

SUPPORT GROUPS AND RESOURCES OF THE EASTERN MONADNOCK REGION

This guide was produced by the Be The Change — Behavioral Health Task Force, a group that has come together to offer support to community partners seeking to collaborate and address substance use disorders and behavioral health in the Monadnock Community Hospital service area. The main focus of the group is to develop action plans for education, awareness, prevention, and rehabilitation in the Eastern Monadnock Region. We understand that navigating where to go and what next steps to take is not an easy task, and together this group is finding ways to help families and individuals who are dealing with these challenging issues.

The Task Force was formed in early 2014 as a result of a collaborative effort between many local human service agencies who participated in the Monadnock Community Hospital Community Health Needs Assessment.

The Needs Assessment was a comprehensive effort that looked at both quantitative and qualitative data to identify the top 40 health needs in MCH's primary service area. Ten of the top 40 identified needs were directly linked to either substance use or behavioral health.

We hope that you find this publication useful and are able to share these local resources with your friends and family. If you have any questions about our team or would like to get involved, please contact LeeAnn Clark at 924-1700.

Special thanks to the advertisers on the back page for their support.

Looking for someone to talk to?

ALCOHOLICS ANONYMOUS

For those who have a desire to stop drinking alcohol.
Hotline: 800-593-3330. www.nhaa.net.

Sunday

Antrim:
Avenue A Teen Center. 6-7 p.m. Meeting. 588-2620. www.grapevineNH.org.

Peterborough:
Monadnock Community Hospital. 8-9 a.m. Meeting. 924-7191. www.monadnockhospital.org.

Monadnock Community Hospital. 10:30-11:30 a.m. Meeting. 924-7191. www.monadnockhospital.org.

Monadnock Community Hospital. 7:30-8:30 p.m. Beginner's meeting. 924-7191. www.monadnockhospital.org.

Monday

Antrim:
Avenue A Teen Center. 5:30-6:30 p.m. Meeting. 588-2620. www.grapevineNH.org.

Jaffrey:
United Church of Jaffrey. 6-7 p.m. Beginner's meeting. 532-7047.

Peterborough:
Union Congregational Church. 7-8 a.m. Meeting. 924-3272.

Unitarian Universalist Church. 7-8:15 p.m. Meeting. 924-6245.

Tuesday

Dublin:
Dublin Public Library. 6:45-7:45 p.m. Meeting. 563-8658.

Peterborough:
Unitarian Universalist Church. 10:30-11:30 a.m. Meeting. 924-6245.

All Saints' Church. 7-8 p.m. Meeting. 924-3202.

Rindge:
Franklin Pierce University. 7-8 p.m. Northwoods Bldg. Meeting. 899-4000.

Wednesday

Dublin:
Dublin Community Church. 7:30-8:30 p.m. Meeting. 563-8139.

Greenfield:
Greenfield Meeting House. 7:30-8:30 p.m. End of the Road.

Jaffrey:
United Church of Jaffrey. 6-7 p.m. Meeting. 532-7047.

Jaffrey Center:
First Church in Jaffrey. 8-9 p.m. Men's meeting. 532-7979. www.firstchurchinjaffrey.org.

Peterborough:
Union Congregational Church. 7-8 a.m. Meeting. 924-3272.
Trinity Evangelical Church. 7-8 p.m. Speaker group. 924-6438. www.trinityevchurch.org.

Thursday

Greenville:
Greenville Community Church. 7-8 p.m. Meeting. 878-1214.

Peterborough:
All Saints' Church. Noon-1 p.m. Meeting. 924-3202.

All Saints' Church. 8-9 p.m. Men's stag group. 924-3202.

Union Congregational Church. 7-8 p.m. Original discussion. 924-3272.

Rindge:
Franklin Pierce University. 7-8 p.m. Northwoods Bldg. Meeting. 899-4000.

Friday

Hancock:
Hancock Town Office. 7:30-8:30 p.m. Live Grapevine discussion. 525-4441. www.hancocknh.org.

Jaffrey:
United Church of Jaffrey. 7-8:15 p.m. Speakers group. 532-7047.

Peterborough:
Union Congregational Church. 7-8 a.m. Meeting. 924-3272.

Saturday

Peterborough:
Monadnock Community Hospital. 9-10:15 a.m. EDANB women's meeting. 924-7191. www.monadnockhospital.org.

