENT

**Recycled Equipment Marketplace (REM)**  
Clean, refurbished equipment  
57 Regional Drive, Suite 7A, Concord  
Open Mon-Fri 8:30-3:30pm  
[shopREM.com](http://shopREM.com)  
(603) 226-2903

### GREATER SEACOAST COMMUNITY HEALTH NETWORK

#### MOBILE HEALTH CLINICS IN STRAFFORD REGION

Healthcare can be hard to get to if you are experiencing homelessness, don't have stable housing, or don't have money. We offer easy-to-access health care at several places in the Seacoast. We bring medical and social work services to convenient places like shelters, soup kitchens and community organizations.  
(603) 766 9220

[Getcommunityhealth.org/services/mobile-healthcare](http://Getcommunityhealth.org/services/mobile-healthcare)

#### MOBILE HEALTH CARE VAN LOCATIONS

**Salvation Army**  
10 Olde Farm Lane, Rochester  
Wed 12-2pm  
**Community Action Partnership**  
577 Central Ave Dover  
Mon & Wed 3-5pm

### GREATER SEACOAST COMMUNITY HEALTH NETWORK

Families First Health & Support Center in Portsmouth  
Goodwin Community Health in Somersworth  
Lilac City Pediatrics in Portsmouth & Rochester

*Primary care, Substance use disorder treatment, Pediatrics, WIC, Dental care, Social Work Services, Prenatal care, Pharmacy, Parenting classes, Playgroups, Home visiting, & Mobile care van*



Serving the Greater Seacoast region of New Hampshire and southern Maine; infants to seniors, single people & families, insured or uninsured, all income levels.  
[getcommunityhealth.org/about](http://getcommunityhealth.org/about)  
(603) 749-2346

## MORE ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- ⇒ Transfer prescriptions to a new grocery or drug store, when it offers a gift card for store credit, and use that to help pay for prescriptions. If you can't afford your prescriptions, ask your doctor for samples
- ⇒ Find the lowest-cost place to purchase prescription drugs: Check not only your local pharmacies, but also local supermarkets, area discount centers and mail-order pharmacies.
- ⇒ Skip the ER: if you have non-life-threatening medical issues such as fevers, cuts, minor burns or headaches. A more affordable alternative is a walk-in urgent care center open 7 days a week, no appointment necessary. If you are not sure, call the ER and talk to a nurse before-hand.
- ⇒ Free Tests: Get basic health tests by attending free health fairs in your area. Many drug stores offer free blood pressure checks.
- ⇒ Free Covid Test; **Covid.gov** and check with your health insurance to see if they provide free tests.
- ⇒ When overnight hospital stays are necessary for your child, ask a social worker about free or discounted housing for the family (i.e. David's House at Dartmouth Hitchcock Medical Center).
- ⇒ Contact hospital or specialist to review payment options




## ASSISTANCE WITH LEGAL SERVICES

- **603 Legal aid**  
Free legal assistance to those who meet financial eligibility  
Mon-Fri 9-2pm  
[603legalaids.org](http://603legalaids.org)  
(603) 224-3333
- **Disabilities Rights Center**  
Legal assistance for individuals with disabilities  
[Drcnh.org](http://Drcnh.org)  
(603) 228-0432 or (800) 834-1721
- **NH Pro Bono Referral Program**  
Help for low income folks w/non-criminal legal problems and needs  
Mon-Fri 9-1pm  
[Nhlegalaids.org](http://Nhlegalaids.org)  
(800) 639-5290
- **Domestic Violence Emergency (DOVE) Project**  
Provides legal assistance to victims of domestic abuse who meet financial eligibility  
Contact local domestic violence support center\* for referral (available 24 hrs)  
[603legalaids.org/dove](http://603legalaids.org/dove)  
NH DV hotline: (866) 644-3574  
NH Sexual Assault hotline: (800) 277 5570
- **NH Coalition Against Domestic and Sexual Violence**  
[nhcadsv.org](http://nhcadsv.org)  
(603) 224-8893
- **Senior Citizens Legal Advice Line**  
(800) 639-5290
- **GLAD—Gay and Lesbian Advocates and Defenders**  
18 Tremont St, Suite 950 Boston, MA  
[glad.org](http://glad.org)  
(617) 426-1350 or email: [gladlaw@glad.org](mailto:gladlaw@glad.org)
- **Strafford County Family Justice Center**  
Support and resources to victims of domestic violence, sexual assault, elder abuse and stalking  
Community Center 150 Wakefield Street, Rochester  
[scfjc.com](http://scfjc.com)  
(603) 509-1916
- **Lawline**  
Volunteer lawyers provide free legal information over the phone  
2nd Wednesday of each month from 6-8pm  
[Nhbar.org/legal-services-programs/lawline](http://Nhbar.org/legal-services-programs/lawline)  
(800) 868-1212
- **Modest Means Legal Program**  
Legal services at reduced rates  
[Nhbar.org](http://Nhbar.org)  
(603) 715-3290
- **The low-income taxpayer project**  
Referral needed  
(603) 224-3333



