



# CITY OF MANCHESTER HEALTH DEPARTMENT



**Public Health**<sup>®</sup>  
Prevent. Promote. Protect.



## 2024-2025 ANNUAL RESOURCE GUIDE

*Revised and updated: November 2024*

## **IMPORTANT PHONE NUMBERS**

### **DIAL 9-1-1 FOR ALL EMERGENCIES**

<b>2-1-1</b>   Connects callers for free to information about services available in their community.	<b>2-1-1</b>
<b>Adult Protection Reporting Line</b>	<b>603-271-7014 1-800-949-0470</b>
<b>Domestic Violence 24-Hour Hotline</b>	<b>1-866-644-3574</b>
<b>Families In Transition – Home Assistance Line</b>	<b>1-877-606-5173</b>
<b>Gay, Lesbian, Bisexual &amp; Transgender National Hotline (LGBTQIA+)</b>   Provides information and referrals for gays, lesbians, transgenders and persons with questions about their sexuality. Information, referrals and peer counseling are offered.	<b>1-888-843-4564</b>
<b>LGBT National Youth Talking Help Center</b>	<b>1-800-246-7743</b>
<b>Manchester Health Department</b>	<b>603-624-6466</b>
<b>Manchester Police Department</b>	<b>603-668-8711</b>
<b>Mental Health America Crisis Text Line</b>   Trained Crisis Counselors are available for free 24/7.	<b>Text MHA to 741741</b>
<b>Mental Health Center of Greater Manchester</b>	<b>603-668-4111</b>
<b>Mental Health Suicide &amp; Crisis Lifeline</b>   Trained Crisis Counselors available for free 24/7 with Tele-Interpreters for more than 240 languages	<b>Call or Text: 988 Chat: 988lifeline.org</b>
<b>Mobile Crisis Response Team</b>   New Hampshire Rapid Response	<b>Call: 1-833-710-6477 Chat: nh988.com</b>
<b>National Runaway SafeLine</b>	<b>1-800-RUNAWAY (786-2929)</b>
<b>NH Addiction Crisis Line</b>	<b>1-844-711-4357</b>
<b>NH Try-to-Stop Tobacco Resource Center</b> Español: 1-800-833-5256   Hearing Impaired: 1-800-833-1477	<b>1-800-784-8669</b>
<b>Poison Control Center</b>   24/7 for poison emergencies, questions, and prevention.	<b>1-800-222-1222</b>
<b>RAINN (Rape, Abuse, and Incest Network)</b>	<b>1-800-656-4673</b>
<b>REACH Crisis Line</b>   Call 24 hours a day, 7 days a week to talk to a crisis advocate regarding domestic violence, sexual violence, stalking, and/or teen dating violence.	<b>603-668-2299</b>
<b>Reporting child abuse and neglect - NH Division for Children, Youth and Families</b>   Call either number if you suspect that a child has been abused or neglected. For immediate emergencies, please call 911.	<b>603-271-6562 or 800-894-5533 (in-state only)</b>
<b>The Samaritans Suicide Hotline-NH</b>	<b>1-877-583-8336</b>
<b>Sexual Assault 24-Hour Hotline</b>	<b>1-800-277-5570</b>
<b>Support Services for Runaway and Homeless Youth – Basic Centers</b>	<b>1-800-621-4000</b>
<b>Trans Lifeline</b>   Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.	<b>1-877-565-8860</b>
<b>Trevor Project Suicide Prevention Hotline</b>   Leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth.	<b>1-866-488-7386 Text: 678 678</b>
<b>Veterans Crisis Line</b>   Confidential support 24 hours a day, 7 days a week, 365 days a year.	<b>988 Press 1 Text: 838255</b>

## **PURPOSE**

The City of Manchester Health Department is pleased to share this **Annual Resource Guide** with residents, community organizations, and City Departments to assist individuals and families in need. This Guide builds off of our *former annual Winter Resource Guide* and provides a broader range of information. It not only provides local winter resources but also contact information and listings for needed resources spanning healthcare and prescription services, food and clothing assistance, employment and transportation needs, mental health and substance use treatment, veteran and senior services, housing and legal assistance, and recreational activities. The Annual Resource Guide is not intended to be an exhaustive list of services but rather a reference to complement the existing Information and Referral Networks described on the following pages.

This is a working document. The Annual Resource Guide is updated annually with new or previously unlisted services and posted on the Manchester Health Department's website at:

<https://www.manchesternh.gov/Departments/Health/Services>

To add resources or for more information, please contact:

City of Manchester Health Department  
1528 Elm Street, Manchester, New Hampshire 03101  
Phone: 603-624-6466

*Our bi-lingual staff will be happy to assist you in Spanish, Nepali, French, Kinyarwanda, Kirundi, Lingala, or Swahili. Other language assistance is also available.*

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## *Clothing Assistance & Thrift Shops*

### **Blessed Sacrament Church/St. Anne's Closet**

**Address:** 14 Elm Street, Manchester, NH 03103

**Phone:** 603-622-5445

**Hours:** 11am-1pm the first and second Wednesday of the month.

**Website:** [www.blessedsacramentnh.org/](http://www.blessedsacramentnh.org/)

**Services:** Good, clean, slightly used children's clothing is distributed **free** to those in need.

### **Brookside Thrift Shop**

**Address:** 2013 Elm Street, Manchester, NH 03101

**Phone:** 603-218-2390, Phone Ext: 210

**Hours:** Tuesday-Saturday 9am-1pm

**Website:** <https://www.brooksidecc.org/thrift-shop>

**Facebook:** <https://www.facebook.com/BrooksideThriftShop/>

**Services:** The Thrift Shop is a service of Brookside Congregational Church and serves the larger community of greater Manchester. The mission of the Thrift Shop is to accept donations of “gently used” clothing and household goods on behalf of the church and sell those items to raise money to further the charitable and religious missions of the church. Please contact us for large item donation pick-up.

### **Goodwill Northern New England**

**Address:** 165 John E. Devine, Manchester, 03103

**Phone:** 603-518-5246

**Store Hours:** 9 a.m. – 6 p.m. daily

**Donation Hours:** 9 a.m. – 6 p.m. daily

**Website:** <https://goodwillnne.org/locations/>

**Services:** Gently used clothing, housewares, furniture, books, children's toys, and more.

### **Outfitters Thrift Store**

**Address:** 394 Second Street, Manchester, NH 03102

**Phone:** 603-641-6691

**Website:** <https://www.fitnh.org/outfitters/>

**Store hours:** Monday – Saturday: 8 am – 4 pm.

**Donation house:** Monday – Saturday: 8:30 am – 3 pm.

**Services:** Outfitters in Manchester offers a large, open showroom and a department store feel with a wide selection of everything from gently used clothing and housewares to books, movies, small electronics, and seasonal decorations.

### **Savers**

**Address:** 93 S Maple St, Manchester, NH 03103

**Phone:** 603-623-3649

**Hours:** Monday – Saturday: 9am – 9pm. Sunday: 9am-7pm.

**Website:** <https://stores.savers.com/nh/manchester/>

**Services:** Gently used clothing, housewares, furniture, books, children's toys, and more.

## *Employment Programs*

### **Dartmouth Hitchcock Workforce Readiness Institute**

**Address:** 30 Lafayette Street, Lebanon, NH 03756

**Phone:** 603-653-3229

**Email:** [WRI@hitchcock.org](mailto:WRI@hitchcock.org)

**Website:** <https://dhwri.org/>

**Services:** Training and career advancement opportunities through comprehensive training programs that offer full-time employment with benefits. Access to NH's largest private employer, a nationally-recognized teaching hospital and health system. Ability to earn college credits, state/national licenses, and certifications while being paid to learn. Experiential learning opportunities for high school and post-secondary students.

### **Easterseals NH All Youth Count**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-748-0071

**Contact:** Benjamin Adams

**Email:** [badams@eastersealsnh.org](mailto:badams@eastersealsnh.org)

**Website:** <https://eastersealsnh.org/programs/workforce-development/all-youth-count/>

**Services:** All Youth Count (AYC) is a public-private partnership between Easterseals NH, New Hampshire Division of Youth and Families, and private sector partners that helps foster care youth and those who have recently left foster care aged 14 to 26. The program assists them in leading successful, independent lives. Through a combination of supportive employment, vocational mentorship, and individualized support, AYC helps at-risk youth overcome barriers to independence and stability.

### **Easterseals NH Community-Based Services**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-262-9383

**Contact:** <https://eastersealsnh.org/contact/>

**Website:** <https://eastersealsnh.org/programs/community-based-services/>

**Services:** Easterseals NH Community-Based Services supports adults with intellectual disabilities or acquired brain injuries through Community Participation Services, Residential Services, and Clinical Services. Serving over 200 individuals statewide, Easterseals NH has established partnerships with community stakeholders to provide meaningful opportunities for individuals to pursue their goals and interests while acquiring new skills and abilities. We place a high value on ensuring we offer services in integrated settings that include paid work, volunteer work, and recreational activities.

### **Easterseals NH Youth Transitional Services**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-748-0071

**Contact:** Benjamin Adams

**Email:** [badams@eastersealsnh.org](mailto:badams@eastersealsnh.org)

**Website:** <https://eastersealsnh.org/programs/workforce-development/youth-transitional-services/>

**Services:** Easterseals NH Youth Transitional Services (YTS) is a holistic program that helps Granite State high school students with disabilities prepare to transition from high school to adult living. We work with educators, families, community organizations, and businesses to support youth in developing daily living skills and preparing for life after school with resources like employer visits, informational interviews, volunteering, work-based learning, customized employment, and work-site instruction and assessment.



### **Goodwill Northern New England Workforce Services**

**Website:** <https://goodwillnne.org/programs/workforce-services/>

**Services:** Provides career advisor and life navigators (a social worker position), who help participants work through barriers to success. Job search, career building, digital skill development, and other training options provided.

### **Granite State Independent Living**

**Address:** 60 Rogers Street, Suite 209, Manchester, NH 03104

**Phone:** 603-518-4600

**Website:** <https://www.gsil.org/>

**Services:** GSIL can tailor an employment solution for you. For more than 30 years, GSIL has been making local quality job placements for people who receive Social Security Disability benefits or have a disability in NH. Job coaching, interview training, and assistance filling out applications (among other services) available.

### **Harbor Care - Veterans FIRST Services**

**Address:** Multiple locations in Greater Nashua, New Hampshire and telehealth.

**Phone:** To access our veteran employment intake coordinator, call 603-882-3616.

**Hours:** Monday – Friday, 9am to 5pm.

**Website:** <https://www.harborcarenh.org/veterans>

**Services:** Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force.

Working as one, the programs of Harbor Care provide the tools people need to improve their lives.

Harbor Care operates a Department of Labor-funded employment services program for veterans from anywhere in New Hampshire experiencing homelessness. Veterans work one-on-one with an employment specialist to find and maintain meaningful employment, and, if qualified, may also access our full range of veteran services including transitional housing, case management, temporary financial support, on-the-job training, and more.

### **Manchester Community Resource Center (MCRCnh)**

**Address:** 434 Lake Ave, Manchester, NH 03103

**Phone:** 603-647-8967

**Website:** <https://mcrcnh.com/>

**Services:** MCRCnh offers a series of self-directed employment tools to assist with job readiness, job search, and job retention. Services offered include job listings/announcements, scanning, faxing, copying, notary services, and access to public computers that are equipped with resume writing software, internet services, Microsoft Office, printer and OSHA Testing.

### **NH Works – Workforce Innovation and Opportunity Act (WIOA) through CAPHR (formerly SNHS)**

**Address:** CAPHR, 40 Pine Street, Manchester, NH 03103

**Phone:** 603-647-4470 Ext 8047

**Website:** <http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia/>

**Services:** WIOA is an employment and training program to help dislocated workers and other eligible adults access the tools they need to manage their careers through information and high quality services. Supports may include transportation and child care reimbursement, HiSet preparation, computer literacy skills and resume writing and paid on the job training.

### **New Hampshire Job Corps Center**

**Address:** 943 Dunbarton Rd, Manchester, NH 03102

**Phone:** 800-733-5627 or 603-695-8800 locally

**Website:** <https://newhampshire.jobcorps.gov>

**Services:** Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

### **Senior Community Service Employment Program (SCSEP) - Operation A.B.L.E.**

**Address:** 228 Maple Street Suite 300, Manchester, NH-03103

**Phone:** 603-206-4400; Relay NH711 and MA 711.

**Fax:** 603-206-4401

**Hours:** Monday – Friday, 8:30am - 4:30 pm

**Website:** <https://operationable.net>

**Services:** Community service and work based training program for older workers (age 55 or older) funded by the US Department of Labor. The goal of the program is to upgrade the participant's employment skills through work-based training so they are better equipped to obtain unsubsidized employment. For more information or to apply, please call. Auxiliary aids and services available upon request to people with disabilities.

### **Vocational Rehab**

**Address:** 1 Sundial Ave #201N, Manchester, NH 03103

**Phone:** 603-669-8733

**Website:** <https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/programs-and-services/vocational>

**Services:** The mission of NH Bureau of Vocational Rehabilitation is to assist eligible NH citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services.

### **Workplace Success through CAPHR (formerly SNHS)**

**Address:** Community Action Project Hillsborough & Rockingham  
40 Pine Street, Manchester, NH 03103

**Phone:** 603-668-3148

**Website:** <https://mail.snhs.org/programs/workforce-development/workplace-success>

**Services:** Workplace Success provides participants in the NH Employment Program (NHEP) with the skills, knowledge, experience, and support needed to obtain paid employment. NHEP offers career counseling, increased employability, job skills and paid on the job training for TANF (Temporary Assistance for Needy Families) eligible adults only.