Monadnock Community Hospital. 7-8 p.m. Saturday Nite Live. Conf. Rm. 3. Trinity Evangelical Church. 9-10 a.m. Big Book Step Study.

Rindge:
Monadnock Full Gospel Church. Saturdays, 7-8 p.m. Meeting. 899-2815.

AL-ANON

For those who are dealing with an alcoholic or affected by someone else's drinking.

Monday

Peterborough:
United Methodist Church. 7-8 p.m. 924-4294. For more information about Alanon: 645-9518. nhal-anon.org.

Wednesday

Avenue A Teen Center. 6-7 p.m. Meeting. 588-2620. www.grapevineNH.org.

ALATEEN

For teens (ages 13-19) who are affected by someone else's drinking. If

there is no Alateen meeting available to you, you are always welcome to attend an Al-Anon meeting.

Friday

Peterborough:
ConVal High School. 10:20-11 a.m. Drop in or contact avenueateencenter@gmail.com to be directed to the coordinators of the program. Children who are homeschooled or educated privately are also welcome. nhal-anon.org.

BEREAVEMENT SUPPORT

Monday

Peterborough:
HCS: Home Healthcare, Hospice and Community Services. First Mondays, noon-1 p.m. Drop in. Books, materials also available. No registration necessary. 352-2253. Free. 800-541-4145. www.hcsservices.org.

Tuesday

Keene:
HCS: Home Healthcare, Hospice and Community Services. Second, fourth Tuesdays, 10-11:30 a.m. Drop in. No registration necessary. 352-2253. Free. 352-2033 or 800-541-4145. www.hcsservices.org.

LGBT SUPPORT

Group for lesbian, gay, bisexual, and transgender people, family members, or friends who are seeking support.

Saturday

Keene:
64 Beaver St. 11 a.m.-12:30 p.m. For ages 18-plus. Monadnock Area Peer Support Agency. Damien Licata, MAPS executive director: 352-5093. Free.

MENTAL HEALTH SUPPORT

NAMI supports family members and parents who have a loved one with mental illness.

Regional

Suicide Prevention Lifeline
National lifeline. 1-800-273-TALK.
www.suicidepreventionlifeline.org.

Tuesday**Keene:**

St. James Episcopal Church. Third Tuesdays, 6:30-8:30 p.m. NAMI. For families coping with mental illness. NAMI: 357-5615 or info@naminh.org. 352-1019.

Wednesday**Peterborough:**

Monadnock Community Hospital. Third Wednesdays, 6-7:30 p.m. Conf. Rm. 3. NAMI. For families coping with mental illness. NAMI: 763-5054 or info@naminh.org. 924-7191. www.monadnockhospital.org.

Thursday**Keene:**

Keene Serenity Center. Thursdays, 5:15-6:30 p.m. Weekly open enrollment. Provides skills training for working with addictive thoughts, feelings and behaviors using techniques of yoga and mindfulness meditation. rebeccaLmarshall@hotmail.com or 355-7715.

Friday

Peterborough Peers: A safe place for adults with a psychiatric diagnosis or emotional challenges to connect, share and give/receive support."

Sponsored by: The Monadnock Area Peer Support Agency and is led by a trained peer facilitator
Free. Friday 11 a.m.-noon

The River Center, 44 Concord St. Peterborough

NARCOTICS ANONYMOUS

For those who have a desire to stop using drugs

Monday**Milford:**

Unitarian Universalist Church. 7-8:15 p.m. We need help group. Front door. Hotline: 888-NA-HELP-YOU. www.nerna.org.

Wednesday**Bennington:**

Bennington Congregational Church. 7:30-8:30 p.m.

Meeting. Hotline: 888-NA-HELP-YOU. www.nerna.org.

Thursday**Marlborough:**

Marlborough Community House. 7:30-8:30 p.m. We can group. Front door. Hotline: 888-NA-HELP-YOU. www.nerna.org.

OVEREATERS ANONYMOUS

A 12-step program for people with problems related to food including compulsive overeaters, binge eating disorder, bulimics and anorexics. Anyone with a problematic relationship with food is welcomed.

Sunday**Peterborough:**

Monadnock Community Hospital, Conference Room 1
Every Sunday 6 - 7:30 p.m.

