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Monadnock Community Hospital is proud to be an important part of The River Center, a place for community resources and connections. Since the hospital opened its doors in 1923, it has been MCH's mission to provide the health services needed by all in the community, regardless of ability to pay. At MCH, we are fortunate to work with many fine community organizations, such as The River Center, in fulfilling our mission to the community. Here are a few examples of the community outreach programs that MCH is proud to sponsor:

#### **Monadnock Healthy Teeth**

Started in 2003, Monadnock Healthy Teeth is a free dental health care program for children in grades K-3. Since its inception, over 2,300 children have been educated about the basics of good dental care and had access to important dental services.

#### **Financial Grant Program**

This financial assistance program has been established to provide health care at no charge, or reduced charge, to those patients who qualify. In 2005, MCH provided close to \$1 million in financial assistance to families and individuals in the community.

#### **Medication Bridge Program**

MCH's Medication Bridge Program provides reduced or no-cost prescriptions medications to underinsured and uninsured patients with chronic medical conditions. Currently there are approximately 600 active patients in the program who ordered \$935,262 in medications in 2005.

We thank the Monadnock Region and its citizens for the support they have given Monadnock Community Hospital. It is because of this support we are able to provide outstanding, patient-focused care in a community hospital environment.

Sincerely,

Peter L. Gosline  
Chief Executive Officer

Emergency numbers on back cover

# How to use this book

## **Why do I want to use *The FACT Book*?**

I need to contact local and statewide services for myself and/or my family.

## **Where do I look for the information I want?**

Look in the contents listed to the left or at the headings on the top and bottom of each page in the book. Or look in the index in the back of the book if you know the organization's name.

## **When do I use the emergency numbers?**

Use the numbers on the back cover when you are confused about where to look in the book or you want help super fast!

## **What do I say when I call the phone number written in this book?**

Tell the person who answers the phone why you are calling. Ask if they can help you and, if they can't, ask to speak to someone who has information you want.

## **What do I do if I can't get the information I want and it is important?**

Call the River Center Information and Referral Line at 924-6800 or the New Hampshire Help Line at 800-852-3388

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**Information and Referral**  
at

**The River Center**

A Place for Community Connections and Resources

44-46 Concord Street

Peterborough, NH 03458

924-6800

[information@rivercenter.us](mailto:information@rivercenter.us)

If this is an emergency, call 911 or the  
New Hampshire HELP LINE at 800-852-3388

# Help in a hurry

## **AIDS**

### **Centers for Disease Control**

1-800-232-4636 CDC national 24-hour hotline

1-888-232-6348 TTY for the deaf and hearing impaired

[www.cdc.gov/](http://www.cdc.gov/)

## **ALCOHOL AND DRUGS**

### **Focus on Recovery Helpline**

1-800-234-0420

Drug and alcohol abuse 24-hour hotline and treatment.

### **Monadnock Region Substance Abuse Services**

#### **Monadnock Family Services**

924-7236

Alcohol and drug crisis and counseling services 24 hours a day.

### **Phoenix House**

563-8501 Dublin (Serves adults and children)

358-4041 Keene (Serves adults)

Alcohol and drug 24-hour crisis intervention. 28-day in-patient program. Residential treatment for alcohol or substance abuse.

## **DISASTER RELIEF**

### **American Red Cross**

1-800-244-2214

Offers help in fire, flood, or other disasters. Also, CPR training and other educational services, AIDS information.

## **MEDICAL EMERGENCY**

**911**

Will put you in touch with your local emergency personnel.

### **Monadnock Community Hospital**

924-7191 Ask for the Emergency Room.

## **MENTAL HEALTH**

### **Monadnock Family Services**

357-4400

Emergency services 24 hours daily – 7 days a week.

## **POISON**

### **NH Poison Information Center**

1-800-562-8236 NH Poison Information Center

If busy, call 603-650-5000, and ask for the Poison Center.

Call in case of accidental poisoning, or to find out if something is hazardous.

## **RUNAWAYS**

### **Runaway Switchboard**

1-800-621-4000

[www.nrscrisisline.org](http://www.nrscrisisline.org) 24-hour help

### **Runaway Hotline**

1-800-231-6946 Confidential

## **SHELTER**

### **NH Help Line**

1-800-852-3388

Live from 8 am - 8 pm

Automated system 8 pm - 8 am

### **Homeless Outreach**

#### **Southwestern Community Services**

1-800-529-0005 x243

Will help find shelter.

### **Monadnock Area Transitional Shelter (MATS)**

924-5033 Peterborough

Shelter, food, clothing, and other services for people who are homeless; alcohol and drug free.

### **United Church of Jaffrey Emergency Shelter**

532-7047

Emergency shelter open to all on a first-come, first-served basis.

## **STAYING SAFE**

### **Bureau of Elderly and Adult Services**

1-800-624-9700 Keene District Office

HOURS: 8 am - 4:30 pm - Call 911 after hours

Adult protective services (18 years+) for physical or emotional abuse, neglect, self-neglect or exploitation.

**Division of Children, Youth and Families (DCYF)**

1-800-894-5533

To report abuse and neglect during business hours. After hours call local police or NH HELP LINE 1-800-852-3388.

**Monadnock Center for Violence Prevention**

1-888-511-6287

Advocacy, information and referral for people experiencing domestic and sexual violence. 24-hour crisis hotline, emergency shelter, safety planning, support groups, peer counseling, and legal advocacy.

**SUICIDE PREVENTION**

**The Samaritans, Inc.**

924-7000 Peterborough

357-5505 Keene

Befriending people in crisis situations, emergency crisis intervention. Will not accept collect calls in crisis situations.

**NOT SURE?**

**NH HELP LINE**

1-800-852-3388 24-HOURS

Live from 8 am - 8 pm

Automated system 8 pm - 8 am

**Call the Monadnock United Way HELP LINE**

1-800-368-4357

8 am - 4:30 pm

# Childcare, Preschools, Family Support Programs

Call and ask questions: Ask about the academic background and experience of the caregivers. How do caregivers set limits or teach right from wrong? Find out how many children are in a group with an adult (the younger the child the smaller the number per adult; for example, infants under one year require 1 adult to no more than 3 babies). What kinds of activities and materials are available? What is the daily routine? How much time are the children outside? What is served for snack? For an all-day program, ask where the children rest and for how long? Visit each program that you are considering and when you have found one that you like, visit that one again unexpectedly!! **Call the New Hampshire Bureau for Child Care Standards and Licensing at 1-800-852-3345, x4624** ([www.dhhs.state.nh.us/DHHS/.htm](http://www.dhhs.state.nh.us/DHHS/.htm)) to ask if there have been any complaints about the program that you chose. Trust your feelings about a fit between a program and your child. **For assistance with paying for childcare, contact the Division of Family Assistance at 357-3510 or 1-800-624-9700 x741.**

## CHILDCARE AND PRESCHOOLS

### ALL AREAS

#### HEAD START PROGRAM LOCATIONS

464-5981, 464-3136 Hillsboro

532-4135 Jaffrey

654-6755 Wilton

Early childhood development program (3 and 4 years) for families with low incomes. Free to eligible families. Call for information. All locations open to area residents.

### ANTRIM

#### Before School Club

#### Antrim Elementary and Great Brook Schools

588-2620 Call The Grapevine to register.

AGES: School age

TIMES: M-F 6:30 am - 8:30 am

#### First Friends Preschool

At Antrim Elementary School

588-3690

AGES: 3 and 4 years

TIMES: M-F 9 am - 12 noon, school term

**The Learning Vine**  
**At The Grapevine Family & Community Resource Center**  
588-2620  
AGES: 3 ½ – 5  
TIMES: W-F – 9 – 11:30 am

**BENNINGTON**

**Small Beginnings School & Daycare Center**  
120 Bible Hill Road  
588-3171  
AGES: 3 to 5 years  
TIMES: M-F 9 am - 3 pm, school term

**DUBLIN**

**Cobb Meadow, A Waldorf Preschool**  
275 Cobb Meadow Road  
563-7755  
AGES: 3 to 5 years  
TIMES: M-F 8:30 am - 2 pm, morning and afternoon sessions;  
school term

**Dublin Community Preschool**  
101 Main Street  
563-8508  
AGES: 3 to 8 years  
TIMES: M-F morning preschool; afternoon care for preschool  
through elementary age children; 8-week summer program

**GREENFIELD**

**First Friends Preschool**  
**Greenfield Elementary School**  
547-3334  
AGES: 3 to 5 years  
TIMES: M-F 9 am - 12 noon

**Norah's Depot**  
Slip Road  
547-8322  
AGES: 6 weeks to 12 years  
TIMES: 7 am - 6 pm  
DAYS: M-F school term; T-F summer

**Wonderworks Learning Center**  
1 Verney Drive  
547-3311 x324/310  
AGES: 6 weeks to 12 years  
TIMES: M-F 6 am - 5:30 pm, all year

