

SHELTERS

My Friend's Place 749-3017
368 Washington St. Dover, NH

New Horizons 668-1877
199 Manchester St. Manchester, NH

Emergency Housing (Families) 627-2636
11 Liberty St. Manchester, NH

Nashua Shelter 883-1101 or 889-7770
58 Ash St. Nashua, NH
29 Kensley St. Nashua, NH (Families)

New Generations (Pregnant Women) 431-6023
568 Portsmouth St. Greenland, NH

A Safe Place 436-7924
Portsmouth, NH

York Co. Shelter (207) 324-6591
147 Shaker Hill Alfred, ME

Oxford Street Shelter (207) 761-2072
203 Oxford St. Portland, ME

FOOD PANTRIES

Operation Blessing
600A Lafayette Rd.
430-8561 (M, Th, F 10-4pm)

Family Services Assn.
7 Junkins Ave. 436-0641

Salvation Army Food Pantry
15 Middle St.
436-2606 (M-Th 9-3pm)

Seacoast Community Church
397 Lafayette Rd. 436-8623

St. Vincent DePaul
289 Lafayette Rd., Hampton
926-4427 (M, T, Th, F 10:30-12:30)

The Salvation Army
441 Lafayette Rd. 929-1792 (M-F)

First Parish Church (Th 9-noon)
218 Central Ave., Dover 742-5664

Dover CAP Food Pantry
668 Central Ave. 749-5160
(M-F 8-4pm)

Dover Food Pantry
1 Silver St.

St. Joseph's Church Food Pantry
150 Central Ave., Dover
742-4837 (M,T,W,F 9-noon)

PORTSMOUTH SOUP KITCHENS

The Salvation Army Breakfast Mon-Fri 7-7:30am Dinner every night 5-6pm
Seacoast Community Church Lunch every Tuesday 12-1pm
St. John's Church Lunch every Thursday 12 noon October-May

ROOMS FOR RENT

Brewster Rooms and Efficiencies
21 Brewster St. Portsmouth, NH 436-6930

Dan's Rooms for Rent
350-352 Hanover St. Portsmouth, NH

City Hall Market Rooms
278 Central Ave. Dover, NH 743-3262

Wallingford Square Rooms
78 Government St. Kittery, ME (207) 439-5531

Wyman House
Stevenson Rd. Kittery, ME (207) 439-2872

Stover House- Realty Agency
95 Government St. Kittery, ME (207)439-8770

OTHER SERVICES

Alcoholics Anonymous

Alcoholics Anonymous 433-5470
Meetings at Cross Roads House Tues/Thurs 7:30-9:00pm

Child Services

Community Day Care Center 436-8414
Rockingham Headstart 431-2911

Crisis Intervention

AIDS Hotline 1-800-752-2437
DCYF Helpline 1-800-852-3388
A Safe Place (Domestic Violence) 436-7924
Seacoast Mental Health 431-6703
Sexual Assault Support Services 436-4107

Detox Centers

NH Centers that do not require insurance:

Southeastern NH Services (Dover Crisis Center) Dover, NH 1-800-698-7647

ADI - Concord, NH (603) 228-1959

Keystone Hall - Nashua, NH (603) 881-4848

Serenity House - Manchester, NH (603) 625-6983

Marathon House - Keene, NH (603) 358-4041

Disability Services

Comm. Development Services 1-800-660-4103

NH Voc. Rehab Division 436-8884

Portsmouth Rehab Center 436-5110

Ritchie McFarland's Rehab Center 788-8193

TDD/TYY Hotline 1-800-852-3405

Employment

NH Dept. Employment Security 436-3702

NH Job Training Council 1-800-772-7001

NH Vocational Rehab Division 436-8884

Family Services

Child & Family Services of NH 1-800-640-6486

Family Services Association 436-0641

NH Catholic Charities in Rochester 322-7701

Parentline 1-800-640-6486

Parents Anonymous 1-800-852-3786

Food Assistance

Community Action Program (CAP) 431-2911

Food Stamps- Hotline 1-800-852-3383

WIC for Rockingham Co. 778-1834

Financial Assistance

DHHS 433-8300

Social Security (SSI) 433-0716

Health and Mental Health Services

AIDS Response Seacoast 433-5377

Alliance for the Mentally Ill of NH 1-800-242-6264

Families First 422-8208

Medicaid (DHHS) 433-8300

Seacoast Mental Health Center 431-6703

Family Planning & Pregnancy

Harbour Healthcare 431-6011

Seacoast Birthright 436-5558

Feminist Health Center 436-7588

Lamprey Healthcare 659-3106

Options for Women in Dover 749-4441

Planned Parenthood 434-6701

Portsmouth Prenatal Clinic 433-4992

Families First 422-8208

Narcotics Anonymous

Narcotics Anonymous (800) 711-6375

Meetings at Cross Roads House Mon/Weds 7:30-9:00pm