



STRAFFORD COUNTY SERVICE GUIDE

A LISTING OF STRAFFORD COUNTY SERVICES & AGENCIES.

COMPILED BY:
ROCHESTER HOUSING AUTHORITY

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Section 8 or Housing Choice Voucher

Section 8 or the Housing Choice Voucher Program (HCV); also referred to as a Tenant Based Voucher, is a federal housing program providing assistance to low income and very low-income renters limiting the monthly rent payment for the voucher recipient.

To qualify, you must be a low-income person or an extremely low-income person (below 50% of the area median income). This program is available through agencies in various communities as well as the NH Housing Finance Authority. The Rochester Housing Authority is the agency representing Rochester. Each housing authority has its own variable policies and procedures that comply with HUD regulations.

Rental payments are based on your income. The HCV will pay anything above 30% of your adjusted monthly income up to an established fair market rent for the area. The formula for establishing tenant rents varies according to many factors, such as the number of dependents, medical expenses, and utility costs.

The wait period for a Section 8 voucher or HCV varies. Historically there has been great interest in this program, and the wait period has been years. Some housing authorities will even close their wait list because of the expected wait time.

The information regarding the status of the wait list, either open, or closed, will be advertised in the local newspaper on the appropriate dates prior to the list opening or closing.

Project Based Housing Vouchers

Any qualified person or family on the Rochester Housing Authority Project Based Voucher waiting list interested in moving into a specific project that has been awarded Project Based Vouchers (or PBV's), may apply. The owners of the property select families for a particular unit after screening each family, as units become available.

Owners of apartment communities have to be awarded PBV's from an agency and enter into an agreement for a specific term. The vouchers can float in a building, but they cannot exceed the number of awarded vouchers.

Under the tenant-based HCV, the RHA issues an eligible family a voucher and the family select a unit. If the family moves out, the contract with that owner ends, and the family can move with continued assistance to another unit, providing that they continue to meet the requirements of the program. **Under the PBV program**, the RHA enters into an assistance contract with the owner for specified units for a specified term. The RHA refers families from its waiting list to the project owner to fill vacancies. Because the assistance is tied to the unit, a family who moves from the project-based unit does not have the right to continued housing assistance. However, they may be eligible for a tenant-based voucher when one comes available.

Elderly or Disabled Housing

HUD provides assistance to the designated agency, to provide affordable housing for the elderly, disabled, or mixed elderly disabled. Single family homes do not qualify.

Applicants must pass several background checks to be eligible. Age, and/or disability, must be verifiable; the RHA has set an age minimum of 62 to qualify as elderly, and 18 for disabled.

Rent for elderly and disabled units are approximately 30% of the household income. The household's gross income is the amount of income for *all* members of the household. HUD rules allow for some deductions to be made, such as for the elderly, or disabled. Some medical deductions can also be adjusted from your gross income for the purpose of calculating rent.

Family Housing

Family Housing is different from Section 8 in that it makes available affordable housing in a multi-family development owned by the Housing Authority. The application procedure and rules and regulations are the same as those that apply to all public housing programs pertaining to the eligibility. The rent fee is also approximately 30% of the gross family income. **It differs from Section 8 in that the subsidy provided is only useable in the designated multi-family development. It is not transferable.**

The most significant difference between Section 8 and public housing authorities owns and maintain the public housing developments. They manage the HUD funding of Section 8 as well as the tenants in Section 8 apartments. The actual ownership of the apartment is private.

Where do I apply?

To apply for **Emergency Rental Assistance**, contact the **New Hampshire Finance Authority (NHHFA)** by phone and request an **emergency rental declaration form**. They can be reached at **603-472-8623** or find the form on their web page **nhhfa.org**.

You can also write them at **P.O. Box 5087, Manchester, NH 03108**.

To apply for HUD housing through a local housing authority, contact the agency in your city or town. You may apply at multiple authorities, but the local authority gives priority to local residents. **If there is no authority in your area, be sure to contact the NH Housing Authority which prioritizes by date.**

When landlords default on their mortgage

State and local laws regarding the foreclosure process and tenant eviction vary throughout the country. Some states hold that as long as a tenant is in good standing and paying their rent, they cannot be evicted. There is no such statute in New Hampshire where the owner, lessor or mortgage holder may evict the tenant or lessee after notice in writing. A landlord must send to the tenant, in writing, a notice to quit the premises specifying the reason for the eviction. In New Hampshire, tenants can be evicted for almost any reason.

Five good causes for eviction are:

1. Failure to pay rent
2. Damages
3. Behavior affecting the health and welfare of others
4. Lease violation
5. "Good Cause" which may include legitimate business reasons of the landlord

The time frame for an eviction is 30 days. (NH RSA 540 Eviction or NH RSA 479 Foreclosure). For assistance in an eviction process, and to learn more about your legal rights and options contact **NH Legal Aid at 800-639-5290 or 603-224-3333**.