## **HANCOCK**

### **Hancock Cooperative Preschool**

Main Street

525-4614

AGES: 3 to 5 years

TIMES: M-F mornings, school term

### **Tammy's Playhouse**

Forest Road

525-4008

AGES: 6 weeks to 12 years

TIMES: M-F 7 am - 5:30 pm, all year

### **Teeter Toddler Child Care**

Sunset Lane

525-4601

AGES: 2 to 5 years

TIMES: M,T and Th,F 8:30 am - 5:30 pm, all year

## **HARRISVILLE**

### **Harrisville Children Center**

66 Main Street

827-3905/1-800-529-0005

AGES: 10 months to 6 years

TIMES: M-F 7 am - 5:30 pm

## **JAFFREY**

### **Adventures in Learning Preschool**

391 Nutting Road

532-7621

AGES: 3 to 5 years

TIMES: M-F 9 am - 3 pm, school term

### **Debbie's Day Care**

7 Pine Street

532-6774

AGES: 9 months to 12 years

TIMES: M-F 6:30 am - 5:30 pm, all year

### **Diane Hoffman Family Day Care**

20 Gilmore Pond Road

532-6440

AGES: 3 months to 9 years

TIMES: M-F 6:30 am - 5:15 pm, all year

**Jaffrey-Rindge Inclusive Preschool**

532-8131 x249

½ day sessions

AGES: 3 to 4 year olds

TIMES: 3 year olds M,T and Th 8:45 - 11:45am

4 year olds T,W and Th,F 8:45 - 11:45 am and 12:30 - 2:45 pm

**Judy's Kids Day Care**

23 Squantum Road

532-8379

AGES: 6 weeks to 9 years

TIMES: M-F 6:30 am - 5 pm, all year

**Sand Box Nursery School**

**United Church of Jaffrey, Main Street**

532-7047 or 532-6939

AGES: 4 and 5 years

TIMES: M-F 9 - 11:30 am, school term

**The Kids Club**

49 Squantum Road

532-6543

AGES: 6 weeks to 12 years

TIMES: M-F 6:30 am - 5:30 pm, all year

**NEW IPSWICH**

**Noah's Ark Kindergarten**

200 Ashby Road

878-1837

AGES: 5 and 6 years

TIMES: M-Th mornings, school term

**Wee Dreams Learning Center**

714 Turnpike Road

878-9896

AGES: 6 weeks to 12 years

TIMES: M-F 6:30 am - 6 pm, all year

**Young Child's Creative Workshop**

Mason Center, Mason

878-1684

AGES: 4 to 6 years

TIMES: M-F mornings, school term

## **PETERBOROUGH**

### **Happy Valley School**

130 Gulf Road

924-7362

AGES: 3 to 6 years

TIMES: M-F 7:30 am - 5:30 pm, school term

### **Hunter Farm Playschool**

199 Hunter Farm Road

924-0156

AGES: 6 weeks to 9 years

TIMES: M-F 7:30 am - 5:30 pm

### **Kids Together: A Place To Go At the Monadnock Country Club**

924-2226

After school program

AGES: 3<sup>rd</sup> to 8<sup>th</sup> grade

TIMES: T,W,Th after school - 5pm

### **Monadnock Community Early Learning Center**

Community Lane, Rte. 202 South

Preschool childcare; before and after school program

532-6021

AGES: 6 weeks to 6 years; K - 4<sup>th</sup> grade

TIMES: M-F 6:30 am - 6 pm

### **Pine Hill Waldorf Child Care at ConVal High School**

Route 202 North

924-6620

AGES: 6 weeks to 6 years

TIMES: M-F 7:00 am - 5:30 pm

### **School Kids in Peterborough**

#### **Childcare at Peterborough Elementary School**

924-7050

AGES: K to 8 years; before and after school program

TIMES: M-F 6:30 am - 6 pm

### **South Peterborough Kindergarten**

29 Old Jaffrey Road

924-3102

AGES: 3-1/2 to 5 years

TIMES: M,T and Th,F mornings, school term

## **RINDGE**

### **Laurel Maack Day Care**

Route 119

899-6446

AGES: 6 weeks to 12 years

TIMES: M-F 6 am - 5 pm, all year

### **Robin's Nest Preschool and Kindergarten**

30 Cathedral Road

899-3243

AGES: 3 to 5 years

TIMES: M-F mornings, school term

## **TEMPLE**

### **Temple Community Preschool**

Rte. 45

878-3886

AGES: 3 to 5 years

TIMES: M-Th mornings, school term

### **School Kids in Temple**

#### **At Temple Elementary School**

878-4571

AGES: K to 4<sup>th</sup> grades

TIMES: M-F before and after school programs

## **SCHOOL DISTRICT PRESCHOOLS FOR ELIGIBLE CHILDREN**

Program to aid in child development, ages 3 to 5, free testing.

### **ConVal School District SAU #1**

924-7503

Antrim, Bennington, Dublin, Francestown, Greenfield, Hancock, Peterborough, Sharon, Temple.

### **Jaffrey-Rindge School District SAU #47**

532-8100

Jaffrey, Rindge.

### **Mascenic School District SAU #63**

878-1026

Mason, New Ipswich, Greenville, Wilton, Lyndeborough.

## **FAMILY SUPPORT PROGRAMS**

### **Child First Child Care Resource And Referral (CFCC)**

352-7512 x227/163

Refers people to child care providers in Cheshire/Hillsborough Counties.

### **Family Resource Connection**

1-800-298-4321

Resource for families with children. Assists with information about development and special needs. Receive information by phone or mail.

[www.state.nh.us/nhsl/frc](http://www.state.nh.us/nhsl/frc)

### **The Family Center of Greater Peterborough**

924-6306

Parent education and family support programs. Weekly parent/child programs (birth to 5 years), homevisiting, single parent group.

[www.thefamilycenter.us](http://www.thefamilycenter.us)

### **The Grapevine Family & Community Resource Center**

Antrim

588-2620

Parent education and family support programs, cooperative preschool, before school care, other services on-site.

The Grapevine is a DCYF certified site for supervised visits between non-custodial parents and their children. For parents who do not have a visitation supervisor, qualified staff will be available, when possible.

[www.antrimnh.com](http://www.antrimnh.com)

### **North Peterborough Family Program**

#### **Southern NH Services**

924-9601

Provides connections to community resources to help with difficult family living situations. Youth programs after school and during the summer.

### **UNH Cooperative Extension Family Development Newsletter**

641-6060

Informational newsletter for parents of newborns, toddlers (13 to 24 months), preschoolers, school-age children, and teens.

FREE.

# Clothes and Furniture

## ALL AREAS

Church rummage sales are a great way to find what you need for not much money.

### **Salvation Army Representatives**

588-2209 Antrim

588-6839 Bennington and Hancock

876-3751, 876-4703 Dublin and Marlborough

899-5181 x102 Fitzwilliam and Rindge

532-7484 Jaffrey

352-0607 Keene

924-9621 Peterborough

Provides a wide range of services for those in need.

Can be used by all in cases of emergency.

### **Troy Helping Hands Center**

242-3007

TIMES: M-F 9:30 am - 2 pm

Clothing and furniture.

## ANTRIM

### **Antrim Presbyterian Church**

#### **Revival Shop**

Main Street

588-2209

High-quality consignment shop.

TIMES: Sat 10 am - 4pm

## GREENFIELD

### **Greenfield Recycling Center**

#### **Mini Mall**

DPW Drive

547-8617

TIMES: T 8 am -12 noon; Th 1 - 7 pm; Sat 8 am - 4 pm

Residents only.

## JAFFREY

### **Chloe's Closet**

532-6211

105 Peterborough Street - Rte 202

Second-hand clothing.

TIMES: W 10 am - 5 pm, Th,F 10 am - 6pm, Sat 10 am - 5pm

**Thrifty Bear**

532-7553

2 Main Street

Second-hand clothing for children and adults, car seats, cribs, bureaus, toys, etc.

TIMES: T-Sat 10 am - 5 pm

**KEENE****Salvation Army Thrift Store**

Rte 12, Keene

357-2207

TIMES: M-Sat 9 am - 5 pm

**St. James Thrift Store**

25 Lamison St.

352-3697

TIMES: M-F 10 am - 4 pm, Sat 10 am - 2 pm

**PETERBOROUGH****Our Town Revival**

76 Grove Street

924-9448

Quality second-hand clothing.

TIMES: T-F 10 am - 5:30 pm, Sat 10 am - 4:30 pm

**Peterborough Recycling Center****Mini Mall**

Scott Mitchell Road

924-8095

TIMES: T,W,F, Sat 7:30 am - 5:45 pm

Residents only.

**Serendipity Shop**

924-3202

All Saints' Episcopal Church, Concord St., Peterborough, lower level of Reynolds Hall. Consigned clothing at reduced prices.

TIMES: Th 1 - 4 pm; F 10 am - 4 pm; Sat 10 am - 12 noon

**RINDGE****Rindge Recycling Center****Second Hand Shop**

899-2107

TIMES: T-Th 10 - 7 pm , Fri 1 - 7 pm, Sat 8 - 3 pm

Residents only.

# Counseling, Mediation, Information and Support

## **COUNSELING AND MEDIATION**

### **Alcoholics Anonymous**

1-800-593-3330 Statewide

Call for meeting times in Peterborough, Greenfield, Antrim, Dublin, Hancock, Hillsboro, Rindge, and Jaffrey.