## TRANSPORTATION & CAR ASSISTANCE



**NON-EMERGENCY MEDICAL TRANSPORTATION  
QUICK SUMMARY GUIDE  
NH Medicaid FFS & MCO Vendors**

Effective 7/1/2022

To request rides for NH Medicaid's Fee for Service (FFS) and Managed Care Organization (MCO) Members, please call the appropriate telephone number listed below.

Type of Transportation Needed	NH DHHS Fee for Service (CTS)	NH Healthy Families (MTM)	WellSense Health Plan (CTS)	AmeriHealth Caritas New Hampshire (CTS)
Routine Non-Emergency Medical Transportation (Non-Urgent)	Call 844-259-4780 to arrange ride <b>48-Hour Notice Required</b>	Call 888-597-1192 to arrange ride <b>3-Day Notice Required</b>	Call 844-909-7433 to arrange ride <b>48-Hour Notice Required</b>	Call 833-301-2264 to arrange ride <b>48-Hour Notice Required</b>
Urgent Non-Emergency Medical Transportation: Urgent Care or Emergency Room needing a ride home	Call 844-259-4780 to arrange ride <b>2-Hour Notice Required</b>	Call 888-597-1192 to arrange ride <b>3-Hour Notice Requested</b>	Call 844-909-7433 to arrange ride <b>3-Hour Notice Required</b>	Call 833-301-2264 to arrange ride <b>2-Hour Notice Required</b>
After Hours Non-Emergency Medical Transportation or Hospital Discharge	Call 844-259-4780 Select 'Less than 48 hours' and leave a message <b>Calls generally returned within 1 hour</b>	Call 888-597-1192 Follow prompts to connect to call center	Call 844-909-7433 Select 'Less than 48 hours' and leave a message <b>Calls generally returned within 1 hour</b>	Call 833-301-2264 Select 'within next 2 business days' and leave a message <b>Calls generally returned within 1 hour</b>
Family and Friends Mileage Reimbursement Program <b>Advance Approval Required</b>	Call 844-259-4780 for authorization	Call 888-597-1192 for authorization	Call 844-909-7433 for authorization	Call 833-301-2264 for authorization
Medical provider <b>escalation</b> number for quick response to transportation need or issue	Call 844-259-4780, press Provider prompt (2) for immediate assistance	Call 888-597-1182	Call 844-909-7433, press Provider prompt (1) for immediate assistance	Call 833-301-2264, press Provider prompt (2) for immediate assistance

- To file a complaint, contact the broker directly using their non-Urgent number.
- TTY Services and the hearing impaired, call: 7-1-1 or 800-735-2964 (relay New Hampshire).
- **Coordinated Transportation Services (CTS):** Business Hours, **ACNH** Monday – Wednesday: 8:00am – 8:00pm; Thursday – Friday: 8:00am – 6:00pm. / **WSHP** Monday – Friday 8:00am - 8:00 pm / **NH DHHS Fee for Service** Monday – Friday: 8:00am – 5:00pm.
- **Medical Transportation Management (MTM):** Business Hours, Monday – Wednesday: 8:00am – 8:00pm; Thursday – Friday: 8:00am – 5:00pm.

