

## Food Resources

| Agency                                                               | Phone                                               | Address                   | City                                 | Website                                                                                                                                                                   | Info |
|----------------------------------------------------------------------|-----------------------------------------------------|---------------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Northfield Tilton Congregational Church</b>                       | 603-286-4253                                        | 283 Main Street           | Tilton                               | <a href="http://ntcongregationalchurch.org">ntcongregationalchurch.org</a>                                                                                                |      |
| <b>St Vincent De Paul: Food Pantry</b>                               | 603-528-5683                                        | 1269 Union Ave            | Laconia                              | <a href="https://www.stvdplaconia.org/programs">https://www.stvdplaconia.org/programs</a>                                                                                 |      |
| <b>Community Action Program: Franklin Office</b>                     | 603-934-3444                                        | 82 Elkins St              | Franklin                             | <a href="https://www.bm-cap.org/franklin-area-center">https://www.bm-cap.org/franklin-area-center</a>                                                                     |      |
| <b>Twin Rivers InterFaith: Food Pantry</b>                           | 603-934-2662                                        | 2 Central St: Lower Level | Franklin                             | <a href="https://www.facebook.com/Twin-Rivers-Interfaith-Food-Pantry-1529818823975901/">https://www.facebook.com/Twin-Rivers-Interfaith-Food-Pantry-1529818823975901/</a> |      |
| <b>Friends of Forgotten Children: Food Pantry</b>                    | 603-753-4801                                        | 224 Bog Road              | Concord                              | <a href="http://www.fofc-nh.org/contact-us.html">http://www.fofc-nh.org/contact-us.html</a>                                                                               |      |
| <b>Christ the King Parish: Food Pantry</b>                           | 603-22-1718                                         | 67 1/2 South State St     | Concord                              | <a href="http://www.christthekingnh.org/food-pantry.html">http://www.christthekingnh.org/food-pantry.html</a>                                                             |      |
| <b>Department of Health &amp; Human Services (DHHS): Food Stamps</b> | 271-9700 1-800-852-3345 ext.9700                    |                           |                                      | <a href="http://nheasy.nh.gov">nheasy.nh.gov</a>                                                                                                                          |      |
| <b>Every Child is Ours</b>                                           | (603) 520-5293<br>(603) 315-4760                    |                           | Tilton/<br>Northfield/<br>Sanbornton | <a href="https://www.nhecio.com/">https://www.nhecio.com/</a>                                                                                                             |      |
| <b>Meals on Wheels</b>                                               | 603-225-3295                                        |                           |                                      | Through Community Action Program                                                                                                                                          |      |
| <b>Women, Infants &amp; Children Nutrition Program (WIC)</b>         | -225-3295<br>-934-3444<br>24-5512<br>1-800-942-4321 |                           |                                      | <a href="https://www.dhhs.nh.gov/dphs/nhp/wic/index.htm">https://www.dhhs.nh.gov/dphs/nhp/wic/index.htm</a>                                                               |      |

## Child Care Centers

| Agency                    | Phone        | Address        | City   | Website                                                                         | Info |
|---------------------------|--------------|----------------|--------|---------------------------------------------------------------------------------|------|
| <b>Whole Child Center</b> | 609-286-7077 | 523 W. Main St | Tilton | <a href="http://www.wholechildcenter.net/">http://www.wholechildcenter.net/</a> |      |

|                                                        |                |                  |          |                                                                                                                                                                                     |  |
|--------------------------------------------------------|----------------|------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>The Ark Christian Nursery &amp; Learning Center</b> | 603-286-9966   | 410 W. Main St   | Tilton   | <a href="https://www.thearklearning.com/contact-us/">https://www.thearklearning.com/contact-us/</a>                                                                                 |  |
| <b>Silly Goose Daycare &amp; Learning</b>              | 603-934-7182   | 81 Evergreen Ave | Franklin | <a href="https://www.facebook.com/Silly-Goose-Day-Care-and-Learning-Center-259353337442310/">https://www.facebook.com/Silly-Goose-Day-Care-and-Learning-Center-259353337442310/</a> |  |
| <b>Laconia Head Start</b>                              | 603-524-7050   | 121 Belmont Road | Laconia  | <a href="https://www.dhhs.nh.gov/dcyf/headstart/locations.htm">https://www.dhhs.nh.gov/dcyf/headstart/locations.htm</a>                                                             |  |
| <b>Franklin Head Start</b>                             | 603-934-2161   | 12 Rowell Dr     | Franklin | <a href="https://www.dhhs.nh.gov/dcyf/headstart/locations.htm">https://www.dhhs.nh.gov/dcyf/headstart/locations.htm</a>                                                             |  |
| <b>Open Door Preschool &amp; Daycare</b>               | 603-524-2004   | 645 Union Ave    | Laconia  | <a href="https://www.opendoorpreschool.center/">https://www.opendoorpreschool.center/</a>                                                                                           |  |
| <b>Belmont Early Learning Center</b>                   | 603-527-8048   | 24 Eastgate Park | Belmont  | <a href="https://www.lrchildcare.org/">https://www.lrchildcare.org/</a>                                                                                                             |  |
| <b>Child Care Aware</b>                                | 1.855.393.1731 |                  |          | <a href="http://nh.childcareaware.org">nh.childcareaware.org</a>                                                                                                                    |  |
| <b>NH Licensed Plus Child Care Providers</b>           |                |                  |          | <a href="http://dhhs.nh.gov/dcyf/licensedplus/providers.htm">dhhs.nh.gov/dcyf/licensedplus/providers.htm</a>                                                                        |  |
|                                                        |                |                  |          |                                                                                                                                                                                     |  |

