



**Southern New Hampshire Services
WIC Program**



**40 Pine Street, Manchester NH 03103
603-668-8010 or 1-800-256-9880
134 Allds Street, Nashua NH 03060
603-889-3440 or 1-877-211-0723**

Financial and Social Services for New Hampshire families with young children												
<p>Temporary Assistance to Needy Families (TANF) TANF provides financial assistance through the Family Assistance Program (FAP), and financial assistance and employment and training services through the New Hampshire Employment Program (NHEP), to families with dependent children to help them become self-supporting.</p> <p align="center">Medical Assistance (Medicaid) 1-877-464-2447</p> <p>Medicaid pays for health care costs, such as prenatal care, well childcare, doctor and hospital bills, dental care for children, and prescriptions. Pregnant women and children through age 18 may have higher incomes and still be eligible.</p>	<p align="center">Child Support Services</p> <p>This program locates absent parents, establishes paternity and support orders, and enforces child support orders. Services are provided whether the absent parent lives in New Hampshire or out of state. Any parent living with a child is eligible to apply for and receive any or all child support services.</p> <p align="center">Food Stamp Program</p> <p>The Food Stamp Program allows eligible households to buy more food of greater variety to improve their daily food intake.</p>											
<p align="center">To find out more about the programs above, call your NH Division of Human Services district office.</p> <table border="0" style="width:100%"> <tr> <td style="width:50%"> <p>1-800-852-7493 or 668-2330 1050 Perimeter Rd. Manchester, NH 03103</p> </td> <td style="width:50%"> <p>1-800-852-0632 or 883-7726 26 Whipple St. Nashua, NH 03060</p> </td> </tr> </table>			<p>1-800-852-7493 or 668-2330 1050 Perimeter Rd. Manchester, NH 03103</p>	<p>1-800-852-0632 or 883-7726 26 Whipple St. Nashua, NH 03060</p>								
<p>1-800-852-7493 or 668-2330 1050 Perimeter Rd. Manchester, NH 03103</p>	<p>1-800-852-0632 or 883-7726 26 Whipple St. Nashua, NH 03060</p>											
<p align="center">Emergency Shelter List</p> <table border="0" style="width:100%"> <tr> <td style="width:50%"> <p>Nashua Soup Kitchen 2 Quincy Street Nashua Tel: 889-7770</p> <p>Harbor Homes, Inc. 14 Maple Street Nashua Tel: 882-5451</p> <p>Front Door 7 Concord Street Nashua Nashua Tel: 886-2866</p> <p>Marguerite's Place 87 Palm Street Nashua Tel: 598-1582</p> <p>Inpatient and Outpatient substance abuse Keystone Hall Nashua Tel: 881-4848</p> </td> <td style="width:50%"> <p>Manchester Homeless Hotline Manchester Tel: 877-606-5173</p> <p>Families in Transition 122 Market Street Manchester Tel: 641-9441</p> <p>New Horizons Shelter 199 Manchester Street Manchester Tel: 668-1877</p> <p>The Way Home 214 Spruce Street Manchester Tel: 627-3491</p> <p>Monadnock Area Transitional Shelter 9 Vose Farm Rd. #115 Peterborough Tel: 924-5033</p> </td> </tr> </table>			<p>Nashua Soup Kitchen 2 Quincy Street Nashua Tel: 889-7770</p> <p>Harbor Homes, Inc. 14 Maple Street Nashua Tel: 882-5451</p> <p>Front Door 7 Concord Street Nashua Nashua Tel: 886-2866</p> <p>Marguerite's Place 87 Palm Street Nashua Tel: 598-1582</p> <p>Inpatient and Outpatient substance abuse Keystone Hall Nashua Tel: 881-4848</p>	<p>Manchester Homeless Hotline Manchester Tel: 877-606-5173</p> <p>Families in Transition 122 Market Street Manchester Tel: 641-9441</p> <p>New Horizons Shelter 199 Manchester Street Manchester Tel: 668-1877</p> <p>The Way Home 214 Spruce Street Manchester Tel: 627-3491</p> <p>Monadnock Area Transitional Shelter 9 Vose Farm Rd. #115 Peterborough Tel: 924-5033</p>								
