

# Family Resource Guide

2023



Please enjoy our **Family Resource Guide**

including information on where to find assistance in a variety of areas.

If there is anything not covered on this list, or you have any questions,

please feel free to contact Whole Village at  
(603) 536-3720

*We are providing these resources on an informational basis only. Services, fees, and contact information change often. If any information is inaccurate, please let us know. Thank you!*

## WHOLE VILLAGE FAMILY RESOURCE CENTER

Granite United Way  
graniteuw.org



258 Highland Street, Plymouth, NH 03264  
(603) 536-3720 FAX (603) 536-1175

The Whole Village Family Resource Center, an initiative of Granite United Way, is a collaborative of health and human service agencies, a partnership of people and programs aimed at enhancing the lives of families and children.

## Inside this guide:

|   |       |
|---|-------|
| Crisis Information  | Pg. 2 |
| Clothing & Material Assistance  | Pg. 2 |
| Employment, Financial Assistance & Legal Advocacy                     | Pg. 2 |
| Family Supports   | Pg. 3 |
| Food Pantries, Vouchers & Meals Served                                | Pg. 2 |
| Fuel, Transportation & Housing  | Pg. 2 |
| Libraries   | Pg. 3 |
| Medical, Dental, Vision & Recovery Services                           | Pg. 3 |
| Recreation & Mentoring Programs                                       | Pg. 3 |
| State Resources and Information & Referral                            | Pg. 3 |
| Volunteer Opportunities   | Pg. 3 |
| Whole Village Family Resource Center—Our Services, & On Site Agencies | Pg. 4 |

## Crisis Information

Emergency Police and Fire ----- 911

211 NH ----- 211



|   |              |
|---|--------------|
| Domestic Violence/Sexual Assault<br>Crisis Line ..... | 877-221-6176 |
| LRMH Emergency on Call Staff .....                    | 603-528-0305 |
| Poison Information Center.....                        | 800-222-1222 |
| Reporting Elder Abuse or Neglect .....                | 800-949-0470 |
| Reporting Child Abuse or Neglect .....                | 800-894-5533 |
| Substance Abuse.....                                  | 800-662-4357 |
| Suicide Hotline.....                                  | 800-784-2433 |



## Clothing, Food & Other Material Assistance

|   |                   |
|---|-------------------|
| Ashland Community Food Pantry, Ashland ( <i>food pantry</i> ) .....   | 603-968-9698      |
| Bristol Community Services, Bristol ( <i>food pantry &amp; material assistance</i> ) .....                                | 603-744-2222      |
| Plymouth Area Community Closet, Plymouth ( <i>food pantry, material assistance, Keep the Heat On</i> ).....               | 603-536-9889/1101 |
| We Care Food Pantry, Plymouth ( <i>food pantry</i> ).....   | 603-923-9456      |
| Life Line Across America ( <i>discounts to low-income consumers for telephone installation &amp; monthly bills</i> )..... | 888-835-5322      |
| Mt. Moosilauke Food Pantry, Warren ( <i>food pantry</i> ).....  | 603-745-8752      |
| Meals for Many, Plymouth ( <i>community meals</i> ).....  | 603-536-2626      |
| Plymouth Regional Sr. Center, Plymouth ( <i>community meals</i> ).....  | 603-536-1204      |
| WIC, Plymouth ( <i>vouchers, food</i> )      Appointments: 603-225-2050      General Information .....                    | 800-942-4321      |

Every town has a Welfare Official; call your town office for assistance for basic necessities such as food, shelter, rent, mortgage payments, heat, light, gas, water, necessary clothing, transportation and prescriptions.

## Employment, Financial Assistance & Legal Advocacy

|   |              |
|---|--------------|
| Child Advocacy Center of Grafton & Sullivan<br>Counties, Hanover & Lebanon..... | 603-653-9012 |
| Consumer Credit Counseling Service .....  | 800-431-8157 |
| Job Corps .....   | 800-733-5627 |
| Legal Advice and Referral Center .....  | 800-224-3333 |
| NH DOJ Consumer Protection Hotline.....   | 888-468-4454 |
| NH Employment Security .....  | 603-524-3960 |
| NH Housing Finance Authority .....  | 800-472-8623 |
| NH Legal Assistance/Civil Legal Services  | 603-223-9750 |
| NH Legal Services/Pro Bono Lawyers.....   | 800-639-5290 |
| Plymouth Area Community Closet.....   | 603-536-9889 |
| Tri County CAP .....  | 603-968-3560 |
| Vocational Rehabilitation<br>& Employment Service .....                         | 800-300-9550 |