## *Financial, Fuel & Utility Assistance*

### **Easterseals Military & Veterans Services – Veterans Count**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-351-4354

**Program Coordinator:** [mvsintake@eastersealsnh.org](mailto:mvsintake@eastersealsnh.org)

**Website:** <https://www.easterseals.com/nh/our-programs/veterans-count/>

**Services:** Emergency financial assistance for any Service Member engaged in the NH Deployment Cycle Support Program and/or his or her family in conjunction with a comprehensive plan for self-sufficiency. Additional services include employment counseling, mental health services, employment support, and substance abuse services.

### **Harbor Care - Veterans FIRST Services**

**Address:** Multiple locations in Greater Nashua, New Hampshire and telehealth.

**Phone:** To access our veteran services intake coordinator, call 603-882-3616.

**Hours:** Monday – Friday, 9am-5pm.

**Website:** <https://www.harborcarenh.org/veterans>

**Services:** Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force.

Harbor Care operates a Department of Veteran Affairs-funded “Supportive Services for Veteran Families” program that provides eligible veterans who are experiencing or at risk of homelessness with access to a variety of supports, including case management and temporary financial assistance. Enrolled veteran households may also qualify to access employment services, transitional and permanent housing, legal aid, and more. Call Harbor Care for more information on eligibility.

### **Manchester City Welfare**

**Address:** 1528 Elm Street, Upper Level, Manchester, NH 03101

**Phone:** 603-624-6484

**Hours:** Monday – Friday 8:00am – 4:30pm.

**Website:** [www.manchesternh.gov/welfare](http://www.manchesternh.gov/welfare)

**Services:** Provides financial assistance to those individuals and families in Manchester who are unable to meet basic needs, such as food, housing, medications and utilities. Potential applicants are encouraged to apply in person.

### **Merrimack Valley Assistance Program (MVAP)**

**Address:** 50 Bridge Street, Suite 106, Manchester, NH 03101

**Phone:** 603-623-0710

**Hours:** Monday-Thursday, 8am–5pm; Friday, 8am–11:30am

**Website:** [www.mvap.org/](http://www.mvap.org/)

**Services:** Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

### **NH Department of Health and Human Services, Division of Economic Stability**

**Address:** 1050 Perimeter Road, Manchester, NH 03103

**Phone:** 603-668-2330

**Website:** [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

**Services:** Administers programs and services for eligible NH residents, including Temporary Assistance for Needy Families (TANF) and Supplemental Nutrition Assistance Program (SNAP) to provide financial, medical, food / nutritional assistance, help with child care costs and obtaining safe housing.

### **NH Fuel Assistance Program - Administered by CAPHR (formerly SNHS)**

**Address:** 160 Silver Street, Manchester, NH 03103

**Phone:** 603-647-4470

**Website:** [www.snhs.org/programs/energy-programs/low-income-home-energy](http://www.snhs.org/programs/energy-programs/low-income-home-energy)  
[www.energy.nh.gov/consumers/help-energy-and-utility-bills/fuel-assistance-program](http://www.energy.nh.gov/consumers/help-energy-and-utility-bills/fuel-assistance-program)

**Services:** Provides seniors, disabled, and low-income residents with the financial assistance necessary to assist with payment of seasonal heating expenses.

### **NH Medicaid Program**

**Address:** 1050 Perimeter Road, Manchester, NH 03103

**Phone:** 603-668-2330

**Hours:** Monday-Friday, 8am-4pm.

**Website:** [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

**Services:** The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services.

### **Salvation Army**

**Address:** 378 Notre Dame Ave., Manchester, NH 03102

**Phone:** 603-627-7013

**Office Hours:** Monday-Friday, 9am-3pm. Please call for specific program hours.

**Website:** <https://nne.salvationarmy.org/manchester/>

**Services:** Assistance with fuel, rent and utility bills for those who qualify. Call or stop by the office for more information.

### **State of NH Electric Assistance Program - Administered by CAPHR (formerly SNHS)**

**Address:** 160 Silver Street, Manchester, NH 03103

**Phone:** 603-647-4470

**Website:** [www.snhs.org/services/electric-energy-assistance](http://www.snhs.org/services/electric-energy-assistance)  
[www.energy.nh.gov/consumers/help-energy-and-utility-bills/electric-assistance-program](http://www.energy.nh.gov/consumers/help-energy-and-utility-bills/electric-assistance-program)

**Services:** The Electric Assistance Program, or EAP, provides income eligible customers with a discount on monthly electric bills. Discounts range from 5% to 86% depending on the customer's gross household income and household size.

### **Weatherization Assistance Program - Administered by CAPHR (formerly SNHS)**

**Address:** 160 Silver Street, Manchester NH 03103

**Phone:** 603-668-8010

**Websites:** <https://www.snhs.org/services/weatherization>  
[www.energy.nh.gov/consumers/help-energy-and-utility-bills/weatherization-assistance-program](http://www.energy.nh.gov/consumers/help-energy-and-utility-bills/weatherization-assistance-program)

**Services:** CAPHR provides local management of the low-income weatherization assistance programs supported by both the NH Department of Energy and the State's regulated electric and gas utilities. Provides a professional home energy audit to assess the opportunities for energy efficiency upgrades while protecting health and safety. Energy conservation measures can include air sealing, increased insulation, tightening of windows and doors, replacement of inefficient home appliances, and repair or replacement of failing heating system components. Eligibility is determined by income with preference for households with elderly residents, disabled residents, children under the age of 19, and those experiencing a high energy burden. Apply at: <https://www.snhs.org/services/weatherization>

## *Food Assistance*

### **City of Manchester NH Welfare Department**

**Address:** 1528 Elm Street, Manchester, NH 03101

**Phone:** 603-624-8648

**Website:** <https://www.manchesternh.gov/Departments/Welfare>

**Services:** Provides emergency assistance with basic need expenses such as food to those households experiencing a financial hardship. Eligibility for assistance is determined through written application and the completion of an in person interview.

### **Community Action Partnership Hillsborough & Rockingham Counties (CAPHR) (formerly Southern New Hampshire Services)**

#### **Women, Infants & Children (WIC)**

**Address:** 130 Silver Street, Manchester, NH 03103

**Phone:** Toll Free: 1-800-256-9880 Local: 603-668-8010

**Website:** <https://www.caphr.org/services/women-infants-children-wic>

**Services:** The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides-nutrition education, breastfeeding support, and nutritious foods to help keep pregnant women, new mothers, infants and children up to age 5 healthy and strong, making sure families have what they need to live a healthy life.

#### *Full List of Manchester stores accepting WIC can be found at:*

<https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program>

### **Food for Children, Inc.**

**Address:** Beech Street School playground, 333 Beech Street, Manchester, NH 03103

**Website:** <https://www.foodfc.org/>

**Services:** Food distribution to families and individuals in need every Saturday beginning at 9:30 am.

### **Fueled By Kids**

**Website:** <https://fueledbykids.org/>

**Services:** Weekend food bag distribution to students every Friday. Families can contact their school social worker for more information.

### **Merrimack Valley Assistance Program (MVAP)**

**Address:** 170 Lowell Street, Manchester, NH 03104

**Phone:** 603-623-0710

**Hours:** Monday-Thursday, 8 am-5 pm; Friday, 8 am-11:30 am

**Website:** [www.mvap.org/](http://www.mvap.org/)

**Services:** Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

### **NH Food Bank**

**Address:** 700 East Industrial Park Drive, Manchester, NH 03109

**Phone:** 603-669-9725

**Website:** [www.nhfoodbank.org](http://www.nhfoodbank.org)

**Services:** Distributes nutritious food to more than 400 partner agencies who, in turn, distribute to food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. Visit the website to identify a local food pantry near you or to see the Mobile Food Pantry schedule.

For SNAP Application Assistance, call the NH Food Bank Helpline at 1-877-347-7627 (SNAP).

## **Roca Kidz Club**

**Addresses:** 222 Cedar Street, Manchester, NH 03103  
140 Wilson Street, Manchester, NH 03103  
130 Conant Street, Manchester, NH 03102

**Website:** <http://www.rocakidzclub.com/>

**Services:** Faith based after school program that offers a free meal for kids of all ages on Thursdays 6-7:30 pm. Also provides homework help, games, activities, mentoring, and youth development.

## **Salvation Army Kids Café**

**Address:** 121 Cedar Street, Manchester, NH 03101

**Phone:** 603-627-7013

**Website:** <https://nne.salvationarmy.org/manchester/kids-cafe>

**Services:** Provides evening meals four nights a week, but also structured recreational activities, interaction with caring adults and a place where children and teens can learn and grow with the support of others. Call for hours and additional information.

## **SNAP/Food Stamps/EBT**

**Phone:** 603-271-9700

**Website:** <https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap>

**Services:** The Food Stamp Program is about good nutrition and health. It provides eligible individuals and households with benefits to buy food items in person and online at grocery stores and food retailers. For SNAP Application Assistance, call the NH Food Bank Helpline at 1-877-347-7627 (SNAP).

## **Granite State Market Match & Double-Up Food Bucks**

**Website:** <https://granitestatemarketmatch.org/about-us/>  
<https://granitestatemarketmatch.org/double-up-food-bucks/>

**Services:** Granite State Market Match doubles SNAP/EBT benefits for fruits and vegetables at participating farmer's markets, farm stands, and CSAs. Double Up Food Bucks gives 50% off fresh fruits and vegetables at participating retail locations. These programs help households purchase more fresh fruits and vegetables all while supporting local farmers. Granite State Market Match and Double Up Food Bucks can both be used to purchase or receive a discount on fresh fruits, vegetables, herbs, seeds, and seedlings.

### **Participating Manchester Stores/Markets:**

- Dollar Deluxe, 334 Union Street, Manchester, NH 03103  
603-645-1155
- Fresh Start Market, 150 Spruce Street, Manchester, NH 03103  
<https://www.freshstartfarmsnh.com/>  
603-606-2663
- La Bonne Semence, 229 Wilson Street, Manchester, NH 03103  
<https://www.labonnenh.com/>  
603-518-7947
- R&E Grocery, 304 Merrimack Street, Manchester, NH 03103  
603-232-5790
- TMC Convenience, 77 Bremer Street, Manchester, NH 03102  
<https://www.facebook.com/p/TMC-Convenience-100063787634501/>  
603-518-5793

- Fresh Start Farms Mobile Market  
<https://www.freshstartfarmsnh.com/mobile-market/>  
 603-606-2663  
 Check the website for schedule and locations of the market from May to October.

### **USDA SUN Meals (Summer Food Service) Programs**

**Website:** <https://www.fns.usda.gov/summer/sunmeals>

**Services:** **FREE** summer meals and snacks available to any child through age 18 at schools, parks, and other neighborhood locations. No application or other information needed. To find meal locations, please check the website!

## ***Food Assistance - For Seniors / Disabled / Homebound***

\*\*\* Identifies a NH Food Bank partner agency

### **The Caregivers Caring Cupboard\*\*\***

**Address:** 700 East Industrial Park Drive, Manchester, NH 03109

**Phone:** 603-622-4948

**Website:** [www.caregiversnh.org/services/caring-cupboard/](http://www.caregiversnh.org/services/caring-cupboard/)

**Services:** Personalized mobile food pantry program providing and delivering free groceries to eligible neighbors in need. Delivery only on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month.

**SPECIAL REQUIREMENTS:** Application required and must be a Senior or disabled. Contact the Caregivers for an application.

### **Community Action Partnership Hillsborough & Rockingham Counties (CAPHR) (formerly Southern New Hampshire Services)**

#### **Commodity Supplemental Food Program and Senior Farmers' Market Nutrition Program**

**Address:** 40 Pine Street, Manchester, NH 03103

**Phone:** Toll Free: 1-800-256-9880      Local: 603-668-8010

**Website:** <https://www.caphr.org/services/senior-food-program-csfp>

**Services:** Provides nutritious food resources to *income eligible adults 60 years of age or older* to supplement participants' monthly nutritional needs. Packages include items such as dry beans, cheese, juices, dry milk, cereals, rice or pasta, canned fruits and vegetables and meats from at resource centers including Manchester and Nashua, at one of our satellite sites, or residents of participating housing communities may pick up from that housing delivery drop-site.

### **Easterseals Seniors Count Food Pantry\*\*\***

**Address:** 555 Auburn St, Manchester, NH 03103

**Phone:** 603-845-9318

**Website:** <https://www.easterseals.com/nh/our-programs/senior-services/>

**Services:** Provides food resources for participants in Easterseals Senior Services programs. Call for more information and pantry hours.

### **Meals on Wheels of Hillsborough County\*\*\***

**Address:** Main Office, 46 Milford Street, Manchester, NH 03102

**Phone:** 603-424-9967

**Hours:** Monday-Friday, 8:30am-4:30 pm

**Website:** <https://www.hcmow.org/>

**Services:** Serving healthy meals to older and disabled adults, with daily meal delivery to your front door. Drivers also conduct daily contact and safety checks and provide information on other health and social service programs. Call the phone number or fill out the application online to request meals.

## Community Gardens & Farm Share

### Brookside Community Garden

**Address:** 2013 Elm Street, Manchester, NH 03104

**Organizer:** Louise Popp [louise@brooksidecc.org](mailto:louise@brooksidecc.org)

Open to all. Contact Organizer for application.

**Plot Size:** 10'x12'

**Fee:** \$25

### Cedar Street Family Garden

**Address:** 249 Cedar Street, Manchester, NH 03103

**Organizer:** Anzura Gakwaya [agakwaya@nwsnh.org](mailto:agakwaya@nwsnh.org)

Open to neighborhood residents.