Cell Phone Assistance

<u>Assurance Wireless:</u>	http://www.assurancewireless.com	888-321-5880 888-898-4888 To Apply
<u>Access Wireless:</u>	http://www.accesswireless.com	866-594-3644 Existing Customers 866-900-5899 New Customers
<u>Safelink Wireless:</u>	http://www.safelinkwireless.com	800-723-3546

Children's Services

Community Action Partnership of Strafford County	https://www.traffordcap.org	603-435-2500
Childcare Centers:	Farmington Children's Center Dover Children's Center	603-755-2283 603-742-7267
Early Head Start:		603-652-0990
Locations:	Dover Children's Center Farmington Children's Center Rochester Child Care Somersworth Early Learning Center	
Head Start:		603-652-0990
Locations:	Dover Head Start Farmington Head Start Rochester Head Start Somersworth Head Start	
Division of Children, Youth and Family Services (DCYF)	https://www.dhhs.gov/dcyf	800-862-5300 603-332-9120
NH Child Care Resource & Referral Network (NHCCR&R)	https://nh.childcareaware.org	603-578-1386 Ext. 2531

Domestic Violence & Sexual Abuse Assistance

<u>Dove-Domestic Violence Project Outreach: (24 Hour Hotline)</u>	888-314-3683
Free emergency referrals for income eligible victims of domestic violence – limited representation at hearings, supportive counseling, and safety planning.	
<u>Haven: (24 Hour Hotline)</u>	https://www.havennh.org 603-994-7233
Provides 24/7 services to anyone affected by domestic abuse, sexual violence or stalking. In addition, supports the friends and family of survivors.	

Domestic Violence & Sexual Abuse Assistance (cont.)

NH Coalition Against <https://www.nhcadv.org> 866-644-3574
NH Coalition Against Domestic and Sexual Violence is committed to ending domestic 24 Hr. Hotline
and sexual violence. 603-224-8893

Sexual Assault Support Services <https://www.sassnh.org> 888-747-7070
24 Hr. Hotline
603-332-0775

Sexual Harassment & Rape <https://www.unh.edu/sharpp> 888-271-7233
Prevention Program 603-862-7233

Elderly Assistance

Bureau of Elderly & Adult Services (BEAS): 603-271-9203
<https://www.dhs.nh.gov/dcbcs/beas> 800-351-1888

Provides a variety of social and long-term support for adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability.

Community Action Partnership

Senior Transportation: <https://straffordcap.org> 603-817-8207

Provides door-to door, on demand transportation for Strafford County residents aged 60 and over.

Community Partners: <https://communitypartners.org> 800-454-0630
603-516-9300

Provides a variety of services that assist seniors and/or family members in managing their independence and healthcare needs.

Cornerstone VNA: <https://cornerstonevna.org> 603-332-1133
800-691-1133

Provides personal, attentive home, health and hospice care to New Hampshire and Maine.

Dover Rehabilitation <https://www.dovercenterrehab.com> 603-742-2676
& Living Center

Meals on Wheels: <https://straffordmealsonwheels.org> 603-692-4211

Providing nutritious and delicious home-delivered meals and fostering independence for seniors and people with disabilities.

NH Care Path: <https://www.nhcarepath.dhhs.nh.gov> 866-634-9412
Connects individuals to a full range of community services and supports.

Elderly Assistance (cont)

NH Commodity Supplemental

603-332-4358

Food Program:

800-942-4321

Provides free food and nutrition information to promote good health for Seniors age 60 and over.

N.H. Senior Education Network: www.nhsen.org

603-483-8999

NHSEN provides a variety of services that assist seniors and/or their family members in managing their independence and healthcare needs.

ServiceLink:

<https://www.servicelink.nh.gov>

866-634-9412

603-332-7398

Connects individuals to supports and services that they may need.

Senior Living Assistance: <https://www.aplaceformom.com>

866-750-5930

Helps families find assisted living and senior care. Free information and referral service pertaining to all aspects of senior housing, assisted living, in home care and many other programs for the elderly as well as veterans. If you do not have a computer, you may also call Amy Gaskins at 866-531-1032.

Emergency Services

211: New Hampshire Help Line: <https://www.211nh.org>

211

911: Ambulance/Fire/Police

911

Crisis Hotlines:

Bureau of Disease Control <https://www.dhhs.nh.gov>

800-852-3345
Ext. 4496

**Consumer Product
Safety Hotline:** <https://www.cpsc.gov>

800-638-2772

**Northern New England
Poison Center** <https://www.nnepc.org>

800-222-1222

Employment Assistance

Community Action Partnership of Strafford County Workforce Development <https://www.traffordcap.org/workforce-development> 603-740-1021

Community Action Partnership of Strafford County Workplace Success: <https://www.traffordcap.org/workplace-success> 603-285-9464

NH Department of Employment Security (NHES): <https://www.nhes.nh.gov> 800-995-8117
603-742-3600

NHES NH Works: <https://www.nhworks.org> 603-742-3600

Family Assistance

2-1-1NH: <https://www.211nh.org> 211
866-444-4211

211 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists.

Bureau of Child Support Services: <https://www.dhhs.nh.gov> 603-332-9120
800-862-5300

In New Hampshire, the Bureau of Child Support Services (BCSS) helps families establish and/or enforce support orders - both medical and financial.

Bureau of Family Assistance <https://www.dhhs.nh.gov/dfa> 603-332-9120
800-852-3345
Ext. 9700

Community Action Partnership of Strafford County: <https://traffordcap.org> 603-435-2500
Ext. 8108

HOME VISITING Our Home Visiting programs help families, by providing support and knowledge in a variety of areas from the comforts of your home.