## Family Activities

| Agency                                | Phone        | Address               | City                               | Website                                                                           | Info                            |
|---------------------------------------|--------------|-----------------------|------------------------------------|-----------------------------------------------------------------------------------|---------------------------------|
| <b><u>Outdoor Activities</u></b>      |              |                       |                                    |                                                                                   |                                 |
| <b>Memorial Arch</b>                  |              | 5 Memorial St         | Northfield                         |                                                                                   | walking/pinic area              |
| <b>Highland Mountain Bike Park</b>    | 603-286-7677 | 75 Ski Hill Drive     | Northfield                         | <a href="https://www.highlandmountain.com/">https://www.highlandmountain.com/</a> |                                 |
| <b>Knowles Pond Conservation Area</b> |              | Knowles Pond Rd       | Northfield                         | <a href="https://www.northfieldnh.org/">https://www.northfieldnh.org/</a>         |                                 |
| <b>Franklin Falls Dam</b>             |              | Federal Dam Access Rd | Franklin                           |                                                                                   | bike trails/walking/picnic area |
| <b>Winnepesaukee River Trail</b>      |              |                       | Tilton/<br>Northfield/<br>Franklin | <a href="http://www.winnirivertrail.org/">http://www.winnirivertrail.org/</a>     | bike trails/walking/picnic area |

|                          |              |                         |                     |                                                                   |                                    |
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| <b>WOW Trail</b>         |              |                         | Laconia/<br>Belmont | <a href="https://www.wowtrail.org/">https://www.wowtrail.org/</a> | bike trails/walking/picnic<br>area |
| <b>Monkey Trunks</b>     | 603-651-0139 | 595 Endicott<br>St N    | Laconia             | <a href="https://monkeytrunks.com/">https://monkeytrunks.com/</a> |                                    |
| <b>Gunstock Mountain</b> | 603-293-4341 | 719 Cherry<br>Valley Rd | Gilford             | <a href="https://www.gunstock.com/">https://www.gunstock.com/</a> |                                    |
|                          |              |                         |                     |                                                                   |                                    |

### [Other Activities](#)

|                        |              |                 |         |                                                                                           |  |
|------------------------|--------------|-----------------|---------|-------------------------------------------------------------------------------------------|--|
| <b>Smitty's Cinema</b> | 603-286-3275 | 630 W Main St   | Tilton  | <a href="https://www.smittyscinema.com/tilton/">https://www.smittyscinema.com/tilton/</a> |  |
| <b>Funspot</b>         | 603-366-4377 | 579 Endicott St | Laconia | <a href="https://www.funspotnh.com/">https://www.funspotnh.com/</a>                       |  |
|                        |              |                 |         |                                                                                           |  |

## Homeless Shelters/Housing

| Agency | Phone | Address | City | Website | Info |
|--------|-------|---------|------|---------|------|
|--------|-------|---------|------|---------|------|