### Manchester Community College Garden

**Address:** 1066 Front Street, Manchester, NH 03102

**Organizer:** David Ouellette [nhdo2010@gmail.com](mailto:nhdo2010@gmail.com)

Open to all. Contact Organizer for application.

**Plot Size:** Multiple plot sizes ranging from 6'x 10' to 37'x 40'

**Fee:** \$15

### Parkside Community Garden

**Address:** 75 Parkside Avenue, Manchester, NH 03102

**Organizer:** Amanda Crespo [amandacrespo730@gmail.com](mailto:amandacrespo730@gmail.com)

Contact Organizer for information.

### Pine Street Community Garden

**Address:** 187 Pine Street, Manchester, NH 03103

For more information, contact [izopsm@gmail.com](mailto:izopsm@gmail.com)

### Stark Farm Community Garden

**Address:** 650 River Road, Manchester, NH 03104

**Organizer:** Mike Gioia [monopolybag@gmail.com](mailto:monopolybag@gmail.com)

Farm-style collaborative garden.

Open to all. Contact Organizer for application.

**Fee:** Annual donations accepted.

For additional Manchester Community Garden information, follow **Manchester Grows** at:

<https://www.fuunevents.com/gardens/>

## Community Action Partnership Hillsborough & Rockingham Counties (CAPHR) (formerly Southern NH Services)

### Hillsborough County Community Gardens

**Address:** 329 Mast Rd, Southwest Field, Goffstown, NH

**Phone:** 603-668-8010

**Website:** <https://www.caphr.org/services/community-gardens>

**Services:** CAPHR has partnered with Hillsborough County for our Community Gardens Program in Goffstown which provides up to 50 garden plots available to all residents of Hillsborough County regardless of income. The growing season each year closes at the end of September.

**Plot size:** 25' x 25'



**Fee:** A minimum of 75% of all gardening space will be reserved for low-income applicants free of charge. The remaining plots will be made available to other interested community members for a donation of \$20.

### **Fresh Start Farms Farm Share Program**

**Address:** 150 Spruce Street, Manchester, NH 03103

**Phone:** 603-606-2663

**Website:** <https://freshstart.localfoodmarketplace.com/>

**Services:** Locally grown food delivered to your door weekly or bi-weekly. Visit the website to learn more and sign up.

## ***Food Pantry Locations***

\*\*\* Identifies a NH Food Bank partner agency

### **1269 Café Food Pantry\*\*\***

**Address:** 456 Union Street, Manchester, NH 03102

**Phone:** 603-512-1571

**Website:** <https://thetwelveonunion.org/>

**Hours:** Wednesdays & Thursdays, 10:30am-12:30pm; Sundays, 11am-12:30pm

### **Amoskeag Health Food Pantry\*\*\***

**Addresses:** 1245 Elm Street, Manchester, NH 03101

145 Hollis Street, Manchester, NH 03101

184 Tarrytown Road, Manchester, NH 03103

**Phone:** 603-626-9500

**Website:** [www.amoskeaghealth.org](http://www.amoskeaghealth.org)

**Services:** Provide emergency groceries to Amoskeag Health patients in need.

### **Bethany Chapel Food Pantry\*\*\***

**Address:** 54 Newbury Road, Manchester, NH 03103

**Phone:** 603-645-6399

**Website:** <https://www.bethanychapel.net/>

**Hours:** Tuesdays, 3-5pm. Free community dinner every Thursday at 6pm.

### **Blessed Sacrament Church Food Pantry\*\*\***

**Address:** 14 Elm St, Manchester, NH 03103

**Phone:** 603-622-5445

**Website:** [www.blessedsacramentnh.org](http://www.blessedsacramentnh.org)

**Hours:** Wednesdays, 1-3pm.

### **Covenant of Promise Food Pantry\*\*\***

**Address:** 62 Merrimack Street, Manchester, NH 03101

**Phone:** 603-897-9740

**Services:** Provides emergency groceries to residents in need.

**Hours:** Sundays, 1-2:30pm; Saturdays, 12:30-2:30pm

### **Families in Transition Food Pantry\*\*\***

**Address:** 176 Lake Ave, Manchester, NH, 03103

**Phone:** 603-641-9441

**Website:** <https://www.fitnh.org/food-programs/food-pantry/>

**Services:** Families and individuals can do one full pantry shop every 30 days. Choices of fresh fruits, vegetables, meats, and bakery items are available while supplies last. Walk-ins are welcome. Bringing your own bags is highly encouraged.

**SPECIAL REQUIREMENTS:** Available for Manchester residents. First-time pantry visitors please bring a current photo ID and proof of residence in Manchester. Proof of residence can be a piece of mail, vehicle registration, online bill, etc.

**Hours:** Mondays, 1-4pm; Tuesdays through Fridays, 10-4 pm.

**First United Methodist Church Food Pantry\*\*\***

**Address:** 961 Valley Street, Manchester, NH 03103

**Phone:** 603-622-8863

**Website:** [www.fumcmanchester.org/ministries](http://www.fumcmanchester.org/ministries)

**Services:** Available to Manchester residents. Please bring NH driver's license with current address and a current utility bill to register.

**Hours:** Tuesdays, 8-11:30am.

**Friends of St. Vincent de Paul Food Pantry\*\*\***

**Address:** 563 Candia Road, Manchester, NH 03109

**Phone:** 603-625-6775

**Website:** [http://saintpiusxnh.org/?page\\_id=1229](http://saintpiusxnh.org/?page_id=1229)

**Services:** BY APPOINTMENT ONLY on Saturdays, 9-9:30am. Call to schedule an appointment.

**Hope City Church Food Pantry\*\*\***

**Address:** 222 Cedar Street, Manchester, NH 03103

**Phone:** 603-624-4673

**Website:** <https://www.hopecitynh.org/our-ministries>

**Services:** Provide food and other essentials to the unhoused population in the community.

**Hours:** Thursdays and Fridays, 8-10am.

**Liberty House\*\*\***

**Address:** 221 Orange Street, Manchester, NH 03104.

**Phone:** 603-669-0761

**Website:** [www.libertyhousenh.org/](http://www.libertyhousenh.org/)

**Services:** Specific to Veterans.

**Hours:** Mondays-Fridays, 10am-4pm; Saturdays, 10am-2pm.

**Manchester Church of God Food Pantry\*\*\***

**Address:** 230 Mooresville Road, Manchester, NH 03103

**Phone:** 603-289-3428

**Website:** <https://mcognh.com/food-ministry/>

**Hours:** BY APPOINTMENT ONLY. First and third Fridays, 7-10am. Call ahead to participate.

**Mercy Hill Church Food Pantry\*\*\***

**Address:** 750 Pine Street, Manchester, NH 03104

**Phone:** 603-624-4080

**Website:** <https://mercyhillchurch.church/>

**Services:** Providing food and essential items to the unhoused and those in need in the community. All are welcome.

**Hours:** Thursdays, 3:30-5pm.

**Parish of Transfiguration Food Pantry\*\*\***

**Address:** Youville Street (behind Church at 30 Kelley Street), Manchester, NH 03102

**Phone:** 603-628-6859

**Services:** Must live in the 03102 zip code area. Please call ahead.

**Hours:** BY APPOINTMENT ONLY. Tuesdays and Fridays, 1-3 pm.

**Sacred Heart Church Food Pantry\*\*\***

**Address:** 247 S. Main St, Manchester, NH 03102

**Phone:** 603-668-4004

**Website:** <https://www.sacredheartchurch-nh.com/ministries>

**Hours:** Call ahead to let them know you are coming. Thursdays, 10am-12pm.

**Salvation Army Food Pantry\*\*\***

**Address:** 121 Cedar Street, Manchester, NH 03101

**Phone:** 603-627-7013 x123 (x112)

**Website:** <http://nne.salvationarmy.org/manchester>

**SPECIAL REQUIREMENTS:** Participants must bring ID and proof of residence.

**Hours:** Third Thursdays of the month, 9am-2pm. Smaller food bags/snacks also available anytime upon request.

**Shiloh Community Church Food Pantry (items sold at extremely low prices)**

**Address:** 461 Straw Rd, Manchester, NH 03102

**Phone:** 603-627-7729

**Website:** <https://shilohcommunity.church/food-ministry>

**Services:** Pantry selling greatly discounted items such as produce, frozen goods, breads, meats, dairy, and home supplies. No eligibility requirements.

**Hours:** Fridays, 6-8pm.

**St. Andrew's Church Food Pantry\*\*\***

**Address:** 102 North Main St, Manchester, NH 03102

**Phone:** 603-622-8632

**Services:** Provides free food to feed families and individuals in need. Must be a resident of Manchester.

**Hours:** First and third Tuesdays of the month, 8-10am.

**St. Joseph's Cathedral Parish Food Pantry\*\*\***

**Address:** 145 Lowell St. Manchester, NH 03104

**Phone:** 603-622-6404

**Website:** <https://www.stjosephcathedralnh.org/>

**Services:** BY APPOINTMENT ONLY. Tuesdays, 2:30-3:30. Call to schedule an appointment.

**St. Raphael Parish Food Pantry\*\*\***

**Address:** 103 Walker Street, Manchester, NH 03102

**Phone:** 603-623-2604

**Website:** <https://st-raphael-parish.org/food-pantry/>

**SPECIAL REQUIREMENTS:** Serving Manchester residents. A client intake form and proof of residence are required for new clients.

**Hours:** Mondays, 5:30-6:30pm. Located in the lower church.

### **Society of St. Vincent de Paul Manchester at Ste. Marie Church\*\*\***

**Address:** 378 Notre Dame Ave., Manchester, NH 03102

**Phone:** 603-623-3649

**Website:** <https://svdpmanchester.com>

**Services:** Serving the west side of Manchester (03102). Please call and leave a message to schedule an appointment.

### **The Granite YMCA of Downtown Manchester**

**Address:** 30 Mechanic Street, Manchester, NH 03101

**Phone:** 603.232.8620

**Website:** [www.graniteymca.org/food-pantry](http://www.graniteymca.org/food-pantry)

**Hours:** Please give us a call or visit our website for food pantry details, including dates and hours.

### **Waypoint Youth Resource Center Food Pantry\*\*\***

**Address:** 298 Hanover Street, Manchester, NH 03103

**Phone:** 603-518-4170

**Website:** <https://waypointnh.org/programs/manchester-youth-drop-in-center/>

**Services:** The Youth Resource Center is open on a variable schedule. Please call for hours.

## ***Mobile Food Markets***

### **Fresh Start Farms Mobile Market**

**Address:** 150 Spruce Street, Manchester, NH 03103

**Phone:** 603-606-2663

**Website:** <https://www.freshstartfarmsnh.com/mobile-market/>

**Services:** A mobile market with fresh produce and local products visits multiple locations throughout Manchester from May to October. Check the website for schedule and locations.

## ***Nutrition Education & Diet Guidance***

### **UNH Cooperative Extension Nutrition Connection Program**

**Website:** <https://extension.unh.edu/health-well-being/programs/nutrition-connections>

**Phone:** 603-641-6060 or 877-398-4769

**Services:** Nutrition Connections-offers no-cost, hands-on nutrition education programs that provide limited-resource families the knowledge and skills they need for better nutrition.

### **Hannaford Supermarket Dietitians**

**Address:** 201 John E Devine Drive, Manchester, NH 03103

**Phone:** 603-626-4567

**Address:** 859 Hanover Street, Manchester, NH 03103

**Phone:** 603-624-4442

**Website:** <https://www.hannaford.com/health-wellness/dietitians>

**Services:** **FREE** in-store tours, in-person and virtual classes and food demonstrations for community members. Heart Health and Diabetes, Food Allergies and Nutritious Foods for Less money, Food Label reading with Guiding Stars, Healthy Snacking with the Snack Pals, Grab and Go options. Call for details.

## Health Services

### Hospitals, Medical Centers and Health Clinics

#### Amoskeag Health

**Address:** 145 Hollis Street, Manchester, NH 03101

**Address:** 1245 Elm Street, Manchester, NH 03101

**Address:** 184 Tarrytown Road, Manchester, NH 03103

**Phone:** 603-626-9500

**Website:** <https://www.amoskeaghealth.org/>

**Services:** Community-based health center providing primary and mental health care and support services to the underserved.

#### Catholic Medical Center (CMC)

**Address:** 100 McGregor Street, Manchester, NH 03102

**Phone:** 603-668-3545 TDD for the Hearing Impaired: 603-644-2595

**Website:** [www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

#### Dartmouth Hitchcock Clinics - Manchester

**Address:** 100 Hitchcock Way, Manchester, NH 03104

**Phone:** 603-695-2500

**Website:** [www.dartmouth-health.org](http://www.dartmouth-health.org)

#### Elliot Health System – Solution Health (Elliot Hospital)

**Address:** 1 Elliot Way, Manchester, NH 03103

**Phone:** 603-669-5300

**Website:** [www.elliotohospital.org](http://www.elliotohospital.org)

**Services:** Elliot Health System is the largest provider of comprehensive healthcare services in Southern New Hampshire. The cornerstone of Elliot Health System is Elliot Hospital, a 296-bed acute care facility located in Manchester (New Hampshire's largest city). Established in 1890, Elliot Hospital offers Southern New Hampshire communities caring, compassionate, and professional patient service, regardless of race, religion, national origin, gender, age, disability, marital status, sexual orientation, or ability to pay.

#### Harbor Care Health and Wellness Center

**Address:** Multiple locations in Greater Nashua.

**Phone:** To access our intake coordinator, including our health care, dental care, and behavioral health care services, call 603-882-3616.