- **Wheelchair Van Services**  
For NH Medicaid recipients who need accessible transportation to medical appointments  
For prior approval contact Client Services at **(800) 852-3345**
- **COAST/Alliance for Community Transportation (ACT)/Paratransit**  
COAST Online community transportation directory that lists a variety of services, including buses, volunteer driver programs for trips to doctor, shopping shuttles, tax services and more (application required)  
[coastbus.org](http://coastbus.org)  
**(603) 743-5777**
- **Community Action Partnership of Strafford County Senior Transportation**  
Transportation to grocery stores and shopping for people 60 and over. Wheelchair accessible and suggested donation of \$2.00. Apply for services first and then call Trip Link to schedule ride.  
[straffordcap.org](http://straffordcap.org)  
CAP **(603) 435-2500**, Trip Link **(603) 834-6010**
- **CARE-VAN**  
for medical appointments at Wentworth Douglass Hospital  
**(603) 740-2520**
- **Granite State Independent Living**  
may be able to provide van transportation for people with disabilities  
[gsil.org](http://gsil.org)  
**(603) 228-9680**
- **Rideshare**  
[Dot.nh.gov/services/nh-rideshare](http://Dot.nh.gov/services/nh-rideshare)
- **READY RIDES**  
Transportation assistance for Barrington, Durham, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham, Strafford  
[ireadyrides.org](http://ireadyrides.org)
- **Traveling to CHaD in Lebanon?** Check in with the Family Center at the hospital for an Irving gas voucher  
**(603) 653-9899**
- **Gasbuddy:**  
Find the cheapest gas in your area  
[gasbuddy.com](http://gasbuddy.com)
- **Assistance in obtaining a car**  
**800charitycars.org**  
**(800) 242-7489**



**Helping Hands of America**  
Sells donated cars at affordable prices  
Wrentham, MA  
**(888) 881-9090**  
[helpinghandsofamerica.org](http://helpinghandsofamerica.org)



## HOUSING AND HOMELESSNESS

- **NH Housing Authority (Section 8)**  
nhhfa.org  
(800) 439-7247 or (603) 472-8623
- **Dial 211**  
NH statewide comprehensive, information and referral service
- **Community Action Partnership of Strafford County Housing Program**  
assistance with rent, utilities vehicle repairs as funding allows and where assistance not available through other sources  
(603) 435-2500
- **Community Action Partnership Strafford County NH Security Deposit Loan Program**  
assistance in the form of a guarantee certificate to the landlord and a loan to the client, which must be paid back to CAPSC  
(603) 435-2500
- **Community Action Partnership Strafford County Homeless Outreach and Intervention Program (HOIP)** offers outreach services to unsheltered homeless throughout Strafford County. HOIP is a state-wide initiative designed to help the homeless obtain emergency shelter, provide referrals, and get connected to other emergency services  
(603) 435-2500
- **Counseling for at-risk homeowners**  
HomeHelpNh.org
- **Families in Transition**  
Fitnh.org  
(603) 641-9441 ext 257
- **Subsidized Housing for Elderly and Disabled**  
Stewart Property Management  
(603) 641-2163
- **Helping Hands Outreach Center**  
Provides a safe, sober environment for men in recovery  
(603) 623-8778
- **Veterans Inc.**  
veteransinc.org  
(800) 482-2565
- **Manchester and Seacoast Street Outreach by Waypoint**  
Provides a safe, supportive resource center and healthy connection for at-risk youth in the community between the ages of 12-22  
Manchester: (603) 518-4170  
Seacoast: (603) 361-6910  
Concord: (603) 518-4271
- **NH Housing & Urban Development (HUD)**  
Hud.gov/newhampshire  
(603) 666-7510
- **USDA Rural Development**  
Helps NH families to achieve housing goals with creative financing and other funds  
rd.usda.gov/nh  
(802) 828-6000

- ⇒ **Dover Housing Authority: (603) 742-5804**
- ⇒ **Rochester Housing Authority: (603) 332-4126**
- ⇒ **Somersworth Housing Authority: (603) 692-2864**

## HOMELESS EMERGENCY SERVICES

- ⇒ **Drop-in center:** provides safe, welcoming place for unhoused individuals to connect to supportive services and access care, Mon-Fri, 8:30-11am, 12-4:30 pm, 577 Central Ave, Dover (603) 435-2500 x4010
- ⇒ **Homeless Center for Strafford County:** Referral needed, (603) 332-3065
- ⇒ **My Friend's Place:** Dover, Referral needed, myfriendsplacenh.org, (603) 749-3017
- ⇒ **Crossroads House:** Emergency and transitional shelter to Seacoast individuals and families. 600 Lafayette Road, Portsmouth, crossroadshouse.org, (603) 426-2218, Shelter referrals, (866) 444-4211
- ⇒ **New Generation:** Shelter and support for single mothers and their children in Greenland, Emergency and transition services and aftercare, newgennh.org, (603) 436-4989
- ⇒ **Seacoast Family Promise:** Shelter, case management, and aftercare for families with children who are experiencing homelessness, 27 Hampton Road, Exeter, seacoastfamilypromise.org, (603) 658-8448
- ⇒ **HAVEN:** Short-term emergency shelter. Provides women and their children with a safe environment to heal from domestic violence and to rebuild their lives, havennh.org, 24 Hour Hotline: (603) 994-7233, (603) 436-4107 (appt needed)
- ⇒ **Lydia's House of Hope:** Transitional housing & training program for homeless families, single women & children 21 Grand St, Somersworth, lydiashousenh.org, (603) 692-3100
- ⇒ **Emergency Assistance:** the Emergency Assistance Program helps families get or keep their homes. EA helps pay for rent or utility security deposits, first month's rent, home heating fuel deliveries, or past due rent, mortgage, or utility debts. Families must meet all the eligibility rules for Financial Assistance for Needy Families, dhhs.nh.gov/financial-assistance
- ⇒ **Home Help NH:** haf.homehelpnh.org
- ⇒ **Strafford County Willand Warming Center:** cold weather winter shelter, 30 Willand Drive, Somersworth (603) 742-2709; activation updates text "willand" to (855) 935-4402