<p>Nashua Soup Kitchen 2 Quincy Street Nashua Tel: 889-7770</p> <p>Harbor Homes, Inc. 14 Maple Street Nashua Tel: 882-5451</p> <p>Front Door 7 Concord Street Nashua Nashua Tel: 886-2866</p> <p>Marguerite's Place 87 Palm Street Nashua Tel: 598-1582</p> <p>Inpatient and Outpatient substance abuse Keystone Hall Nashua Tel: 881-4848</p>	<p>Manchester Homeless Hotline Manchester Tel: 877-606-5173</p> <p>Families in Transition 122 Market Street Manchester Tel: 641-9441</p> <p>New Horizons Shelter 199 Manchester Street Manchester Tel: 668-1877</p> <p>The Way Home 214 Spruce Street Manchester Tel: 627-3491</p> <p>Monadnock Area Transitional Shelter 9 Vose Farm Rd. #115 Peterborough Tel: 924-5033</p>											
<p>Dept of Employment Security</p> <p>NH Works 300 Hanover Street Manchester, NH 03104 Tel: 627-7841 6 Townsend West Nashua, NH 03063 Tel: 882-5177</p>	<p align="center">Fuel Assistance</p> <table border="0"> <tr><td>Hillsboro:</td><td>924-2243</td></tr> <tr><td>Manchester:</td><td>647-4470</td></tr> <tr><td>Milford:</td><td>924-2243</td></tr> <tr><td>Nashua:</td><td>889-3440</td></tr> <tr><td>Peterborough:</td><td>924-2243</td></tr> </table>	Hillsboro:	924-2243	Manchester:	647-4470	Milford:	924-2243	Nashua:	889-3440	Peterborough:	924-2243	<p align="center">Head Start</p> <p>Southern NH Services 40 Pine Street Manchester Tel: 668-8010 or 889-7812 1-800-322-1073</p>
Hillsboro:	924-2243											
Manchester:	647-4470											
Milford:	924-2243											
Nashua:	889-3440											
Peterborough:	924-2243											
<p align="center">Information and Referral</p> <p>Statewide 1-866-444-4211 In NH only 211</p>	<p align="center">Mental Health Centers</p> <p>Mental Health Center of Greater Manchester 401 Cypress Street Manchester Tel: 668-4111</p> <p>Greater Nashua Health Center 7 Prospect Street Nashua Tel: 889-6147</p>	<p align="center">NH Housing Authority</p> <p>Information on low- cost housing 1-800-439-7247</p>										
<p align="center">NH Legal Assistance</p> <p>1850 Elm Street #7 Manchester Tel: 668-2900 or 1-800-562-3174</p>	<p align="center">Our Place</p> <p>An adolescent pregnancy and parenting program 16 Oak Street Manchester Tel: 647-2244</p>	<p align="center">Parenting Questions/Concerns</p> <p>Waypoint Parentline Tel: 1-800-640-6486 or 889-7189 NH Helpline ParentLink 1-800-852-3388, 24hrs Parents Anonymous 1-800-750-4494</p>										
<p align="center">Poison Control Center</p> <p align="center">1-800-222-1222</p>	<p align="center">Response to Sexual & Domestic Violence</p> <p align="center">24 Hour Hotline 1-866-644-3574 or 1-800-277-5570</p>	<p align="center">Domestic Violence Shelters</p> <p>YWCA Crisis Service, Manchester 668-2299 or 625-5785 Bridges, Nashua 883-3044 or 672-9833 or 889-0858</p>										