**Website:** [www.harborcarenh.org](http://www.harborcarenh.org)

**Hours:** Monday – Friday, 9am to 5pm. Call for details.

**Services:** Harbor Care operates Greater Nashua's only Healthcare for the Homeless Federally Qualified Health Center, the Harbor Care Health and Wellness Center, offering in-person and telehealth services to residents throughout New Hampshire for primary care, mental health care including medication prescribing, Medication Assisted Treatment, outpatient and residential substance use disorder treatment, pharmacy, and dental services to those with and without insurance, using a sliding fee scale based on household income.

## **Manchester Health Department**

**Address:** 1528 Elm Street, Manchester, NH 03101

**Phone:** 603-624-6466

**Website:** [www.manchesternh.gov/Departments/Health/Services/Refugee-Health](http://www.manchesternh.gov/Departments/Health/Services/Refugee-Health)  
<https://www.manchesternh.gov/Departments/Health/Services/Immunizations>

**Services:** The Health Department provides a range of health services, including initial health screenings, immunizations, and lead screenings for refugee clients resettling in Manchester. The Health Department also provides immunizations, free of charge, for children through the age of 18. Call or check the website for further information and clinic times.

## **Veterans Administration Medical Center (VAMC)**

**Address:** 718 Smyth Road, Manchester, NH 03103

**Phone:** 603-624-4366

VA health connect: 833-933-1106

Mental health care: 603-624-4366

**Website:** <https://www.va.gov/manchester-health-care/>

**Services:** The VA Manchester Healthcare System is one of the leading health care systems serving Veterans in the VA New England Healthcare System. We're an innovative care center within the VA New England Healthcare System (VISN 1), which includes medical centers and clinics in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, and Rhode Island.

## **The Granite YMCA's Health Intervention Programs**

**Locations:** In-person & virtual programs offered across the state of NH

**Phone:** 603-232-8668

**Email:** [clafond@graniteymca.org](mailto:clafond@graniteymca.org)

**Website:** [www.graniteymca.org/hip](http://www.graniteymca.org/hip)

**Services:** As a leader in preventative health care, The Granite YMCA offers a broad range of research-based Health Intervention Programs that target specific health issues. Available programs include diabetes prevention, diabetes self-management, LIVESTRONG® at the YMCA for cancer survivors, blood pressure self-monitoring, arthritis management, mental wellness, weight loss for youth and adults & more.

## ***Home Health Services***

### **Easterseals NH In-Home Care & Health Services**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-845-9318

**Website:** <https://eastersealsnh.org/programs/senior-services/in-home-care-health-services/>

**Services:** Easterseals NH In-Home Care & Health Services is available to meet you or your loved one where you are — in your home, with as much or as little support as you desire. Our staff assists with medical and non-medical services, including medication management, health and wellness checks, light housekeeping, errand running, laundry, meal preparation, bathing, and personal care assistance.

### **Interim Healthcare**

**Address:** 608 Chestnut Street, Manchester, NH 03105

**Phone:** 603-668-6956

**Website:** <https://www.interimhealthcare.com/location/manchester-nh>



**Services:** Home Healthcare, School Staffing, Home Health Aide, Rehab Services-Physical and Occupational Therapy, Medical Staffing, Pediatric Care and Help at Home. Short-term and long-term assistance for everyday tasks, and from highly specialized medical care to daily companionship.

### **Visiting Nurse Association of Manchester and Southern NH (Elliot Hospital/Solution Health)**

**Address:** 1070 Holt Avenue, Suite 1400, Manchester, NH 03109

**Phone:** 603-622-3781 or 1-800-624-6084

**Website:** <https://www.manchestervna.org/>

**Services:** Provides coordinated services to help patients be independent and safe in managing their care at home. Care plans and education are tailored to the specific needs of each patient and family, and include rehabilitation professionals, social workers, and health aides, when appropriate.

## ***Prescription Assistance & Medical Equipment***

### **Community Cares Rx**

**Phone:** 1-800-535-0750

**Website:** <https://www.communitycaresrx.com/clients/communitycares/home.aspx>

**Services:** Receive up to 20% off on brands and 70% off on generics with the Community Cares Rx prescription discount card. It's free and easy to use. Simply present your card with your prescription at your local pharmacy and the pharmacy will calculate the discounted price.

### **FamilyWize Prescription Discount Program**

**Phone:** 1-844-234-3057

**Website:** <https://familywize.org/>

**Services:** FamilyWize is a trusted provider of prescription discounts, drug coupons and a prescription discount card. Our prescription discounts are pre-activated, ready-to-use and free. We have provided our cardholders with over \$1,000,000,000 in savings. We will never charge you a fee for our discounts or our prescription discount card. Search our site for discounts and coupons for your prescription drugs..

### **Good Rx**

**Website:** [www.goodrx.com/](http://www.goodrx.com/)

**Services:** GoodRx helps you find the lowest price at a pharmacy near you. Compare prices and save up to 80%. Search prescriptions and save — it's that simple to compare prices at a pharmacy near you.

### **Medicine Assistance Tool**

**Website:** <https://medicineassistancetool.org/>

**Services:** Medicine Assistance Tool (MAT) is a search engine designed to help patients, caregivers and health care providers learn more about the resources available through the various biopharmaceutical industry programs. MAT is not its own patient assistance program, but rather a search engine for many of the patient assistance resources that the biopharmaceutical industry offers.

### **NeedyMeds**

**Website:** <https://www.needymeds.org/>

**Helpline:** 800-503-6897

**Services:** We are a dedicated nonprofit organization committed to improving access to affordable healthcare for individuals in need. Whether you need help paying for prescriptions, finding a free clinic, or understanding your healthcare options, NeedyMeds can assist you. Services include affordable health clinics, diagnosis based assistance, patient assistance program (PAP) and coupons, rebates & co-pays.

## **Walmart's Low-Cost Prescription Program**

**Website:** [www.walmart.com/cp/PI-4-Prescriptions/1078664](http://www.walmart.com/cp/PI-4-Prescriptions/1078664)

**Services:** Get access to select generic drugs at commonly prescribed dosages. A 30-day supply of medications starting as low as \$4 and a 90-day supply of medications starting as low as \$10.

Prices for some drugs covered by the Prescription Program may vary by state. Check with your local Walmart Pharmacy for details.

## *Housing & Homeless Resources*

### *Affordable Housing*

#### **Manchester Housing and Redevelopment Authority (MHRA)**

**Address:** 198 Hanover Street, Manchester, NH 03104-6125

**Phone:** 603-624-2100

**Hours:** 8:30am – 4pm, Monday-Friday

**Website:** [www.manchesterhousing.org](http://www.manchesterhousing.org)

**Services:** Owns and manages 1,271 public housing apartments for low income families, elderly, and adults with disabilities and provides housing subsidies for over 2,000 households through the administration of the Section 8 Housing Choice Voucher Program. Offers the Homeownership Program conducted in conjunction with the Housing Choice Voucher Program and operated in partnership with NH Housing Finance Authority and NeighborWorks Southern NH.

#### **NeighborWorks Southern New Hampshire**

**Address:** 801 Elm Street, Manchester, NH 03101

**Phone:** 603-626-4663

**Website:** [www.nwsnh.org](http://www.nwsnh.org)

**Services:** Affordable Housing Rental Opportunities, Home Ownership and Financial Wellness Education and Counseling, Neighborhood Community Building Initiatives. Rental applications for all properties may be found at [www.stewartproperty.net](http://www.stewartproperty.net).

#### **NH Department of Health and Human Services, Division of Economic Stability**

**Address:** 1050 Perimeter Road, Manchester, NH 03103

**Phone:** 603-668-2330

**Hours:** Monday-Friday, 8am-4pm.

**Website:** [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

**Services:** Administers programs and services for eligible NH residents by providing financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

#### **New Hampshire Housing Finance Authority**

**Address:** 32 Constitution Drive, Bedford, NH 03110

**Mailing Address:** PO Box 5087, Manchester, NH 03108

**Phone:** 603-472-8623; 800-640-7239; TDD for Hearing Impaired: 603-472-2089

**Hours:** Monday-Thursday, 8:30am-5pm; Friday, 8:30 am - 4:30 pm.

**Website:** [www.nhhousing.org/](http://www.nhhousing.org/)

**Services:** Administers a broad range of rental and homeownership programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

## ***Emergency Housing & Homeless Resources***

### **39 Beech Street Shelter & Engagement Center**

**Address:** 39 Beech Street, Manchester NH 03101

**Phone:** 603-413-1775

**Shelter Hours:** Monday-Sunday, Check-in starts at 9pm

**Engagement Center Hours:** Monday-Sunday, 9am-5pm

**Winter Warming Station Hours:** December 1, 2024-February 28, 2025, Monday - Sunday, 7pm-7am

**Website:** <https://www.manchesternh.gov/Departments/Homelessness-Initiatives>

**Services:** The Shelter provides on-site meals, storage for tents and personal belongings, and provides 40 beds in a communal open space for sleeping. Guests have access to private showers and bathrooms, which are wheelchair accessible. Guests must be age 18 and older, and there is a daily bed hold policy. The Engagement Center provides on-site local providers to assist with substance abuse treatment, mental health support, medical care, housing navigation, and employment services. Overflow space available during emergency weather events.

**Winter Warming Station Services:** The 39 Beech Street Winter Warming station includes services such as bathrooms, showers, laundry, hygiene supplies, clothing, snacks, coffee, water, and more.

### **1269 Café**

**Address:** 456 Union St, Manchester, NH 03103

**Hours of Operation:** Monday-Friday 9:00am – 3:00pm.

**Lunch Hours:** Monday-Friday, 11:30am-1pm.

**Food Pantry Hours:** Mondays, Wednesdays & Thursday, 10:30am-12pm.

**Warming Station Hours:** December 1<sup>st</sup> – March 31<sup>st</sup>, 8pm - 7am. Guests can leave any time, but doors only open for admittance/smoke break once an hour, on the hour.

**Website:** <https://thetwelveonunion.org/service-hours/>

**Services:** Faith-based support and assistance to people in need.

### **Community Action Partnership Hillsborough and Rockingham County (CAPHR) (formerly Southern NH Services) Homelessness Prevention & Housing**

**Address:** 40 Pine Street, Manchester, NH 03103

**Phone:** 603-668-8010

**Hours:** Monday-Friday, 8:30am-4:30pm.

**Website:** <https://www.snhs.org/services/homelessness-prevention-housing/>

**Services:** **Homelessness Prevention** provides services that may include short-term assistance to prevent eviction, help in securing new housing for those who are suddenly homeless, and information & referrals for individuals and families in need of emergency shelter. The **Supportive Housing Program** provides residents with non-treatment facilities that offer a stable living environment, supportive services and assistance in creating a self-sustaining life as a contributing member of their community. Housing is offered at Robinson House for men, located at 49 Manchester Street.

### **CAPHR (formerly SNHS) Senior Housing**

**Address:** 40 Pine Street, Manchester, NH 03103

**Phone:** 603-668-8010

**Hours:** Monday-Friday, 8:30am-4:30pm.

**Website:** <https://www.snhs.org/services/senior-housing>

**Services:** CAPHR continues to maintain its place as one of the state's leading providers of housing to income eligible seniors. CAPHR operates 4 supportive senior housing sites in Manchester. Call for more information and eligibility requirements.

### **Families in Transition (FIT) Emergency Shelter**

**Address:** 122 Market Street, Manchester, NH 03101

**Phone:** 603-641-9441

**Email:** [info@fitnh.org](mailto:info@fitnh.org)

**Website:** <https://www.fitnh.org/services/emergency-homeless-services/shelter/>

**Services:** Families in Transition provides safe, emergency shelter and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless. Programs and services are designed to ensure that people have the seamless support they need to find and maintain long-term stability. Our goal is to partner with individuals and serve as a single hub they can utilize wherever they are in their journey to exiting homelessness. Families in Transition offers emergency shelters for adults and families with children in multiple locations.

### **Harbor Care**

**Address:** Multiple locations in Greater Nashua, New Hampshire and telehealth.

**Phone:** To access **general housing supports**, call the Nashua region's coordinated entry line at 1-844-800-9911.

To access our **intake coordinator**, including our health care, veteran, substance misuse, HIV/AIDS, and behavioral health care services, call 603-882-3616.

**Hours of General Operation:** Monday – Friday, 9am-5pm. Please call for specific program hours.

**Website:** [www.harborcarenh.org/](http://www.harborcarenh.org/)

**Services:** Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force. Working as one, the programs of Harbor Care provide the tools people need to improve their lives. Harbor Care provide high-quality housing and residential services, primary and behavioral health care, substance use disorder treatment, home care, HIV/AIDS care, veteran services, employment supports, and supports to individuals and families who are experiencing or at risk of homelessness.

### **Health Care for the Homeless**

**Address:**

- Appointment/Walk-In Clinic at Families in Transition Adult Shelter (ages 18 and older), 199 Manchester Street, Manchester, NH 03103 (603-663-8718)  
Monday - Thursday 8-5; Friday 8:30-3
- Appointment/Walk –In Clinic @ Wilson Street Integrated Health, 293 Wilson Street, Manchester NH 03103 (603-665-7450)  
Monday - Thursday 8-5; Friday 8:30-3
- Appointment/Walk-In Clinic @ Manchester Mobile Health Care. Call 603.663.8718 for locations and times.

**Website:** <https://www.catholicmedicalcenter.org/>

**Services:** Primary medical care • Mental health care • Substance use services • Medication assisted treatment • Nurse case management • Health education • Community resources • Recovery support • Assistance with: - Food stamps - Medicaid enrollment - Disability applications.