Tuesday**Peterborough:**

Monadnock Community Hospital, Conference Room 3
Every Tuesday 6 - 7 p.m.

PARENTING SUPPORT**Monday****Antrim:**

The Grapevine 9:30-11:30 a.m. Better Beginnings parent-child group. 588-2620 or www.grapevინeh.org

Tuesday**Antrim:**

The Grapevine 9:30-11:30 a.m. Better Beginnings parent-child group. 588-2620 or www.grapevინeh.org

Peterborough:

Moms Meet Moms. Bond Wellness Center Conference Room. Tuesdays 10 - 11:30 a.m.

The River Center 9:30-11:30 a.m. Parent-Child Connection group ages pre-Teen - Teen. 924-6800 www.rivercenter.us

Wednesday**Antrim:**

The Grapevine 10-11:30 am. Better Beginnings for Babies, led by a parent educator. 588-2620 or www.grapevინeh.org

Peterborough:

The River Center 9:30-11:30 a.m. Parent-Child Connection group ages 0 - 5. 924-6800 www.rivercenter.us

Thursday**Antrim:**

The Grapevine 9:30-11:30 a.m. Better Beginnings parent-child group. 588-2620 or www.grapevინeh.org

Peterborough:

The River Center 9:30-11:30 a.m. Parent-Child Connection group ages 6 - 13. 924-6800 www.rivercenter.us

Friday**Jaffrey:**

The Unitarian Church of Jaffrey 9:30-11:30 a.m. Parent-Child Connection group mixed ages. rivercenter.us

PEER TO PEER SUPPORT GROUP

FASTER: Families Advocating Substance Treatment, Education & Recovery

Peterborough:

Monadnock Community Hospital

Local treatment facilities**INPATIENT AND OUTPATIENT TREATMENT FACILITIES**

For a full listing of Treatment Facilities, please visit:
www.dhhs.nh.gov/dcbcs/bdas/documents/guide.pdf
or nhtreatment.org.

Brattleboro Retreat

Brattlebororetreat.org

1 Anna Marsh Lane, Brattleboro, VT 05302
(802) 258-3700

Farnum Center

nh.easterseals.com

140 Queen City Ave, Manchester, NH 03103
(603) 622-3020

Headrest

www.headrest.org

14 Church Street
Lebanon, NH 03766
(603) 448-4400

Keystone Hall

keystonehall.org

615 Amherst St, Nashua, NH 03063
(603) 881-4848

Odyssey Family Center

367 Shaker Road
Canterbury, NH 03224
(603) 783-7017

Southeastern NH Alcohol & Drug Abuse Services

272 County Farm Road
Dover, NH 03820
(603) 749-3981

Serenity Place

serenityplace.org
101 Manchester Street
Manchester, NH 03105
(603) 625-6980

Bond Wellness Center Conference Room
Every Thursday 7:00pm - 8:30pm
Contact Sue for more information (603) 244-0762

Keene:

Unitarian Universalist Church, Washington Street
1st and 3rd Tuesday of the Month 7:00pm-8:30pm
Contact Melinda for more information 239-4063

TOBACCO- PULMONARY SUPPORT**Wednesday****Keene:**

Tobacco Free or Trying to Be. Cheshire Medical Center, Conference Room 6. First Wednesday of every month at 5:30. 354-5454 ext 2306 .

Friday**Peterborough:**

Monadnock Easy Breathers. Bond Wellness Center at Monadnock Community Hospital. Fourth Friday of the month. 1:30 to 3 p.m. Contact Essy at 924-7191 ext. 4291.

Quit To Be Fit. Bond Wellness Center at Monadnock Community Hospital. Six-week program. Contact Essy at 924-7191 ext. 4291.

Phoenix House of New England (PHNE)

www.phoenixhouse.org

PHNE Franklin Center

14 Holy Cross Road, Franklin, NH
603-934-5297

PHNE Phoenix Academy at Dublin (youth)