[www.nhaa.net](http://www.nhaa.net)

### **Catholic Charities of NH, Inc.**

1-800-562-5249

Marriage and individual counseling, adoption, and community outreach. Sliding fee scale.

[www.catholiccharitiesnh.org/](http://www.catholiccharitiesnh.org/)

### **Cheshire Mediation (Cheshire County)**

1-800-757-3887

Provides parent/child, divorce, victim/offender counseling; peer mediation; and eldercare mediation. Sliding fee scale.

<http://cheshiremediation.org/>

### **Bonnie Harris Core Parenting**

924-6639

Individual family support for dealing with the struggles of day-to-day parenting. Financial assistance available.

[www.bonnieharris.com](http://www.bonnieharris.com)

### **FamilyStrength**

357-8772

Family counseling for any family with a child in the court system for abuse, neglect, delinquency or CHINS, and for families at risk of having a child placed out of the home. All income levels eligible.

[www.familystrength.org/](http://www.familystrength.org/)

### **MAPS Counseling Services**

924-2240 Peterborough

Individual, couple, family, and group counseling. Workshops and special groups. All income levels eligible.

[www.mapsnh.org](http://www.mapsnh.org)

**Monadnock Family Services**

Mental health, substance abuse, and community services.

All income levels eligible.

924-7236 Peterborough with satellite offices in Antrim & Jaffrey.

357-4400 Emergency

[www.mfs.org](http://www.mfs.org)

**Milford Area Mediation (Hillsborough County)**

672-2711

Mediation services (problem solving, problem management, and conflict resolution) are provided free of charge to families in Hillsborough County. Also meets in Antrim at The Grapevine, 588-2620.

[www.milfordnh.com/community/mediation.htm](http://www.milfordnh.com/community/mediation.htm)

**INFORMATION AND SUPPORT****Adoptive Families for Children**

1-800-940-4456

Provides complete adoption services. Pregnancy and adoption counseling available for parents considering relinquishing a child for adoption. International and domestic adoptions.

[www.muw.org/ssguide/agencies/AdoptiveFamiliesForChildren.asp](http://www.muw.org/ssguide/agencies/AdoptiveFamiliesForChildren.asp)

**Compassionate Friends**

532-7554 Monadnock Region Office

Support group for grief education and support for individuals dealing with the death of a child.

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

**Consumer Product Safety Commission Hotline**

1-800-638-2772

TIMES: M-F 8:30 am - 5:00 pm

**Creating Positive Change**

924-4981

A community coalition that educates youth, families and communities about the prevention of substance abuse. Free classes on prevention for youth; family and community activities.

[www.cpcnh.org/](http://www.cpcnh.org/)

**Early Home Support**

924-6306

The Family Center home visiting program in collaboration with Home Healthcare, Hospice, and Community Services for income-eligible pregnant and parenting young women. No fee for services.

**Granite State Independent Living**

1-877-680-4826

Provides tools and resources for people with disabilities to live life as they choose.

[www.gsil.org](http://www.gsil.org)

**Grapevine Family & Community Resource Center**

588-2620

Weekly parent/child play and learn programs, educational programs, support, information, community dinners, and referral.

[www.antrimnh.org](http://www.antrimnh.org)

**Hospice Services at Home HealthCare, Hospice and Community Services (HCS)**

532-8353 Peterborough

1-800-541-4145

Offers a variety of support and health services to assist in maintaining the quality of life while someone you love is dying. Also provides grief support, and offers special programs to help children cope with death and loss.

[www.hcsservices.org/](http://www.hcsservices.org/)

**Monadnock Center for Violence Prevention**

1-888-511-6287

209-4015

Advocacy, information, and referral for people experiencing or surviving domestic and/or sexual violence. 24-hour crisis hotline, emergency shelter, safety planning, help with police and courts, support groups. Free and confidential services.

TIMES: Peterborough M 8 am - 3 pm, Jaffrey W,F 8 am - 4 pm

[www.mcvprevention.org/](http://www.mcvprevention.org/)

**Monadnock ServiceLink Resource Center**

1-866-826-2340

Information and supported referral for seniors and adults who experience a disability. Long term care counseling.

[www.nh.gov/servicelink/network/pnetwork.html](http://www.nh.gov/servicelink/network/pnetwork.html)

**National Alliance for the Mentally Ill (NAMI)**

1-800-242-6264 (For New Hampshire)

Support group: Family to family

924-6540 Peterborough (NAMI Monadnock)

563-9946 Dublin

703-516-7227 TDD for the hearing impaired

Support for families with a member who has a mental or emotional disorder.

[www.nami.org/](http://www.nami.org/)

**Parent to Parent of NH**

1-800-698-5465

Support, information, and referral for parents of children with similar special needs.

[www.parenttoparentnh.org/](http://www.parenttoparentnh.org/)

**Project LIFT**

464-5285

Volunteer literacy program with tutoring, GED preparation, and testing.

[www.conknet.com/~fullerlibrary/ProjectLIFT.html](http://www.conknet.com/~fullerlibrary/ProjectLIFT.html)

**The River Center: Peterborough**

924-4800

A place for community connections and resources.

Programs and services include:

▶ Information & Referral 924-6800

▶ MAPS Counseling Services 924-2240

▶ MATS (Monadnock Area Transitional Shelter) 924-5033

▶ Monadnock Center for Violence Prevention 1-888-511-6287

▶ PEAK (Parents Excited About Kids) 924-6131 or 924-1350

▶ Southern NH Services (Fuel Assistance) 1-877-757-7048

Commodity Supplemental Food Program 1-800-942-4321

WIC 1-800-322-1073

▶ The Family Center 924-6306

▶ Under One Roof Project 924-2159

**The Samaritans**

Crisis Hotlines: 924-7000 Peterborough

Teen Hotline: 1-877-583-8336

Befriending people in crisis situations; emergency crisis intervention; 24 hours.

Website: [www.muw.org/Samaritans](http://www.muw.org/Samaritans)

**UNH Cooperative Extension**

The University of New Hampshire Cooperative Extension provides New Hampshire citizens with education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy.

352-4550 Cheshire County Office

641-6060 Hillsborough County Office

TIMES: M-F 8 am - 4:30 pm

<http://extension.unh.edu/>

# Disability Services

## EDUCATION AND HEALTH

### **Assistive Technology and Equipment Center (ATEC)**

1-800-932-5837

Evaluation and consultation for those in need of specialized equipment (wheelchairs, adaptive switches, communications, etc.).

### **Association for the Blind, NH**

#### **McGreal Sight Center**

1-800-464-3075

Individual, family, and peer support counseling and referral, group services, rehabilitation teaching, orientation and mobility training, low-vision services, volunteer services, technology and braille, technical aids and devices, public education, and prevention of blindness.

[www.sightcenter.com](http://www.sightcenter.com)

### **Bureau of Special Education Preschool Program, NH State Department of Education**

271-2178 Concord

Ensures that school districts provide a free and appropriate education to children who have educational disabilities. Parents should call the local school district first. If problems arise with the school, call the state department for help.

### **Bureau of Special Medical Services, NH Division of Public Health**

1-800-852-3345, x4488

Health programs for diagnosis and treatment of children (ages 0-20) who have physical disabilities, chronic illnesses, or developmental delays.

[www.dhhs.state.nh.us](http://www.dhhs.state.nh.us)

### **Crotched Mountain Rehabilitation Center (CMRC)**

547-3311 Greenfield

Day and residential: School and brain injury program. Also outpatient diagnostic and medical services; PT, OT, speech, audiology; driving evaluation and education.

[www.crotchedmountain.org](http://www.crotchedmountain.org)

**Easter Seals**

Provides services to children and adults with disabilities.

Community-based Services 352-5724

Early Supports and Services 352-0165

Foster Family Program 352-6111

Vocational Services 355-1067

[www.nh.easterseals.com](http://www.nh.easterseals.com)

**Multi-sensory Intervention through Consultation and Education (MICE)**

228-1028 Concord

228-5755 TDD for the hearing impaired.

Home visiting program for children (birth through 3 years) with vision and hearing problems.

**NH State Library Services to the Handicapped**

1-800-491-4200

Talking books, free service to people with disabilities, including dyslexia. Supplies by mail, cassette books and records, and equipment needed to use them.

**Northeast Passage**

862-0070 Durham

1-800-735-2964 TDD for the hearing impaired.

Developing, delivering, and evaluating innovative barrier-free recreation and health promotion programs. Promotes client independence through education and problem solving, creating opportunities, and collaborating with others to create a strong network of accessible recreation.

[www.nepassage.org/](http://www.nepassage.org/)

**Resource Center for Autism, Institute on Disability**

224-0630 Concord

Professional development and technical assistance, evaluation and diagnosis, and academic and research initiatives, Ph.D. program in the study of autism spectrum disorders.

**Rise for Baby and Family**

1-877-464-2447

Provides early supports and services for families with children (birth to 3 years) who may have developmental delays.

**Special Olympics**

1-800-639-2608

Participation in sports for individuals with intellectual and physical disabilities.

[www.sonh.org](http://www.sonh.org)

**Therapeutic Recreation Adventures in Learning (TRAIL)**

826-5558 Charlestown

Year round adventures for children with physical and intellectual disabilities.