### **Light of Life Ministries – The Light House (Women & Children only)**

**Address:** Emergency Shelter - 15 Brook Street, Manchester, NH 03101

**Phone:** 603- 232-1107 x 3

**Website:** <https://www.lightoflifenh.org/programs>

**Services:** Non-profit, faith-focused organization with multiple programs addressing needs of women in crisis due to sexual exploitation, substance use disorder, homelessness, interpersonal violence, and other traumas. Continuum of care model includes access points for women living outside, residing in unstable

environments, attending our walk-in support center, staying at our emergency shelter or living in our transitional housing program.

### **Manchester City Welfare**

**Address:** 1528 Elm Street, Upper Level, Manchester, NH 03101

**Phone:** 603-624-6484

**Hours:** Monday – Friday 8:00am – 4:30pm.

**Website:** [www.manchesternh.gov/welfare/](http://www.manchesternh.gov/welfare/)

**Services:** Provides assistance with basic living need expenses to eligible persons who reside in Manchester and are unable to support themselves. Applications are processed by appointment. Please contact the office for further information.

### **Manchester Health Department – Clinics**

**Address:** 1528 Elm Street, Manchester, NH 03101

**Phone:** 603- 624-6466

**Hours:** Call for specific program hours.

**Website:** <http://www.manchesternh.gov/Departments/Health/Clinics/>

**Services:** The Manchester Health Department clinical services include: Immunization Clinics (including COVID and flu vaccines), Sexual Health Clinics, Lead Screenings, and Tuberculin skin testing. Clinical services are tailored to prevent infectious disease through immunization services and to identify other public health issues such as tuberculosis and lead poisoning.

### **Manchester Office of Homelessness Initiatives**

**Address:** One City Hall Plaza, Manchester, NH 03101

**Website:** <https://www.manchesternh.gov/Departments/Homelessness-Initiatives>

**Services:** The Office of Homelessness Initiatives works to reduce homelessness and increase housing stability in Manchester by way of City-wide coordinated response and increased access to sustainable housing. The office currently operates a shelter and centralized service hub for Manchester residents facing housing instability.

### **Manchester School District**

**Address:** 20 Hecker Street, Manchester, NH 03102

**Phone:** 603-624-6300 x 6006

**Hours:** Monday-Friday, 8am-4pm.

**Website:** <https://www.mansd.org/>

**Email:** shelbybrown@mansd.org

**Services:** The Manchester School District has an appointed Homeless Liaison to provide necessary assistance for students facing homelessness including transportation, immediate enrollment, and supplemental educational services. A Manchester Health Department Community Health Worker is also available to assist students facing homelessness connect with resources for healthcare, dental care, social services and other basic needs.

### **NH Department of Health and Human Services, Bureau of Homeless Services**

**Phone:** 2-1-1

**Hours:** 24 hours a day, 7 days a week, and 365 days a year

**Website:** <https://www.211nh.org/>

**Services:** Contacts with the NH State Bureau of Homeless and Housing Services to provide specialized information and referral line that serves individuals and/or families who are homeless or in danger of becoming homeless. 211 provides information and referrals to callers regarding available shelter, and many other supportive services including healthcare, substance misuse services, and legal assistance.

## **NH Department of Health and Human Services, Division of Economic Stability**

**Address:** 1050 Perimeter Road, Manchester, NH 03103

**Phone:** 603-668-2330

**Hours:** Monday-Friday, 8am-4pm.

**Website:** [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

**Services:** Administers programs and services for eligible NH residents by providing financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

## **New Hampshire Housing Finance Authority**

**Address:** 32 Constitution Drive, Bedford, NH 03110

**Mailing Address:** PO Box 5087, Manchester, NH 03108

**Phone:** 603-472-8623; 800-640-7239; TDD for Hearing Impaired: 603-472-2089

**Hours:** Monday-Thursday, 8:30am-5pm; Friday, 8:30 am - 4:30 pm.

**Website:** [www.nhhousing.org/](http://www.nhhousing.org/)

**Services:** Administers a broad range of rental and homeownership programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

## **Waypoint-Youth & Young Adult Programs (12-25)**

**Address:** Manchester Youth Drop-in Center

298 Hanover Street, Manchester, NH 03104

**Phone:** 603-540-0810; After hours, holiday or weekend on-call support: 800-640-6486

**Hours:** Monday, by appointment; Tuesday – Sunday, 10am-7pm

**Website:** <https://waypointnh.org/homeless-youth-young-adult-department/>

**Services:** Waypoint provides comprehensive services for homeless youth, including street outreach, a youth resource center, rapid rehousing, supportive counseling, and many other services.

Youth who are actively participating in programming may also access free clothing, laundry services, shower facilities, a food pantry, and individualized case management.

## ***Homelessness Prevention***

### **Families in Transition (FIT)**

**Address:** 122 Market Street, Manchester, NH 03101

**Phone:** 603-641-9441

**Email:** [info@fitnh.org](mailto:info@fitnh.org)

**Website:** <https://www.fitnh.org/>

**Services:** Families in Transition provides safe, emergency shelter and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless. Programs and services are designed to ensure that people have the seamless support they need to find and maintain long-term stability. Our goal is to partner with individuals and serve as a single hub they can utilize wherever they are in their journey to exiting homelessness. Families in Transition offers several housing options to support low-income families and individuals experiencing homelessness.

### **Harbor Care - Veterans FIRST Services**

**Address:** Multiple locations in Greater Nashua, New Hampshire and telehealth.

**Phone:** To access our veteran services intake coordinator, call 603-882-3616.

**Website:** <https://www.harborcarenh.org/veterans>

**Hours:** Monday – Friday, 9am to 5pm.



**Services:** Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force. Working as one, the programs of Harbor Care provide the tools people need to improve their lives. Harbor Care operates “Veterans FIRST”, which provides eligible veterans who are experiencing or at risk of homelessness with access to a variety of supports, including case management and temporary financial assistance. If enrolled in the program, veteran households may also qualify to access employment services and a full range of veteran services including transitional and permanent housing, legal aid, and more. Call Harbor Care for more information on eligibility.

### **Hope for Heroes Project (HFH) – 603 Legal Aid**

**Address:** 93 North State Street, Suite 200 Concord, NH 03301

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

**Website:** [www.603legalaid.org](http://www.603legalaid.org)

**Services:** 603 Legal Aid is NH’s state-wide centralized intake and civil legal aid organization. 603 Legal Aid provides in-house advice and counsel, referrals, and pro bono attorneys for multiple civil legal matters. In the near future, attorneys will be able to assist with VA Benefit Appeals and Discharge and Dismissal Upgrades.

**Eligibility Requirements:** Veterans with at least 24-months of active duty service and are homeless or at risk of homelessness because of a civil legal need are eligible for services through HFH. HFH has no income cap for eligible veterans. NOTE: Even if service requirements are not met, 603 Legal Aid may be able to help in other ways. Please call with any eligibility questions.

### **Liberty House**

**Address:** 221 Orange Street, Manchester, NH 03104.

**Phone:** 603-669-0761

**Website:** [www.libertyhousenh.org/](http://www.libertyhousenh.org/)

**Services:** Provides a safe, substance-free and accountable environment for resident Veterans, using our unique 4-Step process that progresses them through recovery, mental and physical wellness, meaningful employment, and ultimately, a successful transition to independence.

### **Manchester Housing and Redevelopment Authority (MHRA)**

**Address:** 198 Hanover Street, Manchester, NH 03104-6125

**Phone:** 603-624-2100

**Hours:** 8:30am – 4pm, Monday-Friday

**Website:** [www.manchesterhousing.org](http://www.manchesterhousing.org)

**Services:** Owns and manages 1,271 public housing apartments for low income families, elderly, and adults with disabilities and provides housing subsidies for over 2,000 households through the administration of the Section 8 Housing Choice Voucher Program. Offers the Homeownership Program conducted in conjunction with the Housing Choice Voucher Program and operated in partnership with NH Housing Finance Authority and NeighborWorks Southern NH.

### **Manchester Office of Homelessness Initiatives**

**Address:** One City Hall Plaza, Manchester, NH 03101

**Website:** <https://www.manchesternh.gov/Departments/Homelessness-Initiatives>

**Services:** The Office of Homelessness Initiatives works to reduce homelessness and increase housing stability in Manchester by way of City-wide coordinated response, increased access to sustainable housing. The office currently operates a shelter and centralized service hub for Manchester residents facing housing instability.

### **New Hampshire Housing Finance Authority**

**Address:** 32 Constitution Drive, Bedford, NH 03110

**Mailing Address:** PO Box 5087, Manchester, NH 03108

**Phone:** 603-472-8623; 800-640-7239; TDD for Hearing Impaired: 603-472-2089

**Hours:** Monday-Thursday, 8:30am-5pm; Friday, 8:30 am - 4:30 pm.

**Website:** [www.nhhousing.org/](http://www.nhhousing.org/)

**Services:** Administers a broad range of rental and homeownership programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

### **NH Legal Assistance (NHLA) Housing Justice Project**

**Address:** 1850 Elm Street, Suite 7, Manchester, NH 03104

**Phone:** 800-562-3174

**Phone:** Justice in Aging Project 888-353-9944 or 603-624-6000

**Website:** <https://www.nhla.org/services#housing>

**Services:** Non-profit law firm offering legal services in civil matters to seniors and eligible low-income persons. *Housing Justice Project (HJP)* attorneys and paralegals promote equal access to housing for NHLA clients by working on preserving their housing. Fights housing discrimination by investigating complaints of discrimination. Helps individuals and families in emergency situations who are either currently without shelter or are at imminent risk of becoming homeless. Individuals can apply for legal aid directly at: <https://www.603legalaid.org/apply-for-legal-aid>

### **Salvation Army**

**Address:** 378 Notre Dame Ave., Manchester, NH 03102

**Phone:** 603-627-7013

**Office Hours:** Monday – Friday, 9 am – 3 pm. Please call for specific program hours.

**Website:** <https://nne.salvationarmy.org/manchester/>

**Services:** Faith based organization whose prior assistance work has included food, clothing, furnishings, medications, rent or more, with the approach of helping individuals get to the root of the problem, identify helpful solutions. Assistance based on qualifying guidelines.

### **Waypoint-Youth & Young Adult Programs (12-25)**

**Address:** Manchester Youth Drop-in Center

298 Hanover Street, Manchester, NH 03104

**Phone:** 603-540-0810; After hours, holiday or weekend on-call support: 800-640-6486

**Hours:** Monday, by appointment; Tuesday – Sunday, 10am-7pm

**Website:** <https://waypointnh.org/homeless-youth-young-adult-department/>

**Services:** Waypoint provides comprehensive services for homeless youth, including street outreach, a youth resource center, rapid rehousing, supportive counseling, and many other services.

Youth who are actively participating in programming may also access free clothing, laundry services, shower facilities, a food pantry, and individualized case management.

## ***Information and Referral Networks***

### **2-1-1 New Hampshire**

**Phone:** 2-1-1

**Toll Free:** 866-444-4211

**TDD for the Hearing Impaired:** 603-634-3388

**Website:** [www.211nh.org](http://www.211nh.org)

**Services:** Referral specialists provide health and human service information and referrals. The call is confidential and free from anywhere in NH.

### **Disability Rights Center-NH**

**Address:** 64 North Main Street, Suite 2, 3rd Floor, Concord, NH 03301

**Phone:** 603-228-0432

**TDD for the Hearing Impaired:** 1-800-834-1721

**Email:** mail@drcnh.org

**Website:** <http://www.drcnh.org/>

**Services:** Provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on disability-related issues including education, access and accommodation, employment and housing discrimination, voting, home and community-based services, and Medicaid. Contact DRC-NH to schedule a free consultation on a disability discrimination issue with an experienced attorney.

### **Manchester Community Resource Center (MCRCnh)**

**Address:** 434 Lake Ave, Manchester, NH 03103

**Phone:** 603-647-8967

**Website:** [www.mrcnh.org](http://www.mrcnh.org)

**Services:** Provides a wide range of access to public computers, education, employment, information and referrals.

### **My Manchester**

**Website:** <https://www.mymanchesternh.com/>

**Services:** Provides a one-stop site for Greater Manchester residents and community partners who are looking for neighborhood-based connections to become more involved in local health improvement efforts.

### **NH Works – Workforce Innovation and Opportunity Act (WIOA) through CAPHR (formerly SNHS)**

**Address:** CAPHR, 40 Pine Street, Manchester, NH 03103

**Phone:** 603-647-4470 Ext 8047

**Website:** <http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia/>

**Services:** Provides information and referrals to help eligible adults re-enter the workforce with a new set of skills and confidence for sustained success.

### **REACH Crisis Services**

**Address:** 77 Sundial Ave., Suite 306, Manchester, NH 03103

**Phone:** 24-Hour Crisis Line 603-668-2299

**Phone SMS/Text/WhatsApp:** 603-836-9620

**Website:** <https://reachnh.org>

**Services:** REACH Crisis Services provides free and confidential services to victims/survivors of domestic and sexual violence, stalking, and trafficking in the Greater Manchester area. Services include court support for domestic violence/ stalking petitions, crisis counseling, safety planning, housing programs and education/outreach.

### **Senior Community Service Employment Program (SCSEP) - Operation A.B.L.E.**

**Address:** 228 Maple Street, Suite 300, Manchester, NH, 03103

**Phone:** 603-206-4400 Relay NH711 and MA 711.

**Fax:** 603-206-4401

**Website:** <https://operationable.net>

**Hours:** Monday – Friday, 8:30 am – 4:30 pm

**Services:** Senior Community Service Employment Program (SCSEP) is a community service and work based training program for older workers (age 55 or older) funded by the US Department of Labor. The

goal of the program is to upgrade the participant's employment skills through work-based training so they are better equipped to obtain unsubsidized employment. Call for more information or to apply.