Community Partners: <https://communitypartnersnh.org> 800-454-0630
603-516-9300

Family Assistance (cont.)

Department of Education <https://www.education.nh.gov> 603-436-8884

New Hampshire Vocational Rehab:

Provides rehabilitative services to aid an individual's return to gainful employment through training, medical treatment, on the job training, transitional employment, job placement and counseling.

Families First: <https://www.familiesfirstseacoast.org> 603-422-8209

Affordable primary health care for all ages; parenting and family programs; prenatal care; dental care; mobile health care for the homeless; open to everyone insured or uninsured and all income levels.

NH Care Path: <https://www.nhcarepath.dhhs.nh.gov> 866-634-9412

NH Catholic Charities: <https://www.cc-nh.org> 603-332-7701

Catholic Charities New Hampshire is a statewide social and human services nonprofit supporting individuals and families in need.

NH Department of <https://www.dhhs.nh.gov> 603-332-9120

Health & Human Services (DHHS): 800-862-5300

The New Hampshire Department of Health and Human Services (DHHS) is responsible for the health, safety and well-being of the citizens of New Hampshire.

NH Easy: <https://nheasy.nh.gov> 844-275-3447

Gateway to Services:

The Division of Family Assistance offers online services through NH EASY Gateway to Services, New Hampshire's Electronic Application System.

Share Fund: <https://www.sharefund.org> 603-335-0011

Provides various types of material and financial support to families and individuals in need during emergencies or times of severe hardship.

Strafford County <https://scfjc.com> 603-509-1916

Family Justice Center:

The SCFJC provides wrap-around services and coordinates co-located partners to provide support and services to victims of domestic violence, sexual assault, elder abuse, stalking and human trafficking.

Victims Inc. <http://www.victimsinc.org> 603-335-7777

The mission of VICTIMS, INC. is to complete the circle of services for victims, from onset of trauma through healing. *All services are free.*

Financial Assistance

Emergency Cash & Other Assistance:

<u>Department of Health & Human Services:</u>	https://www.dhhs.gov	603-332-9120
<u>Share Fund:</u>	https://www.sharefund.org	603-335-0011
<u>Welfare Offices:</u>		
Barrington Welfare Office:	https://www.barrington.nh.gov/welfare-department	603-664-0154
Dover Welfare Office:	https://www.dover.gov	603-516-6500
Farmington Welfare Office:	https://www.farmington.nh.us/welfare-department	603-755-3100
Middleton Welfare Office:	https://middletonnh.gov/publicwelfare	603-832-1461
Milton Welfare Office:	https://www.miltonnh-us.com/welfare-department	603-652-4501 Ext. 8
<u>Welfare Offices (cont.):</u>		
New Durham Welfare Office:	https://www.newdurhamnh.us/welfare	603-859-2091
Rochester Welfare Office:	https://www.rochesternh.net/municipal-welfare-department	603-332-3505
Somersworth Welfare Office:	https://www.somersworth.com/welfare/human services	603-692-9509
Strafford Welfare Office:	https://www.strafford.nh.gov/index.php/social-services	603-664-2192 Ext. 108

Temporary Financial Assistance Programs:

Community Action Partnership Of Strafford County:	www.straffordcap.org	603-435-2500
Oyster River Womenade:	https://www.orwomenade.org	N/A
Salvation Army-Rochester:	https://nne.salvationarmy.org	603-332-2623

Temporary Financial Assistance Programs(cont.)

Share Fund:		
Dover:	https://dovershare.org	603-617-6942
Rochester:	https://sharefund.org	603-335-0011

Food Assistance

Emergency Food Assistance:

<u>Community Action Partnership Of Strafford County:</u>	https://www.straftordcap.org	603-435-2500
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<u>Gerry's Food Pantry:</u>	https://www.sharefund.org	603-330-3468
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<u>Rochester Welfare Office:</u>	https://www.rochester.net	603-332-3505
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<u>Share Fund:</u>	https://www.sharefund.org	603-335-0011
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<u>Supplemental Nutrition Assistance Program (SNAP):</u>	https://www.dhhs.nh.gov/dfa	603-332-9120 800-852-3345 x9700
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<u>The Emergency Food Assistance Program:</u>	https://www.fns.usda.gov/tefap	603-435-2500
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Community & Congregate Meals:

<u>Bethany Methodist Church:</u>		603-332-3618
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<u>Emmanuel Advent Christian Church:</u>	http://www.emmanuelacc.net	603-332-5355
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<u>First Congregational Church of Farmington:</u>	https://www.farmingtonhucc.org	603-755-4816
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<u>First United Methodist Church:</u>	http://www.firstumrochester.org	603-948-1179
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<u>Grace Community Church:</u>	https://graceplace.com	603-332-9689
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<u>Salvation Army Church:</u>	https://mne.salvationarmy.org	603-332-2623
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Food Assistance (cont.)