### [Homeless Shelters](#)

|                                                                             |              |                       |          |                                                                                                                                       |  |
|-----------------------------------------------------------------------------|--------------|-----------------------|----------|---------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Salvation Army: Carey House</b>                                          | 603-527-8026 | 6 Spring St           | Laconia  | <a href="https://nne.salvationarmy.org/laconia">https://nne.salvationarmy.org/laconia</a>                                             |  |
| <b>Belknap House: COLD WEATHER shelter only</b>                             | 603-527-8097 | 200 Court St          | Laconia  | <a href="https://sites.google.com/site/belknaphousenh/">https://sites.google.com/site/belknaphousenh/</a>                             |  |
| <b>Bridge House</b>                                                         | 603-536-7631 | 260 Highland<br>St    | Plymouth | <a href="http://tbhshelter.org/">http://tbhshelter.org/</a>                                                                           |  |
| <b>Salvation Army: McKenna House</b>                                        | 603-228-3505 | 100 South Fruit<br>St | Concord  | <a href="https://nne.salvationarmy.org/concord/mckenna-house-shelter">https://nne.salvationarmy.org/concord/mckenna-house-shelter</a> |  |
| <b>Concord Coalition to End Homelessness: COLD WEATHER ONLY-ADULTS ONLY</b> | 603-290-3375 | 238 North<br>Main St  | Concord  | <a href="https://concordhomeless.org/contact-us/">https://concordhomeless.org/contact-us/</a>                                         |  |
| <b>Friends Program</b>                                                      | 603-228-1193 | 202 North<br>State St | Concord  | <a href="http://www.friendsprogram.org/programs/emergency-housing">http://www.friendsprogram.org/programs/emergency-housing</a>       |  |
|                                                                             |              |                       |          |                                                                                                                                       |  |

### [Homeless Resources](#)

|                       |              |                     |         |                                                                                                     |  |
|-----------------------|--------------|---------------------|---------|-----------------------------------------------------------------------------------------------------|--|
| <b>Isaiah 61 Cafe</b> | 603-305-6741 | 100 New Salem<br>St | Laconia | <a href="http://isaiah61cafe.org/IsaiahAboutUs.html">http://isaiah61cafe.org/IsaiahAboutUs.html</a> |  |
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|                                               |              |                   |         |                                                                                               |  |
|-----------------------------------------------|--------------|-------------------|---------|-----------------------------------------------------------------------------------------------|--|
| <b>Concord Coalition to End Homelessness:</b> | 603-290-3375 | 238 North Main St | Concord | <a href="https://concordhomeless.org/contact-us/">https://concordhomeless.org/contact-us/</a> |  |
|                                               |              |                   |         |                                                                                               |  |

## **Crisis Shelter**

|                                                       |              |  |          |                                                                                           |  |
|-------------------------------------------------------|--------------|--|----------|-------------------------------------------------------------------------------------------|--|
| <b>New Beginnings: Domestic Violence Shelter ONLY</b> | 603-528-6511 |  | Laconia  | <a href="https://www.newbeginningsnh.org/">https://www.newbeginningsnh.org/</a>           |  |
| <b>Voices Against Violence</b>                        | 603-536-5999 |  | Plymouth | <a href="http://www.voicesagainstviolence.net/">http://www.voicesagainstviolence.net/</a> |  |
| <b>Crisis Center of Central New Hampshire</b>         | 603-225-7376 |  | Concord  | <a href="https://cccnh.org/">https://cccnh.org/</a>                                       |  |

## **Housing**

|                                                         |                                            |                          |                    |                                                                                                           |  |
|---------------------------------------------------------|--------------------------------------------|--------------------------|--------------------|-----------------------------------------------------------------------------------------------------------|--|
| <b>Town Of Tilton:Welfare</b>                           | 603-608-6627<br>humanservices@tiltonnh.org | By Appointment Only      | Tilton             | <a href="http://www.tiltonnh.org/">http://www.tiltonnh.org/</a>                                           |  |
| <b>Town Of Northfield: Welfare</b>                      | 603-832-4314                               | By Appointment Only      | Northfield         | <a href="https://www.northfieldnh.org/">https://www.northfieldnh.org/</a>                                 |  |
| <b>Town Of Sanbornton: Welfare</b>                      | 603-286-4034                               | 573 Sanborn Rd           | Sanbornton         | <a href="https://www.sanborntonnh.org/welfare">https://www.sanborntonnh.org/welfare</a>                   |  |
| <b>Department of Health &amp; Human Services (DHHS)</b> | 603-524-4485                               | 65 Beacon St West        | Laconia            | <a href="https://www.dhhs.nh.gov/dcbcs/bhhs/index.htm">https://www.dhhs.nh.gov/dcbcs/bhhs/index.htm</a>   |  |
| <b>Families in Transition</b>                           | 603-641-9441                               | 122 Market St-Manchester | Concord/Manchester | <a href="https://www.fitnh.org/housing-services/about/">https://www.fitnh.org/housing-services/about/</a> |  |