3 Pierce Road, Dublin, NH
603-563-8107

PHNE Dublin Center/Adult Residential

3 Pierce Road, Dublin, NH
603-563-8501

PHNE Keene Center

106 Roxbury Street, Keene, NH
603-358-4041

METHADONE TREATMENT FACILITIES

methadonetreatment.com

Concord Metro Treatment Center

100 Hall Street, Concord, NH
603-229-4260

Keene Metro Treatment Center

1076 West Swanzey Road, Swanzey, NH
603-358-0050

Manchester Metro Treatment Center

228 Maple Street, Manchester, NH
603-622-3020

Somersworth Methadone Clinic

csachelp.com
200 Route 108, Somersworth, NH
603-953-0077

Habit OPCO

Habitopco.com
20 Market Street, Manchester, NH
603-622-4747

WHO WE ARE

The members of the Be The Change — Behavioral Health Task Force. Front row, left to right: Lee Potter, Pam Murphy, LeeAnn Clark, Heidi Schultz, Heather McKernan, Arlene Soule and Kathleen Robbins. Back row, left to right: Polly Morris, Ron Smith, Kevin Holfelner and Sadie Halliday. Missing from picture: Mary Drew, Barbara Somero, Donna Infante, Samantha Nolte, Tricia Wadleigh, Karen Langlely, Laura Gingras, Chris Thigpen, Dennis Calcutt, Judi Bernardi, Kate McPherson, Kim Chandler, Laura Sebert, Sue Cullinane, Lt. Terry Choate, Ethan Shipley, Natalie Neilson and the 12-Step program representative.

Family resource guide

DIAL 211 – Services Information in New Hampshire
www.211.org/

DIAL 911 – For all Emergencies

COMMUNITY SERVICES

City of Keene Youth Services	357-9810
ci.keene.nh.us	
Community Kitchen	352-3200
thecommunitykitchen.org	
Monadnock United Way Help Line	352-1999
muw.org	
Peterborough Food Pantry	924-3008
Salvation Army	352-0607
use.salvationarmy.org	
Service Link Hotline-Elderly Assist.	1-866-634-9412
Southwestern Community Services	352-7512
www.scshehelps.org	
The FACT book	
www.factbook.rivercenter.us/	

FOR PARENTS & KIDS

Acting Out Improv Theater	355-3040
mfs.org	
Avenue A Teen Center	588-2620 option 1
www.grapevine.org	
Big Brothers Big Sisters	352-9536
BBBSNH.org	
Boys & Girls Club of Souhegan Valley	672-1002
www.svbhc.org	
Clark Memorial YMCA	(978) 297-9622
www.theclarkymca.org/	
Keene Family YMCA	352-6002
keene-ymca.org	
Fire Department Explorer Group (for ages 14-18)	
Keene	757-1862
Peterborough	924-8090 ext. 298
trevor.anderson@firerescue.us	

Parks & Recreation

Antrim	www.antrimnh.org	588-6785
Dublin	townofdublin.org	563-8544
Greenfield	greenfield-nh.gov	547-3442
Greenville	greenvillenh.org	878-4674
Franchestown	franchestown-nh.gov	547-3469
Hancock	Hancock-nh.gov	525-4441
Jaffrey	town.jaffrey.nh.us	532-7445
Lyndeborough	town.lyndeborough.nh.us	654-5955
New Ipswich	niparksandrec.com	878-4835
Peterborough	peterboroughrec.com	924-8080
Keene	ci.keene.nh.us	357-9829
Rindge	rindgenh.org	899-6847
Parent Help & Resources Website	monadnockparents.org	
Peterborough Town Library		924-8040
peterboroughtownlibrary.org		

Race Against Drugs (RAD)	765-0947
(Saturdays April – October)	
The Grapevine	588-2620
grapevinnh.org	
The River Center	924-6800
rivercenter.us	
Youth Help & Resource Website	
monadnockteens.org	

COUNSELING SERVICES

Antioch Psychological Services	357-1024
antiochne.edu/psc	
Cheshire Mediation	358-3322
cheshiremediation.com	
Child & Family Parent Line	1-800-640-6486
cfsnh.org	
MAPS	355-2244
www.mapsnh.org	
Monadnock Behavioral Health	924-4690
www.monadnockcommunityhospital.com	
Monadnock Family Services	357-4400
mfs.org	

FAMILY HEALTH SERVICES

NH Healthy Kids, Keene	354-6674
HCS Prenatal Program	352-2253
hcsservices.org	
Planned Parenthood	352-6898
ppnne.org	
Pregnancy Resource Center	358-6460
pregnancyoptionskeene.org	
Partners in Health	352-1304
AIDS Services	357-6855
asmronline.org	
Cheshire Medical Center	354-5400
Monadnock Community Hospital	924-7191