## Fuel, Transportation & Housing

|   |              |
|---|--------------|
| AHEAD .....   | 603-444-1377 |
| Bridge House, Shelter .....                             | 603-536-7631 |
| Good News Garage .....                                  | 877-400-6065 |
| Grafton County Homeless Outreach.....                   | 603-444-0184 |
| Habitat for Humanity .....                              | 603-536-1333 |
| Homeless Outreach & Prevention.....                     | 603-443-6150 |
| Keep the Heat On (PACC).....                            | 603-536-1101 |
| Medicaid Client Services ( <i>transportation</i> ) .... | 603-271-4344 |
| NH Electric Co-Op .....                                 | 800-698-2007 |
| NH Housing Finance Authority .....                      | 603-472-8623 |
| Plymouth Regional Senior Center .....                   | 603-536-1204 |
| Eversource .....  | 800-662-7746 |
| Transport Central .....                                 | 855-654-3200 |
| Tri County CAP.....                                     | 603-968-3560 |

## Libraries

|  |              |
|--|--------------|
| Haynes Memorial Library, Alexandria .....  | 603-744-6529 |
| Ashland Town Library .....                 | 603-968-7928 |
| Bridgewater Public Library .....           | 603-968-7911 |
| Minot Sleeper Library, Bristol .....       | 603-744-3352 |
| Campton Public Library .....               | 603-726-4877 |
| Groton Free Public Library .....           | 603-744-3668 |
| Hebron Public Library .....                | 603-744-7998 |
| Holderness Library .....                   | 603-968-7066 |
| Lincoln Public Library .....               | 603-745-8159 |
| Gordon-Nash Library, New Hampton .....     | 603-744-8061 |
| Pease Public Library, Plymouth .....       | 603-536-2616 |
| Byron Merrill Public Library, Rumney ..... | 603-786-9520 |
| Thornton Public Library .....              | 603-726-8981 |
| Joseph Patch Library, Warren .....         | 603-764-9072 |
| Osceola Library, Waterville Valley .....   | 603-236-4730 |
| Webster Memorial Library, Wentworth ...    | 603-764-5818 |
| Moosilauke Library, N. Woodstock .....     | 603-745-9971 |

## Family Supports

|  |              |
|--|--------------|
| Communities for Alcohol- (CADY)<br>& Drug-Free Youth .....   | 603-536-9793 |
| Family Resource Center of Central NH ...<br><i>Step Ahead- Early Intervention-Parenting Classes-Other Supports</i> | 603-524-8811 |
| Lakes Region Community Services .....  | 603-536-4999 |
| NAMI—Nat. Alliance on Mental Illness .....   | 603-225-5359 |
| Whole Village Family Resource Ctr .....  | 603-536-3720 |

## Recreation & Mentoring Programs

|  |              |
|--|--------------|
| Campton Parks & Recreation .....           | 603-726-3931 |
| Circle Program .....                       | 603-536-4244 |
| Girl Scouts of Green & White Mountains ..  | 603-627-4158 |
| Mayhew Program .....                       | 603-744-6131 |
| Pemi Youth Center .....                    | 603-536-7264 |
| Plymouth Parks & Recreation .....          | 603-536-1397 |
| Tapply-Thompson Community Center .....     | 603-744-2713 |
| Waterville Valley Parks & Recreation ..... | 603-236-4695 |

*Contact your local town or Parks & Recreation department*

## Medical, Dental, Vision & Recovery

|   |              |
|---|--------------|
| American Cancer Society<br>Road to Recovery ..... | 800-227-2345 |
| American Red Cross .....                          | 800-733-2767 |
| Haven Pregnancy Services .....                    | 603-536-2111 |
| Dept. of Health & Human Services .....            | 800-942-4321 |
| Cerner Charitable Foundation .....                | 603-271-4525 |
| Lakes Region Mental Health .....                  | 603-536-1118 |
| Mid State Health Center, Plymouth .....           | 603-536-4000 |
| Mid State Health Center & Dental, Bristol         | 603-744-6200 |
| NH Donated Dental Services .....                  | 800-292-1241 |
| New Hampshire Medicaid .....                      | 800-322-9191 |
| Oral Health/Medicaid Client Services .....        | 800-852-3345 |
| PARC (Plymouth Area Recovery Connect.)            | 603-238-3555 |
| Pemi-Baker Hospice and Home Health .....          | 603-536-2232 |
| RISE/Mid-State IOP Recovery Services .....        | 603-536-4000 |
| Speare Memorial Hospital .....                    | 603-536-1120 |