## **Domestic-Sexual Violence**

| Agency | Phone | Address | City | Website | Info |
|--------|-------|---------|------|---------|------|
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## **Local Resources:**

|                       |              |  |         |                                                                                 |  |
|-----------------------|--------------|--|---------|---------------------------------------------------------------------------------|--|
| <b>New Beginnings</b> | 603-528-6511 |  | Laconia | <a href="https://www.newbeginningsnh.org/">https://www.newbeginningsnh.org/</a> |  |
|-----------------------|--------------|--|---------|---------------------------------------------------------------------------------|--|

|                                                          |                |                  |            |                                                                                             |                             |
|----------------------------------------------------------|----------------|------------------|------------|---------------------------------------------------------------------------------------------|-----------------------------|
| <b>Tilton Police Department</b>                          | 603-286-4442   | 179 East Main St | Tilton     | <a href="http://www.tiltonpd.org">www.tiltonpd.org</a>                                      |                             |
| <b>Sanbornton Police Department</b>                      |                |                  | Sanbornton |                                                                                             |                             |
| <b>Northfield Police Department</b>                      | 603-286-8982   | 138 Park St      | Northfield | <a href="http://www.northfieldnh.org">www.northfieldnh.org</a>                              |                             |
| <b>Crisis Center of Central New Hampshire</b>            | 603-225-7376   |                  | Concord    | <a href="https://cccnh.org/">https://cccnh.org/</a>                                         |                             |
| <b>Voices Against Violence</b>                           | 603-536-5999   |                  | Plymouth   | <a href="http://www.voicesagainstvviolence.net/">http://www.voicesagainstvviolence.net/</a> |                             |
| <b>NH Coalition Against Domestic and Sexual Violence</b> | 1-866-644-3574 |                  | Concord    | <a href="http://www.nhcadv.org">www.nhcadv.org</a>                                          | Domestic Violence, Stalking |

### **National Hotlines:**

|                                           |                |  |  |  |                                          |
|-------------------------------------------|----------------|--|--|--|------------------------------------------|
| <b>National Domestic Violence Hotline</b> | 1-800-799-7233 |  |  |  |                                          |
| <b>National Hotline for Crime Victims</b> | 1-855-484-2846 |  |  |  | Confidential referrals for crime victims |
| <b>National Sexual Assault Hotline</b>    | 1-800-656-4673 |  |  |  | Get help and referrals from advocates    |
| <b>National Teen Dating Abuse Hotline</b> | 1-866-331-9474 |  |  |  |                                          |
| <b>Emergency/ Crisis</b>                  | <b>911</b>     |  |  |  |                                          |

## **Financial/Employment Resources**

| Agency | Phone | Address | City | Website | Info |
|--------|-------|---------|------|---------|------|
|--------|-------|---------|------|---------|------|

### **Financial**

|                                    |                                            |                     |            |                                                                           |  |
|------------------------------------|--------------------------------------------|---------------------|------------|---------------------------------------------------------------------------|--|
| <b>Town Of Tilton:Welfare</b>      | 603-608-6627<br>humanservices@tiltonnh.org | By Appointment Only | Tilton     | <a href="http://www.tiltonnh.org/">http://www.tiltonnh.org/</a>           |  |
| <b>Town Of Northfield: Welfare</b> | 603-832-4314                               | By Appointment Only | Northfield | <a href="https://www.northfieldnh.org/">https://www.northfieldnh.org/</a> |  |

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| <b>Town Of Sanbornton: Welfare</b>                      | 603-286-4034     | 573 Sanborn Rd    | Sanbornton | <a href="https://www.sanborntonnh.org/welfare">https://www.sanborntonnh.org/welfare</a>                 |  |
| <b>Department of Health &amp; Human Services (DHHS)</b> | 603-524-4485     | 65 Beacon St West | Laconia    | <a href="https://www.dhhs.nh.gov/dcbcs/bhhs/index.htm">https://www.dhhs.nh.gov/dcbcs/bhhs/index.htm</a> |  |
| <b>NH EASY Gateway to Services</b>                      | 1 (866) 634-9412 |                   | Statewide  | <a href="https://www.dhhs.nh.gov/dfa/nheasy.htm">https://www.dhhs.nh.gov/dfa/nheasy.htm</a>             |  |

## Employment

|                             |                                |  |           |  |  |
|-----------------------------|--------------------------------|--|-----------|--|--|
| <b>NH Employment Agency</b> | 1.800.852.3400 or 603.224.3311 |  | Statewide |  |  |
|-----------------------------|--------------------------------|--|-----------|--|--|

## Seasonal Assistance

|                   |  |                   |         |                                                                                                         |  |
|-------------------|--|-------------------|---------|---------------------------------------------------------------------------------------------------------|--|
| <b>Santa Fund</b> |  | 280 South Main St | Laconia | <a href="https://santafund.weebly.com/contact-us.html">https://santafund.weebly.com/contact-us.html</a> |  |
|-------------------|--|-------------------|---------|---------------------------------------------------------------------------------------------------------|--|

