

# Family Resource Guide

## Family Resource Center of Central NH:

**Who we are and what we mean to families and community—**

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of Lakes Region Community Services, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

**INSIDE: Resource Guide for Families  
in Belknap & Southern Grafton Counties**

**BACK: Family Resource Center  
of Central New Hampshire Supports & Services**



*For more information, contact us at:*  
Family Resource Center of Central New Hampshire  
719 North Main Street,  
Laconia, New Hampshire 03246  
524-8811 • [www.lrcs.org](http://www.lrcs.org) • [frc@lrcs.org](mailto:frc@lrcs.org)

In partnership with:



Granite United Way



NEW HAMPSHIRE  
CHARITABLE FOUNDATION

LAKES REGION



The Linden  
Foundation

The Samuel  
P. Pardoe  
Foundation



## 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: 581-1579
- 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
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## 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](http://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](http://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](http://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](http://www.safelinkwireless.com)

***Need help finding a resource? Know of a helpful resource to add to this list?  
Contact us at the Family Resource Center of Central New Hampshire.***

**524-8811 • [www.lrcs.org](http://www.lrcs.org) • [frc@lrcs.org](mailto:frc@lrcs.org)**





# The Family Resource Center of Central New Hampshire Supports & Services

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## **Giggles and Grins—*Early Childhood Playgroup***

Giggles and Grins, a community centered playgroup for children ages birth to age 5, is located at the Family Resource Center in downtown Laconia. At no cost to families, Giggles and Grins early childhood teachers lend their expertise several mornings a week to provide a fun environment at the same time helping children develop strong social and emotional skills. Giggles and Grins also provides parents and caregivers a chance to get together socially and establish friendships.

## **Parenting Education and Support—*Popular Workshops and Classes for Parents & Other Family Members***

Offered year round with formats and topics designed to give parents the support and confidence they need to develop important parenting skills, these popular classes and supports make a real difference for families under stress. Programs are open to the community and childcare and dinner are available free of charge to participants.

## **Early Learning Initiatives—*Off to a Great Start...***

School districts, child care centers, physicians offices and others interested in getting children off to a good start in their early years, work together to develop a variety of programs that prepare young children for success in school and beyond. Popular programs offered throughout the Lakes Region include Born Learning, READY! for Kindergarten, Watch Me Grow and Dolly Parton's Imagination Library.

## **Welcome Baby!—*Connecting Newborns to their Communities***

Welcome Baby! celebrates the birth of a baby with families of newborns residing in Belmont, Gilford, Laconia and Meredith. New families receive a tote full of welcome gifts and information delivered by Family Resource Center volunteers.

## **Step Ahead—*Building a Successful Future for Families with Children***

The Step Ahead Program provides services and supports to families with children under the age of 18. Step Ahead supports are designed to meet the individual needs of families, assisting and enabling them to take control of their own future. Free services include: home visiting, family aides, health education, child development screening, help with community resources and money management. Home Visiting NH is a part of the Step Ahead Program supporting pregnant women under the age of 21 and their newborns.

## **Early Support and Services—*Supporting Healthy Development of Children 3 and Younger***

Early intervention services are available to children birth to age 3 with developmental disabilities or delays who reside in Belknap and Southern Grafton Counties. The program offers support and consultation to parents and or caregivers centered on the developmental needs of the child.

## **The Autism Center of Central NH—*Connecting the Puzzle Pieces for Families***

Empowering parents to educate, encourage, support and advocate for their child with an Autism Spectrum Disorder (ASD), the Autism Center uses evidence based practices together with a child friendly team approach to achieve family and assessment driven objectives. Parents receive training and strategies to achieve successful outcomes in their natural family routines. Programs vary in structure and delivery to meet the specific needs of children and families. Children birth to age 5 with an autism or PDD/NOS diagnosis or those with a provisional diagnosis are eligible for the program which offers center and home based services.

## **Child Care Resource & Referral (CCR&R)—*Child Care Options and Information***

CCR&R helps families looking for quality child care with information and referrals. CCR&R also supports child care providers through education and technical assistance. Operated by Lakes Region Community Services, the referral program is part of Child Care Aware® of New Hampshire serving Belknap and Southern Grafton Counties.

## **Information & Referral Services—*Connecting Families to Resources and Community Supports***

The Family Resource Center works to connect all families with appropriate services and supports.

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