DATING/DOMESTIC VIOLENCE

Monadnock Center for Violence Prevention	352-3782
mcpvprevention.org	
NH DCYF Hotline (Child abuse/neglect)	1-800-894-5533
Rape & Assault Hotline	1-888-511-6287

TREATMENT & RECOVERY FOR ALCOHOL, TOBACCO & OTHER DRUGS

NH Statewide Treatment Resource Guide	
http://www.dhhs.nh.gov/dcbcs/bdas/documents/guide.pdf	
Addiction Signs & Symptoms To Look For:	
http://www.phoenixhouse.org/prevention/signs-and-symptoms-of-substance-abuse	
Phoenix House Central Intake	358-4041
phoenixhouse.org	

Alcoholics Anonymous Hotline	1-800-593-3330
usrecovery.info	
Monadnock Substance Abuse Services	357-4400
mfs.org	
Narcotics Anonymous (NA)	1-888-624-3578
gsana.org	
National Institute on Drug Abuse	1-800-662-4357
drugabuse.gov	
Parents: The Anti-Drug	1-855-378-4373
drugfree.org	
Al-Anon for NH Support Groups	1-888-425-2666
Alateen of Keene Support Group	759-0732
Drugs Guide	
drugfreenh.org/drug-guide	
Keene Serenity Center	286-5015
keeneserenitycenter.org	
Cheshire Coalition for Tobacco Free Communities	354-6513

AGENCIES & HELPFUL WEBSITES

Hundred Nights Shelter	352-5197
Hundrednightsinc.org	
Adult Learning Serv/Comm. Education	357-0088
keenecommunityed.org	
American Red Cross NH West	352-3210
Contocook Valley Transportation Company	821-4081
cvtc-nh.org	
Legal Aid	1-800-639-5290
nhlegalaid.org	
Monadnock Adult Day Care Center - Jaffrey	532-2426
Monadnock Area Peer Support	352-5093
www.monadnockpsa.org	
Monadnock Area Transitional Shelter	924-5033
matsnh.org	
Monadnock Developmental Services	352-1304
mds-nh.org	
Monadnock United Way	352-4209
muw.org	
N.H. Legal Assistance	1-800-562-3994
nhla.org	
Parent Information Center	224-7005
parentinformationcenter.org	
Division for Children, Youth and Families	357-3510
dhhs.state.nh.us	
Samaritans Suicide Help	357-5505
samaritansnh.org	
Shelter From the Storm	532-8222
shelterfromthestormnh.org	
Southwestern Community Services	352-7512
scshelps.org	

PREVENTION COALITIONS

Winchester ACCESS	209-5965
accessprograms.org	
Monadnock Alcohol and Drug Abuse Coalition	719-4150
www.madacnh.org mdrew@scshelps.org	
Monadnock Voices for Prevention	357-1922
monadnockvoices.org	

For more support group listings, see the community calendar in Tuesday editions of the Monadnock Ledger-Transcript. To update support group information, email news@ledgertranscript.com.

Discover a Life of Permanent Sobriety

Benchmark
Recovery Center

For information about our programs, contact Chris Thigpen at 617-458-0134 or via email at cthigpen@benchmarkcenter.com.
www.BenchmarkCenter.com

168397

Speak Up ... Speak Out

Every Voice Makes a Difference

105 Castle Street, Keene, NH 03431
603-357-1922
www.monadnockvoices.org

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Caring for our community is no small feat.
Then again, maybe it is.

Monadnock
COMMUNITY HOSPITAL

Your life. Your health. *Your Hospital.*

452 Old Street Road | Peterborough, NH 03458
www.monadnockhospital.org

168362

Gentle and safe dental care for the whole family!

Signature Smiles
Dental

Allow us to help you create your signature smile

Dr. Jennifer A. Charland, DMD
31 Sonja Drive, Suite 3
Rindge, NH 03461
603-899-2422

Now Accepting New Patients

Gum disease can cause serious overall health issue! Nearly 80% of all people have some manner of gum disease. Gum disease is often overlooked by many people but if left untreated, gum disease can have far reaching and serious health implications.

Meet regularly with your dentist and take what preventative measures you can in order to spare yourself some serious illness down the road.

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Nitrous Oxide Available • Single Visit Crowns & Onlays • Cosmetic Dentistry • Metal-Free Fillings
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