## Child Safety

| Agency                                                  | Phone                          | Address | City | Website                                                                                                                                         | Info                                                                                                                                                                                                              |
|---------------------------------------------------------|--------------------------------|---------|------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Division of Children Youth &amp; Families (DCYF)</b> | 603-271-6562 or 1-800-894-5533 |         |      | <a href="https://www.dhhs.nh.gov/dcyf/">https://www.dhhs.nh.gov/dcyf/</a>                                                                       |                                                                                                                                                                                                                   |
| <b>Greater Lakes Child Advocacy Center</b>              |                                |         |      | <a href="https://www.cac-nh.org/centers/greater-lakes-cac-belknap-county/">https://www.cac-nh.org/centers/greater-lakes-cac-belknap-county/</a> | provide all victims of child abuse in NH a neutral environment where justice, healing, equity and prevention are fostered through the consistent, high quality and sustaining collaboration of community partners |

## Helpful Websites

|                         |  |  |  |                                                                                                                                         |  |
|-------------------------|--|--|--|-----------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Child Care Aware</b> |  |  |  | <a href="https://nh.childcareaware.org/wellness-and-safety-resources/">https://nh.childcareaware.org/wellness-and-safety-resources/</a> |  |
|-------------------------|--|--|--|-----------------------------------------------------------------------------------------------------------------------------------------|--|

|                     |  |  |  |                                                                                                                                     |                                                                                                              |
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| <b>Safe Kids NH</b> |  |  |  | <a href="https://www.safekids.org/coalition/safe-kids-new-hampshire">https://www.safekids.org/coalition/safe-kids-new-hampshire</a> | coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics |
|                     |  |  |  |                                                                                                                                     |                                                                                                              |

## Medical/Dental/Vision/Hearing

| Agency | Phone | Address | City | Website | Info |
|--------|-------|---------|------|---------|------|
|--------|-------|---------|------|---------|------|

### Medical

|                                                      |              |                                               |          |                                                                          |                                                                                                                  |
|------------------------------------------------------|--------------|-----------------------------------------------|----------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Health First - Franklin Office</b>                | 603.934.1646 | 841 Central Street #101<br>Franklin, NH 03235 | Franklin | <a href="http://www.healthfirstfamily.org">www.healthfirstfamily.org</a> |                                                                                                                  |
| <b>Westside Healthcare</b>                           | 603.934.4259 | 15 Aiken Drive<br>Franklin, NH 03235          | Franklin |                                                                          |                                                                                                                  |
| <b>LRGHealthcare - Franklin Regional Hospital</b>    | 603.934.2060 | 15 Aiken Drive<br>Franklin, NH 03235          | Franklin | <a href="http://www.lrgh.org">www.lrgh.org</a>                           |                                                                                                                  |
| <b>LRGHealthcare - Lakes Region General Hospital</b> | 603.524.3211 | 80 Highland Street<br>Laconia, NH 03246       | Laconia  | <a href="http://www.lrgh.org">www.lrgh.org</a>                           |                                                                                                                  |
| <b>Health First - Laconia Office</b>                 | 603.336.1070 | 22 Strafford Street #1<br>Laconia, NH 03246   | Laconia  | <a href="http://www.healthfirstfamily.org">www.healthfirstfamily.org</a> |                                                                                                                  |
| <b>Equality Health Center</b>                        | 603-225-2739 | 38 South Main Street                          | Concord  | <a href="https://www.equalityhc.org/">https://www.equalityhc.org/</a>    | Non-profit healthcare facility serving women, men, and gender non-conforming individuals throughout New England. |
|                                                      |              |                                               |          |                                                                          |                                                                                                                  |

### Dental

|                              |                                   |                                |          |                                                                              |  |
|------------------------------|-----------------------------------|--------------------------------|----------|------------------------------------------------------------------------------|--|
| <b>NH Dental Society</b>     | 1-800-244-5961<br>or 603-225-5961 |                                |          | <a href="http://www.nhds.org">www.nhds.org</a>                               |  |
| <b>Aspen Dental</b>          | 1-855-757-3394                    | 17 Lowes Drive                 | Tilton   | <a href="http://aspendental.com">aspendental.com</a>                         |  |
| <b>Gental Dental Care PC</b> | 603-286-3032                      | 363 West Main Street           | Tilton   | <a href="http://www.gentledentalcarenh.com">www.gentledentalcarenh.com</a>   |  |
| <b>Tilton Family Dental</b>  | 603-286-8618                      | 468 West Main St               | Tilton   | <a href="http://www.tiltonfamilydental.com">www.tiltonfamilydental.com</a>   |  |
| <b>Winnisquam Dental</b>     | 603-528-1212                      | 944 Laconia Road               | Tilton   | <a href="http://winnisquamdental.com">winnisquamdental.com</a>               |  |
| <b>Jonathan Terhune HDDS</b> | 603-934-5503                      | 58 Franklin Street             | Franklin |                                                                              |  |
| <b>Dental Expressions</b>    | 603-366-4400                      | 36 Endicott St<br>East Laconia | Laconia  | <a href="http://www.dentalexpressionsnh.com">www.dentalexpressionsnh.com</a> |  |
| <b>NH Dental Society</b>     | 1-800-244-5961<br>or 603-225-5961 |                                |          | <a href="http://www.nhds.org">www.nhds.org</a>                               |  |
|                              |                                   |                                |          |                                                                              |  |

