

A RESOURCE DIRECTORY

Services for Children 0-6 and their Families

Sullivan County, New Hampshire

January 2006

(second edition)

About this Directory

This directory is designed to provide parents, professionals and community members with information about resources available to young children. The directory is produced by the Early Childhood Collaborative whose membership includes over 15 organizations in Sullivan County serving the needs of young children.

It is our hope that this directory is helpful to the families of Sullivan County with young children and that they choose to access the services available to them.

Please note that inclusion of a service in the directory does not reflect an endorsement of that service, nor does exclusion suggest disapproval. For additional copies of this directory please contact Good Beginnings of Sullivan County at (603) 542-1848.

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Acworth
Charlestown
Claremont
Cornish
Croydon
Goshen
Grantham
Langdon
Lempster
Newport
Plainfield
Springfield
Sunapee
Unity
Washington

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Telephone Reference of Local Agencies

American Red Cross	800-244-2214
CareNet Pregnancy Center	542-4747
Casey Family Services - NH	224-8909
Casey-Family Services - VT	802-649-1400
21C Childcare Resource & Referral	543-4295
Child & Family Services	542-0053
Community Alliance of Human Services	543-0391
Claremont Soup Kitchen	543-3290
Community Transportation Services	863-0003
Dartmouth-Hitchcock Medical Center	650-5000
Developmental Services of Sullivan County	542-8706
Fall Mountain Emergency Food Shelf	835-2283
Family Centered Early Supports & Services	542-8706
Familystrength	543-5984
Good Beginnings	542-1848
Goodwin Community Center	542-7019
Head Start	542-2721
Lake Sunapee VNA	526-4077

Montshire Museum	802-649-2200
Mt. Ascutney Hospital & Health Center	802-674-6711
NAMI New Hampshire	800-242-6264
NH Department of Health & HS	542-9544
NH Housing Finance Authority	542-6411
NH Partners in Health	542-8706
New London Hospital	526-2911
Newport Area Food Pantry	863-3411
Newport Community Center	863-1332
Parents as Teachers	543-4295
Partners In Health Center	543-6960
Planned Parenthood	542-4568
SAU#43 Early Childhood Support Program	863-4300
Second Beginnings Children's Boutique	542-1848
Southwestern Community Services	542-9528
UNH Cooperative Extension	863-9200
Valley Regional Healthcare	542-7771
West Central Behavioral Health	542-5449
WIC	352-7512 x234
Women's Supportive Services	543-0155

American Red Cross

83 Court Street
Keene 03431

800-244-2214

The American Red Cross is a humanitarian organization, led by volunteers, whose mission is to provide relief to victims of disasters and help people prevent, prepare for and respond to emergencies.

Ask us about...

- Disaster relief: food, clothing, shelter if you have a disaster
- Water safety and swimming lessons
- Lifeguard Training
- Babysitting training courses
- First aid and CPR courses

Big Brothers Big Sisters

174 Emerald St.
Keene, NH. 03431

1-800-783-0244
542-4392

Big Brothers Big Sisters is the largest provider of one-to-one youth mentoring services in the United States. We have been bringing caring adults into the lives of our nation's children for nearly 100 years. Big Brothers Big Sisters is a non-profit organization.

Ask us about...

- Applying for a Big Brother or Big Sister
- Becoming a Volunteer
- Calendar of Events

Care Net Pregnancy Center

800-395-HELP (4357)

One Main Street
West Lebanon 03784
298-6123
carenetuv@aol.com

32 Tremont Square
Claremont 03743
542-4747

We offer practical, emotional, and spiritual support to women and men who are facing an unexpected pregnancy. There is no charge for our services.

Ask us about...

- Pregnancy and childbirth instruction
- Newborn care
- Parenting classes
- Post abortion recovery support groups
- Material/practical support

Casey Family Services

105 Loudon Rd, Bldg 2
Concord, NH 03301
224-8909
1-800-417-7375

160 Palmer Court
White River Jct, VT 05001
802-649-1400
1-800-607-1400

Specialized Foster Care is a program of professionally planned services for children who, for a variety of reasons, cannot live with their birth parents or extended families of origin and who currently are not ready for adoption.

Treatment Foster Care is designed for children with severe emotional challenges who come from an institutional setting or are likely to be placed in one.