Food Pantries:

Barrington:

Barrington Community Food Pantry: <http://www.barringtonfoodpantry.org> 603-664-0233

Joseph's Storehouse Food Pantry: <http://www.thejourneynh.com/josephs> 603-664-0550

Dover:

Community Action Partnership of Strafford County: <https://www.straffordcap.org> 603-435-2500

Dover Food Pantry: <https://www.facebook.com/DoverFoodPantry> 603-749-7827

Parish of the Assumption: <http://www.assumptiondovernh.org> 603-742-4837

St. Thomas Episcopal Church: <https://www.stdover.org> 603-742-3155

Durham:

The Waysmeet Center Cornucopia Food Pantry: <http://www.waysmeetcenter.org> 603-862-1165

St. Thomas Moore Food Pantry: <https://www.stmdurham.org> 603-868-2666

Farmington:

CAP Outreach Food Pantry: <https://www.straffordcap.org> 603-435-2500

First Congregational Church Inter-Faith Food Pantry: <https://www.farmingtonnhucc.org> 603-755-4816

Grace Food Pantry: <https://graceplace.com/outreach> 603-332-9689

Food Pantries (cont.)

Lee:

Wilkinson Food Pantry: <http://www.leechurch.org> 603-659-2861

Milton:

**Restoration Church
We Care Food Pantry:** <https://www.revolutionfoodpantry.com> 603-923-9456

New Durham:

New Durham Food Pantry: [https://www.facebook.com
NewDurhamFoodPantry/](https://www.facebook.com/NewDurhamFoodPantry/) 603-817-0372

Rochester:

**Bethany United
Methodist Church:** 603-332-3618

**Emmanuel Advent
Christian Church:** <http://www.emmanuelacc.net> 603-332-5355

First Church Congregational: <https://www.first-ucc.net/outreach> 603-332-1121

**First United Methodist
Church Soup Kitchen:** <http://www.fistumcrochester.org> 603-948-1225

Gerry's Food Pantry: <https://www.sharefund.org> 603-330-3468

Grace Community Church: <http://www.graceplace.com> 603-332-9689

Salvation Army Food Pantry: [https://www.salvationarmy.org/
/rochesternh](https://www.salvationarmy.org/rochesternh) 603-332-2623

Seventh Day Adventist Church: <http://rochesternh.adventistchurch.org> 603-332-1177

Rollinsford:

Seeds of Faith: <https://seedsoffaithnh.org/food-pantry> 207-703-3185

Food Pantries (cont.)

Somersworth:

Community Food Pantry, Inc. 603-692-2907

Strafford:

Third Baptist Church <https://tbcstraffrd.weebly.com> 603-664-7750
Food Pantry </christian-cupboard.html>

Other Food Assistance:

Community Action Partnership <https://www.straffordcap.org> 603-435-2500
Summer Meals & Nutrition Programs: Ext. 2339

Meals on Wheels: <https://straffordmealsonwheels.org> 603-692-4211

Other Food Assistance(cont.)

NH Catholic Charities: <https://www.cc--nh.org> 603-332-7701

NH Foodbank: <https://nhfoodbank.org> 603-669-9725

Strafford County WIC <https://goodwinch.org/services/wic> 603-332-4358

Fuel Assistance

Catholic Charities <https://www.cc-nh.org> 603-332-7701
New Hampshire:

Citizens Energy Program <https://www.citizensenergy.com> 617-338-6300
<assistance-programs> 877-563-4645

Community Action Partnership <https://www.straffordcap.org> 603-435-2500
of Strafford County:

Community Action Partnership <https://www.straffordcap.org> 603-435-2500
Farmington Outreach Office:

ShareFund: <https://www.sharefund.org> 603-335-0011

Town Welfare Offices: Check with your local town office for more information.

Fuel Assistance (cont.)

Weatherization Program: <https://www.traffordcap.org> 603-435-2500
Ext. 2350

Healthcare:

Addiction & Substance Abuse:

Resources:

Bureau of Drug & Alcohol Services: <https://dhhs.nhgov/dcbcs/bdas> 800-804-0909
603-271-6738

The Doorway: <https://www.thedoorway.nh.gov> 211

Substance Abuse & Mental Health Service Administration: <https://samhsa.gov> 800-662-4357

Services:

Bonfire Behavior Health: <https://bonfirerecovery.com> 833-655-1032
603-617-4815

Frisbie Memorial Hospital: <https://frisbiehospital.com> 603-332-5211

Goodwin Community Health: <https://goodwinch.org> 603-749-2346

Groups Recover Together: <https://joiningroups.com> 888-858-1723
603-331-4804

Growing Harmony Services, LLC: <https://www.lindatremlaytherapy.com> 603-661-7345

Health Care Resource Centers: <https://www.hcrcenters.com> 866-758-7769
603-953-0077

Hope on Haven Hill: <https://www.hopeonhavenhill.org> 603-841-5353

ROAD to a Better Life: <https://roadtoabetterlifenh.com> 603-841-2301

RTT Associates, LLC: <http://rttassociatesllc.com> 603-545-9042

Addiction & Substance Abuse (cont.)

SOS Recovery Community Center: <https://www.sosrco.org> 603-841-2350

Southeastern NH Alcohol And Drug Abuse Services: <https://senhs.org> 603-516-8160

Triangle Club: <https://www.triangleclubdover.org> 603-742-9803

Wentworth Douglas Hospital: <https://www.wdhospital.org> 603-742-5252

White Birch Recovery Services: <https://whitebirchrecovery.com> 603-200-3035

Dental Services:

Goodwin Community Health The Dental Center: <https://goodwinch.org> 603-749-2346

Wentworth Douglas Community Dental Center: <https://www.wdhospital.org/specialty-care/dentalcare> 603-749-3013

Disability Services:

Community Partners: Developmental Services <https://www.communitypartnersnh.org> 800-454-0630
603-516-9300

Community Services Council of NH-Developmental Disability Services: <https://www.nhcdd.nh.gov> 603-271-3236

Department of Health & Human Services: <https://www.dhhs.nh.gov/dcbcs/bds> 800-852-3345
Ext. 5034

Disabilities Rights Center: <https://drcnh.org> 800-834-1721
603-228-0432

Dover Center for Health & Rehabilitation Center <https://www.dovercenterrehab.com> 603-742-2676

Great Bay Services <https://www.greatbayservices.org> 603-842-5334

Healthcare (cont.)