## [Vision](#)

|                                   |              |                        |         |                                                                        |  |
|-----------------------------------|--------------|------------------------|---------|------------------------------------------------------------------------|--|
| <b>Infocus Eyecare</b>            | 603-527-2035 | 320 Daniel Webster Hwy | Belmont | <a href="http://www.infocuseyecarenh.com">www.infocuseyecarenh.com</a> |  |
| <b>Walmart Vision and Glasses</b> | 603-286-3016 | 33 Sherwood Drive      | Tilton  |                                                                        |  |
| <b>Winnepesaukee Eye</b>          | 603-524-5770 | 950 North Main St      | Laconia | <a href="http://www.wineye.com">www.wineye.com</a>                     |  |

## [Hearing](#)

|                                   |                |                                   |         |                                                                                                                   |  |
|-----------------------------------|----------------|-----------------------------------|---------|-------------------------------------------------------------------------------------------------------------------|--|
| <b>Audiology Specialists LLC</b>  | (603) 528-7700 | 211 South Main St                 | Laconia | <a href="http://www.audiologyspecialists.com/">http://www.audiologyspecialists.com/</a>                           |  |
| <b>Hearing Enhancement Center</b> | 844-244-7038   | 36 Country Club Rd Village West 2 | Gilford | <a href="https://www.hearclearnow.com/about-us/gilford-nh">https://www.hearclearnow.com/about-us/gilford-nh</a>   |  |
| <b>Miracle Ear Hearing Center</b> | 603-287-1684   | 94 Daniel Webster Highway         | Belmont | <a href="https://www.miracle-ear.com/locations/belmont-nh/">https://www.miracle-ear.com/locations/belmont-nh/</a> |  |
| <b>Hearing Enhancement Center</b> | 877-989-6765   | 6 Loudon Rd                       | Concord | <a href="https://www.hearclearnow.com/about-us/concord-nh">https://www.hearclearnow.com/about-us/concord-nh</a>   |  |



## LGBTQ+

| Agency                                                                                           | Phone        | Address              | City    | Website                                                                                               | Info                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------|--------------|----------------------|---------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Equality Health Center</b>                                                                    | 603-225-2739 | 38 South Main Street | Concord | <a href="https://www.equalityhc.org/">https://www.equalityhc.org/</a>                                 | Non-profit healthcare facility serving women, men, and gender non-conforming individuals throughout New England.                                                                              |
| <b>Gay, Lesbian &amp; Straight Education Network (GLSEN) NH</b>                                  | 603-369-6686 |                      | Concord | <a href="https://www.glsen.org/chapters/newhampshire">https://www.glsen.org/chapters/newhampshire</a> | GLSEN strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.<br>newhampshire@chapters.glsen.org |
| <b>Parents, Families, and Friends of Lesbians and Gays (PFLAG) NH Lakes Region (Paula Spink)</b> | 603-528-1714 |                      |         | <a href="https://www.pflagnh.org/support-groups">https://www.pflagnh.org/support-groups</a>           | sglakesregion@pflagnh.org                                                                                                                                                                     |

### National Hotlines

|                                                       |                |  |  |                                                                         |                                                                           |
|-------------------------------------------------------|----------------|--|--|-------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Trans Lifeline</b>                                 | 877-565-8860   |  |  | <a href="https://translifeline.org">translifeline.org</a>               |                                                                           |
| <b>Trevor Life Line</b>                               | 1-866-488-7386 |  |  | <a href="https://thetrevorproject.org">thetrevorproject.org</a>         | A crisis intervention and suicide prevention phone service available 24/7 |
| <b>Trevor Text</b>                                    | 1-202-304-1200 |  |  | <a href="https://thetrevorproject.org">thetrevorproject.org</a>         | Monday-Friday 3pm-10pm                                                    |
| <b>Gay and Lesbian Advocates and Defenders (GLAD)</b> | 1-800-455-GLAD |  |  |                                                                         | Monday-Friday 1:30pm-4:30pm                                               |
| <b>National Runaway Safeline</b>                      | 1-800-786-2929 |  |  | <a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a> | Share your story with a compassionate person and build a plan together    |

|                                           |                |  |  |                                                                                                                                               |                                                                                          |
|-------------------------------------------|----------------|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>National Hotline for Crime Victims</b> | 1-855-484-2846 |  |  |                                                                                                                                               | Confidential referrals for crime victims                                                 |
| <b>National Street Harassment Hotline</b> | 1-855-897-5910 |  |  | <a href="http://www.stopstreetharassment.org/our-work/nationalshhotline/">http://www.stopstreetharassment.org/our-work/nationalshhotline/</a> | Support, Advice, and information for people experiencing gender-based street harassment. |