Post-Adoption Services provide comprehensive counseling, support groups, case management and educational and advocacy services to families and individuals who have adopted children and need assistance in strengthening and preserving the family.

21C Child Care Resource & Referral

Diana Love Center for Children & Families
169 Main Street, Suite 220 877-212-7267
Claremont 03743 543-4295
ccrr@claremont.k12.nh.us

We help families take the guesswork out of choosing child care! We provide information that enables families to make informed decisions when choosing child care. We offer technical assistance and free educational opportunities for child care providers, serving families and providers in Sullivan County and the Upper Valley.

Ask us about...

For families:

- Listings of child care providers in your community
- How to recognize and choose quality care
- Information about child care scholarships

For providers:

- Licensing, credentialing and accreditation
- Free workshops and trainings

Child & Family Services

35-37 Crescent Street W. Lebanon Village Plaza
PO Box 183 3 Atwood Avenue
Claremont 03743 PO Box 5223
542-0053 Lebanon 03766
298-8272 or 298-8237

Child and Family Services is an independent nonprofit agency dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children.

Ask us about...

- Adoption Services
- Advocacy
- Childcare Resource and Referral
- Counseling
- Early Supports & Services
- Parenting & Family Skills

Child Find

Each local educational agency is required to have child find procedures to ensure that all children with disabilities, from birth to 21 years, who need special education and related services are located, identified and evaluated.

For questions about your child's development and services that may be available to your family please contact the Child Find Coordinator for your school district.

Acworth, Charlestown,
Langdon
SAU #60 826-7756

Claremont, Cornish, Unity
SAU #6 543-4298

Croydon, Newport, Sunapee,
SAU #43

Grantham
SAU #75 863-1681

Goshen, Lempster, SAU #71
863-3540

Springfield
SAU #65 526-8604

Plainfield
SAU #32 469-3442

Washington
SAU #34 464-4466

Claremont Soup Kitchen

18 Central Street

543-3290

PO Box 957

Claremont 03743

To provide evening meal and food boxes on routine basis or emergency situations. Food boxes can include personal hygiene items.

Community Alliance of Human Services

27 John Stark Highway
Newport 03773
www.communityalliance.net
Emergency Public Assistance *1-800-894-8400*

Community Alliance provides quality, family-centered children's programming for families with children of all ages. Services include child care and preschool programs, and resource and referral information.

Ask us about...

- Milestones Children's Center
- Alliance Family Center
- Community Service
- Public Assistance

Community Transportation Services

PO Box 689
Claremont 03743
www.communityalliance.net

We offer safe, affordable, air-conditioned public transportation.

Ask us about...

- Dial-a-ride (24-hour notice)
- Our regular schedule and stops
- Charter services

Dartmouth-Hitchcock Medical Center

One Medical Center Drive
Lebanon 03766
www.dmhc.org

Children's Hospital at Dartmouth (CHaD)

650-KIDS (5437)

As New Hampshire's only children's hospital, CHaD provides an extended system of care that offers advanced pediatric services. CHaD is committed to providing outstanding compassionate care for children and their families.

Ask us about...

- Injury Prevention Center
- NH Poison Information Center
- Family Support Groups
- Parenting Lecture Series

CHaD Family Center

Located just inside the entrance to the clinic, the Family Center is a place to unwind in between appointments. The Family Center provides a play area, an activity center, a teen corner, two computer stations, and a pediatric consumer health library. One-on-one assistance from Robin Goodrich, resource specialist and coordinator, is also available to families.

Obstetrics and Gynecology Department

Comprehensive maternity care is provided by Generalist Obstetric Gynecologist Physicians and Certified Nurse Midwives with backup by the high-risk obstetric physicians.

Developmental Services of Sullivan County

654 Main Street
Claremont 03743

542-8706

DSSC provides lifespan supports for individuals with developmental disabilities and acquired brain disorders and their families. Services include early intervention, family support and Medicaid respite. The Family Support Council is an advisory board made up entirely of families. This group meets monthly and is open to any family. As the designated Area Agency for this region, Developmental Services of Sullivan County is the starting point for families who have a child with a developmental delay or disability.

Ask us about...

- Family Centered Early Supports and Services
(listed separately in this publication)
- Family Support
- NH Partners In Health (also listed separately)

Diana Love Center for Children & Families

169 Main Street 542-1848

Claremont 03743

goodbeginnings@adelphia.net

This Family Resource Center is home to ten agencies which provide a variety of programs and services designed to meet the needs of all families living in Sullivan County, NH. The mission of the Center is to promote health and well-being of children and families through support, education and service.