Family Care Medical Practices:

Families First: <https://www.FamiliesFirstSeacoast.org> 603-422-8208

Goodwin Community Health: <https://www.goodwinch.org> 603-749-2346

Hearing Impaired Services:

**Hearing Loss Association
Of America:** <https://www.hearingloss.org> 603-657-2248

**New Hampshire Association
Of the Deaf:** <https://www.nhadinc.org> 888-762-8191
603-821-0073

**New Hampshire Hands
And Voices:** <https://nhhandsandvoices.com> 617-744-9338

**New Hampshire Speech
Language-Hearing Association:** <https://www.nhslha.org> 603-228-5949

**Northeast Deaf & Hard of
Hearing Services:** <https://www.ndhns.org> 603-224-1850

Healthcare for the Homeless:

Mobile Health Van: <https://www.familiesfirstseacoast.org> 888-922-0005

Mental Health Agencies:

Catholic Charities of NH: <https://www.cc-nh.org> 603-332-7701

Community Partners: <https://communitypartnersnh.org> 800-454-0630
603-516-9300

**Department of Health
& Human Services:** <https://www.dhhs.nh.gov> 800-852-3345
dcbcs/bbh 603-271-5000

**Family Pastoral Counseling
Service:** Congregational Church 603-335-1066
2 Liberty Street-Rochester, NH

Mill House Counseling Center: <https://www.millhousecounseling.com> 603-742-1373

Healthcare (cont.)

National Alliance on Mental Illness NH(NAMINH):	https://www.naminh.org	800-242-6264 603-225-5359
Salmon Falls Behavioral Health:	https://www.salmonfallsbehavioralhealth.com	603-335-2444
<u>Miscellaneous Resources:</u>		
American Cancer Society:	https://www.cancer.org	800-640-7101
American Diabetes Association:	https://www.diabetes.org	603-627-9579
American Heart Association:	https://www.americanheart.org	603-669-5833
American Lung Association:	https://www.lung.org	800-586-4872
American Red Cross:	https://www.redcrossblood.org	800-464-6692
Arthritis Foundation:	https://www.arthritis.org	800-639-2113 603-224-9322
Center for Disease Control:	https://www.cdc.gov	800-232-4636
Department of Health Human Services:	https://www.dhhs.nh.gov	800-862-5300 603-332-9120
Families First:	https://www.familiesfirstseacoast.org	603-422-8208
Homemakers Health Services:	https://www.thehomemakers.org	800-660-1770 603-335-1770
Make a Wish Foundation:	https://wish.org/nh	603-623-9474
March of Dimes Foundation:	https://www.marchofdimes.org	800-287-0317 603-287-0317
Muscular Dystrophy Association:	https://www.mda.org	800-572-1717 603-695-2940
National Institute of Allergy	https://www.niaid.nih.gov	866-284-4107
Northern New England Poison Center	https://www.nnepc.org	800-222-1222
Rochester District Visiting Nurse Association	https://www.yourvna.org	603-332-1133
Strafford County Public Health Network:	https://www.scphn.org	603-994-6357

Healthcare (cont.)

Special Medical Services Bureau: <https://www.dhhs.nh.gov/dcbcs/bds/sms> 603-271-4488

Prescription Assistance Programs:

Department of Health & Human Services: <https://www.dhhs.nh.gov/ombp/pharmacy> 800-852-3345
Ext. 9700

Families First <https://www.familiesfirstseacoast.org> 603-332-9120
603-422-8209

Frisbie Memorial Hospital Medication Assistance Program: <https://frisbiehospital.com> 603-332-5211

Goodwin Community Health Center: <https://www.goodwinch.org> 603-749-1246

NH Medication Bridge Program: <https://www.healthnh.org> 603-225-0900

NH Partnership for Prescription Assistance: <https://www.pparxnh.org> 888-477-2669

RX Assist: <https://www.rxassist.org> 401-729-3284

RX Outreach: <https://www.rxoutreach.org> 888-796-1234

Prescription Assistance Discount Cards:

FamilyWize: <https://familywize.org> 844-234-3057

Good RX: <https://www.goodrx.com> 855-268-2822

Inside RX: <https://www.insiderx.com> 800-722-8979

NeedyMeds, Inc.: <https://www.needymeds.org> 800-503-6897

NH RX Card: <https://nhrxcard.com> 800-931-5042

RX Relief Card: <https://rxreleifcard.com> 855-776-0760

ScriptSave Well RX: <https://www.wellrx.com> 800-407-8156

Healthcare (cont.)

