

Community Resources for Families in the Lakes Region

Food Pantries, Vouchers & Meals Served

- Alton Community Food Pantry: 875-2273
- Bristol Community Services: 744-2222
- Calvary Bible Church: 279-6025
- Campton Area Resource Center: 236-6232
- Center Harbor Food Pantry: 253-8008
- First Fruits Food Pantry: 524-5996
- Food Stamp Program: 524-4485
- Gilmanton Community Church: 267-6150
- Good Shepherd Lutheran: 528-1078
- LR Vineyard Church Soup Kitchen: 524-5895
- Meals on Wheels: 524-7689
- Salvation Army-Friendly Kitchen: 524-1834
- St. Joseph Catholic Church: 267-8174
- St. Vincent de Paul: 524-5470
- United Baptist Church: 524-8775
- WIC: 1-800-578-2050
- Whole Village Family Resource Center: 536-3720

Recreation & Early Learning

- Alton Parks & Recreation: 875-0109
- Boys & Girls Club: 528-0197
- Child Care Resource & Referral: 1-855-393-1731
- Family Resource Center of Central NH: 524-8811
- Family Resource Connection: 1-800-298-4321
- Gilford Parks and Recreation: 527-4722
- Laconia Community Center: 524-5046
- Laconia Head Start/Early Head Start: 528-5334
- Meredith Community Center: 279-8197
- Parents & Children Together (PACT): 528-4048
- Pemi Youth Center: 536-7264
- Pines Community Center: 286-8653
- Prescott Farm Audubon Center: 366-5695
- Tapply-Thompson Community Center: 744-2713
- **OR contact your local Parks & Rec.**

Employment, Financial Assistance & Legal Advocacy

- CCCS: Credit Counseling Services: 224-6593
- Greater Lakes Child Advocacy Center—*Child Abuse/Crisis Intervention*: 524-5497
- NH Employment Security: 524-3960 / 536-3720
- NH Legal Services: 1-800-639-5290
- Youth Services Bureau—*Alcohol & Drugs Education/Support/Treatment, Counseling, Juvenile Justice Services, Youth Leadership & Development*: 524-9457

Libraries & Story Time

- Belmont Public Library: 267-8331
- Gilman Library, Alton: 875-2550
- Gilford Public Library: 524-6042
- Gilmanton Library: 364-2400
- Gordon-Nash Library, New Hampton: 744-8061
- Hall Memorial Library, Northfield: 286-8971
- Laconia Public Library: 524-4775
- Meredith Public Library: 279-4303
- Minot Sleeper Library, Bristol: 744-3352
- Pease Public Library, Plymouth: 536-2616
- **OR contact your local library**

Playgroups

- Little Pesaukee's Alton Parks & Recreation: 875-0109
- Giggles and Grins: 524-8811
- Gilford Parks and Recreation: 527-4722
- Pemi Youth Center: 536-7264

Mental Health, Counseling, Family Education & Support

- Care Net Pregnancy Center of the Lakes Region: 528-3121
- Child & Family Services of New Hampshire: 524-5835
- Family Resource Center of Central NH: 524-8811
- Genesis Behavioral Health: 524-1100
- Horizons Counseling Center: 524-8005
- New Hampshire Catholic Charities-Laconia: 528-3035
- Partners in Health: 524-8444 or 1-800-656-3333

Crisis Information

- 911
- NH Homeless Hotline: 211
- New Beginnings, Women's Crisis Center: 528-6511
- Poison Information Center: 1-800-222-1222
- Reporting Adult Abuse or Neglect: 1-800-949-0470
- Reporting Child Abuse or Neglect: 1-800-894-5533
- Substance Abuse: 524-8005
- Voices Against Violence: 536-5999

Fuel, Transportation & Housing

- Carey House: 528-8086
- Community Action Program: 524-5512 / 536-8222
- Driver Volunteer Program: 225-1989
- Laconia Area Community Land Trust: 524-0747
- Laconia Housing Authority: 524-2112 / 1-800-439-7247
- Homeless Outreach: 524-0381 / 443-6150
- NH Homeless Hotline: 1-800-852-3388
- Open Arms: 524-4580 / 1-888-759-0939
- St. Vincent de Paul (Gas Vouchers): 524-5470
- The Bridge House: 536-7631
- Transport Central: 855-654-3200
- Winnepesaukee Transit: 528-2496

Clothing & Material Assistance

- Bristol Community Services: 744-2222
- Goodwill Store: 527-1362
- Salvation Army: 524-1834
- St. Vincent de Paul: 524-5470

Volunteer Opportunities

- Call your local Church or Dial 211
- Lakes Region Community Services: 524-8811
- Granite United Way: 524-6864
- Lakes Region Volunteer: 528-6569
- St. Vincent de Paul: 524-5470

State Resources & Information and Referrals

- 211 NH—*Connects callers at no cost to information about critical health and human services available in area:* Dial 211 or visit www.211nh.org
- Family Resource Center of Central NH—*Community-based center for families seeking information, support, and resources:* 524-8811
- NH Division of Health and Human Services: 524-4485
- HealthLink—*Provides information about local physicians and medical providers:* 527-7171
- ServiceLink Resource Center—*Community-based connections for elders, adults with disabilities and their families:* 528-6945
- UNH Cooperative Extension—*Research-based education and information:* 527-5475 / 536-3720

Medical, Dental & Vision

- Community Health and Hospice: 524-8444
- Donated Dental Services: 1-800-292-1241
- Health First Family Care Center: 366-1070
- Children's Medicaid Unit: 1-877-464-2447
- New Hampshire Dental Society: www.nhds.org
- New Hampshire Medicaid: 1-800-852-3345 x 4344
- NH Medication Bridge Program: 225-0900
- Vision USA: 1-800-766-4466

Other Resources

- CADY, Inc.—*Communities for Alcohol & Drug Free Youth:* 536-9793
- Craigslist NH—*Local classifieds and forums for jobs, housing, items for sale, services, and events:* <http://nh.craigslist.org>
- Freecycle—*Post your wants and needs:* www.freecycle.org
- Partners in Prevention—*Lakes Region-Mt. Washington Valley Substance Abuse Prevention Network:* 528-2145
- SafeLink—*Free cell phone & air time for income eligible:* www.safelinkwireless.com