### **ServiceLink Hillsborough County**

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-644-2240

**Website:** <https://www.dhhs.nh.gov/programs-services/adult-aging-care/serviceLink>

**Services:** Helps older adults, adults living with disabilities, chronic illness, and their families and caregivers access and make connections to long term services and supports, explore healthcare options and understand and access Medicare and Medicaid. Serving the west side of Manchester (03102). Call and leave a message to schedule an appointment.

### **Waypoint-Youth & Young Adult Programs (12-25)**

**Address:** Manchester Youth Drop-in Center

298 Hanover Street, Manchester, NH 03104

**Phone:** 603-540-0810; After hours, holiday or weekend on-call support: 800-640-6486

**Hours:** Monday, by appointment; Tuesday – Sunday, 10am-7pm

**Website:** <https://waypointnh.org/homeless-youth-young-adult-department/>

**Services:** Waypoint provides comprehensive services for homeless youth, including street outreach, a youth resource center, rapid rehousing, supportive counseling, and many other services.

Youth who are actively participating in programming may also access free clothing, laundry services, shower facilities, a food pantry, and individualized case management.

## ***Legal Assistance***

### **603 Legal Aid**

**Address:** 93 North State Street, Suite 200 Concord, NH 03301

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

**Website:** [www.603legalaid.org](http://www.603legalaid.org)

**Services:** 603 Legal Aid is a civil legal aid provider offering legal representation, advocacy, and education. In partnership with volunteer attorneys and community organizations, 603 Legal Aid works to make justice a reality for and with people who experience economic hardship that threatens their basic human needs. 603 Legal Aid helps low-income people by providing *free civil legal advice and information* by telephone, by representing someone in court, or through a referral to a volunteer attorney or another program for legal help.

### **Disability Rights Center-NH**

**Address:** 64 North Main Street, Suite 2, 3rd Floor, Concord, NH 03301

**Phone:** 603-228-0432

**Phone:** 1-800-834-1721

**TDD for the Hearing Impaired:** 1-800-834-1721

**Email:** [mail@drcnh.org](mailto:mail@drcnh.org)

**Website:** <http://www.drcnh.org/>

**Services:** Provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on disability-related issues including education, access and accommodation, employment and housing discrimination, voting, home and community-based services, and Medicaid. Contact DRC-NH to schedule a free consultation on a disability discrimination issue with an experienced attorney.

### **Domestic Violence Emergency (DOVE) Project (603 Legal Aid)**

**Address:** 93 North State Street, Suite 200, Concord, NH 03301

**Phone:** 603-224-3333;

**Hours:** Monday-Thursday, 8:30am – 5pm.; Friday 8:30am -12pm

**NH 24-hour Statewide Domestic & Sexual Violence Hotline:** 866-644-3574

**Website:** <https://www.603legalaid.org/dove>

**Services:** Provides victims of violence and stalking free legal representation at final Domestic Violence and Stalking Restraining Order hearings, and other emergency legal services. Note: To be represented by a volunteer DOVE attorney, you must contact a local NH domestic violence crisis service agency. Call 866-644-3574 to be connected with a domestic violence or stalking advocate.

### **NH Legal Assistance (NHLA) Housing Justice Project**

**Address:** 1850 Elm Street, Suite 7, Manchester, NH 03101

**Phone:** 800-562-3174

**TDD for the Hearing Impaired:**1-800-735-2964

**Website:** <https://www.nhla.org/services#housing>

**Services:** Represent individuals in cases involving termination of utilities, evictions from public housing or Section 8 vouchers, termination of Section 8 vouchers, foreclosures, property taxes, fair housing/housing discrimination complaints, and housing accessibility issues for persons with mobility disabilities. Individuals can apply for legal aid directly at: <https://www.603legalaid.org/apply-for-legal-aid>

## *Recreation & Activities*

### **4-H with UNH Cooperative Extension**

**Address:** 329 Mast Rd Rm., 101 Goffstown, NH 03045

**Phone:** 603-641-6060

**Website:** <https://extension.unh.edu/new-hampshire-4-h/counties/hillsborough-county-4-h>

**Services:** Helps young people acquire knowledge, develop life skills and form attitudes that help them become self-directed, productive, contributing members of society. 4-H leaders guide youth through fun educational hands on activities.

### **Boys & Girls Club of Manchester**

**Address:** 555 Union Street, Manchester, NH

**Phone:** 603-625-5031

**Website:** <http://www.mbgcnh.org/>

**Services:** The Boys & Girls Club of Manchester offers before and after-school programs to kids in our community through four locations in Manchester – the Union Street Clubhouse, Gossler Park, Highland-Goffe’s Falls, and Jewett Street. In addition, we offer a comprehensive summer program at Camp Foster in Bedford, NH for 10 weeks during the summer. Having a long and proud history in the city, we do whatever it takes to deepen the impact of our work. We support character and leadership development, education and career development, health and life skills, and enjoyment of the arts, sports, fitness, and recreation for all members.

### **Currier Museum of Art**

**Address:** 150 Ash St, Manchester, NH 03104

**Phone:** 603-669-6144

**Website:** <http://www.currier.org/>

**Services:** The Currier Museum of Art is dedicated to connecting people to art. We display major works from the Renaissance to today, with core strengths in European, American, and contemporary art. Special exhibitions offer even more to see.

### **Easterseals NH Camp SnoMo**

**Address:** 260 Griswold Lane, Gilmanton Iron Works, NH 03837

**Phone:** 603-716-6353

**Contact:** Chris Ellis

**Email:** [cellis@eastersealsnh.org](mailto:cellis@eastersealsnh.org)

**Website:** <https://eastersealsnh.org/programs/camping-recreation/>

**Services:** Easterseals NH Camp SnoMo welcomes youth ages 11 to 21 who have disabilities, providing accommodations so young people can focus on fun, friendship, and feeling great about what they can do. We also offer a week for individuals over 21 years old. Our residential camp keeps children safe and healthy with a low camper-to-staff ratio and around-the-clock supervision to help each camper enjoy their adventure. Campers participate in water sports, hiking, archery, first aid, riflery, adaptive horseback riding, ecology, STEAM, blacksmithing, zip lines, ropes course, Scout merit badges, woodworking, leatherworking, and performing arts.

### **Girls at Work**

**Address:** 200 Bedford Street, Manchester, NH 03101

**Phone:** 603-345-0392

**Website:** <http://www.girlswork.org/>

**Services:** When girls learn how to build, the outcomes reach far beyond what they can create with power tools. They are building confidence and resilience that drives them to discover their strengths, to find their voice, and to exceed their own expectations. These girls are courageous and empathetic leaders who are building their dreams and are empowered to achieve them.

### **Girls Inc.**

**Address:** 340 Varney Street, Manchester, NH 03102

**Phone:** 603-623-1117

**Website:** <http://girlsincnh.org/>

**Services:** Provides research-based informal education programs that encourage girls to take risks and master physical, intellectual and emotional challenges. Major programs address math and science education, media literacy and leadership among other programs.

### **JFK Arena Ice Skating**

**Address:** 303 Beech St, Manchester, NH 03103

**Phone:** 603-624-6444

**Website:** <https://www.manchesternh.gov/Departments/Parks-and-Recreation/Parks-Trails-and-Facilities/Recreation-Facilities/JFK-Memorial-ColiseumServices>

**Services:** The arena is opened mid-September through March.

**Public Skating:** Tuesday & Thursday mornings; Saturday & Sunday afternoons. Skate rentals available only for weekend public skating, school vacations and holidays for \$5.00. Public skating \$5.00 for all.

### **Manchester City Library & West Manchester Branch Library**

**Address:** 405 Pine Street, Manchester, NH 03104 & 76 North Main Street, Manchester NH 03102

**Main Phone:** 603-624-6550

**West Branch Phone:** 603-624-6560

**Website:** [www.manchesternh.gov/library](http://www.manchesternh.gov/library)

**Services:** Activities and programming for kids and families.



### **Manchester Parks & Recreation (Division of Public Works)**

**Address:** 475 Valley Street, Manchester, NH 03103

**Phone:** 603-624-6444

**Website:** <https://www.manchesternh.gov/Departments/Parks-and-Recreation>

**Services:** Offers a wide range of recreation programs and facilities including athletic fields and courts, ice arenas, aquatics facilities, disc golf courses, an outdoor multi-purpose stadium, walking and bike trails, and manicured parks.

### **Manchester Police Athletic League (MPAL)**

**Address:** 409 Beech Street, Manchester, NH 03103

**Phone:** 603-626-0211

**Website:** <https://www.manchesterpoliceathleticleague.org/programs>

**Services:** Dedicated to connecting police officers with community youth to foster positive relationships and community connections. Offers a variety of afterschool and evening activities for ages 5 - 18 including Aikido, Ambassadors, Baton Twirling & Juggling, Boxing, Chess & Checkers, Choices & Futures, Cooking, Dodgeball, Girls Empowerment & Movement, Juvenile Court Diversion, Real Champions (Jiu Jitsu for youth and adults with intellectual disabilities), Skateboarding, Wrestling, School Vacation Programs and Special Events. *All MPAL programs are FREE.*

### **Massabesic Audubon Center**

**Address:** 26 Audubon Way, Auburn, NH 03032

**Phone:** 603-224-9909

**Hours:** Center is open Wednesday-Saturday, 11am- 5 pm. Closed major holidays.

**Website:** <https://www.nhaudubon.org/center-and-events/massabesic-center-auburn/>

**Services:** The 5,000 square foot Massabesic Center is located on a historic farm site. The Center is just minutes from downtown Manchester and is bordered by 130 acres of rolling fields and mature deciduous forest with woodland wetlands, a pond, streams, and marshes. The site has been preserved as a wildlife sanctuary that encompasses a diverse array of upland habitats. There are more than five miles of trails that lead to scenic Lake Massabesic, and the property is adjacent to thousands of undeveloped acres of Manchester Water Works land.

### **McIntyre Ski Area**

**Address:** 50 Chalet Way, Manchester, NH 03104

**Phone:** 603-622-6159

**Website:** <https://www.mcintyreskiarea.com/>

**Services:** McIntyre Ski Area is Southern NH's gateway to winter adventure. Conveniently located in Manchester, NH, the mountain's best feature is the ski-school program. Children ages 3+, all the way up to adults, can learn to ski and ride at McIntyre. Private lessons and weekday/weekend programs available. Snow Tubing at the Bonneville Family Thrill Hill offers up to 10 lanes of snow tubing fun in 2-hour sessions.

### **Palace Theatre**

**Address:** 80 Hanover St, Manchester, NH 03101

**Phone:** 603-668-5588

**Hours:** Box Office Mon-Fri 9am-5pm and 3 hours before a show through to the end

**Website:** [www.palacetheatre.org](http://www.palacetheatre.org)

**Services:** A performing arts venue that hosts a variety of programs with something for all ages, including live theatre productions, touring musical groups, and comedians. For children in grades 2-12, the youth theatre program offers performing opportunities, classes in the performing arts, and school vacation camps.

### **Queen City Bike Collective**

**Address:** 35 Elm Street, Manchester, NH 03101

**Phone:** 603-493-1720

**Shop Hours:** Tuesdays and Thursdays, 4pm-8pm; Saturdays, 12pm – 4pm

**Website:** <https://qcbike.org/>

**Services:** Provides space, tools, and equipment, for community members to repair their bicycles at minimal cost, with assistance. QC Bike Collective also accepts donated bicycles and useful parts to recycle or return to working order, and then sells them at an affordable price. Users under 18 must be accompanied by an adult.

### **Roca Kidz Club**

**Address:** 222 Cedar Street, Manchester, NH 03103

**Address:** 140 Wilson Street, Manchester, NH 03103

**Address:** 130 Conant St, Manchester, NH 03102

**Website:** <http://www.rocakidzclub.com/>

**Services:** Faith-based program that offers a free meal for kids of all ages on Thursdays at 6pm. Also provides homework help, games, activities, mentoring, and youth development.

### **Salvation Army Youth Center & Teen Night**

**Address:** 378 Notre Dame Ave., Manchester, NH 03102

**Phone:** 603-627-7013

**Website:** <https://easternusa.salvationarmy.org/northern-new-england/manchester/empower-youth/>

**Services:** Offers comprehensive programs for youth and teens (ages 6-17) that not only provide evening meals, but also structured recreational activities, interaction with caring adults, and a place where children and teens can learn and grow with the support of others.

### **The Granite YMCA of Downtown Manchester**

**Address:** 30 Mechanic Street, Manchester, NH 03101

**Phone:** 603-232-8620

**Website:** <https://www.graniteymca.org/programs/#>

**Services:** Programs available for all ages & abilities including aquatics, swim lessons, youth & family enrichment, teen programming, sports, group exercise classes, early learning & school age child care, day camp & more. In addition to teen programs, our designated Teen Center offers a safe & fun environment to socialize with peers & get involved in the community. Our join fees, monthly membership dues & program fees are income-based to ensure that anyone can participate in programs & become active members. Agency memberships, insurance discounts & more also available.

### **UpReach Therapeutic Equestrian Center**

**Address:** 153 Paige Hill Rd, Goffstown, NH

**Phone:** 603-497-2343

**Website:** [www.upreachtec.org](http://www.upreachtec.org)

**Services:** UpReach Therapeutic Equestrian Center, Inc. is an organization dedicated to inspiring hope, fostering independence, and improving the physical, emotional, and psychological well-being of individuals with and without disabilities by partnering with the power of the horse.

## ***Refugee and Immigrant Services***

### **Ascentria Care Alliance**

**Address:** 261 Sheep Davis Road, A-1 Concord, NH 03301

**Phone:** 603-224-8111

**Website:** <https://www.ascentria.org/service/services-for-new-americans/>

**Website for Language Bank:** <http://www.thelanguagebank.org/>

**Services:** In addition to basic resettlement services, Ascentria Care Alliance provides a variety of services to assist refugees and immigrants with their transition to their new homeland and culture, including interpretation services.