Prescription Assistance Programs (cont.):

SingleCare:	https://www.singlecare.com	844-234-3057
Together RX Access, LLC:	http://trxaccess.org	800-444-4106

Pharmacy Discount Programs:

Hannaford:	https://www.hannaford.com	603-332-9401
Walmart:	https://www.walmart.com	603-332-5540

Vision/Sight Services:

All About Vision:	https://www.allaboutvision.com	307-265-2133
Bureau of Services for the Blind And Visually Impaired:	https://www.education.nh.gov	603-271-3537
Future Insight:	https://futureinsight.org	800-464-3075
NH Association for the Blind:		603-431-9401

Homeless Services:

Case/Care Management:

Community Partners:	https://www.communitypartnersnh.org	603-516-9300
NH Catholic Charities:	https://www-cc-nh.org/programs/outreach	603-332-7701

Homeless Emergency Services:

Community Action Partnership Homeless Services:	https://www.straftordcap.org	603-534-0731 Outreach 603-534-1813 Prevention
DHHS-Bureau of Homeless:	https://www.dhhs.nh.gov/dcbcs/bhhs	800-852-3345 Ext. 9196 603-271-9196
Friends Program:	https://friendsprogram.org	603-228-1462
Homeless Center for Strafford County:	https://www.homelesscenterforstraffco.org	603-332-3065

Homeless Services (cont.)

My Friend's Place:	https://www.myfriendsplacenh.org	603-749-3017
NH Homeless Help:		603-641-9441 Ext. 251
Share Fund:	https://www.sharefund.org	603-332-0011
The Homeless & Homeless Veterans Hotline:		211 866-444-4211

Homeless Shelters:

Cross Roads House:	https://www.crossroadshouse.org	603-436-2218
Homeless Center of Strafford County:	https://www.homelesscenterforstraffco.org	603-332-3065
My Friend's Place:	https://www.myfriendsplacenh.org	603-749-3017
New Generation:	https://www.newgennh.org	603-436-4989
Strafford County Extreme Weather Warming Center:	https://www.dovernh.gov/services //warming-and-cooling centers	603-742-2709

Transitional Housing:

Families in Transition:	https://www.housingbenefitsnh.org/dover	603-641-9441 Ext. 257
Home for Now:	https://www.homelesscenterforstraffco.org	603-332-3065
Lydia's House of Hope:	https://lydiashousenh.org	603-629-3100
My Friend's Place:	https://www.myfriendsplacenh.org	603-749-3017
New Generation:	https://www.newgennh.org	603-436-4989
Waypoint:	https://www.waypointnh.org	800-640-6486 603-518-4000

Housing Authorities

NH Housing Finance Authority:	https://www.nhhfa.org	800-640-7239 603-472-8623
Berlin Housing Authority:	https://www.berlinnh.gov/housing	603-752-4240 603-788-4636
Claremont Housing Authority:	https://www.claremonthha.org	603-542-6411
Concord Housing Authority:	http://www.concordha.com	603-224-4059
Derry Housing Authority:	https://www.derrynh.org	603-434-8717
Dover Housing Authority:	https://www.doverhousingauthority.org	603-742-5804
Exeter Housing Authority:	https://www.exeternh.gov/bcc-eha	603-778-8110
Keene Housing Authority:	https://www.keenhousing.org	603-352-6161
Laconia Housing Authority:	https://www.laconiahousing.org	603-524-2112
Lebanon Housing Authority:	https://www.lebanonhousing.org	603-298-5753
Manchester Housing Authority:	https://www.manchesterhousing.org	603-624-2100
Nashua Housing Authority:	https://www.nashuanh.gov	603-883-5661
Newmarket Housing Authority:	https://www.newmarketha.org	603-659-5444
Portsmouth Housing Authority:	https://www.porthousing.org	603-436-4310
Rochester Housing Authority:	https://www.rhanh.org	603-332-4126
Salem Housing Authority:	https://www.salemhanh.org	603-893-6417
Somersworth Housing Authority:	https://www.somersworthhousing.org	603-692-2864

Housing

Affordable Housing:

AGE RESTRICTED:

Dover:

Coheco Park	https://www.cohecopark-aps.com	603-742-1325
Covered Bridge Manor	https://www.doverhousingauthority.org	603-742-5804
Edgar W. Bois Terrace	https://www.doverhousingauthority.org	603-742-5804
Mast Landing – A	https://www.stewartproperty.net	603-641-2163
Mast Landing – B	https://www.stewartproperty.net	603-641-2163
Niles Park	https://www.doverhousingauthority.org	603-742-5804
St. John’s Church	https://www.doverhousingauthority.org	603-742-5804
Union Court & Central Tower	https://www.doverhousingauthority.org	603-742-5804
Waldron Towers	https://www.doverhousingauthority.org	603-742-5804

Durham:

Bagdad Wood	https://www.stewartproperty.net	603-641-2163
Church Hill Apartments	https://www.stewartproperty.net	603-641-2163

Farmington:

Central Block	https://phoenixmanagementcompany.com	866-701-3904
Orchard Circle	https://www.stewartproperty.net	603-641-2163

AGE RESTRICTED (cont.)