[www.trail4kids.org/](http://www.trail4kids.org/)

**Vision and Hearing Network, NH Department of Education**

226-2900 Concord

Resources for school-aged children.

**EMPLOYMENT****Associates in Career and Community Employment Support Services, Inc. (ACCESS)**

924-7006 Peterborough

Works with individuals to find meaningful and valued community employment.

**Monadnock Developmental Services (MDS)**

1-800-469-6082

924-4203 Peterborough

Assists eligible adults to find employment through support services and referral to contracted organizations.

[www.mds-nh.org/](http://www.mds-nh.org/)

**Vocational Rehabilitation, NH Department of Education**

357-0266 Keene

Assists people with disabilities to secure employment.

**HOUSING****Lukas Foundation and Community**

878-4796 Temple

Year-round residential community serving the needs of adults of all ages with developmental disabilities, promoting human service through cooperative living, social interaction and spiritual activity as developed by Rudolph Steiner.

[www.lukascommunity.org](http://www.lukascommunity.org)

**Monadnock Developmental Services**

1-800-469-6082

Will assist with residential services for adults who have service agreements with the agency.

[www.mds-nh.org](http://www.mds-nh.org)

**NH Community Loan Fund**

224-6669 Concord

Home of your own program.

[info@nhclf.org](mailto:info@nhclf.org)

**NH Housing Finance Authority (NHHFA)**

1-800-472-8623

Accessible housing for people with disabilities.

**Plowshare Farm LifeSharing Community**

547-2547 Greenfield

Life sharing offers an opportunity for adults with developmental disabilities as well as other emotional and physical challenges to live, work, and grow in an extended family environment.

[www.plowsharefarm.org](http://www.plowsharefarm.org)

**Robin Hill Farm**

924-6531 Peterborough

Provides supportive residential treatment and rehabilitation for persons with an acquired brain injury, which may include traumatic brain injury, stroke, and anoxia. Short term, post acute, and longer term needs are addressed.

[www.robinhillfarm.com](http://www.robinhillfarm.com)

Also see Senior Services section pages.

**INFORMATION, SUPPORT AND RESOURCES****Brain Injury Association**

1-800-773-8400

Provides assistance to individuals and families who have experienced a brain injury to acquire supports and services in their communities.

[www.bianh.org/](http://www.bianh.org/)

**Developmental Disabilities Council, NH**

1-800-735-2964 Concord

271-3236.

Advocates for NH citizens with developmental disabilities to promote their contributions to society.

**Family Resource Connection**

1-800-298-4321

Resources for families with children, and in particular, those who may have developmental delays and disabilities.

[www.state.nh.us/nhsl/frc](http://www.state.nh.us/nhsl/frc)

**Granite State Independent Living**

1-877-680-4826 Keene

Provides tools and resources for people with disabilities to live life as they choose.

[www.gsil.org](http://www.gsil.org)

**Institute on Disability, University of New Hampshire**

228-2084 Concord

862-4320 Durham

628-7681 Manchester

The IOD envisions a future where all persons, including those living with disabilities, are fully engaged members of their communities.

[www.iod.unh.edu](http://www.iod.unh.edu)

**Institute for Health, Law and Ethics****Franklin Pierce Law Center**

228-1541 Concord

An independent, non-partisan research and policy institute that studies current New Hampshire issues involving the overlap of health care, social supports, and the law.

**Monadnock Developmental Services (MDS)**

1-800-469-6082

924-4203 Peterborough

Information about services for children and adults of all ages who have or may have developmental problems. Also, family support services, case management, and respite care.

[www.mds-nh.org/](http://www.mds-nh.org/)

**Monadnock ServiceLink**

1-866-826-2340

Information and supported referral.

Long term care counseling for seniors and adults with disabilities.

[www.nh.gov/servicelink/network/pnetwork.html](http://www.nh.gov/servicelink/network/pnetwork.html)

**Monadnock Worksource**

924-3326 Peterborough

Residential, vocational, therapeutic, and day activity services to adults with developmental disabilities.

**National Alliance for the Mentally Ill (NAMI)**

1-800-242-6264 (For New Hampshire)

924-6540 Peterborough (NAMI Monadnock)

563-9946 Dublin

703-516-7227 TDD for the hearing impaired

Support for families with a member who has a mental or emotional disorder.

**Northeast Deaf & Hard of Hearing Services (NDHHS)**

224-1850 Concord

1-866-634-4764 TDD for the hearing impaired

NDHHS seeks to empower, educate and advocate for equal access and opportunity for deaf and hard of hearing citizens of New Hampshire.

[www.ndhhs.org](http://www.ndhhs.org)

**Parent Information Center**

1-800-947-7005 Concord

Information, support, advocacy, and training for parents about special education issues.

**Parent to Parent of NH**

1-800-698-5465

Support, information, and referral from parents for parents of children with any special needs.

**People First of NH**

1-800-566-2128

A non-profit organization directed by people who have disabilities for the purpose of self-advocacy.

[www.peoplefirstofnh.org](http://www.peoplefirstofnh.org)

**State Family Support Coordinator, Division of Developmental Services**

1-800-852-3345

1-800-735-2964 TDD for the hearing impaired.

Will direct you to available services for family members with disabilities.

**Under One Roof Project**

924-2159 Peterborough

Bridgebuilding, family support, information and referral, community building activities that support the full participation of people of all ages and abilities in community life.

[www.underoneroofproject.org](http://www.underoneroofproject.org)

## **LEGAL**

### **Disability Rights Center**

1-800-834-1721

Insures access to appropriate services for people with disabilities.

## **SCHOOL DISTRICT SPECIAL EDUCATION DEPARTMENTS AGES 3-21**

### **SAU #1 ConVal Office of Special Education**

Antrim, Bennington, Dublin, Frankestown, Greenfield, Hancock,  
Peterborough, Sharon, Temple.

924-7503

### **SAU #47 Jaffrey-Rindge Office of Special Education**

Jaffrey, Rindge.

532-8148

### **SAU #63 Mascenic School District**

Greenville, Mason, New Ipswich, Wilton, Lyndeborough.

878-1491

# Food

## ALL AREAS

### **Free Community Suppers**

Mondays 5:30 - 6:30 pm

Peterborough - Union Congregational Church 924-3272

Wednesdays 5:30 - 6:30 pm

Peterborough - Peterborough Unitarian Church 924-6245

Thursdays 5:30 - 6:30 pm

First Thursday - Frankestown Community Church 547-2013

Second Thursday - Bennington Pierce School 588-2131

Third Thursday - Antrim Presbyterian Church 588-3010

Fourth Thursday - Hancock Congregational Church Vestry  
525-6628

*Call the Grapevine at 588-2620 before 12 noon on Wednesday  
for a ride to Thursday's supper.*

### **Community Kitchen**

Free Hot Suppers 5 - 6:30, M - F

Mechanic Street, Keene 352-3200

### **Food Stamp Program, NH Dept. of Health and Human Services**

1-800-624-9700 or 357-3510

1-800-735-2964 TDD for the hearing impaired.

809 Court St., Keene

Emergency and longer term food stamps. Must apply in person and meet income level to get help.

### **Salvation Army**

924-9621

Your local Salvation Army representative will help you get food, clothes, prescriptions, wheelchairs, etc.

### **Serve New England**

1-888-742-7363 (All New England area)

899-2874 Fitzwilliam/Jaffrey/Rindge

A community-based program where low cost food packages may be purchased by individuals who do two hours of community service per month. Call for information about local sites.

**Southern NH Services: Hillsborough County**

1-800-322-1073

Call to register for programs in Antrim, Greenville, Hillsboro, Peterborough and Wilton.

**Southwestern Community Services: Cheshire County**

1-800-529-0005

Serves Dublin, Jaffrey, and Rindge.

**Women, Infants and Children Program (WIC)**

Federal program that offers vouchers for food to eligible women, infants, and children to age 5. Breastfeeding support and healthcare referrals for pregnant or breastfeeding women.

**Commodity Supplemental Food Program (CSFP)**

For women and children under 6 who are not enrolled in WIC, and for eligible elderly people.

**Farmers' Market Nutrition Program** gives coupons for those on WIC to purchase fresh fruits and vegetables.

**MONADNOCK AREA FOOD BANKS**

Many towns have a food bank that offers basic foods to people in need.

**ANTRIM**

**Antrim Baptist Church**

588-6614

TIMES: Sat 10 am -12 noon and by appointment  
Antrim and Bennington residents.

**GREENFIELD**

**Greenfield Congregational Covenant Church**

12 Depot Drive at the Ministry Center

547-3626

TIMES: Sat 10 am -12 noon  
Greenfield residents.

**HILLSBORO**

**Hillsboro District Food Pantry**

7 Church Street

464-4080

TIMES: T 6 - 8 pm, Sat 10 am - 12 noon  
Will serve all who are in need.

Open to Hillsboro and surrounding towns.

## **JAFFREY**

### **Bread of Life Food Pantry**

48 Stratton Road  
532-7950  
TIMES: T 4 - 5:30 pm  
Open to all.

### **United Church of Jaffrey Food Pantry**

Main Street  
532-7047  
TIMES: T 10 am - 1 pm, W 6:30 - 8 pm, Th 9 am -12 noon  
Jaffrey & Rindge residents.