### FINANCIAL ASSISTANCE

- **Modest Needs Foundation**  
on-line opportunity for individuals to request financial assistance  
[modestneeds.org](http://modestneeds.org)
- **Rochester Share Fund**  
(Rochester/Farmington/Somersworth area residents)  
183 North Main St  
Must call for appt (603) 335-0011  
[Sharefund.org](http://Sharefund.org)
- **Internet (Comcast)**  
\$9.95/mo. internet service and inexpensive computers to eligible families. New computers for \$149.99 if eligible and free internet training  
[xfinity.com/learn/internet-service/internet-essentials](http://xfinity.com/learn/internet-service/internet-essentials)
- **Netwish**  
A non-profit group of business people who provide a financial helping hand when it is needed the most  
[netwish.org](http://netwish.org)
- **Harry Alan Gregg Foundation** (based on need)  
Small grants for special equipment or other treatment for individuals with disabilities including camperships  
[Harrygreggfoundation.org](http://Harrygreggfoundation.org)
- **Green Path Financial Wellness**  
(800) 550-1961 [greenpath.com](http://greenpath.com)
- **Temporary Assistance for Needy Families TANF**  
Provides cash assistance to families with dependent children. The dependent children must lack parental support or care due to death, continued absence, or because at least one parent in a two-parent home is disabled or incapacitated  
[dhhs.nh.gov/temporary-assistance-needy-families-tanf](http://dhhs.nh.gov/temporary-assistance-needy-families-tanf)
- **Disabled Children's Relief Fund (DCRF)**  
P.O. Box 89 Freeport, New York 11520  
(516) 377-1605
- **Contact local Town Welfare Office; see page 5 for phone numbers**

### HOLIDAY ASSISTANCE

Please call to confirm

- **Barrington Food Pantry**  
Holiday food basket & Christmas gift program  
(603) 664-0233
- **Dover Residents**  
Toys for Tots  
City Welfare Office at City Hall, 61 Locust St, Suite #334  
[Dover.nh.gov](http://Dover.nh.gov)  
(603) 516-6000
- **Somersworth Residents**  
Toys for Tots  
Somersworth Fire Dept.  
(603) 692-3457
- **Rollinsford, Seeds of Faith Food Pantry**  
Holiday baskets  
(603) 692-3100
- **Durham residents**  
Toys for Tots  
Fire Department  
(603) 868-5531
- **Strafford County Community Action Partnership**  
Provides holiday food baskets for eligible individuals and families. (There are application deadlines)  
(603) 435-2500
- **Milton/Milton Mills**  
Gift in giving program  
[miltonnh-us.com/milton-parks-recreation/pages/holiday-assistance-program](http://miltonnh-us.com/milton-parks-recreation/pages/holiday-assistance-program)

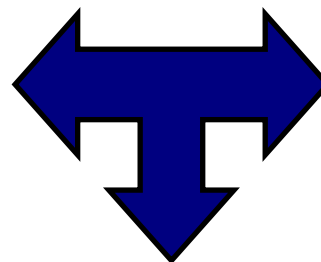
Check with Welfare offices, your child's school, local police/fire departments regarding food baskets for Thanksgiving & Christmas.

If your town is not listed, call the **Salvation Army (603) 332-2623**, they may be able to assist you further.