Rochester:

Arthur H. Nickless Jr. Housing for the Elderly	https://www.rhanh.org	603-332-4126
Chaplin Adrien Chase Village	https://www.snhs.org	603-668-8010
Laurel Terrace	https://www.snhs.org	603-668-8010
Marsh View	https://www.rhanh.org	603-332-4126
Mayor Roland Roberg Manor	https://www.snhs.org	603-668-8010
Rochester East	https://www.stewartproperty.net	603-641-2163
Wellsweep Acres	https://www.rhanh.org	603-332-4126
Wyandotte Falls	https://www.rhanh.org	603-332-4126

Somersworth:

Albert Nadeau Homes	https://www.somersworthhousing.org	603-692-2864
Maple Senior Housing	https://www.somersworthhousing.org	603-692-2864
Parkview Terrace	https://www.allrealestatenh.com	603-749-7100
Preservation Park	https://www.somersworthhousing.org	603-692-2864
Queensbury Mill	https://www.somersworthhousing.org	603-692-2864

GENERAL OCCUPANCY:

Dover:

Addison Place	https://www.doverhousingauthority.org	603-742-5804
Bellamy Mills	https://www.stewartproperty.net	603-641-2163
Bradley Commons	https://www.alliancenh.com	603-516-0590
Rutland Manor	http://www.madisonmanagementinfo.com	603-888-6100

GENERAL OCCUPANCY (cont.)

Dover (cont.):

Westgate Village	http://skcompanies.com	603-878-2400
Whittier Falls Housing	https://www.doverhousingauthority.org	603-742-5804
Woodbury Mill	https://www.alliancenh.com	603-516-0590

Farmington:

13 Central Street	https://www.avestahousing.org	800-339-6516
Crowley Apartments	https://www.avestahousing.org	800-339-6516
Mad River	https://www.alliancenh.com	603-516-0590
Trotting Park	http://eastpointproperties.net	603-836-5680

Rochester:

Apple Ridge	https://www.hodgescompanies.com	603-224-9221
Brookside Place	https://www.stewartproperty.net	603-641-2163
Cold Spring Manor	https://www.rhanh.org	603-332-4126
Linscott Court	https://www.rhanh.org	603-332-4126
Salmon Falls Estates	https://www.presmgmt.com	207-774-6989

Rollinsford:

New Hope	https://www.alliancenh.com	603-516-0590
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GENERAL OCCUPANCY (cont.)

Somersworth:

Charpentier Apartments	https://www.somersworthhousing.org	603-692-2864
Cherryfield Village		603-692-3978
Crockett's Crossing Apartments	https://www.highlandfarmny.com	603-692-0770
Robert H. Fillion Terrace	https://www.somersworthhousing.org	603-692-2864
Smokey Hollow Common	https://www.somersworthhousing.org	603-692-2864

TRANSITIONAL HOUSING:

Rochester Transitional Housing	https://www.alliancenh.com	603-516-0590
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Seacoast Transitional Living	https://waypoint.org	603-518-4000
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The project is for homeless young adults who do not have personal resources and are not eligible beyond the age of 18 for any state or federal programs. Units are single room occupancy.

RENT & SECURITY DEPOSIT ASSISTANCE:

Community Action Partnership of Strafford County	https://www.straftordcap.org	603-435-2500 Ext. 8148
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Share Fund	https://www.sharefund.org	603-335-0011
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Local Welfare Offices	See WELFARE OFFICES	
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RESOURCES:

NH Housing Finance Authority	https://www.nhhfa.org	603-472-8623 800-649-7239
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US Department of Housing & Urban Development (HUD)	https://www.hud.gov/newhampshire	603-666-7510 800-955-2232
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USDA Rural Development	https://www.rd.usda.gov/nh	603-223-6035
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MISCELLANEOUS RESOURCES:

Find Help.Org	https://www.findhelp.org	N/A
Find financial assistance, food pantries, medical care, and other free or reduced-cost help in your area.		
Internal Revenue Service (IRS)	https://www.irs.gov	844-545-5640 603-430-9598
NAMI NH	https://naminh.org	800-242-6264 603-225-5359
Provides an Information and Resource Line and website at no cost to callers and connects them with the appropriate services and supports to meet their mental, physical and emotional needs.		
NH 2-1-1	https://www.211nh.org	866-444-4211
Connects callers at no cost, to information about critical health and human services available in their community.		
NH Family Voices	https://nhfv.org	800-852-3345 603-271-4525
Connects families with one another and provides families and professionals information to secure and utilize needed services for children and you.		
NH ServiceLink Community Resource	https://www.servicelink.nh.gov	866-634-9412 603-332-7398
US General Service Information	https://www.gsa.gov	800-333-4636
Provides information and telephone numbers for agencies that provide services such as: heating assistance; prescription help; savings programs; nutrition; financial; legal; housing; social security; transportation; tax relief; and employment.		

PET SERVICES

Animal Population Control Program-NH Dept. of Agriculture	https://www.agribulture.nh.gov/ divisions/animal-industry	603-271-3697
Provides financial assistance for low-income pet owners.		
Elderpet	https://elderpet.org	603-767-6856
To facilitate the important human/pet relationships of senior citizens, people with disabilities, hospice families and clients of health care and other facilities.		
New Hampshire SPCA	https://nhspca.org	603-772-2921
To save the lives of companion animals through rescue, rehabilitation, and adoption; to promote learning, eliminate animal cruelty and be a leader in advancing the highest standards of animal welfare. Our Guiding Principles direct us to act in the best interest of the animals and to strengthen the human-animal bond		
Pope memorial Humane Society	https://popememorialevhs.org	603-749-5322
Dedicated to promoting the humane treatment of animals in Strafford County, NH and Southern Maine.		
The Pet Fund	https://www.thepetfund.com	916-443-6007
Provides financial assistance to owners of domestic animals who need veterinary care.		