The Diana Love Center for Children and Families is a welcoming place for children and parents. The Center is open daily from 8:30am - 5:00pm, Monday through Friday, and evenings and weekends by special arrangement.

- Good Beginnings of Sullivan County
- Sullivan County Family Visitation Center
- FamilyStrength
- Working Futures
- J.E.W.E.L School
- Out-of-School-Youth Program
- Claremont School District 21C Program
- WIC
- Second Beginnings Boutique
- Cornerstone Christian School

Fall Mountain Emergency Food Shelf

PO Box 191

835-2283

Alstead 03602

We provide food for two weeks to families who, for whatever reason, cannot buy food. We also provide nutritious meals and personal care products. We are available by appointment and have two distribution sites, one in Alstead and the other in Charlestown. Our services are confidential.

Ask us about...

- Free nutritious food
- Prepared meals and personal care products
- Caring and confidential support

Family Literacy

Getting ready for school begins at birth. To become eager learners, children need to develop skills in *Language and Literacy*. Children come into the world ready to learn.

You can teach your child what he needs to know through your everyday activities with him and when you make learning fun.

Sharing books with your child leads to a love of learning.

Talking together helps build language. Contact your local library for programs that promote literacy.

Abbott Library

542 Route 11
Sunapee, NH
763-5513

Fiske Free Library

108 Broad Street
Claremont, NH
542-7017

Richards Free Library

58 North Main Street
Newport, NH
863-3430

Silsby Free Library

Main Street
Charlestown, NH
826-7793

Good Beginnings of Sullivan County

Diana Love Center for Children & Families

169 Main Street

542-1848

Claremont 03743

goodbeginnings@adelphia.net

www.goodbeginnings.net

Good Beginnings nurses, parent educators, and volunteer mentors provide help for families who are expecting a baby, or who have an infant or young child. Our services include home visits, parent education groups, play groups, family literacy activities, information and referrals, and affordable children's clothing, books, toys and furniture.

Ask us about.....

- Health Education and Support during Pregnancy
- Breastfeeding Consultation
- Parent Education and Support Services
- Parent and Child Activities
- Home Visits
- Supervised Visitation

Goodwin Community Center

130 Broad Street
Claremont 03743
gccdirector@claremontnh.com

The Claremont Parks and Recreation Department is dedicated to providing a safe nurturing place for children and their families. Our programs encourage recreational and educational opportunities which promote cooperation, independence, respect, creativity and developmentally appropriate activities. The department helps to foster a healthy respect for diversity, positive choice making and self-esteem.

Ask us about...

- Weekly Play Groups
- Swimming Pools and Swim Lessons
- Gymnastics and Dance for Pre-K
- Licensed childcare for children ages 5-12
- Family Events

HeadStart

136 Charlestown Road
Claremont 03743

360 Sunapee Street
Newport 03773

(Claremont & Newport Programs Closed During Summer
For applications or info call 1-800-529-0005)

Head Start is a developmental, comprehensive early childhood program for young children and their families. Eligibility is based on income guidelines. The overall goal of Head Start is to support each child's growth and development in all areas, including physical, cognitive, intellectual, social, emotional, and literacy and language. Parents are valued as equal partners.

Ask us about...

- Classroom activities and nutritious meals
- Parenting programs and training
- Developmental, vision, hearing screenings

Part of Southwestern Community Services

Lake Sunapee Region VNA

PO Box 2209
107 Newport Road
New London 03207

526-4077

Lake Sunapee Region Visiting Nurse Association provides a broad range of health care services to families and individuals of all ages such as prenatal and postpartum newborn home visits, skilled nursing visits, preventive healthcare, immunizations, parenting support, outreach counseling, health education, information and referrals.

Ask us about...

- Parent/Child Program
- Childcare education
- Well Child clinics
- School immunization clinics
- CPR Training
- Skilled pediatric nursing visits to acute and chronically ill children

LaLeche League International (LLLI)

www.lalecheleague.org

1-800-525-3243

Local LeLeche League Leaders

Sullivan County	Karen	448-0791
	Mardrey	643-1451
New London	Debbie	526-4816
	Meg	526-4848
Upper Valley	Mardrey	643-1451

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

Legal Resources

NH Legal Assistance 542-8795
206 Moody Bldg - 14 Tremont Sq 800-562-3174
Clairmont 03743

NH Public Defender 357-4891
One West Street
Keene 03431

NH Legal Assistance provides free legal help to low-income and elderly persons who cannot afford a private attorney. NH Legal Assistance handles legal matters involving health care, public and private housing issues, food stamps, welfare, unemployment compensation, utility shut-off and nursing home problems.