## Mental Health

| Agency | Phone | Address | City | Website | Info |
|--------|-------|---------|------|---------|------|
|--------|-------|---------|------|---------|------|

### Local

|                                                       |                                   |                                               |          |                                                                                                  |                       |
|-------------------------------------------------------|-----------------------------------|-----------------------------------------------|----------|--------------------------------------------------------------------------------------------------|-----------------------|
| <b>Health First - Franklin Office</b>                 | 603-934-1646                      | 841 Central Street #101<br>Franklin, NH 03235 | Franklin | <a href="http://www.healthfirstfamily.org">www.healthfirstfamily.org</a>                         |                       |
| <b>Riverbend Community Health</b>                     | 603-934-3400                      | 53 Kendall Street Franklin,<br>NH 03246       | Franklin | <a href="http://www.riverbendcmhc.org/franklin-office">www.riverbendcmhc.org/franklin-office</a> |                       |
| <b>Lakes Region Mental Health Center</b>              | 603-524-1100                      | 40 Becon Street E<br>Laconia, NH 03246        | Laconia  | <a href="http://www.lrmhc.org">www.lrmhc.org</a>                                                 |                       |
| <b>Serendipity Counseling</b>                         | 603-860-1319                      | 322 West Main St. #101                        | Tilton   |                                                                                                  | Kathleen Russo, LADC  |
| <b>Tucker Counseling Services</b>                     | 603-286-9584                      | 291 Main Street                               | Tilton   |                                                                                                  | Patricia Tucker, LADC |
| <b>National Alliance on Mental Health - NH (NAMI)</b> | 1.800.242.6264 or<br>603.225.5359 |                                               | Concord  | <a href="http://www.naminh.org">www.naminh.org</a>                                               |                       |
|                                                       |                                   |                                               |          |                                                                                                  |                       |

### National

|                                                                                    |                          |  |  |                                                                                                                     |  |
|------------------------------------------------------------------------------------|--------------------------|--|--|---------------------------------------------------------------------------------------------------------------------|--|
| <b>Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline</b> | 1-800-662-HELP<br>(4357) |  |  | <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a> |  |
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## Substance Misuse

| Agency                                                               | Phone                        | Address                                                                                            | City                          | Website                                                                                                                                                                     | Info                                                                |
|----------------------------------------------------------------------|------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b><u>Services/Treatment</u></b>                                     |                              |                                                                                                    |                               |                                                                                                                                                                             |                                                                     |
| <b>Serendipity Counseling</b>                                        | 603-860-1319                 | 322 West Main St. #101                                                                             | Tilton                        |                                                                                                                                                                             | Kathleen Russo LADC                                                 |
| <b>Chrysalis Recovery Center, LLC</b>                                | 603-998-4210                 | 20 Canal St, Franklin, NH 03235                                                                    | Franklin/Manchester/Northwood | <a href="http://www.chrysalisrecovery.com/">http://www.chrysalisrecovery.com/</a>                                                                                           | DWI Program-Outpatient                                              |
| <b>Lakes Region General Health Care - Franklin Regional Hospital</b> | 603-934-2060<br>603-527-7100 | 15 Aiken Ave.                                                                                      | Franklin                      | <a href="http://www.lrgh.org/programs-services/mental-health-services">http://www.lrgh.org/programs-services/mental-health-services</a>                                     | DWI Program-Outpatient                                              |
| <b>Farnum Center</b>                                                 | 1-888-840-4243               |                                                                                                    | Franklin/Manchester           | <a href="https://farnumcenter.org/contact-us/">https://farnumcenter.org/contact-us/</a>                                                                                     | IOP-Detox-PHP-MAT-Outpatient-Stablization-Inpatient Family Services |
| <b>GROUPS Recover Together</b>                                       | 1-800-683-8313               | 61 Beacon Street W Suite 4                                                                         | Laconia                       | <a href="http://joingroups.com/#intro">http://joingroups.com/#intro</a>                                                                                                     | Info@joingroups.com NA - Sundays 5-6pm                              |
| <b>Laconia Recovery Court</b>                                        | 1-855-212-1234               | 26 Academy St                                                                                      | Laconia                       |                                                                                                                                                                             |                                                                     |
| <b>Lakes Region General Health Care - Laconia</b>                    | (603) 527-7100               | 80 Highland St                                                                                     | Laconia                       | <a href="http://www.lrgh.org/programs-services/mental-health-services">http://www.lrgh.org/programs-services/mental-health-services</a>                                     |                                                                     |
| <b>Navigating Recovery of the Lakes Region</b>                       | 603-524-5939                 | 635 Main St #303                                                                                   | Laconia                       | <a href="http://Navigatingrecovery.org">Navigatingrecovery.org</a>                                                                                                          | NA - Thursdays 12-1pm, Fridays 7-8:30pm, Saturdays 10-11am          |
| <b>Families Sharing without Shame</b>                                | 603-568-0533                 | Concord Hospital 250 Pleasant St. Concord, NH 3rd Floor<br>Richard Pitman Family Conference Center | Concord                       | <a href="http://www.families-sharing-without-shame.com/Families_Sharing_Without_Sh.html">http://www.families-sharing-without-shame.com/Families_Sharing_Without_Sh.html</a> | FamiliesSharingWithoutShame@comcast.net                             |