THRIFT SHOPS

Barrington:

Journey Home Thrift Shop <http://www.journeyhomethrift.org> 603-664-8060

New & Again Thrift Store <https://www.facebook.com/newagainNH> 603-905-9032

Dover:

First Thrift Shop <https://www.firstparishdover.org> 603-742-5664

Durham:

Echo Thrift Shop <https://www.echothriftshop.org> 603-868-3246

Farmington:

Blessed Bargains <https://www.framingtonnhucc.org> 603-755-4816

Newington:

Savers <https://www.stores.savers.com/nh> 603-427-0814

Portsmouth:

Operation Blessing <https://www.operationblessingsnh.org> 603-430-8561

Rochester:

Community Clothing Shop <https://www.sharefund.org> 603-335-0011

Salvation Army [https://www.nne.salvationarmy.org/
rochester-nh](https://www.nne.salvationarmy.org/rochester-nh) 603-332-2623

Trinity Anglican Church <https://www.trinity-anglicanchurch.org> 603-332-1376

Somersworth:

CERV <https://www.cerv-thrift-store.business.site.com> 603-516-2378

Goodwill <https://www.goodwillnne.org> 603-343-5560

Honeybee Thrift Shop <https://www.honeybeethriftshop.com> 603-923-0099

TRANSPORTATION

Alliance for Community Transportation (ACT)	https://communityrides.org	603-834-6010
Community Action Partnership of Strafford County Senior Transportation	https://www.straffordcap.org	603-817-8207
Cooperative Alliance for Seacoast Transportation (COAST)	https://coastbus.org	603-743-5777
Rideshare	https://www.nh.gov/dot/programs/rideshare	N/A

Vehicle Assistance:

800 Charity Cars	https://.800charitycars.org	800-242-7489
Free Charity Cars	https://freecharitycars.org	800-242-7489
Good News Garage	https://goodnewsgarage.org	603-669-6937 877-400-6065

UTILITY ASSISTANCE:

Electric Assistance:

Community Action Partnership of Strafford County	https://straffordcap.org	603-435-2500
Catholic Charities NH	https://www.cc-nh.org/programs/outreach	603-332-7701
Electric Assistance Program NH Department of Energy	https://www.puc.nh.gov/consumer/electricalassistance	603-271-3670
ENH Power:	https://www.providerpower.com	800-549-6160
Local Welfare Offices	See Welfare Offices	
Low Income Home Energy Assistance Program (LIHEAP)	https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap	866-674-6327 603-271-8317
Neighbor Helping Neighbor	https://www.nhnfund.org	603-352-7512
NH Electric Co-op	https://www.nhec.com	800-698-2007
Share Fund	https://www.sharefund.org	603-335-0011

UTILITY ASSISTANCE (cont.)

Internet Services:

Affordable Connectivity Program	https://fcc.gov/acp	877-384-2575
Breezline ACP	https://www.breezeline.com/acp	855-227-2134
Comcast Internet Essentials Program	https://www.internetessentials.com	855-846-8376
Spectrum	https://spectrum.com	877-958-7103
Xfinity	https://www.xfinity.com/learn/internet-service/ebb	855-870-1311

Telephone Services:

Consolidated Communications NH Residential Basic Service	https://www.consolidated.com	844-968-7224
FCC Universal Service Program	https://www.fcc.gov/general/universal/Service-low-income-consumers	888-225-5322
Lifeline Telephone Assistance Program	https://www.lifelinesupport.org	800-234-9473

VETERAN'S SERVICES

Care Coordination Program-NH	https://www.ccpnh.com	888-989-9924
Department of Military Affairs & Veteran Services Division of Veterans Services	https://www.dmavs.nh.gov/veterans-services	800-622-9230 603-624-9230
Easter Seals Military & Veterans Services	https://www.easterseals.com	603-315-4354
NH Veterans Home	https://www.nh.gov/veterans	603-527-4400
Rochester American Legion	https://www.rochesteramericanlegion.com	603-332-2024

VETERAN'S SERVICES (cont.)

Rochester Veteran's Council Kent Nolan	https://www.rochesterveteranscouncil.com	603-486-8203
US Dept. of Veteran Affairs Veterans Benefits Administration	https://www.benefits.va.gov/benefits	800-827-1000
VA Aid & Attendance Benefit	https://www.veteransaid.org	866-584-7191
VA Health Resource Center	https://www.va.gov/healthresourcecenter	866-400-1238
VA Medical Center	https://www.va.gov/manchester-health-care	603-624-4366
Veteran's Benefits Resource Center	https://www.nvf.org/veterans-benefits-resource-center	N/A
Veteran's Inc.	https://www.veteransinc.org	800-842-2565

WOMEN'S SERVICES

Avis Goodwin Health Center	https://goodwinch.org	603-749-2346
New Generation	https://www.newgen.org	603-436-4989
Options for Women	https://www.optionsnh.org	603-749-4441
Seacoast Birthright, Inc.	https://birthright.org	603-436-5558 Hotline: 800-550-4900
WIC Program-Women, Infants	https://www.wicprograms.org	603-332-4358