### TAX PREPRATION

- ⇒ IRS—Tax prep assistance  
[IRS.gov](http://IRS.gov)  
(800) 906-9887
- ⇒ Tax highlights for persons with disabilities  
ask IRS for publ. 907  
[IRS.gov/pub907](http://IRS.gov/pub907)



### FREE INCOME TAX PREPARATION

Granite United Way's Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low to moderate income households. VITA is a free tax preparation program available to individuals and families with household incomes up to \$60,000 annually. Two ways to file for free,

Visit [nhtaxhelp.org](http://nhtaxhelp.org) to schedule a virtual appointment with an IRS-certified tax preparer (call 211 if you don't have internet access)

Visit [MyFreeTaxes.com](http://MyFreeTaxes.com) to prepare your own return, for free online, with guidance from a toll-free helpline.

## MENTAL HEALTH AND SUBSTANCE ABUSE ASSISTANCE

- ⇒ **National Alliance on Mental Illness (NAMI) NH**  
To connect with resources and supports, Mon-Fri 9AM-5PM  
(800) 242-6264 to leave a confidential message  
info@namihn.org
- ⇒ **Dover Mental Health Alliance/The Community Circle**  
The DMHA holds meetings monthly, open to the public, offering educational presentations, resource introduction & connection to training opportunities, including Mental Health First Aid, Adverse Childhood Experiences and NAMI NH Suicide Prevention trainings and education  
dovermentalhealthalliance.org
- ⇒ **NH Rapid Response Access Point**  
Mental Health or substance use crisis  
(833) 710-6477
- ⇒ **Crisis text line**  
Connect with a volunteer Crisis Counselor  
Text HOME to 741741
- ⇒ **The Doorway Operated by Wentworth Douglas Hospital**  
Mental Health or substance use, telephone and in-person screening and crisis stabilization, evaluation, care planning, facilitated referral, continuous recovery monitoring, Naloxone (Narcan) distribution, & transportation assistance.  
798 Central Ave, Dover  
call 211 & walk-in's welcome
- ⇒ **National Suicide Prevention Lifeline**  
Call 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones  
(800) 237-TALK (8255)
- ⇒ **Trevor Project**  
The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. If you are an LGBTQ young person in need of support, reach out to one of our crisis counselors, available 24/7  
text: 678-678 or call (866) 488-7386  
thetrevorproject.org
- ⇒ **Hope on Haven Hill**  
Serves pregnant and postpartum women who are homeless or imminently homeless with a substance use disorder  
40 Charles Street, Rochester  
(603) 841-5353  
hopeonhavenhill.org
- ⇒ **Psychology Today**  
A resource to find a local therapist  
psychologytoday.com
- ⇒ **Community Partners Behavioral Health**  
Locations in Dover & Rochester  
(603) 516-9300  
Communitypartnersnh.org
- ⇒ **NH Community Behavioral Health Association**  
Website to find community mental health services in your town  
nhcbha.org/nhcbha-member-locations
- ⇒ **Great Bay Mental Health**  
Wentworth Health Partners  
15 Old Rollinsford Rd STE 302, Dover  
(603) 742-9200  
wdhospital.org/whp/specialty-care/mental-health/great-bay-mental-health
- ⇒ **Goodwin Community Health**  
311 NH-108, Somersworth  
(603) 749-2346  
getcommunityhealth.org/services/behavioral-health

- ⇒ **Trans Lifeline**  
(877) 565-8860
- ⇒ **National Maternal Health Hotline**  
24/7 support for postpartum mothers  
(833) TLC-MAMA
- ⇒ **988 Suicide & Crisis Lifeline**  
24/7 support or chat  
Call or text 988 for 988lifeline.org
- ⇒ **Veterans Crisis Line**  
Call 988 or text 838255



## ASSISTANCE WITH TELEPHONES



- ⇒ **SafeLink**  
Free cell phone if income eligible  
[Safelinkwireless.com](http://Safelinkwireless.com)  
(800) 723-3546
- ⇒ **Affordable Connectivity Program (ACP)**  
[Assurancewireless.com](http://Assurancewireless.com)  
(888) 321-5880
- ⇒ **Call Free Telephone Directory**  
(800) 373-3411 or 411

## HAIR CARE

**Empire Beauty School**  
Low cost Services  
456 High St, Somersworth  
[empirebeautyschools.com](http://empirebeautyschools.com)  
(603) 692-1515

## CHILDCARE SUPPORT

**Child care scholarship**  
Helps with the cost of child care  
Parents must be working, looking for work or in a training  
apply on [nh-connections.org](http://nh-connections.org)