### **Building Community in NH (formerly Bhutanese Community of NH)**

**Address:** 1045 Elm Street, Suite 202, Manchester NH 03101

**Phone:** 603-935-9620

**Website:** <http://bcinnh.org/>

**Services:** Helps refugees and other immigrants navigate their way to safe, healthy, prosperous, productive, and connected lives in New Hampshire

### **Catholic Charities New Hampshire**

**Address:** Locations in Nashua and Manchester

**Phone:** 603-889-9431

**Website:** <https://www.cc-nh.org/services/immigration-legal-services/>

**Services:** Provides casework, support and guidance for various immigration-related issues, including family-based visas, consular processing/visas, political asylum, visas for religious personnel, adjustment to lawful permanent residence, naturalization and self-petitions for immigrant victims of domestic violence and sexual assault.

### **Franco-American Centre**

**Address:** 100 St Anselm Drive#1798, Manchester, NH 03102

**Phone:** 603-641-7114

**Website:** <https://www.facnh.com/>

**Services:** Promotes French language, culture, and heritage through classes, social activities, and cultural events. Recreation/Activities as well as Immigrant Services offered.

### **Holy Cross Family Learning Center**

**Address:** 438 Dubuque Street, Manchester, NH 03102

**Phone:** 603-622-9250

**Website:** [www.hclearningcenter.org](http://www.hclearningcenter.org)

**Services:** English language education services and classes for immigrants and refugees.

**International Institute of New England**

**Address:** 470 Pine Street, Lower Level, Manchester, NH 03104

**Phone:** 603-647-1500

**Website:** <https://iine.org/>

**Services:** Creates opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship. Refugees and immigrants become active participants in the social, political, and economic richness of American life.

**Manchester Community Resource Center (MCRCh)**

**Address:** 434 Lake Ave, Manchester, NH 03103

**Phone:** 603-647-8967

**Website:** [www.mrcrnh.org](http://www.mrcrnh.org)

**Services:** Realizing that the challenges are far from over when an immigrant or refugee arrives in Manchester, MCRCh's goal is to assist in stabilizing the individual/family by providing basic information, offering coaching in goal setting, employment and education, and cultural adjustment, and access to public computers and other resources.

**Manchester Health Department**

**Address:** 1528 Elm Street, Manchester, NH 03101

**Phone:** 603-624-6466

**Website:** [www.manchesternh.gov/Departments/Health/Services/Refugee-Health](http://www.manchesternh.gov/Departments/Health/Services/Refugee-Health)

**Services:** Provides all refugees who are resettling in Manchester an initial health screening, including tuberculosis testing, within 90 days of arrival by a community health nurse. Children are provided all necessary immunizations and lead screening.

**Maintaining Independence Adult Day Services**

**Address:** 11 Kimball Drive, Unit 112, Hooksett, NH 03106

**Phone:** 603-782-5622

**Hours:** Monday-Friday, 8am-4pm

**Services:** Provides adult day health services specializing in providing culturally effective clinical care in a social environment. The goal of this program is to improve the physical and emotional wellbeing of participants. Assistance is provided to all adults, regardless of language.

**Organization for Refugee and Immigrant Success (ORIS)**

**Address:** 434 Lake Avenue, 2nd floor, Manchester, NH 03103

**Phone:** 603-296-0443

**Website:** <https://www.refugeesuccess.org/>

**Services:** Aids in the resettlement of refugees and immigrants in New Hampshire by providing assistance, training, resources, and opportunities that promote self-sufficiency. Programs include farmer training, youth enrichment, employment, and culturally-specific case management services. ORIS's Fresh Start Market provides access to fresh local foods year-round at 50% off EBT.

Fresh Start Market is located at 150 Spruce St, Manchester, NH 03103. Call 603-606-2663 for the Market's current operating schedule.

**Victory Women of Vision**

**Address:** 50 Bridge Street, Suite 203, Manchester, NH 03101

**Phone:** 603-623-8968 (office); (603) 264-7083 (cell)

**Website:** <https://victorywomenofvision.org/>

**Services:** Dedicated to helping immigrants and refugees resettle in New Hampshire. Provides mentoring, leadership, and empowerment programs for refugee families and individuals and of all ages

and genders. Offers mutual assistance, crisis intervention, support groups, and training programs that introduce resources, and opportunities for individuals and families to overcome adversity as they settle into their new communities and pursue opportunities to thrive. Supportive programs for youth, young adult, and elders, as well as victims of domestic violence and sexual assault.

## ***Substance Use Disorders and Addiction Services***

### **The Doorway of Greater Manchester**

**Address:** 60 Rogers Street Suite 210, Manchester, NH 03103

**Phone:** Call 2-1-1 For 24/7 Access

**Hours:** In-person: Monday – Friday, 8am – 5pm

#### **CMC’s Extended Doorway at Farnum**

**Address:** 140 Queen City Avenue, Manchester NH 03102

**Phone:** 603-606-1090

**Hours:** Monday-Friday 5 pm – 8 am; Friday 5 pm to Monday 8am.

**Website:** <https://www.thedoorway.nh.gov/doorway-greater-manchester>

**Services:** Provides telephone/in person screening and crisis stabilization, as well as evaluation, care planning, facilitated referral, continuous recovery monitoring, Naloxone (Narcan) distribution, transportation assistance and other supports. Call 2-1-1 for more information.

### **Easterseals NH Farnum Center**

**Address:** 140 Queen City Ave, Manchester, NH 03103

**Phone:** 603-622-3020

**Website:** <https://farnumcenter.org/>

**Services:** Easterseals NH’s Farnum Center helps adults who wish to reclaim their lives from addiction to alcohol and other drugs. We offer several levels of treatment, including detoxification, residential, and outpatient clinical services, so you can receive the treatment that’s appropriate for your addiction recovery needs. Our detoxification unit provides 24/7 medical monitoring for the treatment of alcohol, opiates, and other substance use disorders. Our residential clients participate in group counseling sessions and other recovery activities. We offer a variety of one-hour outpatient groups throughout the week on different topics utilizing evidence-based practice methods.

### **Harbor Care**

**Phone:** To access our intake coordinator, call 603-882-3616.

**Hours:** Monday through Friday, 9am-5pm and by appointment.

**Website:** [www.harborcarenh.org](http://www.harborcarenh.org)

**Services:** Variety of substance use disorder treatment services available, including outpatient, intensive outpatient, and residential treatment. Specialized treatment tracks for individuals using alcohol, opioids, and methamphetamines/ stimulants, addressing addiction, physical and mental health, oral health, housing, employment, and peer support. Medication Assisted Treatment offered to individuals with opioid use or alcohol disorders. Services offered on sliding fee scale based on household income.

**Cynthia Day Family Center** provides pregnant and parenting mothers – and their children – with clinically-intensive treatment, case management, and peer support in our Nashua licensed residential treatment center. All needs are addressed: shelter, food, transportation to and from medical appointments, access to primary, mental health and dental care, and family reunification services. Child care while receiving treatment and as they progress through the program and become stable and independent, receive assistance in accessing housing and employment.

### **Hope for NH Recovery Center**

**Address:** 293 Wilson Street, Manchester, NH 03103

**Phone:** 603-935-7524

**Website:** <http://recoverynh.org/>

**Services:** Hope provides access to and supports all pathways of recovery providing meeting space for SMART Recovery, Recovery Dharma, Heroin Anonymous, Crystal Meth Anonymous, Alcoholics Anonymous, Narcotics Anonymous, and other 12-step programs.

### **Liberty House**

**Address:** 221 Orange Street, Manchester NH 03104

**Phone:** 603-669-0761

**Website:** <http://libertyhousenh.org/>

**Services:** Provides a safe, substance-free and accountable environment for resident Veterans, using our unique 4-Step process that progresses them through recovery, mental and physical wellness, meaningful employment, and ultimately, a successful transition to independence.

### **Makin' It Happen Coalition**

**Address:** 77 Sundial Ave, Suite 102 W, Manchester, NH 03103

**Phone:** 603-836-6266

**Email:** [info@mih4u.org](mailto:info@mih4u.org)

**Website:** <https://makinithappen.org/>

**Services:** Works with community members, coalitions, healthcare, local government, law enforcement, first responders, schools and businesses to reduce substance misuse through education and access to behavioral healthcare.

### **Manchester School District- School Resource Officers (SROs)**

**Address:** 405 Valley Street, Manchester, NH 03103

**Phone:** 603-668-8711

**Website:** <https://www.manchesternh.gov/Departments/Police/Juvenile-Unit>

**Services:** School Resource Officers (SRO's) are assigned to each Manchester high school and middle school from the Manchester Police Department Juvenile Division.

### **Manchester School District - Student Assistance Program (SAP)**

**Website:** <https://mpowermanchester.org/>

**Services:** Each middle and high school has an SAP counselor who can provide counseling sessions, education and activities to help youth with various social issues, such as bullying, dating violence, and substance misuse. Check out the M-Power [website](#) to be connected to the SAP counselor at your school!

### **Services/Treatment Locator**

**Website:** <https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/nh-drug-alcohol-treatment-locator/>

**Services:** Online locator to find agencies and individual practitioners offering substance use disorder services, including evaluation withdrawal management (detox), outpatient counseling, residential treatment, recovery supports and other types of services for people experiencing problems with alcohol and other substance misuse.



## Waypoint

**Address:** 464 Chestnut Street, Manchester, NH 03105

**Phone:** 603-518-4000

**Website:** <https://waypointnh.org/>

**Services:** Serving adolescents, children, young adults, adults, pregnant or parenting women, and homeless individuals. Programs include parenting, assessment, care coordination, individual and group outpatient counseling, recovery support services, and transitional living program (18-21 year olds). Teen Center offers counseling for drug/alcohol use and severe depression.

## The Willows Substance Use Treatment Center (Families in Transition)

**Address:** 293 Wilson St. 2nd Floor, Manchester, NH 03103

**Phone:** 603-641-9441 ext. 401

**Website:** <https://www.fitnh.org/services/substance-use-treatment/>

**Services:** Individuals seeking substance use treatment meet with our counselors to assess their needs and determine their necessary level of care. We offer inpatient and outpatient services along with recovery housing for women and women with children. Call to schedule an assessment or visit the treatment center Monday-Friday, 9:00 am – 5:00 pm.

For a complete listing of substance misuse and addiction resources in the Greater Manchester Region, please visit the Community Compass guide, an initiative of Makin' It Happen in partnership with the Manchester Health Department. Please visit the guide online at <https://makinithappen.org/community-compass/>

## *Transportation*

### Coordinated Transportation Solutions (CTS) for Medicaid members

**Phone:** 1-844-259-4780 (TDD:7-1-1 or 1-800-735-2964)

**Website:** <https://www.dhhs.nh.gov/programs-services/medicaid/medicaid-fee-service>

**Services:** Use the NH Medicaid non-Emergency Transportation Program if you need a ride to, or help paying for gasoline, to travel to a NH Medicaid-covered service. Monday through Friday, 8:00 a.m. to 5:00 p.m. Check the website for further details and requirements.

### Manchester Transit Authority (MTA) Cart Program

**Address:** Manchester Transit Authority, 110 Elm Street, Manchester, NH 03101

**Phone:** 603-623-8801, Option #2

**Website:** <https://mtabus.org/#schedulearide>

**Services:** CART provides fixed-route and curb-to-curb demand-response transportation throughout Chester, Derry, Hampstead, Londonderry and Salem. To schedule a ride, please call the MTA or visit the website.

### Manchester Transit Authority (MTA) Green Dash

**Address:** 110 Elm Street, Manchester, NH 03101

**Phone:** 603-623-8801

**Website:** <https://mtabus.org/the-green-dash-route/>

**Services:** Free safe and affordable transportation options throughout Greater Manchester via the Green DASH free downtown shuttle. Visit the website for route and schedule information.

## Queen City Bike Collective

**Address:** 35 Elm Street, Manchester, NH 03101

**Phone:** 603-493-1720

**Shop Hours:** Tuesdays and Thursdays, 4pm-8pm; Saturdays, 12pm – 4pm

**Website:** <https://qcbike.org/>

**Services:** Provides space, tools, and equipment, for community members to repair their bicycles at minimal cost, with assistance. QC Bike Collective also accepts donated bicycles and useful parts to recycle or return to working order, and then sells them at an affordable price. Users under 18 must be accompanied by an adult.

## *Transportation – For Seniors/ Disabled*

### Easterseals NH Transportation Services

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-668-8603

**Website:** <https://eastersealsnh.org/programs/transportation/>

**Services:** Easterseals NH Transportation Services provides door-to-door transportation with passenger assistance available for older adults who are frail and isolated, as well as individuals with disabilities, allowing them to gain greater independence and stay involved in their communities. Call to schedule a ride.

### Manchester Transit Authority (MTA) Step-Saver Program

**Address:** Manchester Transit Authority, 110 Elm Street, Manchester, NH 03101

**Phone:** 603-623-8801, Option #2

**Reservation Hours:** Monday-Friday, 5:25am -7pm; Saturday, 9:30am – 6pm

**Transportation Hours:** Monday-Friday 5:25am – 6:30pm; Saturday, 9:30am – 5:30pm;

No Sunday service.

**Website:** <https://mtabus.org/shared-ride-transportation-service/>

**Services:** Provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service some or all of the time. Cost is \$4.00 one-way or \$8.00 round trip. To request an application, please call the MTA or visit the website.