Montshire Museum

One Montshire Road 802-649-2200
Norwich VT 05055
www.montshire.org

The Montshire is a hands-on community-based science education institution offering both indoor and outdoor exhibits and learning opportunities. The Museum has indoor interactive science exhibits, special programs and traveling exhibits, and 110 acres of outdoor exhibits and nature trails.

Ask us about...

- Nature Trails
- Interactive Exhibits
- Special Summer and Winter Programs
- School Programs

Mt. Ascutney Hospital and Health Center (Dartmouth-Hitchcock Alliance)

289 County Road
Windsor VT 05089

802-674-6711

Mt. Ascutney Hospital and Health Center's pediatric offices are conveniently located on the hospital campus. Our pediatricians are Board-Certified and provide a full range of health care services for children of all ages.

Ask us about...

- 24- hour emergency care
- 24 hours/ 7 days a week pediatrician on call
- Close working relationship with local schools
- Excellent continuity of care

NAMI New Hampshire

(The National Alliance for the Mentally Ill NH)

15 Green Street

800-242-6264

Concord 03301

225-5359

www.naminh.org

NAMI NH is a coalition of people, family and friends coping with mental illness. NAMI is a statewide education, support and advocacy organization working for a quality, comprehensive mental health service system.

Ask us about...

- Child & Adolescent Network
- Family Partners
- Visions for Tomorrow workshops
- Family To Family 12-week course

NH Department of Health and Human Services

Claremont Office 542-9544
17 Water Street, Suite 301 800-982-1001

Provides a single point for individuals and families to access DHHS services within their community. Staff determine eligibility to provide help for individuals and families for a wide array of programs and services.

Programs and services available...

- financial assistance
- child support enforcement
- child protection
- foster care
- food stamps
- child care
- Medicaid and other medical assistance programs

NH Housing Finance Authority

Claremont Housing Authority 542-6411
243 Broad Street
www.nhhfa.org

New Hampshire Housing Finance Authority is a public benefit corporation whose mission is to promote, finance and support safe, affordable and needed housing and related services for New Hampshire families, individuals and communities. In addition, New Hampshire Housing seeks to contribute to, support and sustain the economic development of the State, its communities and neighborhoods by providing financial support for the development of housing opportunities for all people.

In accordance with its mission, the Authority operates a broad range of programs designed to assist low and moderate income persons and families obtain decent, safe and affordable housing.

Ask us about...

- Home Ownership Programs
- Multi-family Housing Programs
- Rental Assistance Programs

NH Medicaid Transportation

Coordinator 1-800-852-3345 x3770
Mon-Fri 8am-4:30pm

The Department of Health and Human Services reimburses NH Medicaid and Healthy Kids-Gold recipients for transportation to and from medical and dental appointments. Individuals driving NH Medicaid and/or Healthy Kids-Gold recipients to and from medical and dental appointments may also be reimbursed by the Department of Health and Human Services.

Ask us about...

- Enrollment
- Billing
- Prior Authorization
- Limitations
- Payment

New Hampshire Partners In Health

RFD#3 Box 305 542-8706
Main Street
Claremont 03743

Partners in Health serves families in New Hampshire who have children from birth to twenty-one with a chronic health condition expected to be ongoing for six months or longer, certified by a physician, and having a significant impact on daily life.

Ask us about...

- Family Councils
- Availability of resources
- Support Groups
- Flexible Funds

NH Tobacco Prevention and Control Program

1-800-TRY-TO-STOP
(1-800-879-8678)
www.trytostop.org

Facts to know about Secondhand smoke and Children:

- Secondhand smoke doubles an infants risk of dying from Sudden Infant Death Syndrome (SIDS).
- Children exposed to secondhand smoke have an increased risk of contracting serious respiratory track infections such as bronchitis, pneumonia, and asthma.
- Children exposed to secondhand smoke are more likely to have chronic middle ear infections.

You can stop! We can help!