## **KEENE**

### **Community Kitchen**

37 Mechanic Street  
352-3200  
Hot Meal Hours: M-F 5 - 6:30 pm  
Food Pantry Hours: W 12:30 - 5:30 pm, Th 11:30 am - 4 pm

## **PETERBOROUGH**

### **Monadnock Area Food Bank**

All Saints Episcopal Church Parish House  
51 Concord St.  
924-3202  
TIMES: M 9 - 11 am, T and Sat 10 am -12 noon

### **Peterborough Town Hall Food Bank**

Human Services Office  
1 Grove Street  
924-8000 x117  
TIMES: M-F 9 am - 12 noon, Th 4:30 - 6 pm

## **RINDGE**

### **Rindge Food Pantry**

### **First Congregational Church**

Main Street  
899-5722  
TIMES: Th 2 - 7 pm  
Rindge & Jaffrey residents.

## **TROY**

### **Helping Hand Center Food Pantry**

1 Depot Street  
242-3007  
TIMES: Closed Mondays, T-Sat 9:30 am - 2 pm  
Open to all.

# Fun: Recreation and Libraries

## ALL AREAS

### **Actor's Circle Theater/Cosmic Expressions**

924-3876 Peterborough  
Produces two shows per year.

### **Big Brothers Big Sisters of the Monadnock Region**

1-888-412-2447  
Youth mentoring connections.  
[www.bbbsmr.org/](http://www.bbbsmr.org/)

### **Boy Scouts of America**

Daniel Webster Council  
1-800-221-0009  
Youth programs to build character, physical fitness. Ages 6-21  
[www.scouting.org/](http://www.scouting.org/)

### **Club Cannon Teen Center**

924-5718 Peterborough  
Teen center open to the towns of Antrim, Bennington, Dublin, Francestown, Greenfield, Hancock, Jaffrey, Peterborough, Rindge, Sharon and Temple.  
TIMES: T,W 2:30 - 6 pm, Th 3 - 6:00 pm, F,Sat 2:30 - 10 pm  
[www.cpcnh.org](http://www.cpcnh.org)

### **4-H Clubs**

673-2510 UNH Cooperative Extension Service, Milford  
4-H helps youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society. It is offered free of charge to youth ages 5-18. Youth from all cultural and economic backgrounds get involved in 4-H fun and learning. Call for local programs.  
[www.extension.unh.edu/](http://www.extension.unh.edu/)

### **Girl Scouts of America**

Swift Water Council  
1-800-654-1270  
Leadership skills, career exploration, community service, decision making skills, ages 5-17.  
[www.swgirlscouts.org/](http://www.swgirlscouts.org/)

### **NH State Library Services to the Handicapped**

1-800-491-4200

Talking books, free service to people with disabilities, including dyslexia. Supplies by mail, cassette books and records, and equipment needed to use them.

[www.state.nh.us/nhsl/talkbks/index.html](http://www.state.nh.us/nhsl/talkbks/index.html)

### **Parents Excited About Kids (PEAK)**

924-6131 or 924-1350 Peterborough

Connects families with similar interests in the Monadnock region. Creates a community of friendship and support, and an environment where parents can socialize, share experiences and utilize local resources. Kids can learn, discover, and have fun!

[www.nhpeak.com](http://www.nhpeak.com)

### **Swimming, Greenfield**

547-3311

The Crotched Mountain Rehabilitation Center's pool has open swims, adult lap swims, and lessons for adults and children ages six months and up. Open to all, free for Greenfield residents.

[www.greenfield-nh.gov/](http://www.greenfield-nh.gov/)

## **LIBRARIES AND RECREATION DEPARTMENTS**

Most town libraries offer story hours for preschool children during the school year, summer reading programs, and occasional children's movie showings. Call your local library for information. The recreation department in a town may offer various sports programs, summer activities such as swimming lessons or craft classes, and other seasonal activities. Call to find out what your town offers and how and when to sign up.

### **ANTRIM**

#### **Antrim Recreation Department**

588-6785

Meets monthly, operates via phone/mail.

Parks & Recreation, summer camps, activities and sports.

#### **Antrim Tuttle Library**

588-6786

Story time on the last Friday of each month follows the school year, summer reading once a week.

TIMES: M,W 2 - 6 pm, T,Th 2 - 8 pm, F 9 am - 12 noon,

Sat 10 am - 4 pm

## **BENNINGTON**

### **Bennington Recreation Department**

588-2189

Fun for the whole family.

### **G.E.P. Dodge Library**

588-6585

Story times, movies.

TIMES: M 9 am - 7 pm, T 2 - 6 pm, Th Noon - 8 pm, F Noon - 5 pm, Sun 4 - 6 pm

## **DUBLIN**

### **Dublin Recreation Committee**

563-8411

Sports, summer and after-school activities

### **Dublin Town Library**

563-8411

Story time, movies, various programs

TIMES: M,T,Th 4 - 8 pm, W 9 am - 12 noon and 4 - 8 pm, Sat 9 - 1 pm

## **FRANCESTOWN**

### **Bixby Memorial Library**

547-2730

Story time, guest readers, movies

TIMES: T 1 - 5 pm, Th 1 - 6 pm, W,F 10 am - 12 noon and 1 - 5 pm, Sat 9 - 1 pm

## **GREENFIELD**

### **Greenfield Recreation Department**

547-3442

After school activities, summer sports, trips

### **Stephenson Memorial Library**

547-2790

TIMES: M 12 noon - 5 pm and 6 - 8 pm, W 12 noon - 6 pm, F 12 - 6 pm, Sat 9 - 12 noon

## **GREENVILLE**

### **Chamberlin Library**

878-1105

TIMES: M,W 5 - 8 pm, Th 9 am - 8 pm, F 9 am - 5 pm, Sat 9 am - 1 pm (except July and August)

**Greenville Parks and Recreation Department**  
878-4674

## **HANCOCK**

**Hancock Public Library**

522-4411

TIMES: M,W 2 - 6 pm, T,Th 10 am - 7 pm, Sat 10 - 4 pm

## **JAFFREY**

**Jaffrey Public Library**

532-7301

TIMES: M,W,F 11 am - 5:30 pm, T,Th 1 - 8 pm, Sat 9 - 1 pm

**Jaffrey Recreation Department**

532-7863

TIMES: M,T and Th,F 8 am - 1 pm, W 8 am - 4 pm

## **NEW IPSWICH**

**New Ipswich Library**

878-4644

TIMES: M,W 2 - 8 pm, T,F 9 am - 1 pm, Sat 9 am - 12 noon  
(except July and August).

**New Ipswich Recreation Department**

878-1867

## **PETERBOROUGH**

**North Peterborough Family Program**

**Southern NH Services, Inc.**

924-9601

Youth programs for after school and summer recreation.

**Peterborough Recreation Department**

924-8080

Trips, camps, sports, classes, contests. Senior day, arts & crafts  
Programs open to all ConVal School District children.

TIMES: M-F 8:30 am - 4:30 pm

**Peterborough Town Library**

TIMES: M,W,F 10 am - 6 pm, T,Th 9 am - 8 pm,

Sat 10 am - 4 pm

## **RINDGE**

### **Rindge Ingalls Memorial Library**

899-3303

TIMES: M 10:30 am - 5:30 pm and 7 - 9 pm, T 5 - 9 pm,  
W 1:30 - 5:30 pm, Th 10:30 am - 5:30 pm, F 1:30 - 5:30 pm,  
Sat 9 - 12 noon

### **Rindge Recreation Department**

899-5181, Ext. 112

## **TEMPLE**

### **Mansfield Public Library**

878-3100

TIMES: M 1:30 - 5 pm, T 10 am - 2 pm, W 1:30 - 5 pm and  
7 - 9 pm, F 1:30 - 5 pm, Sat 2 - 5 pm

### **Temple Recreation Department**

878-1479

# Health and Medical Care

## **AIDS/HIV TESTING**

### **AIDS Services of the Monadnock Region**

1-800-639-7903

357-6855 Keene

Support and education for HIV individuals, couples, and/or families. Will make home visits. May get answering machine.

<http://www.asmronline.org/>

### **CDC National 24-Hour AIDS Hotline**

1-800-232-4636 CDC national 24-hour hotline

1-888-232-6348 TTY for the deaf and hearing impaired

[www.cdc.gov/](http://www.cdc.gov/)

### **State Hotline at Department of Public Health**

1-800-752-2437 (AIDS)

Automated referral and information to local sites for testing.

## **CHILD HEALTHCARE**

### **Home HealthCare, Hospice and Community Services (HCS)**

1-800-541-4145

532-8353 -Eastern Monadnock Region Office

#### **Well Child Check-ups**

Well care, immunizations, hearing and vision testing for children, birth to age 18 from non-insured or under-insured families. Visiting nurses.

#### **Prenatal Program**

A home visiting program providing education and supportive services for soon-to-be and new parents.

#### **Early Home Support (with The Family Center)**

Home-based teen pregnancy and parenting program provides comprehensive education and supportive services to help young families. Pregnancy testing.