|                                                                        |                |                     |         |                                                                                                                                                                                                                           |                           |
|------------------------------------------------------------------------|----------------|---------------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <b>Child and Family Services Day Treatment Program (Melissa Davis)</b> | (603) 722-9364 | 103 N. State Street | Concord | <a href="https://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/therapeutic-day-treatment">https://www.cfsnh.org/index.php/programs-services/teen-young-adult-services/therapeutic-day-treatment</a> | davism@cfsnh.org          |
| <b>Riverbend: CHOICES Addiction Recovery</b>                           | 1-844-524-6673 | 278 Pleasant St     | Concord | <a href="https://cccnh.org/resources/homeless-resources/">https://cccnh.org/resources/homeless-resources/</a>                                                                                                             | choices@riverbendcmhc.org |

## **Support Groups**

|                                                |              |                     |         |                                                                                                                                                                           |                                                                                                          |
|------------------------------------------------|--------------|---------------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Greater Tilton Area Resource Center</b>     | 603-286-4255 | 5 Prospect St.      | Tilton  | <a href="http://nhrecoveryhub.org/find-help/greater-tilton-area-family-resource-center">http://nhrecoveryhub.org/find-help/greater-tilton-area-family-resource-center</a> | AA (women)-Mondays at noon, Al-Anon-Fridays at 6pm, Al-Ateen-Fridays at 6pm, AA-Beginners-Mondays at 6pm |
| <b>Tilton Senior Center</b>                    |              | 11 Grange Road      | Tilton  |                                                                                                                                                                           | AA Fridays 8pm                                                                                           |
| <b>Northfield Tilton Congregational Church</b> | 603-286-4253 | 283 Main St         | Tilton  |                                                                                                                                                                           | AA womans meetings at noon                                                                               |
| <b>Veterans Home</b>                           |              | 139 Winter Street   | Tilton  |                                                                                                                                                                           | AA Saturdays 11-noon                                                                                     |
| <b>Unitarian Universalist Church</b>           |              | 172 Pleasant Street | Laconia |                                                                                                                                                                           | NA Saturdays 7-8:30pm                                                                                    |
| <b>United Baptist Church</b>                   |              | 35 Park Street      | Laconia |                                                                                                                                                                           | AA - Thursdays 5:30pm                                                                                    |
|                                                |              |                     |         |                                                                                                                                                                           |                                                                                                          |

## **National Support**

|                                                                                    |                             |  |  |                                                                                                                     |  |
|------------------------------------------------------------------------------------|-----------------------------|--|--|---------------------------------------------------------------------------------------------------------------------|--|
| <b>Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline</b> | <u>1800-662-HELP (4357)</u> |  |  | <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a> |  |
|------------------------------------------------------------------------------------|-----------------------------|--|--|---------------------------------------------------------------------------------------------------------------------|--|

## **Transportation**

| <b>Agency</b>                               | <b>Phone</b>   | <b>Address</b>                                        | <b>City</b> | <b>Website</b>                                                         | <b>Info</b> |
|---------------------------------------------|----------------|-------------------------------------------------------|-------------|------------------------------------------------------------------------|-------------|
| <b>Lakes Region Airport Shuttle Service</b> | 1-844-744-7322 | 272 Tilton Road<br>Unit #8<br>Northfield, NH<br>03276 | Northfield  | <a href="http://www.lrairportshuttle.com">www.lrairportshuttle.com</a> |             |

|               |              |                                         |         |  |  |
|---------------|--------------|-----------------------------------------|---------|--|--|
| Maggie's Taxi | 603-528-3488 | 66A Davis<br>Place Laconia,<br>NH 03246 | Laconia |  |  |
| Mr. C's Taxi  | 603-267-7134 |                                         | Laconia |  |  |
|               |              |                                         |         |  |  |