## ASSISTANCE WITH PETS

- **Reduced fee spaying and neutering** and pre-surgery immunizations for pets of NH residents who receive Food Stamps, Medicaid, TANF, APTD, ANB, OAA and/or SSI. Obtain a "Plan B" application from Human Services, NHSPCA, or call Animal Population Control Program at [www.nhspca.org/low-cost-spay-neuter-clinics](http://www.nhspca.org/low-cost-spay-neuter-clinics) (603) 772-2921
- **Animal Population Control Program:** (603) 271-3697
- **Pope Memorial Humane Society:** 221 County Farm Road, Dover, Thurs-Sat 12-4pm, [popememorialcvhs.org](http://popememorialcvhs.org) , (603) 749-5322
- **Elderpet** provides various services to low income elders, persons with disabilities and hospice families. Services include limited transportation, pet food assistance, pet grooming, short term pet care, pet medication assistance & consultations [elderpet.org](http://elderpet.org), (603) 767-6856
- **The Pet Fund:** [thepetfund.com](http://thepetfund.com)
- **Care Credit:** For veterinary services: [carecredit.com](http://carecredit.com), (800) 677-0718
- **Tails to Freedom, Inc:** Dedicated to educating the community around animal and environmental protection. Provides financial assistance to animals, charities, and pet-owners; [tailstofreedom.org](http://tailstofreedom.org), (603) 882-3647
- **NH Pet Aid:** Cat or dog must have an urgent, potentially treatable condition or injury with a favorable prognosis, [nhpetaid.org](http://nhpetaid.org)
- **Strachpay:** payment plans for veterinary services. Need to go on website to see which offices participate in this program, [Stratchpay.com](http://Stratchpay.com)



## ASSISTANCE WITH RECREATION

- ⇒ **FREE** passes to local and out of state museums may be available through your local library
- ⇒ **NH Fish and Game Department** offers several hunting and fishing permits for people with physical disabilities  
Free or nominal fee (603) 271-3422
- ⇒ Check with your local Town/City recreation departments; scholarships may be available for eligible children
- ⇒ **Harry Alan Gregg Foundation** offers small grants for special equipment or other treatment for individuals with disabilities including camperships; [harrygreggfoundation.com](http://harrygreggfoundation.com), (603) 547-1490
- ⇒ **Rekindling curiosity:** New Hampshire Department of Education: up to \$750.00 in camp fees  
[rekindlingcuriosityeducation.nh.gov](http://rekindlingcuriosityeducation.nh.gov)
- ⇒ Check with the summer camp program for financial assistance.



## DISCOUNTED RESTAURANT COUPONS

[restaurant.com](http://restaurant.com) for coupons to a variety of local restaurants  
[nhdollarsaver.com](http://nhdollarsaver.com) for coupons for restaurants and recreation