### **Monadnock Regional Pediatrics**

924-7101 Peterborough

## **DISABILITIES AND CHRONIC ILLNESSES**

### **NH Bureau of Special Medical Services**

1-800-852-3345 x4525

271-4525

Programs for diagnosis and treatment of children birth to 20 years who have physical disabilities or chronic illness. Medicaid or insurance accepted. Available to all regardless of ability to pay.

**Crotched Mountain Rehabilitation Center (CMRC)**

547-3311 Greenfield

Speech, Physical and Occupational Therapy, Audiology,  
Developmental Pediatrics diagnostics, driving evaluation.

[www.crotchedmountain.org](http://www.crotchedmountain.org)

**NH Partners in Health**

**At Monadnock Development Services**

1-800-469-6082

Information about resources for families who have children with  
chronic illness.

[www.nhpih.dartmouth.edu/2002/connect.html](http://www.nhpih.dartmouth.edu/2002/connect.html)

**Resource Center for Autism at the Institute on Disability**

224-0630 Concord

Professional development and technical assistance, evaluation  
and diagnosis, and academic and research initiatives, Ph.D.  
program in the study of autism spectrum disorders.

**GENETIC COUNSELING**

**Genetics Department at Dartmouth Hitchcock Hospital**

650-7886

Genetic counseling, assessment, and diagnosis.

**HEALTH INSURANCE**

**New Hampshire Health Access**

Grants for the uninsured through your physician or hospital.

Applications available online.

[www.healthynh.com/fhc/initiatives/access/NHHAN.php](http://www.healthynh.com/fhc/initiatives/access/NHHAN.php)

**New Hampshire Healthy Kids Insurance Program**

1-877-464-2447 for general information.

924-7191 x1142 Monadnock Community Hospital.

Free and low-cost health insurance plans available to newborns  
through 18-year-olds. Coverage is also available for pregnant  
women. Monadnock Community Hospital will assist in the  
application process.

**LOCAL MEDICAL PRACTICES**

**Antrim Medical Group**

588-4200 Antrim

**Jaffrey Family Medicine**

532-8775 Jaffrey

**Monadnock Community Hospital**

924-7191

[www.monadnockhospital.org](http://www.monadnockhospital.org)

Prescription Financial Aid Program

Wellness Center

Rehabilitation Center

Social Services (Medicaid applications, and other assistance.)

**Monadnock Family Care**

924-4664 Peterborough

**Monadnock Internists**

924-4671 Peterborough

**New Ipswich Family Medicine**

878-1092 New Ipswich

**North Meadow Family Health**

924-8200 Peterborough

**Peterborough Internal Medicine**

924-4680 Peterborough

**WOMEN'S HEALTH CARE**

**Monadnock OB-GYN Associates**

Gynecology and Obstetrics

924-9444/9445

**Planned Parenthood of Northern New England**

1-800-230-7526 or 352-6898

29 Center St., Keene walk-in clinic

[www.plannedparenthood.org](http://www.plannedparenthood.org)

W 3 - 6 pm. Teen Clinic Fri 3 - 5 pm

Scheduled appointments M-Sat. including evenings. Routine gynecological care. Pap smears, pelvic and breast exams, AIDS/HIV testing. Pregnancy testing. Exams for sexually transmitted diseases. Sliding fee scale.

# Heat

## ALL AREAS

### CHESHIRE COUNTY

#### **Southwestern Community Services**

1-800-529-0005 Keene

Grants for fuel (wood, oil, electric, gas).

[www.scshehelps.org](http://www.scshehelps.org)

### HILLSBOROUGH COUNTY

#### **Southern NH Services**

1-877-757-7048 Peterborough Toll Free

924-2243 Peterborough Office

878-3364 Greenville Office

Grants for fuel (wood, oil, electric, gas).

[www.snhs.org](http://www.snhs.org)

### NEIGHBOR HELPING NEIGHBOR

1-800-529-0005 Cheshire County

1-800-322-1073 Hillsborough County

Clients who aren't eligible for fuel assistance and have a disconnection notice.

## ANTRIM

**The Grapevine Wood Bank**, Call 588-2620

## FRANCESTOWN

**Francestown Wood Bank**, Call 588-2519

For Francestown residents

## GREENFIELD

**Greenfield Wood Bank**, Call 547-3442

## HANCOCK

**Hancock Wood Bank**

Call the First Congregational Church, 525-6628

For Hancock residents

## PETERBOROUGH

**Peterborough Heat Fund**

Keep Peterborough Warm, Call 924-8000 x101

## RINDGE

**First Congregational Church**, Call 899-5722

Small financial support to those needing help with heating costs.

# Housing

## HOUSING HELP

### **Contoocook Housing Trust**

878-1247

The Contoocook Housing Trust develops and provides affordable housing opportunities, including rentals and small homeownership loans, for families with modest incomes in 13 towns in the Contoocook Valley region.

[www.housingtrust.org/](http://www.housingtrust.org/)

### **Cheshire Housing Trust**

357-7603

Assistance for low and moderate income families in securing permanent affordable housing. Cheshire County residents.

### **Home Savers USA**

1-800-452-9572

Relief for homeowners who have fallen behind in their mortgages. Small fee to get back on track with mortgage.

### **Monadnock Area Housing Coalition (Southwestern Community Services program)**

1-800-529-0005

Delivers direct care through emergency and transitional shelters to the homeless population and those in imminent danger of becoming homeless.

### **Monadnock Area Transitional Shelter (MATS)**

924-5033 Peterborough

Shelter, food, clothing, and other services for people who are homeless; alcohol and drug free.

### **Monadnock Habitat for Humanity**

357-8474 Keene

228-3001 Concord

Partner families help to build their own homes and then buy them through zero-profit, zero-interest mortgages. Cheshire and Sullivan counties.

[www.habitat.org/local/](http://www.habitat.org/local/)

### **NH Housing Finance Authority**

1-800-439-7247 Rental/Housing Management

1-800-649-0470 Single-family home buying

1-603-472-2089 TDD for people who are hearing impaired

Rental and home-buyer programs for people with low incomes.

## **RENTALS FOR PEOPLE WITH LOW AND MODERATE INCOMES**

### **Contoocook Housing Trust**

878-1247, M-F 9 am - 4 pm

### **Peterborough**

#### **Heatherbrook Apartment Rentals**

924-9707 or 1-802-362-4660 Thm, Inc.

#### **Prescott Hill Apartments**

924-6091 or 1-904-694-1075 Finlay Management

#### **Riverview Apartments**

924-4136

#### **Rockbrook Apartments**

641-2163 Stewart Property Management

#### **Woodland Heights**

878-2400 SK Properties

### **Jaffrey**

#### **Gilmore Court**

878-2400 SK Properties

#### **Jaffrey Housing**

352-7512 SCS Management Company

#### **Village of Jaffrey**

669-8551 Eastpoint Properties

## **SENIOR AND DISABILITY HOUSING**

See Senior Services and Disability Services

# Legal Help

## ALL AREAS

### **Disability Rights Center**

1-800-834-1721

Insures access to appropriate services for people with disabilities.

### **LAWLINE, NH Bar Association**

1-800-868-1212

Lawline telephones are staffed by attorneys who provide free legal advice to any caller. No income guides for the Lawline program.

TIMES: 2<sup>nd</sup> Wednesday of each month, 7 - 9 pm

### **Legal Advice and Referral Center, NH Bar Association**

1-800-639-5290

Statewide private non-profit organization which assists clients primarily in the areas of family law, landlord tenant/housing issues, public benefits, and consumer issues. Must be financially eligible.

TIMES: M-F 9 am - 1 pm

[www.larcnh.org](http://www.larcnh.org)

### **Commission on the Status of Women, NH**

271-2660

Publishes *A Legal Handbook for Women in NH*. Contact NH Commission on the Status of Women, State House Annex, Room 334, Concord, NH 03301

### **Division of Child Support Services, NH**

1-800-624-9700 Keene

Locates non-custodial parent, establishes paternity, child support orders, and custody and visitation orders.

### **Legal Assistance, NH**

1-800-562-3994 Claremont

1-800-517-0577 Nashua

1-800-562-3174 Manchester

New Hampshire Legal Assistance provides free legal help to low-income and elderly persons who cannot afford a private attorney. Handles legal matters involving health care, public and private housing issues, food stamps, welfare, unemployment compensation, utility shut-off and nursing home problems.

TIMES: M-F 8:30 am - 5 pm

**NH Public Defender**

357-4891 Keene

224-1236 Concord

Provides free legal service to defendants charged with felonies or misdemeanors. Staff attorneys represent clients in probable cause hearings, plea negotiations, felony and misdemeanor trials, and juvenile proceedings and appeals. Counsel can be appointed at an initial hearing. Forms are available at Jaffrey District Clerk of Courts in Jaffrey.

[www.nhpd.org/](http://www.nhpd.org/)

# Money and Work

## ALL AREAS

### **Consumer Credit Counseling of NH & VT**

1-800-327-6778

Helps families repay and deal with loans, debts, and credit cards.

### **Free credit report**

1-877-322-8228

Get your free credit report and learn what to do to clear up your credit history.