Soup Kitchens and Food Pantries

Goffstown Network Food Pantry 9 N. Mast Rd. Goffstown 497-3433	Salvation Army Food Pantry 121 Cedar St Manchester 627-7013	Harbor Homes 14 Maple St. Nashua 882-5451
St. Vincent de Paul 247 South Main St. Manchester 625-9525	Community Food Pantry 646 DW Highway Merrimack 424-7459	Open Cupboard 6 Burns Hill Rd. Wilton 809-6114
Hillsboro District Food Pantry 7 Church St Hillsboro 464-4080	Riverside Christian Church 27 Depot St Merrimack 424-1711	Nashua Soup Kitchen 2 Quincy St. Nashua 889-7770
New Hampshire Food Bank 700 E. Industrial Park Dr. Manchester 669-9725	St John Neumann Food Pantry 708 Milford Rd Merrimack 880-4689	Salvation Army 1 Montgomery Ave Nashua 889-5151
New Horizons Soup Kitchen/Food Pantry 199 Manchester St Manchester 668-1877 x21	SHARE Outreach 1 Columbus Ave Milford 673-9898	St Vincent de Paul 15 High Street Greenville 878-0518
St. Raphael's Church Food Pantry 103 Walker Street Manchester 623-2604	Corpus Christi Food Pantry 43 Franklin St Nashua 882-6372	Peterborough Food Pantry 25 Elm Street Peterborough 924-3008

Child Health Clinics: Can provide free services such as physical examinations and lead poisoning screenings.
 Capitol Region Family Health Center
 250 Pleasant Street
 Concord Tel: 230-7200
 Manchester Community Health Center
 145 Hollis Street
 Manchester Tel: 626-9500

Child Health Services
 1245 Elm Street
 Manchester Tel: 668-6629

Lamprey Health Care
 22 Prospect St.
 Nashua Tel: 883-1626

Prenatal Clinics: Can provide information on free prenatal care and childbirth education.
 Capitol Reg Family Health Ctr
 250 Pleasant St
 Concord Tel: 228-7200
 Lamprey Health Care
 22 Prospect St
 Nashua Tel: 883-1626

Manchester Community Health Ctr
 145 Hollis Street
 Manchester Tel: 626-9500

Pregnancy Care Center (provides parenting classes, pregnancy tests, and counseling only)
 88 McGregor Street, Manchester Tel: 663-6661



Family Planning Clinics: Information on birth control methods, physical examinations, and pregnancy tests.

CareNet
 50 Bridge Street #104
 Manchester Tel: 623-1122

Planned Parenthood of New England
 24 Pennacook Street
 Manchester Tel: 669-7321

CareNet
 110 Main Street
 Nashua Tel: 883-1122

Lamprey Health Care
 22 Prospect Street
 Nashua Tel: 883-1626

HIV/AIDS Services: Can provide confidential low-cost testing and counseling.

Manchester Health Dept
 1528 Elm Street
 Manchester Tel: 624-6466

Nashua Health Dept
 18 Mulberry Street
 Nashua Tel: 589-4560

Immunization Clinics: Protect your children and have them immunized.

Manchester Health Dept
 1528 Elm Street
 Manchester Tel: 624-6466

Nashua Health Dept
 18 Mulberry Street
 Nashua Tel: 589-4560

Infants and Toddlers Program

Call **1-800-298-4321** for information on resources for infants/toddlers with special needs, birth through age two.

Gateway Community Services
 144 Canal Street, Nashua Tel: 882-6333

Moore Center Services
 195 McGregor St., Manchester Tel: 206-2700

Special Medical Services

For information about medical services and financial help for a child with a physical disability or chronic illness, call: **1-800-735-2964**. Help is available for heart disease, epilepsy, birth defects, and other conditions.

Alcohol / Drug Addiction / Smoking Cessation

Don't smoke, drink alcohol or take drugs. They may harm you, your baby and your children. If you want to stop smoking, drinking, or taking drugs, ask your WIC nutritionist for information. You can call 1.800.662.HELP (4357) for help with drugs or alcohol. For smokers call 1-800-Quit-Now (800.784.8669).

Families in Transition for parenting and pregnant women
 Lamprey Health Care for pregnant and postpartum women

Manchester 641-9441
 Nashua 883-7626