## *Veteran Services*

### Easterseals NH Veterans Count

**Address:** 555 Auburn Street, Manchester, NH 03103

**Phone:** 603-315-4354

**Email:** [intake@vetscount.org](mailto:intake@vetscount.org)

**Website:** <https://eastersealsnh.org/programs/veterans-count/>

**Services:** Easterseals NH provides a safety net of critical case management and emergency financial assistance to meet the unexpected needs of service members, veterans, and their families. Additional services include employment counseling and support, mental health and disability services, financial management, transportation, housing stabilization, legal assistance, and substance abuse services.

### Harbor Care - Veterans FIRST Services

**Address:** Multiple locations in Greater Nashua, New Hampshire and telehealth.

**Phone:** To access our veteran services intake coordinator, call 603-882-3616.

**Hours:** Monday – Friday, 9am to 5pm and by appointment.

**Website:** <https://www.harborcarenh.org/veterans>

**Services:** Harbor Care operates “Veterans FIRST”, which provides eligible veterans and their families who are experiencing or at risk of homelessness with access to a variety of supports, including transitional and permanent housing, case management, employment assistance, legal aid, behavioral health treatment, and temporary financial assistance. Veteran family members and/or veterans who are not VA-eligible may access general housing services and the Federally Qualified Health Center for primary, behavioral, and oral health care. Call Harbor Care for more information on eligibility.

### **Hope for Heroes Project (HFH) – 603 Legal Aid**

**Address:** 93 North State Street, Suite 200 Concord, NH 03301

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

**Website:** [www.603legalaid.org](http://www.603legalaid.org)

**Services:** 603 Legal Aid is NH’s state-wide centralized intake and civil legal aid organization. 603 Legal Aid provides in-house advice and counsel, referrals, and pro bono attorneys for multiple civil legal matters. In the near future, attorneys will be able to assist with VA Benefit Appeals and Discharge and Dismissal Upgrades.

**Eligibility Requirements:** Veterans with at least 24-months of active duty service and are homeless or at risk of homelessness because of a civil legal need are eligible for services through HFH. HFH has no income cap for eligible veterans. NOTE: Even if service requirements are not met, 603 Legal Aid may be able to help in other ways. Please call with any eligibility questions.

### **Liberty House**

**Address:** 221 Orange Street, Manchester, NH 03104.

**Phone:** 603-669-0761

**Website:** [www.libertyhousenh.org/](http://www.libertyhousenh.org/)

**Services:** Provides food, clothing, camping gear, toiletries, bus passes, gas cards, information and referrals to our Veterans from the community who require assistance with everyday needs. Also provides a safe, substance-free and accountable environment for resident Veterans, using our unique 4-Step process that progresses them through recovery, mental and physical wellness, meaningful employment, and ultimately, a successful transition to independence.

### **Veterans Administration Medical Center (VAMC)**

**Address:** 718 Smyth Road, Manchester, NH 03103

**Phone:** 603-624-4366

**VA health connect:** 833-933-1106

**Mental health care:** 603-624-4366

**Website:** <https://www.va.gov/manchester-health-care/>

**Services:** The VA Manchester Healthcare System is one of the leading health care systems serving Veterans in the VA New England Healthcare System. We’re an innovative care center within the VA New England Healthcare System (VISN 1), which includes medical centers and clinics in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, and Rhode Island.

### **Veterans Crisis Line**

**24 Hour Crisis Line Phone:** Call 988, and press 1

**Text:** 838255

**For TTY users:** Use your preferred relay service or dial 711 then 988

**Website:** <https://www.veteranscrisisline.net/>

**Services:** If you're a Veteran in crisis or concerned about one, the Veterans Crisis Line is a free, confidential resource that connects you to a real person specially trained to support Veterans.

## UpReach Therapeutic Equestrian Center

**Address:** 153 Paige Hill Rd, Goffstown, NH

**Phone:** 603-497-2342

**Website:** [www.upreachtec.org](http://www.upreachtec.org)

**Services:** Provides therapeutic riding and carriage driving as well as equine-assisted services and therapies to build strength, confidence, connection, resilience and joy for children, families, and individuals. UpReach connects people with horses to improve lives.

## Winter / Cold-Weather Resources

### Warming Locations / Stations

#### 39 Beech Street Shelter & Engagement Center

**Address:** 39 Beech Street, Manchester NH 03101

**Phone:** 603-413-1775

**Shelter Hours:** Monday-Sunday, Check-in starts at 9pm

**Engagement Center Hours:** Monday-Sunday, 9am-5pm

**Winter Warming Station Hours:** December 1, 2024-February 28, 2025, Monday - Sunday, 7pm-7am

**Website:** <https://www.manchesternh.gov/Departments/Homelessness-Initiatives>

**Services:** The Shelter provides on-site meals, storage for tents and personal belongings, and provides 40 beds in a communal open space. Guests have access to wheelchair-accessible private showers and bathrooms. Guests must be age 18 and older, and there is a daily bed hold policy. The Engagement Center provides on-site local providers to assist with substance abuse treatment, mental health support, medical care, housing navigation, and employment services. Overflow space available during emergency weather events.

**Winter Warming Station Services:** The 39 Beech Street Winter Warming station includes services such as bathrooms, showers, laundry, hygiene supplies, clothing, snacks, coffee, water, and more.

#### 1269 Café

**Address:** 456 Union St, Manchester, NH 03103

**Hours of Operation:** Monday-Friday 9:00am – 3:00pm.

**Lunch Hours:** Monday-Friday, 11:30am-1pm.

**Food Pantry Hours:** Mondays, Wednesdays & Thursday, 10:30am-12pm.

**Warming Station Hours:** December 1<sup>st</sup> – March 31<sup>st</sup>, 8pm - 7am. Guests can leave any time, but doors only open for admittance/smoke break once an hour, on the hour.

**Website:** <https://thetwelveonunion.org/service-hours/>

**Services:** Faith-based support and assistance to people in need.

#### Mall of New Hampshire

**Address:** 1500 South Willow Street, Manchester, NH 03103

**Website:** <http://www.simon.com/mall/the-mall-of-new-hampshire>

**Hours:** Monday-Thursday 10am - 8pm, Friday-Saturday 10 am - 9pm, Sunday 11am - 6pm

#### Manchester City Library

**Address:** 405 Pine Street, Manchester, NH 03104

**Phone:** 603-624-6550

**Website:** [www.manchesternh.lib.nh.us](http://www.manchesternh.lib.nh.us)

**Note:** Visit website for most up-to-date hours

*The City of Manchester Emergency Operations Center will also release a list of warming locations during exceptionally cold days/evenings. This list will be announced on local news outlets, social media, and the City of Manchester website.*

## ***Winter Parking Rules & Snow Emergencies***

To allow for removal of snow and emergency vehicle access, the City has special winter parking restrictions that apply *during overnight hours and snow emergencies*.

**Winter parking restrictions** are in place from December 1 through April 15 and include an odd/even parking ban from 1:00 am until 6:00 am. No parking is permitted on the circular portion of dead-end cul-de-sacs. You may be fined for Overnight Winter Parking Violations per City Ordinance.

If a **Snow Emergency is declared**, no parking on any city street is permitted. All vehicles must be removed from the City streets for the times determined by the Public Works Director. Any vehicle parked in violation of parking restrictions will be removed and impounded.

More information about winter parking, snow emergency parking rules, street parking bans, alternative parking options, and tips for residents can be found on the City website:

<https://www.manchesternh.gov/Departments/Highway/Snow>

Sign-up to receive notifications of when a Snow Emergency is in place:

- Nixle: <http://local.nixle.com/manchester-nh-highway-department/>
- Email: <https://www.manchesternh.gov/e-Services/Email-Notifications>

Snow Emergencies are also posted on X (formerly Twitter): [https://twitter.com/mht\\_snow\\_emerg](https://twitter.com/mht_snow_emerg)



### Winter Fire Safety

# Portable Generators and Winter Storms



**Portable generators are useful during winter storms, but if not used safely, they can cause injuries and death.**

- ✔ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✔ Make sure you have carbon monoxide alarms in your home.
- ✔ Do not use a generator in a wet area. This can cause shock or electrocution.
- ✔ Connect appliances to the generator with heavy-duty extension cords.
- ✔ Do not fuel your generator when it is running. Spilling gas on a hot engine can cause a fire.



For more information and free resources, visit  
**[www.usfa.fema.gov](http://www.usfa.fema.gov)**.



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# Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

### HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

### FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

- **What is Carbon Monoxide (CO)?**
  - Carbon monoxide (CO) is an odorless, colorless gas produced by burning fossil fuels (fossil fuels shall include natural gas, coal, kerosene, oil, propane and wood etc.). Exposure to lower levels of CO over several hours can be just as dangerous as exposure to higher levels for a few minutes.
- **Who is at risk?**
  - Those most at risk are:
    - Children
    - Elderly
    - People with lung or heart disease
    - Pregnant woman.
- **Signs and symptoms of CO poisoning include:**
  - Headache
  - Fatigue
  - Sleepiness
  - Weakness
  - Nausea
  - Vomiting
  - Dizziness
  - Confusion
  - Trouble breathing.
- **What to do if your CO detector goes off:**
  - Call 911, get outside to get fresh air!
- **If safe to do so:**
  - Turn off fuel burning appliances as you leave, if possible
  - Ventilate the house
  - Seek medical attention if you have signs and symptoms of CO poisoning.

**If prolonged exposure continues, LOSS OF CONSCIOUSNESS, COMA, and DEATH can occur.**

**Don't go back into the building until cleared by the Fire Department.**

## ***Winter Safety Tips – Frozen Pipes: Preventing & Thawing Frozen Pipes***

### **Frozen Pipes:**

Preventing and Thawing Frozen Pipes

*Information provided by the American Red Cross*

Being prepared and informed may help you to avoid the messy and often expensive issue of frozen pipes. The American Red Cross provides information and suggestions around how to prevent water pipes in the home from freezing, and how to thaw them if they do freeze.

#### ***Why Pipe Freezing is a Problem***

Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the strength of a container, expanding water can cause pipes to break.

Pipes that freeze most frequently are:

- Pipes that are exposed to severe cold, like outdoor hose bibs, swimming pool supply lines, and water sprinkler lines.
- Water supply pipes in unheated interior areas like basements and crawl spaces, attics, garages, or kitchen cabinets.
- Pipes that run against exterior walls that have little or no insulation.

#### ***How to Protect Pipes From Freezing***

Before the onset of cold weather, protect your pipes from freezing by following these recommendations:

- Drain water from swimming pool and water sprinkler supply lines following manufacturer's or installer's directions. Do not put antifreeze in these lines unless directed. Antifreeze is environmentally harmful, and is dangerous to humans, pets, wildlife, and landscaping.
- Remove, drain, and store hoses used outdoors. Close inside valves supplying outdoor hose bibs. Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.
- Add insulation to attics, basements and crawl spaces. Insulation will maintain higher temperatures in these areas.
- Check around the home for other areas where water supply lines are located in unheated areas. Look in the garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.
- Consider installing specific products made to insulate water pipes like a "pipe sleeve" or installing UL-listed "heat tape," "heat cable," or similar materials on exposed water pipes. Newspaper can provide some degree of insulation and protection to exposed pipes – even ¼" of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.

- Consider relocating exposed pipes to provide increased protection from freezing.

### ***How to Prevent Frozen Pipes***

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much costlier repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

### ***How to Thaw Frozen Pipes***

- If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.
- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.
- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.
- Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

## Winter Safety Tips – Frostbite and Hypothermia

*Information provided by the American Red Cross*

Frostbite and hypothermia are cold-related emergencies that may quickly become life or limb threatening. Preventing cold-related emergencies includes not starting an activity in, on, or around cold water unless you know you can get help quickly in an emergency. Be aware of the wind chill. Dress appropriately and avoid staying in the cold too long. Wear a hat and gloves when appropriate with layers of clothing. Drink plenty of warm fluids or warm water but avoid caffeine and alcohol. Stay active to maintain body heat. Take frequent breaks from the cold. Avoid unnecessary exposure of any part of the body to the cold. Get out of the cold immediately if the signals of hypothermia or frostbite appear.

Frostbite is the freezing of a specific body part such as fingers, toes, the nose or earlobes. Signals of frostbite include lack of feeling in the affected area and skin that appears waxy, is cold to the touch, or is discolored (flushed, white or gray, yellow or blue).

What to do for frostbite:

1. Move the person to a warm place.
2. Handle the area gently; never rub the affected area.
3. Warm gently by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.
4. Loosely bandage the area with dry, sterile dressings.
5. If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
6. Avoid breaking any blisters.
7. Do not allow the affected area to refreeze.
8. Seek professional medical care as soon as possible.

Hypothermia is another cold-related emergency. Hypothermia may quickly become life threatening. Hypothermia is caused by the cooling of the body caused by the failure of the body's warming system. The goals of first aid are to restore normal body temperature and to care for any conditions while waiting for EMS personnel. Signals of hypothermia include shivering, numbness, glassy stare, apathy, weakness, impaired judgment, and loss of consciousness.

What to do for hypothermia:

1. CALL 9-1-1 or the local emergency number.
2. Gently move the person to a warm place.
3. Monitor breathing and circulation.
4. Give rescue breathing and CPR if needed.
5. Remove any wet clothing and dry the person.
6. Warm the person slowly by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. Do not warm the person too quickly, such as by immersing him or her in warm water. Rapid warming may cause dangerous heart arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet). This is important to mention because most people will try to warm hands and feet first and that can cause shock.



# Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

### BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) “kid-free zone” around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



## Heating Equipment Smarts

**Install** wood burning stoves following manufacturer’s instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

**Install** and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



### FACT

Half of home heating fires are reported during the months of **December, January, and February.**



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards



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