The Sullivan County Tobacco Prevention Coalition

*American Lung Association of NH, www.nhlung.org
American Cancer Society, www.cancer.org*



New London Hospital and Newport Health Center

270 County Road
New London 03257
526-2911

11 John Stark Highway
Newport 03773
863-4100

www.newlondonhospital.org

New London Hospital (NLH) is dedicated to providing quality primary care and specialized clinical services in a caring environment. NLH is a Critical Access Hospital offering a 24/7 emergency department, inpatient and outpatient hospital services, and nursing home services. Primary care for families and adults, rehabilitation and physical therapy, laboratory, x-ray and mammography are offered in both New London and the newly renovated Newport Health Center.

Ask us about.....

- Child Day Care Center
- Family, GYN and Pediatric Care
- Sports Medicine and Therapy Services
- Case Management Services
- Tiger Treatment Center at Newport Middle HS

Newport Area Association of Churches Food Pantry

95-97 South Main Street
Newport 03773

863-3411

The Newport Area churches and community collaborate to assist those in the Newport area in need of food. Please contact the above number for more information.

Hours of operation:

Monday	9:00 - 12:00
Wednesday	12:00 - 3:00
Thursday	9:00 - 12:00

(Subject to change so please call before coming in.)

Newport Community Recreation Center

65 Belknap Avenue
Newport 03773
nrd@nhvt.net

A town funded organization that runs a variety of leisure and sports programs for all ages in the community, focusing on fun, health, participation and sportsmanship.

Ask us about...

- Kidzone for Preschoolers
- Holiday special events
- Swim Lessons: Infant/Parent & Beginner
- T-Ball Ages 5-6
- Outdoor summer movie drive-in

Parent to Parent of NH

12 Flynn Street
Lebanon, NH 03766
Website: www.parenttoparentnh.org

Parent to Parent is a network of New Hampshire parents of children with special needs willing to share their experiences with other parents. Learning that your child has special medical needs or a disability can be a traumatic experience. As a parent you may have questions and concerns about dealing with your child's needs and your own feelings. You are not alone. If you are the parent of a child with temporary or long-term special challenges, you may want to speak to a parent whose child has similar needs – someone who will understand.

Ask us about...

- Parent Matches between Supporting Parents
- Information and Referral to community resources
- Trainings to become a volunteer Supporting Parent

Parents as Teachers

Diana Love Center for Children & Families
169 Main Street
Claremont 03743
542-4885
jgillespie@sau6.k12.nh.us
www.parentsasteachers.org

Parents as Teachers is an award-winning early childhood parent education program which supports parents in their role as their child's first and most influential teacher. PAT is offered to all interested families with children ages birth to 3 years. The program is free of charge.

Ask us about...

- Personalized visits with a certified parent educator
- Periodic screenings of vision, hearing & general development
- Group meetings for parenting support

Planned Parenthood of Northern New England

241 Elm Street
Claremont 03743
542-4568
www.ppnne.org

Planned Parenthood offers affordable quality women's healthcare. We have a female staff and convenient hours.

Ask us about...

- Gynecological care for women of all ages
- Contraception & Emergency Contraception
- School, sport & employment physicals for teens
- Teen Walk-in Hours (Thursday 2:30 - 6:00)
- STD and HIV screening for men and women
- Pregnancy Testing
- Colposcopy services

SAU#43 Early Childhood Support Program

167 Summer Street, Suite 2
Newport 03773
863-4300

The SAU #43 Early Childhood Support Program serves preschool children who live in Croydon, Newport, Sunapee, Goshen and Lempster.

If you suspect an infant, toddler or preschool age child has a developmental delay, speech or language impairment, motor disability or any problem that would interfere with the child's ability to learn, you can refer the child for a developmental screening or evaluation. These services are free of charge for families.

Families can be referred anytime. To make a referral, you should have the parent's consent. Call for forms and information on the referral process.

Second Beginnings Children's Boutique

Diana Love Center for Children & Families
169 Main Street 542-1848
Claremont 03743

Located at the Diana Love Center for Children & Families, Second Beginnings offers gently-used, supremely affordable clothing, books, toys and furniture for babies and children.

All donations and all purchases help Sullivan County babies and children.

Ask us about.....

