



New Hampshire 603.623.9474  
Vermont 802.864.9393

Grants life-changing wishes for children with critical illnesses.

## PROGRAMS for CHILDREN with CHRONIC HEALTH CONDITIONS

### NEW HAMPSHIRE

**Community Partners Behavioral Health and Developmental Services of Strafford County** 603.516.9300  
provides early support, resources, and services for families of children with developmental disabilities.

**New Hampshire Family Ties** 800.273.2645  
legal and medical resources to empower Cerebral Palsy Families

**New Hampshire Family Voices** 800.852.3345 x4525  
empowers/informs families and professionals caring for children with special health needs and disabilities from birth to adulthood.

**Partners in Health New Hampshire with Child and Family Services** 800.656.3333  
provides support to young adults and families of children with chronic health conditions.

**Special Medical Services Bureau** 603.271.4488  
helps families obtain specialty health care services, information and support.

**Special Needs Support Center (SNSC)** 603.448.6311  
assists children and adults with special needs, and their families.

### VERMONT

**Fletcher Allen Health Care Inc. HIV/AIDS Comprehensive Care Clinic** 802.229.5415

**Vermont Center for the Deaf & Hard of Hearing** 802.229.5415

**Vermont Department of Health Children with Special Health Needs** 802.863.7333  
provides information, medical services, care coordination, limited specialty clinics including child development, respite funding and nutrition services to help families support their children.

**Vermont Family Network (VFN)** 800.800.4005  
(Previously known as Parent-to-Parent of Vermont) empowers and supports Vermont families of children with special needs.



**Families in Transition (Manchester, NH)** 603.641.9441

**Friends Emergency Housing (Concord, NH)** 603.228.1462

**Nashua Soup Kitchen & Shelter** 603.889.7770

**New Hampshire HelpLine** 800.852.3388

**Southwestern Community Services (Claremont)** 603.542.3160

**The Upper Valley Haven (WRJ, VT)** 802.295.6500

**Tri-County Cap (Upper Valley)** 603.443.6150

## SUBSTANCE ABUSE PROGRAMS & SUPPORT

### D-H Alcohol and Drug Treatment Options

[www.dhmc.org/goto/alcohol\\_substance\\_abuse\\_regional\\_directory](http://www.dhmc.org/goto/alcohol_substance_abuse_regional_directory)  
This directory lists resources for both NH and VT in Residential Treatment; Intensive Outpatient Treatment; Outpatient Treatment; and Support Groups.

### NEW HAMPSHIRE

**Headrest Lebanon, NH** **Crisis Line** — 603.448.4400

**National Suicide Prevention Lifeline** 800.273.8255

**Teen Line - Outpatient Alcohol/Drug Treatment** 800.639.6095

**Hope for NH Recovery Multiple towns in NH** 603.935.7524

offers safe, drug and alcohol-free, *Recovery Community Centers* where people in recovery, or anyone interested, can access peer support groups, meetings, and social events during the week

**Orion House Newport, NH** 603.863.4918

for male adolescents - *accepts NH Medicaid*

### VERMONT

**HCRS - Health Care and Rehabilitation Services of Southeastern Vermont** — *Windham and Windsor Counties*

for adults and adolescents (*accepts Medicare & VT Medicaid*)

**Crisis Line** — 800.622.4235

Brattleboro, VT 802.254.6028

Hartford, VT 802.295.3031

Springfield, VT 802.886.4500

## SUPPORT and EDUCATION for PARENTS

### NEW HAMPSHIRE

**Good Beginnings of the Upper Valley** 603.298.9524

promotes healthy families and creates a caring community where every new parent feels connected and every baby enjoys a good beginning. Hands-on support is offered *FREE* to every family with a new baby in New Hampshire and Vermont regardless of income or circumstance. Clothing, strollers and diapers are also available to families in need.

**Pathways of the River Valley** 603.448.2077

provides home-based therapeutic services for children, from birth to age 3, who have a developmental delay or are at risk for a delay. Also provided are support for families and children, ages 3-21, including information, referral, advocacy, respite care and in-home support.

**Pregnancy Center of the Upper Valley** 603.298.6123

offers *FREE* pregnancy and ultrasound tests, information, counseling, parenting education, and supportive services.

**Southern New Hampshire Services (SNHS)** 603.668.8010

*Serving Hillsborough and Rockingham Counties*  
provides crisis assistance with food, fuel, housing and utilities; home weatherization; workforce development; and Head Start.

**Southwestern Community Services (SCS)** 603.352.7512

*Serving Cheshire and Sullivan Counties*  
provides crisis assistance with food, fuel, housing and utilities; home weatherization; workforce development; and Head Start.