## State Resources and Information & Referrals

|   |  |
|---|--|
| <b>211 NH</b> .....                       | <b>Dial 211</b><br><i>Initiative led by United Ways of New Hampshire that connects callers, at no cost, to information about critical health and human services available in their community</i> |
| NH Dept. of Health & Human Services ..... | 603-524-4485   |
| NH Parent Information Center .....        | 603-224-7005<br><i>Supports families with the unique learning potentials of their children, including children with disabilities</i>   |
| ServiceLink Resource Center .....         | 603-536-3056<br><i>Community-based connections for elders, adults with disabilities and their families</i>   |

## Volunteer Opportunities

|                          |   |
|--------------------------|---|
|                          | Dial 211<br>Or visit <a href="http://www.211nh.org">www.211nh.org</a>             |
| Transport Central .....  | 855-654-3200  |
| Granite United Way ..... | 603-625-6939<br>Or visit <a href="http://www.graniteuw.org">www.graniteuw.org</a> |





# WHOLE VILLAGE FAMILY RESOURCE CENTER

—Supports, Services & Independent Agencies on Site—



## Bridge House 536-7631

Bridge House is a 20 bed, emergency & transitional shelter for families & single men or women. A primary focus is to help residents access necessary services, benefits and/or employment & to secure affordable housing.

## NH Vocational Rehabilitation 752-2271

Vocational Rehab encompasses a variety of services and supports designed to help people with disabilities set and achieve their employment goals.

## PARC 238-3555

Plymouth Area Recovery Connection provides a caring & supportive environment for anyone working to recover from addiction. PARC communicates a message of hope; links individuals with treatment & peer support services; and facilitates the development of healthy & sustainable lifestyles.

## Family Resource Center of Central NH/LRCS 581-1560

Home visitation is available for parents with children under the age of 21. Staff members will be at Whole Village three days each week.

## RISE/Mid-State IOP 536-4000 X8000

Provides individualized substance use disorder services in an intensive outpatient program providing supports for all levels of recovery.

## Lakes Region Community Services 536-4999

LRCS supports individuals and families living with developmental disabilities or acquired brain disorders and providing community-wide family supports to enhance quality of life.

## Transport Central 855-654-3200

We serve seniors age 60+, individuals with disabilities and those on Medicaid, Well Sense and NH Healthy Families with a transportation need to medical appointments.

## Erin Klasen-Orr, LICSW 307-690-9204

Licensed, independent clinical social worker serving individuals and groups.

## Whole Village Community Meeting Space 536-3720

The Whole Village offers meeting space to community groups of all types. Types of meetings range from support groups, program activities, training events and community networks.

## Whole Village Family Services 536-3720 x106

The Whole Village Family Services Coordinator provides needs assessments, case management, education programming and confidential collaboration with other agency providers. There is no charge for these services.

## Nurturing Skills for Families 536-3720 x106

A weekly workshop held Monday evenings on basic parenting skills. These are presented in an 8-week series. A meal precedes the workshop & childcare is provided.

## Grafton County Alternative Sentencing 787-2042

Programs seek to provide an alternative to the traditional juvenile justice system for first time offenders, and for individuals with a mental illness, or drug and alcohol addiction.

## Grafton County Child Advocacy Center 653-9012

The Child Advocacy Center (CAC) of Grafton and Sullivan Counties coordinates services and interventions for children.

## RAISE Children Play Groups 536-3720

Free play groups for children ages 0-4. Socialization, sensory exploration, Music & fun! Must be accompanied by adult. raisechildren0123@gmail.com

## NH Works 524-3960

WEDS. from 9AM-3PM  
NH Works (NH Employment Security) is on-site at Whole Village on Wednesdays to facilitate area residents in applying for unemployment benefits, accessing support and seeking re-employment.

## Pemi Baker Literacy 536-2998

Provides free one-to-one tutoring for adults over 18 who have less than a high school diploma, assists in obtaining GED and provides English as a second language classes.

## Plymouth Head Start 536-1393

This program provides comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop early reading and math skills.

## Grow & Thrive Counseling 238-9503

Jane Merrithew, LCMHC  
Providing help for children and their families. Therapy- Consulting- Groups Workshops & Trainings

## UNH Cooperative Extension Nutrition Connections 536-3720 x103

Provides educational programming to limited income individuals, seniors, groups, and youth to teach the basics of nutrition, food safety, shopping wisely for food, menu planning and reading food labels.



**TIMES MAY VARY OR CHANGE - CALL AGENCY TO CONFIRM**