- Volunteer Opportunities
- Donations

Hours:

Monday through Friday 10 am - 4 pm

Saturday 10 am - 1 pm

Southwestern Community Services

96 -102 Main Street 542-9528
Claremont 03743 800-529-0005
scs@scshelps.org
www.scshelps.org

Southwestern Community Services provides assistance to families through early education; nutrition and health; affordable housing; emergency housing and shelter programs.

Ask us about...

- WIC
- Head Start
- Homeless Services
- Lake Sunapee Area Mediation Program
- Fuel Assistance
- Emergency Food Assistance Program
- Commodity Supplemental Food Program
- Security Deposit Program

Sullivan County Family Visitation Center

Diana Love Center for Children & Families
169 Main Street 542-1848
Claremont 03743
goodbeginnings@adelphia.net
www.goodbeginnings.net

The Family Visitation Center provides a safe, comfortable and private place for children to have visits with non-custodial parents. The Center is also available for supervised exchange of children between parents who are separated or divorced.

Ask us about...

- Talking to your child about divorce.
- Keeping your child safe during visits.
- Building a stronger relationship with your child during times of separation.

Sullivan County Partners In Health Center

Summercrest Professional Building 543-6960
167 Summer Street 800-430-4796
Newport 03773

Dedicated to meeting the health needs of families in the community, PIHC physicians and nurse practitioners provide comprehensive care to the whole family with a focus on health promotion and preventive medicine. Partners offers a variety of programs and screening opportunities.

- Primary care services
- On-site Lab
- Nutritional counseling
- Prenatal & Obstetric care
- Pediatric care
- Immunizations
- Community health screenings
- Case management
- Information and referral services
- Sports and well-child physicals

UNH Cooperative Extension

24 Main Street
Newport 03773
sullivan@ceunh.unh.edu
<http://ceinfo.unh.edu>

863-9200

UNHCE provides educational programs and information for children and families throughout Sullivan County. The *Family Development Program* provides free newsletters, publications, workshops and classes on child development, parenting and money management. *Nutrition Connections* provides income eligible residents with information on nutrition, food safety, physical activity and money management. These educational programs are tailored to meet a client's needs and interests.

Ask us about...

- Cradle Crier and Toddler Tales Newsletter
- Family Focus: Raising Young Children Program
- Managing Your Money
- 4H club opportunities for children 5+

Upper Valley Support Group

PO Box 622
Hanover 03755
www.uvsg.net

448-6311

UVSG is a non-profit organization with six programs that support parents of children with any special needs. Supports include educational advocacy, parent to parent connections, educational series and workshops, a lending library, social and recreational opportunities for teens and young adults, a big brother/big sister program called Connections, a Partners in Health program, a Respite Child Care program and a Kids on the Block puppet troupe.

Ask us about...

- Respite care
- Parent support

Valley Regional Hospital (Dartmouth-Hitchcock Alliance)

243 Elm Street
Claremont 03743
www.vrh.org

542-7771

Whether you are new to the region or are interested in using medical services in the Valley Regional Community, we offer you physician and hospital services, rehabilitation, mental health and home care.

Ask us about...

- Maternal and Child Health Services
- Breastfeeding support
- Hearing and speech screenings for children
- Connecticut Valley Home Care-
for pediatric homecare
- River Valley Associates-
for individual & family therapy
- 24 hr. Emergency Hospital Care

West Central Behavioral Health/ Dartmouth-Hitchcock

Claremont Child and Family Center 542-5449
18 Bailey Avenue
Claremont 03743
www.wcbh.org

This community mental health center offers numerous mental health services to parents and children of all ages. Among its programs are some that assist families with children 0-6 years old. The goal of our parenting programs is to help families reduce tension and frustration and to increase each parent's ability and confidence to handle tough parenting challenges.

Ask us about...

- Parenting consultations
- Parent-child therapy
- Play therapy
- Family therapy
- Parenting groups

WIC

69-Z Island Street

Keene 03431

wicprogram@dhhs.state.nh.us

352-7512 x234

1-800-529-0005

The New Hampshire Women, Infants and Children Program provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong.

Ask us about...

- Vouchers to buy food and baby formula
- Health and immunization screenings
- Support for breastfeeding mothers
- Information on healthy eating

1st, 2nd, 3rd Monday of month:

Diana Love Center for Children & Families

169 Main Street, **Claremont**

2nd Thursday of month:

Old Town Hall

19 Summer Street, **Charlestown**

1st and 3rd Friday of month:

Episcopal Church of The Epiphany,

Cheney Street, **Newport**

Part of Southwestern Community Services.