**tlc Family Resource Center** 603.542.1848

**teaching loving connections** (Previously known as *Good Beginnings of Sullivan County*) provides important tools and education for parents in Lower Grafton and Sullivan Counties to increase positive relationships with their children.

## SUPPORT and EDUCATION for PARENTS

### VERMONT

**Southeastern Vermont Community Action (SEVCA)** 802.772.4575

*Serving Windsor and Windham Counties in VT*  
provides crisis assistance with food, fuel, housing and utilities; home weatherization; workforce development; and Head Start.

**The Orange County Parent-Child Center** 802.685.2264

offers parent education and support, play groups, home visits, child advocacy, and a lending library.



## TRANSPORTATION

### NEW HAMPSHIRE

**Advance Transit - Free Upper Valley Rides** 802.295.1824

*Map of routes in Molly's Place*

**Dial-a-Ride The Current** 888.869.6287

(for Medicaid enrolled families)

**NH Medicaid Ride Coordinator** 800.852.3345 x3770

**Tri-County CAP Transit** 603.752.1741

(serves Coos, Carroll and Northern Grafton Counties)

### VERMONT

**Advance Transit - Free Upper Valley Rides** 802.295.1824

*Map of routes in Molly's Place*

**RCT - Rural Community Transportation** 855.811.6360

(serves Northern Vermont communities)

**Stagecoach Transportation System** 802.728.3773

(serves Orange and Northern Windsor Counties)

**VPTA - Vermont Public Transportation Association** 833.387.7200

(for Medicaid enrolled families)

## FREE MEDICAL AND DENTAL CARE

**Good Neighbor Health Clinic** 802.295.1868

provides *FREE* medical care to income-eligible residents living within 30 miles of White River Junction, Vermont.

**Red Logan Dental Clinic** 802.295.7573

provides *FREE* dental care to income-eligible *adult* residents living within 30 miles of White River Junction, Vermont.

## FREE PHONE for income eligible individuals

Medicaid recipients can receive a *FREE* cell phone or land line from a government supported Lifeline Assistance program.  
<http://www.lifelinelanding.com/>



## D-H PHONE NUMBERS

**Care Management** 603.650.5789

Staff coordinates care for patients in the hospital and clinic, as well as connects hospital staff and community members with available resources.

**Patient and Family Relations** 603.650.4429

Staff are available to discuss patient feedback regarding their care experience or any safety concerns.

**SECURITY** 603.650.7896



Children's Hospital at Dartmouth-Hitchcock

## Boyle Program

# Family Resource Guide

For more information please contact

**Molly's Place**  
at the CHaD Family Center

603.653.9899

**Need resources? In a crisis? Overwhelmed and don't know where to begin?**

**2-1-1 is your connection to health and human services in your community.**

**Dial 2-1-1 in NH. Outside NH, Dial 866.444.4211**

**Dial 2-1-1 in VT. Outside VT, Dial 802.652.4636**

**2-1-1 is available, 7 days/week, 24 hours/day**

## Molly's Place at the CHaD Family Center

*Offers a warm, welcoming, child-friendly place at D-H*  
OPEN Monday — Friday, 9:00-5:00

Staff is available to support families, provide resources, education, and community connections. Molly's Place is a great area for children to play and families to unwind between appointments or during long hospital stays.

**LISTEN 603.448.4553**

*Provides services and support to meet critical needs of Upper Valley individuals and families*

Budget Counseling ~ Camp Scholarships ~ Community Dinners  
Crisis Assistance with Clothing, Finances, Food, Fuel, Housing & Utilities ~ Food Pantry ~ Holiday Gift Baskets  
Thrift Stores ~ Youth Mentoring

**The Family Place 802.649.3268**

*A Parent-Child Center serving families of Windsor County*  
Child Advocacy ~ Child Care ~ Financial Assistance ~ Home Visits  
Lending Library ~ Playgroups ~ Parent Education and Support

**The Upper Valley Haven 802.295.6500**

*Provides resources to Upper Valley families in need*

Community Resource Assistance  
Crisis Assistance with Food and Housing  
Educational Programming ~ Employment Services

**Women's Health Resource Center**

603.650.2600

*Conveniently located On-The-Mall in Lebanon*

Offers many resources including an extensive lending library, *Free* lectures on women's health topics, innovative classes, workshops, support groups, referral/advocacy services, breast-feeding and childbirth education, community outreach, individual consultations, diaper bank