[www.annualcreditreport.com](http://www.annualcreditreport.com)

### **Link-Up Life Line**

1-800-870-9999

Financial assistance (up to 50%) for telephone and installation charges. To apply, contact local telephone company.

### **MicroCredit - NH**

1-800-769-3482

Provides self-employed people and small businesses with access to training, loans, and networking opportunities.

[www.microcreditnh.org/](http://www.microcreditnh.org/)

### **Project LIFT**

464-5285

Regional adult literacy program.

### **Temporary Assistance to Needy Families, NH Department of Health & Human Services (TANF)**

1-800-624-9700

1-800-735-2964 TDD for the hearing impaired.

Program provides money for food, housing, heat and lights, clothing, etc. Need-based eligibility.

### **UNH Cooperative Extension**

641-6060 Hillsborough County

352-4550 Cheshire County

"Taking Care of Your Finances": Five-session course helps individuals and couples handle their money better by setting goals, learning good communication, managing debt, and keeping good records. Start times and locations vary.

[www.ceinfo.unh.edu](http://www.ceinfo.unh.edu)

## **EMPLOYMENT**

**Associates in Career & Community Employment Support Services, Inc. (ACCESS)**  
924-7006 Peterborough  
See Disability Services section.

**NH Department of Employment Security**  
352-1904 Keene  
Job search, resume development, interview techniques, unemployment claims.

**Vocational Rehabilitation**  
357-0266 Keene  
Assists people with disabilities to secure employment.  
(Refer to Disability Services section for additional listings.)

## **TOWN WELFARE OFFICES**

Each town is required by law to give emergency help for food, housing, fuel. (If unable to reach Welfare Office, call local police.)

### **Antrim**

588-6785  
TIMES: M-Th 8 am - 2:30 pm

### **Bennington**

588-2577  
TIMES: M-F 9 am - 4 pm

### **Dublin**

563-8544  
Call for appointment.

### **Francestown**

547-3469 or 588-2519  
TIMES: M-Th 8 am - 12 noon

### **Greenfield**

547-3442  
TIMES: M,W 9 am - 4 pm

### **Greenville**

878-2084  
TIMES: T,Th 10 am - 12 noon, 1 - 4 pm, W 10 am - 12 noon and 1 - 3 pm, also by appointment.

**Hancock**

525-4441

TIMES: M-F 8:30 am - 4:30 pm

**Jaffrey**

532-7880

TIMES: M,W 7 - 9 pm

**New Ipswich**

878-2772

TIMES: M,T 9 am - 4 pm

**Peterborough**

924-8000

TIMES: M-F 8:30 am - 4 pm

**Rindge**

899-5181

TIMES: M-Th 9 am - 4:30 pm, F 9 am - 1 pm

**Sharon**

924-7002

Call for appointment.

**Temple**

878-2536

TIMES: M-Th 9:30 am - 12:30 pm and 1 - 5 pm

# Senior Services

## FOOD SERVICES

### **Commodity Supplemental Food Program (CFSP)**

For income eligible seniors.

#### **Southern NH Services (SNHS)**

1-800-322-1073

Hillsborough County residents.

#### **Southwestern Community Services (SCS)**

352-7512

Cheshire County residents.

### **Meals on Wheels**

878-3109 Hancock, Greenfield, Greenville, Peterborough,  
Mason, New Ipswich and Temple

532-7263/7175 Dublin, Jaffrey, Rindge

Meals delivered by paid staff and volunteers to people age 60 and over, Monday through Friday, lunch or supper \$2.50/day or \$12.50/week. Meals also available to people under age 60 who fit specific guidelines.

### **Senior Dining Out Programs**

Antrim area 588-3069

Greenville area 878-3109

Hillsboro area 464-3553

Call programs for information about days, times, activities and transportation.

### **Senior Dining Out Program at Sargent Camp in Hancock**

525-3311 Sargent Camp

924-6223 Senior Focus

Open to people age 60 and over. People come from all over, but mostly from Peterborough and Hancock. Lunch provided on T,W,Th for \$3.00/meal for people over 65, and \$5.00 for people 65 and under. Transportation provided by Senior Focus on T,Th. Social hour begins at 11 am; meal is at 11:45 am. Reservations required. Call one day ahead.

## HOUSING FOR INCOME ELIGIBLE SENIORS and PEOPLE WITH DISABILITIES

### APARTMENTS

#### **Antrim**

#### **Antrim Village Apartments**

588-6368 or 1-617-451-2288 Boston Land Co. Management

**Great Brook Home**

882-3616 Welcoming Light, Inc.

For Seniors and people with disabilities of any age.

**Greenfield**

**Greenfield Commons**

1-800-322-1073 or 668-8010 Southern NH Services

**Greenville**

**Greenville Falls**

1-800-322-1073 or 668-8010 Southern NH Services

**Jaffrey**

**Gilmore Court**

878-2400 SK Properties

**Jaffrey Housing**

352-7512 SCS Management Company

**Village of Jaffrey**

669-8551 Eastpoint Properties

**Peterborough**

**Heatherbrook**

924-9707 or 1-802-362-4660 Thm, Inc.

**Pine Street Apartments**

878-1247 Contoocook Housing Trust

**Prescott Hill**

924-6091 or 1-904-694-1075 Finlay Management, Inc.

**Rockbrook**

641-2163 Stewart Property Management

**Woodland Heights**

878-2400 SK Properties

**ASSISTED LIVING**

**RiverMead**

Peterborough

924-0062

**Scott-Farrar Home**

Peterborough

924-3691

**Summerhill**  
Peterborough  
924-6238

## **NURSING HOMES AND CARE COMMUNITIES**

**Pheasantwood - Harborside Healthcare**  
924-7267 Peterborough

**Good Shepard Healthcare Center**  
532-8762 Jaffrey

## **INFORMATION AND SUPPORT**

**Bureau of Elderly and Adult Services**  
1-800-624-9700

Adult protective services (18 years+) for physical or emotional abuse, neglect, self-neglect or exploitation.

**Compassionate Friends Support**  
532-7554 Jaffrey

Support for people dealing with the death of a child, grief education.

### **Legal Assistance, NH**

1-800-562-3994 Claremont  
1-800-517-0577 Nashua  
1-800-562-3174 Manchester

New Hampshire Legal Assistance provides free legal help to low-income and elderly persons who cannot afford a private attorney. Handles legal matters involving health care, public and private housing issues, food stamps, welfare, unemployment compensation, utility shut-off, and nursing home problems.  
TIMES: M-F 8:30 am - 5 pm

### **Monadnock ServiceLink Resource Center**

1-866-826-2340

Individuals, and families of all ages and abilities may call for information about resources and help. ServiceLink can follow a person for 90 days, and can do home visits.  
Long term care counseling for seniors and adults with disabilities.

**RSVP/Monadnock Volunteer Center**

924-7350 Peterborough

Using the skills and talents of people of all ages to provide solutions to meet community needs through volunteerism: friendly visits, telephone reassurance phone calls, transportation to medical appointments, minor household repairs and chores.

**Rural Rides Senior Transportation**

1-800-224-2214

Rides for medical appointments and needed services. Call one day ahead by noon.

**The Samaritans, Inc.**

924-7000, Peterborough

357-5505, Keene

[www.muw.org/samaritans](http://www.muw.org/samaritans)

Befriending people in crisis situations, emergency crisis intervention. Will not accept collect calls in crisis situations.

**Senior Focus, Monadnock Family Services**

924-6223 Peterborough

Activities for the active older adult. Classes such as bridge, tai chi, computers; recreational and social activities including indoor walking and outdoor hikes; weekly grocery shopping trips. No age minimum. Transportation to Senior Nutritional Program at Sargent Camp. Fees for some activities.

**Social Security Administration**

1-800-772-1213

Federal program of financial and medical benefits for the elderly, disabled, widows, and survivors. Supplementary Security Income provides cash payments to families with disabled children.

**MEDICAL SUPPORT****Alzheimer's Association**

1-800-536-8864

Help line: Information, referral, support, and education.

**Home Healthcare, Hospice and Community Services (HCS)**

1-800-541-4145

532-8353 Peterborough

Variety of services that assist people with recovery at home after an illness or injury. Services include visiting nurses; physical, occupational, and speech therapists; medical social workers; home health aides and hospice care. HCS offers programs that provide long term in-home assistance.

**Monadnock Adult Care Center, Monadnock Family Services**

924-8620 Peterborough

Improves the quality of life of participants, families, and caregivers while supporting an individual's efforts to remain independent. Monadnock Adult Care Center offers structured care during the day to adults with physical, emotional, and/or social challenges. Transportation may be available.

**Senior Dental Clinic**

271-7166 Concord

Services for people 60+ years old with low incomes.

# Transportation

## ALL AREAS

### **Rural Rides, American Red Cross**

1-800-244-2214

Transportation Program for medical appointments and needed services. Call minimum one day ahead by noon.

### **Good News Garage**

1-877-400-6065

Two programs for people with low incomes to access safe transportation. Income guidelines.

Program 1: Must be referred by caseworker from DHHS and TANF recipient.

Program 2: Jump Start - must be a resident of NH, have driver's license, and a job.

[www.goodnewsgarage.org](http://www.goodnewsgarage.org)

### **Bonnie Clac**

1-866-455-2522

A program to help people with low incomes purchase a car.