## MORE GREAT RESOURCES

- **Strafford County Public Health Network**  
In person and virtual parenting classes, play groups, support groups, senior groups, and home visiting  
[scphh@goodwin.org](mailto:scphh@goodwin.org)  
(603) 994-6357
- **Social Security Administration**  
SSI and SSDI  
215 Commerce Way, Portsmouth  
Mon-Thurs 9-4pm  
[ssa.gov](http://ssa.gov)  
(800) 772-1213
- **NH Department of Health and Human Services**  
Medicaid, MEAD, APTD, Food Stamps, QMBY, TANF, & Child Support  
150 Wakefield St, Suite 22, Rochester M-F 8-4  
(603) 332-9120 or (800) 862-5300  
Can apply on [nheasy.nh.gov](http://nheasy.nh.gov)
- **Child Protection Services & Bureau of Elderly & Adult Services**  
[dhhs.nh.gov](http://dhhs.nh.gov)  
(603) 271-8154 or (800) 949-0470
- **NH Employment Security**  
6 Marsh Brook Dr, Somersworth  
M-F 8-4:30pm  
[nhworks.org](http://nhworks.org)  
(603) 742-3600
- **211 Info line**  
(Dial 211 from any NH Phone)  
[211nh.org](http://211nh.org)
- **Seacoast Outright**  
Serving LGBTQIA+ Youth  
100 Campus Dr, Portsmouth  
(603) 552-5824
- **Benefits Checkup for Seniors**  
(603) 431-7411  
[nhla.org](http://nhla.org)
- **Veterans Affairs Regional Office**  
(800) 827-1000
- **Catholic Charities**  
Assessment, case management, financial education,  
& support groups  
Grant St, Rochester  
(603) 332-4768
- **Strafford County Child Advocacy Center**  
259 County Farm Rd, Suite 201, Dover  
(603) 516-8100  
[straffordcountycac.org](http://straffordcountycac.org)
- **Northeast Passage**  
Seasonal adaptive sports  
(603) 862-0070  
[Nepassage.org](http://Nepassage.org)
- **NH Special Olympics**  
(603) 624-1250  
[Sonh.org](http://Sonh.org)
- **NH Family Caregiver Support Program**  
Information about community programs and local resources, respite services, education and training opportunities, and access to support groups  
(866) 634-9412  
[Servicelink.nh.gov/about-us/nhfcsp/htm](http://Servicelink.nh.gov/about-us/nhfcsp/htm)
- **Institute on Disability**  
University of New Hampshire  
(603) 862-4320 ext 711
- **Family Connections Program**  
Connects a family needing support to a family who has been there  
162 Pembroke Rd, Concord  
(800) 499-4153, (603) 225-4153  
[communitybridgesnh.org](http://communitybridgesnh.org)
- **Parent Information Center**  
Providing families and those who work with them with the resources, information, and training they need to help children thrive  
(603) 224-7005, (800) 947-7005 [picnh.org](http://picnh.org)
- **New Hampshire Family Voices**  
Provides free, confidential services to families and professionals caring for children with chronic conditions and or disabilities  
(800) 852-3345 ext. 4525  
(603) 271-4525  
[nhfv.org](http://nhfv.org)
- **NH Council on Developmental Disabilities**  
(603) 271-3236  
[nhccd.nh.gov](http://nhccd.nh.gov)
- **Health Care Coordination/Community Partners**  
Program for children with a chronic medical condition  
Call Caroline Harris for more information  
113 Crosby Road, Dover  
(603) 516-9344
- **The Center for Grieving Children**  
Peer support groups & variety of programs to help children experiencing loss  
(207) 775-5216  
[Cgcmaine.org](http://Cgcmaine.org)
- **Friend of Aine**  
Help children & families who are grieving the death of a loved one, navigate a path to a hopeful future  
(603) 669-1120  
[Friendsofaine.com](http://Friendsofaine.com)



## YOUR CREDIT SCORE....

What is a **credit score**? It's a number representing the credit worthiness of a person, the likelihood that person will pay his or her debts. Lenders use credit scores to evaluate the potential risk posed by lending money to consumers.

**35% – Payment History:** Bills paid on time will improve your score.

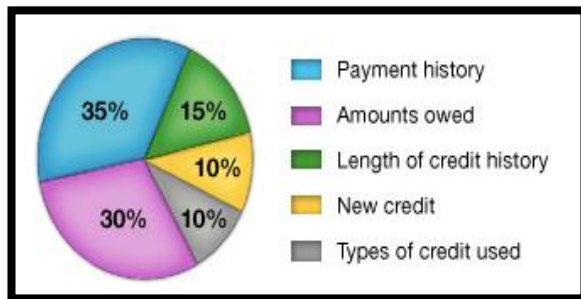
**30% – Credit Utilization:** The ratio of current revolving debt (such as credit card balances) to the total available credit limit. The lower the ratio, the better your credit.

**15% – Length of Credit History:** A long credit history can have a positive impact on your score.

**10% – Types of Credit Used:** You can benefit by having a history of managing different types of credit, such as mortgage, credit card, car loan.

**10% – Recent Searches for Credit:** Inquiries, which occur when you are seeking new credit, can hurt scores.

For instant access to your FREE credit report, visit [annualcreditreport.com](http://annualcreditreport.com) & [creditkarma.com](http://creditkarma.com) for your credit score.



### A GOOD CREDIT CAN

- ⇒ Save you thousands of dollars, even tens of thousands of dollars on interest payments for car loans, home loans, other debt, etc.
- ⇒ Lower the cost of premiums for things like auto insurance!
- ⇒ Help you get a job.
- ⇒ Help you to rent an apartment.
- ⇒ Increase chances for loan approval or approval for other credit cards.
- ⇒ Give you more negotiating power!
- ⇒ Enable you to buy a cell phone without having to put down a security deposit.
- ⇒ Give you access to locking in lower utility rates.

### WAYS TO IMPROVE YOUR SCORE

- ⇒ **Pull Your Credit Report:** Be sure to use a credible site like [annualcreditreport.com](http://annualcreditreport.com)
- ⇒ **Improve Payment History:** If you have missed payments, get current and stay current! The longer those bills sit, the larger long-term impact that debt will have on your credit score!
- ⇒ **Pay Down Balances to Improve Your Credit Utilization:** High outstanding debt can decrease your credit score.
- ⇒ **Keep Credit Amounts As Long As You Can:** Pay off debt and work through it with fewer cards by meeting monthly minimum payments, rather than opening a new card.
- ⇒ **Don't Open Too Many New Credit Accounts Right Away!** Sometimes, having too many credit cards can backfire! Try to avoid this.