## CAR SEATS

**Injury Prevention at DH** (*special circumstances*) 603.308.2253  
**Vermont Department of Health** 888.253.8799  
**Well Sense Member Services** 877.957.1300  
**Women's Health Resource Center (WHRC)** 603.650.2600

*Did you know that infant and child booster seats have expiration dates? Each spring, the Women's Health Resource Center holds a Car Seat Recycling and Safety Event. Call for information.*

## CHILD CARE

**Child Care Aware of New Hampshire** 603.578.1386  
*New Hampshire's Trusted Child Care Resource*

**Head Start NH/VT** *Claremont, NH* 603.542.2721  
*White River Junction, VT* 802.295.1122

**The Family Place** *Norwich, VT* 802.649.3268



## CLOTHING

**Baby Steps** Claremont, NH 603.372.6134  
**Good Beginnings of the Upper Valley** W. Leb, NH 603.298.9524  
**Good Buy Store (SEVCA)** WRJ, VT 802.359.4183  
**LISTEN Community Services** WRJ, Leb, Canaan 603.448.4553  
**Enfield United Methodist Vestry**, Enfield, NH 603.632.5030  
**tlc Family Resource Center Thrift Store** 603.542.1848  
 Claremont, NH

## COUNSELING AND MENTAL HEALTH

(for children and adults)

**Child and Family Services** - focuses on family counseling and independent living skills. **Upper Valley Office** — 603.298.8237  
*(accepts NH and VT Medicaid)*

**Dartmouth-Hitchcock Psychiatry Crisis and Consultation** provides psychiatric emergency services plus alcohol and drug abuse programs. *(accepts NH and VT Medicaid)* 800.556.6249

**Headrest Teen Line** - trained crisis counselors are available 24/7 to help with whatever is on your mind. **Teen line**—800.639.6095  
**Crisis Line** — 603-448-4400

**Health Care & Rehabilitation Services of Southeastern Vermont (HCERS)** - serves Windham and Windsor Counties for both adults and adolescents. *(accepts Medicare & VT Medicaid)*

**Crisis Line** — 800.622.4235  
 Brattleboro, VT 802.254.6028  
 Hartford, VT 802.295.3031  
 Springfield, VT 802.886.4500

**Planned Parenthood** —White River Junction, VT 802.281.6056

**West Central Behavioral Health** - a nonprofit, community-based mental health organization serving the needs of individuals and families in Grafton and Sullivan County. *(accepts NH and VT Medicaid)*

**Counseling for children** — 603.298.1101  
**Main Office** — 603.448.0126



## DENTAL HEALTH

*Dental Practices that accept Children with New Hampshire and Vermont Medicaid*

**Dr. Gary Breen** *in Rutland VT* (ages 1-18) 802.775.6771  
*(Rutland County residents only)*

**Children's Dentistry of the Lakes Region** (1-14) 603.536.2500  
*Lake's Region Office* **in Gilford NH** “ “  
*North Country Office* **in Littleton, NH** “ “  
*White Mountains Office* **in Plymouth, NH** “ “

**Concord Pediatric Dentistry** (ages 1-15) 603.224.3339

**NH Smiles Program** (all ages) 603.271.4344  
 For children who are enrolled in the NH Medicaid Program.

**New London Pediatric Dentistry** (ages 1-16) 603.877.0069

**Patel Dental Group of Upper Valley** *in Lebanon* 603.678.4700  
*(all ages)*

**Upper Valley Pediatric Dentistry** *in W. Lebanon* 603.790.8130  
*(ages 1-10; up to 18 for children with Special Needs)*

**White River Family Dentistry** (ages 1-16) 802.295.2458



## DIAPER BANK

**Women's Health Resource Center** 603.650.2600  
 On-the-Mall, Lebanon, NH

## DOMESTIC VIOLENCE, SEXUAL ABUSE and SEXUAL ASSAULT HOTLINES

**Child Advocacy Center (CAC)** at Dartmouth 603.653.9012  
 A child-friendly place where trained forensic interviewers talk to suspected victims of child abuse. *Grafton and Sullivan Counties*

**Turning Points Network** — available 24/7 603.543.0155  
 Crisis Support, Advocacy and Prevention — *Sullivan County*

**WISE** — available 24/7 603.448.5525  
 Crisis Support, Advocacy and Prevention — *Grafton County*



## FINANCIAL ASSISTANCE

**LISTEN Community Services** 603.448.4553  
**NH Department of Health & Human Services** 603.271.9700  
**VT Department for Children & Families**  
*(Family Services Division)* 800.241.2131  
*(Benefits/Economic Services)* 800.479.6151