Provides a Financial Fitness Course for clients.

[www.bonnieclac.org](http://www.bonnieclac.org)

# About The River Center

**The River Center:** Community connections and resources

For people living in towns of the eastern Monadnock region: Antrim, Bennington, Dublin, Frankestown, Greenfield, Greenville, Hancock, Jaffrey, New Ipswich, Peterborough, Rindge, Sharon and Temple

**Mission:** The River Center, a community resource center located in downtown Peterborough, is a place to give and find community resources and connections that enrich the quality of life for people of all ages and abilities.

**River Center Partners:** Organizations and programs currently located at The River Center include The Family Center, Southern NH Services heat and electrical assistance programs, MAPS Counseling Services, Monadnock Area Transitional Shelter (MATS) office, Under One Roof Project, Monadnock Center for Violence Prevention, PEAK (Parents Excited About Kids), and Senior Exercise sponsored by Senior Focus of Monadnock Family Services.

**Acknowledgements:** This 6th edition of the FACT Book was produced with funds from community partners whose ads are found in the back of the guide. Guide research and updates were accomplished through the joint efforts of Mary Drew, Monadnock ServiceLink; the River Center Advisory Committee; Andrea Gilbert and Karen Day, The Under One Roof Project. Volunteer Barbara Neol, of Peterborough, spent a weekend copy editing the entire manuscript. A special thank you goes to Karen Day, who devoted much time and energy to ensuring the accuracy of information, and producing a readable and attractive layout.

River Center Advisory Committee members include Liz Broderick and Jane LaPointe, The Family Center; Louise Bergeron and Erika Alusic-Bingham, Southern NH Services, Inc.; Tina Kriebel, PEAK; Nancy Clarke, Monadnock Community Hospital; Chris Selmer, Senior Focus and Monadnock Adult Care Center; Andy Linn and Hope Pettegrew, Monadnock Area Transitional Shelter; Stephanie Kimber, MAPS Counseling; and Andrea Gilbert, the Under One Roof Project.

We invite participation of community members of all ages and abilities in the development of The River Center. This Center is in the community, of the community and for the community! Consequently, there is much to do to continue to create and sustain a dynamic organization that offers a variety of programs and services under one roof.

The River Center  
924-4800

**The River Center  
and its  
Community Partners  
are pleased to bring you this  
6th edition of  
The FACT Book.**



**Monadnock Center  
for Violence Prevention**

12 Court Street, Keene, New Hampshire 03431  
(603) 352-3782 or 1-888-511-MCVP  
[www.mcvprevention.org](http://www.mcvprevention.org)



225 Concord Street ♦ PO Box 28 ♦ Peterborough, NH 03458  
603-924-3326 ♦ Fax 603-924-3328

Building community bridges to support people of all ages and abilities



**UNDER ONE ROOF**  
P r o j e c t

*At The River Center: A place for community resources and connections*

Supporting people of all ages  
and abilities to fully participate in community life

- ♦ Family Support Programs
- ♦ Community connections
- ♦ Mini-grants for community projects
- ♦ Recreation and employment opportunities development
- ♦ Information and referral

Funded by the Federal Administration for Developmental Disabilities,  
Family Support 360 Program, 2004 - 2009

[www.underoneroofproject.org](http://www.underoneroofproject.org)  
[information@underoneroofproject.org](mailto:information@underoneroofproject.org)  
603-924-2159



empowering individuals with developmental disabilities, their families, and their communities.

# Commitment.

Our focus is on care, compassion, and exceptional  
therapeutic, educational, and rehabilitative programs.



Crotched Mountain School

Outpatient Services

Wonderworks - Early Childhood Education

Brain Injury Center

Children's Specialty Hospital



**CROTCHED MOUNTAIN**

800.966.2672 - 603.547.3311

**[www.crotchedmountain.org](http://www.crotchedmountain.org)**



## WHO WE ARE

Monadnock Developmental Services (MDS) is the designated Area Agency providing supports and services to people with developmental disabilities in the southwestern corner of New Hampshire.

## WHAT WE DO

MDS helps people with developmental and other disabilities to live, work, learn and grow in their communities. Our services reflect a philosophy of inclusion, self-determination and individuality for all people who are at risk of isolation as a result of their disabilities.

## HOW WE DO IT

We accomplish this through a network of contract agencies which provide the individualized support people need to live as creative and contributing members of their communities.

## WHO WE SERVE

MDS helps people with developmental and other disabilities including cerebral palsy, autism, epilepsy, severe learning problems and acquired brain disorders. We also provide support to families who have children with chronic health conditions or infants with possible developmental delays, as well as personal care services to elderly and chronically ill adults.

## WHERE WE SERVE

Alstead	Hinsdale	Sharon
Antrim	Jaffrey	Stoddard
Bennington	Keene	Sullivan
Chesterfield	Lyndeborough	Surry
Dublin	Marlborough	Swanzy
Fitzwilliam	Marlow	Temple
Francestown	Nelson	Troy
Gilsum	New Ipswich	Walpole
Greenfield	Peterborough	Westmoreland
Greenville	Richmond	Winchester

## MDS has two locations:

121 Railroad Street Keene, NH 03431 Phone: 603-352-1304 Fax: 603-352-1637	45 Main Street, Suite 2A Peterborough, NH 03458 Phone: 603-924-4203 Fax: 603- 371-9030
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**OF GREATER PETERBOROUGH**

46 Concord Street

P.O. Box 207

Peterborough, NH 03458

603.924.6306

[www.thefamilycenter.us](http://www.thefamilycenter.us)

**AT THE RIVER CENTER**

Encouraging  
and  
Sustaining  
Confident  
Competent  
Connected  
Families  
in the  
Monadnock  
Region

Parent  
Education

Home Visiting  
Early Home Support

On-Going  
Family Support  
Programs

A MONADNOCK UNITED WAY AGENCY

*Are you interested  
in meeting other  
parents in the area?*

*Are you open to  
making new friends  
for yourself and  
your children?*

*Come join us at ...*



## PEAK (Parents Excited About Kids)

We are a member-run group of parents who are creating a community between our families. We play together, learn together and have lots of fun.

Please check out our website for more information or to sign up:

[www.nhpeak.com](http://www.nhpeak.com)

# CREATING POSITIVE CHANGE



*is your  
substance abuse  
prevention coalition*

*Join us.*

*We need your voice,  
your gifts, your energy  
to say yes  
to healthy choices.*

*(603) 924-4981*

## **Club Cannon**

(a.k.a. The Teen Center)

**Rock Shows**

**Movie Nights**

**Movie Chats**

**Fun Trips**

**Dances**

**Improvational Workshops**

We're open Tues thru Saturday.  
Drop in and visit; check us out at

**[www.cpcnh.org](http://www.cpcnh.org)**

**(603) 924-5718**



# **SOUTHERN NEW HAMPSHIRE SERVICES, INC.**

*The Community Action Agency for Hillsborough County*



Office at **The River Center** is open  
Monday through Friday 8:30 to 4:30  
924-2243 or 1-877-757-7048  
[www.snhs.org](http://www.snhs.org)

*Applications taken for:*

- Fuel Assistance Program
- Electric Assistance Program
- Neighbor Helping Neighbor
- Weatherization
- FEMA Emergency Utility Assistance
- Senior Energy Assistance Program
- Various other energy assistance programs

**Family Services and Children's Program**  
Riverview Apartments 924-9601



## **HCS - Home Healthcare, Hospice and Community Services**

### Care at home

- ♦ Visiting Nurses
- ♦ Hospice
- ♦ Help with personal care and household

### Community Services

- ♦ Prenatal Care
- ♦ Well Child Services
- ♦ Nurse Is In Clinics
- ♦ Foot Care Clinics

**Call (603) 352-2253 or 1-800-541-4145**

**[www.hcsservices.org](http://www.hcsservices.org)**

**HCS is a Medicare certified United Way Agency  
serving people of all ages in the Monadnock Region**

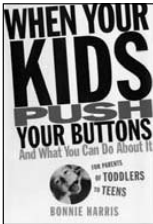


# MAPS Counseling Services

*Professionally Integrating  
Psychotherapy & Spirituality*

44 Concord St.  
Peterborough, NH  
03458  
(603) 924-2240

19 Federal St.  
Keene, NH  
03431  
(603) 355-2244



- Talks and Keynote Addresses
- Parent Workshops
- Phone Coaching
- One-on-One Counseling
- Buttons Certification Training

**Bonnie Harris Core Parenting**  
606.924.6639 [www.bonnieharris.com](http://www.bonnieharris.com)



## MONADNOCK FAMILY SERVICES

individual, family & group counseling  
case management • crisis intervention  
community support for persons with major mental illness  
addiction treatment • medication evaluation & monitoring  
home-based family support • employee assistance program  
mediation • adult day care • community education  
prevention • volunteer center

### ***Eastern Region Offices***

Eastern Region Central Office  
30 Grove Street, Suite 2E  
Peterborough, NH 03458  
924-7236

Jaffrey District Office  
47 North Street  
Jaffrey, NH 03452  
532-4291

Antrim Office  
Antrim, NH 03440  
924-7236





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