CATEGORY	SCORE
<b>Excellent</b> (30% of People)	750 - 850
<b>Good</b> (13% of People)	700 - 749
<b>Fair</b> (18% of People)	650 - 699
<b>Poor</b> (34% of People)	550 - 649
<b>BAD</b> (16% of People)	350 - 549

**Consumer Credit Counseling:**  
Free budget, debt, and housing counseling  
(800) 327-6778

## What is Project SEARCH?

Project SEARCH is a 9-month work training program for young adults with developmental and physical disabilities. Through a total workplace immersion, Project SEARCH facilitates a seamless combination of classroom instruction, career exploration, on-the-job training, and assistance pursuing entry-level placements.

The goal for each student is competitive, integrated employment.

Project SEARCH Seacoast NH is located at Portsmouth Regional Hospital and is one of five programs of its kind in NH. Community Partners, Portsmouth Regional Hospital, One Sky Community Services, and NH Vocational Rehabilitation collaborate to provide this unique opportunity to the NH seacoast region.

### Internship Sites

Mail	Materials Management
Concierge	Dish room
Tray line	Dining Room Attendant
Housekeeping	Warehouse
Clinical Equipment	

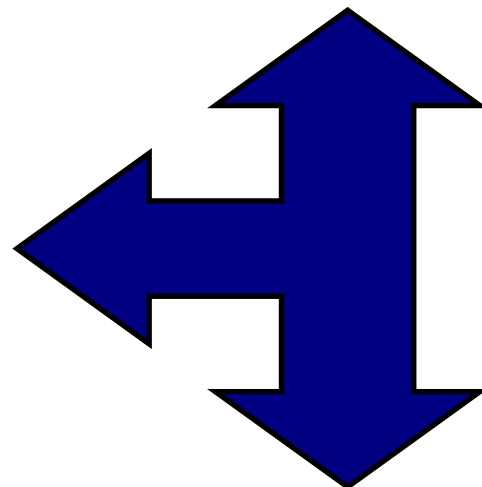
### Minimal Requirements Prior To Application

Age range 18-34 (over 34 still encouraged to apply)  
 Must have Medicaid and are or can be open for the DD Waiver.  
 Must have a current application with VR or are receiving active services with NHVR.

<b>Cassandra Poulis</b> Project SEARCH Instructor cpoulis@communitypartnersnh.org	<b>Carla Smith</b> Project SEARCH Project Manager carsmith@communitypartnersnh.org
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- ⇒ Granite Edvance  
(603) 225-6612  
Graniteedvance.org
- ⇒ NH Charitable Foundation  
(603)225-6641  
Nhcf.org
- ⇒ Federal Student Aid  
studentaid.gov/h/apply-for-aid/fafsa



## EDUCATION SUPPORTS

- ⇒ **Early Headstart and Headstart**  
Federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development.  
(603) 435-2500  
Straffordcap.org/head-start
- ⇒ **Early Supports and Services** (birth to age 3)  
Family support, education, vision services, hearing services, health and nursing services. Service coordination, speech and language therapy, Occupational therapy, physical therapy and evaluation services.  
**Community Partners, Dover**  
(603) 516-9300  
communitypartnersnh.org/early-supports
- ⇒ **Spectrum Connection:**  
An autism treatment clinic located in Rochester, New Hampshire. Services are typically funded by Medicaid or private insurance. Individualized programs are developed based on each learner's specific needs.  
(603) 516-9300  
communitypartnersnh.org/applied-behavioral-services
- ⇒ **NH Department of Education**  
(603) 271-3494  
Education.nh.gov
- ⇒ **Bureau of Special Education**  
(603) 271-3791  
Education.nh.gov
- ⇒ **Preschool Special Education**  
NH Department of Education, Early Childhood Education  
(603) 271-2178  
Education.nh.gov
- ⇒ **NH Department of Education; Services for Blind & Visually impaired**  
21 South Fruit St, Walker building, Suite 20, Concord  
(603) 271-3537  
education.nh.gov/career/vocational/blind\_visu.htm

Community Partners  
113 Crosby Road, Suite 1  
Dover, NH 03820

Phone: 603-516-9300  
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[communitypartnersnh.org](http://communitypartnersnh.org)

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Return Service Requested