*Welfare Information — Please contact your Town Office*



## FOOD RESOURCES

### COMMUNITY DINNERS

*All dinners are FREE and served family style*

**Claremont Soup Kitchen** (*Every day*) 4-5 PM 603.543.3290  
 51-53 Central Street, Claremont *(Serving towns in Sullivan County)*

**Enfield, NH** — (*Every Wednesday*) 5-6 PM 603.632.5026  
 United Methodist Church, Route 4, Enfield, NH *(All welcome)*

**LISTEN Community Dinner Program** 5-6 PM 603.448.4553  
*(Monday-Saturday)* 44 Maple Street, WRJ, VT *(All welcome)*  
*(Mondays Only)* Assembly of God, Canaan, NH *(All welcome)*



## CHURCHES

Churches may offer food assistance as part of their community outreach and ministry programs. Please contact your local church for information.



## PANTRIES, SHELVES, SOUP KITCHENS

Local food pantries, food shelves, soup kitchens, and other food help can be found at: [www.foodpantries.org](http://www.foodpantries.org).

Molly's Place has printed lists of Upper Valley Area Food Resources for both New Hampshire and Vermont.

The Women's Health Resource Center *located On-the-Mall in Lebanon* offers produce. Please call for details. 603.650.2600



## SCHOOL PROGRAMS

Many schools offer backpack or similar food help programs as well as summer lunch programs. Please speak with your child's teacher for information.

## STATE FOOD AND NUTRITION RESOURCES

**Food Stamp Program in New Hampshire** (SNAP) 603.271.9700

**Food Stamp Program in Vermont** (3SquaresVT) 800.479.6151

**WIC (Women, Infants Children)** New Hampshire 603.352.7512  
 Vermont 800.649.4357

WIC offers resources and food to pregnant woman, moms who are breastfeeding or have a new baby, and children from birth to age 5. *Eligibility based on income*

## NOTES



## FUEL ASSISTANCE

*(For the home)*

**LISTEN Heating Helpers Program** 603.448.4553  
**SCS Crisis Fuel & Utility Assistance** 603.352.7512  
**SEVCA Crisis Fuel & Utility Assistance** 802.722.4575  
**SNHS Crisis Fuel & Utility Assistance** 603.668.8010  
**Tri-County CAP** 603.968.3560

## HEALTH INSURANCE

### NEW HAMPSHIRE

**NH Medicaid (Children's Medicaid)** 603.271.4344  
 health and dental coverage for eligible children to age 20

**New Hampshire Healthy Families** 866.769.3085  
 health care coverage for Medicaid enrollees

**Well Sense-Managed Care** for Medicaid enrollees 877.957.1300

### VERMONT

**VT Medicaid (Dr. Dynasaur)** 866.482.4723  
 low-cost and free health coverage for children, teens under 19, and pregnant women.

**Green Mountain Care** 800.250.8427  
 low-cost and no-cost health insurances for uninsured Vermonters

**Vermont Health Connect (VHC)** 855.899.9600  
 Vermont's Health Insurance Marketplace. Enroll in public health care programs (*Medicaid and Dr. Dynasaur*), buy private insurance, and find out if you are eligible for subsidies to help with coverage.



## HOUSING

### NEW HAMPSHIRE

**Claremont Housing Authority** (*Income eligible*) 603.542.6411  
**Gile Hill** (*Affordable Rentals*) (*Hanover, NH*) 603.676.7721  
**Lebanon Housing Authority** (*Income eligible*) 603.298.5753  
**LISTEN Housing Helpers** (*Crisis Housing*) 603.448.4553  
**New Hampshire Assisted Housing Division** 800.439.7247  
**New Hampshire Housing** [www.nhhfa.org](http://www.nhhfa.org) 603.472.8623  
*(Rental Assistance)*

**Southwestern Community Services** 603.542.9528  
*(Cheshire & Sullivan Counties)*

**Sullivan County Housing Coalition** 603.542.2448  
*(Homeless Shelter, Emergency and Transitional Housing)*

**Tri-County Community Action Program (CAP)** 603.443.6150  
*(Homeless Intervention Services)*

**Twin Pines Housing Trust** 802.291.7000  
*(Enfield, Hanover & Lebanon, NH; Hartford & WRJ, VT)*



### VERMONT

**The Upper Valley Haven** (*Crisis Housing*) 802.295.6500  
**Twin Pines Housing Trust** 802.291.7000  
*(Enfield, Hanover & Lebanon, NH; Hartford & WRJ, VT)*

**Vermont State Housing Authority** (*Income eligible*) 802.828.3295