Women's Health Resource Center (DHMC)

9 Hanover Street

Lebanon 03756

dhmc.womens.health.resource.center@hitchcock.org

650-2600

The Women's Health Resource Center seeks to enhance the level of women's physical and mental health by providing information, advocacy and support. The Center promotes healthy lifestyle choices and preventive care, and encourages women to make informed, efficient health care decisions.

Ask us about...

- Pregnancy & Parenting Classes
- Support Groups
- Lending Library
- Breastfeeding Consultation
- Breastpump Rental Program

Women's Supportive Services

11 School Street
Claremont 03743
543-0155
wss@nhvt.net

32 Main Street
Newport 03773
863-4053

WSS provides support for victims of domestic violence, sexual abuse, sexual harassment and stalking as well as support for the families and friends of victims. Services are free and confidential.

Ask us about...

- 24-hour crisis line 1.800.639.3130
- Emergency shelter and safe homes
- Peer support counseling and support groups
- Legal, medical and financial advocacy
- Information and referral services
- Volunteer opportunities

Statewide Agencies

Casey Family Services	603-224-8909
	802-649-1400
Catholic Charities of New Hampshire	448-5151
Child and Family Services of New Hampshire	224-7479
Healthy Kids	228-2925
Childhood Lead Poisoning Prevention Center	271-3969
Family Resource Connection	1-800-298-4321
NAMI - NH	1-800-242-6264
NH Dept. of Health and Human Services	542-9544
NH Poison Information Center	1-800-562-8236
Parent Information Center	224-7005
Parent to Parent	1-800-698-5465
Parents Anonymous	1-800-750-4494
Social Security	1-800-772-1213
WIC	1-800-WIC-4321

Physicians and Practices serving Children of Sullivan County

Associates in Medicine	542-9563
Charlestown Family Medicine	826-5711
Children's Hospital at Dartmouth	650-5437
Claremont Family Physicians	542-2571
Claremont Pediatrics	542-9505
Dr. Ellen Joyce	542-3800
Dr. Mary Joyce	542-3580
Mt. Ascutney Hospital	1-802-674-6711
New London Family Practice	526-5544
New London Medical Center	526-2911
Newport Health Center	863-4100
Partners in Health Clinic	863-2273
Stella Maris Pediatric Care Center	526-5363
Valley Family Physicians	543-1251

Community Telephone Numbers

Acworth

Police 542-7040

SAU #60 826-7756

Charlestown

Police/Fire 826-5747

Town Clerk 826-5821

Library 826-7793

SAU #60 826-7756

Claremont

Police 542-9538

Fire 542-5156

City Clerk 542-7003

Welfare 542-7007

Library 542-7017

Family Court 542-6064

SAU #6 543-4200

Cornish

Police 543-0535

Fire 542-5155

Town Clerk 675-5207

Library 543-3644

SAU #6 543-4200

Community Telephone Numbers

Croydon

Police/Fire 863-3232
Town Office 863-7830
SAU #43 863-3530

Goshen

Police 863-0700
Fire 863-2525
Library 863-6921
Town Clerk 863-5655
SAU #71 863-2420

Grantham

Police 863-6844
Fire 863-5710
Town Clerk 863-5608
SAU #75 863-9689

Langdon

SAU #60 826-7756

Community Telephone Numbers

Lempster

Police 863-7908
Fire 863-6375
Town Office 863-3213
Library 863-0051
SAU #71 863-2420

Newport

Police 863-3232
Fire 863-1416
Town Clerk 863-2224
Welfare 863-1360
Library 863-3430
District Court 863-1832
SAU #43 863-3540

Plainfield

Police 643-2222
Fire 448-1212
Town Offices 469-3201
Library 675-6866
SAU #32 469-3442

Community Telephone Numbers

Springfield

Police 763-3100

Fire 763-4805

Town Offices 763-4805

Library 763-4381

SAU #65 526-2051

Sunapee

Police 763-5555

Fire 763-2449

Town Offices 763-2449

Library 763-5513

SAU #43 863-3540

Unity

Police 542-7040

Fire 542-9665

Town Offices 543-3084

Library 543-3253

SAU #6 543-4200

Washington

Fire 883-2208

Town Clerk 883-2218

SAU #34 464-4466