**Child and Adolescent**

**Mental Health Services**

* Riverbend Community Mental Health

Emergency Help (603) 226-0817

Non-Emergency Help and Admissions (603) 228-1600

[www.riverbendcmhc.org/](http://www.riverbendcmhc.org/)

* UpReach Therapeutic Equestrian Center, Inc.
Goffstown, NH
(603) 497-2343
[upreachtec.org](http://upreachtec.org/)
* The Counseling Studio

Goffstown, NH

(603) 601-4292

* Novus Vita Counseling

Manchester, NH

(603) 769-4131

* Capital Valley Counseling Associates

Concord, NH

(603) 583-4303

* Greater Henniker Counseling Associates

Henniker, NH

(603) 428-7400

* [C.R.E.A.T.E] The Center for Expressive Arts, Therapy, and Education

Manchester, NH

(603) 625-0010

castlecreate.com

* Children’s Hospital at Dartmouth-Hitchcock

Manchester, NH

(603) 695-2750

* Progressive Psychiatric Services

Manchester, NH

(844) 278-2419

* Psychiatric Wellness Center

Bedford, NH

(603) 684-2703

**Child and Adolescent**

**Behavioral Health Services**

* Elliot Health System

Manchester, NH

(603) 663-3222

www.elliothospital.org/website/developmental-and-behavioral-pediatrics.php

* Southern New Hampshire Health

(603) 262-9405

www.snhhealth.org/our-services/behavioral-health

**Youth Mentoring**

* Big Brothers and Big Sisters of NH

[www.bbbsnh.org/](http://www.bbbsnh.org/)

(844) 644-2447

Contact Ashley O’Keefe (ashley.okeefe@sau24.org) for application

**Housing Assistance**

* Friends Emergency Housing Program

[www.friendsprogram.org/programs/emergency-housing/general-information](http://www.friendsprogram.org/programs/emergency-housing/general-information)

(603) 228-1462

* New Hampshire Coalition to End Homelessness

[www.home4hope.com](http://www.home4hope.com)

1-866-444-4211

* Families in Transition, Inc.

[www.fitnh.org/](http://www.fitnh.org/)

(603) 641-9441

**Help at Home**

* The Weare Food Pantry and Community Thrift Shoppe

Weare, NH

(603) 529-0320

* FAST Forward Program

Contact Daryll Tenney: Daryll.Tenney@dhhs.nh.gov, (603) 271-5075

May also contact Ashley O’Keefe (ashley.okeefe@sau24.org)

* Child and Family Services

(603) 518-4000

[www.cfsnh.org](http://www.cfsnh.org)

* Parenting Plus

May make self-referral by calling (603) 668-1920

May also contact Ashley O’Keefe (ashley.okeefe@sau24.org)

* NH Electronic Application System (EASY)

[nheasy.nh.gov/#/](https://nheasy.nh.gov/#/)

1-844-275-3447

* NH Coalition Against Domestic and Sexual Violence

[www.nhcadsv.org/](http://www.nhcadsv.org/)

(603) 224-8893

* Southern NH Services

[www.snhs.org/](http://www.snhs.org/)

Manchester (603) 647-4470

Hillsborough (603) 924-2243

Western Hillsborough County (603) 924-9601

**Assistance for Foster Families**

* Information about physical, mental, and developmental health assistance: [www.dhhs.nh.gov/dcyf/adoption/health.htm](http://www.dhhs.nh.gov/dcyf/adoption/health.htm)
* Information about FAQ for foster parents

[www.dhhs.nh.gov/dcyf/adoption/parents.htm](http://www.dhhs.nh.gov/dcyf/adoption/parents.htm)

[www.cfsnh.org/index.php/foster-care-faq-s-2](http://www.cfsnh.org/index.php/foster-care-faq-s-2)

* Information about becoming a foster parent

[www.dhhs.nh.gov/dcyf/adoption/fosterparent.htm](http://www.dhhs.nh.gov/dcyf/adoption/fosterparent.htm)

[www.cfsnh.org/index.php/programs-services/foster-care](http://www.cfsnh.org/index.php/programs-services/foster-care)

* Foster and Adoptive Care Essentials class

[etp.granite.edu/faces](http://etp.granite.edu/faces)

* Caregiver Ongoing Training

[etp.granite.edu/cot](http://etp.granite.edu/cot)

* NH Foster and Adoptive Parent Association

[www.nhfapa.org/family-resources/](http://www.nhfapa.org/family-resources/)

* Alliance for NH Foster Parents

[www.fosteringchangenh.org/](http://www.fosteringchangenh.org/)

**Caregiver Support Groups**

* NH Single Parents of Children with Special Needs Support Group

Email: Marla.Soucy@gmail.com

(603) 724-0790

* Grandparents Raising Grandchildren

Manchester NH

(603) 851-1087

Email: michael674@comcast.net

* NAMI Parent Support Groups

Manchester NH: (603) 867-1905

Nashua NH: (603) 465-3319

[www.naminh.org/find-support/familiesfriends-of-children/parent-support-groups/](http://www.naminh.org/find-support/familiesfriends-of-children/parent-support-groups/)

**Child Care Assistance**

* NH Child Care Scholarship

Contact Ashley O’Keefe (ashley.okeefe@sau24.org) for application

* Southern NH Services

(603) 578-1386 ext.31

**Medical and Dental Assistance**

* Children’s Health Insurance Program (CHIP)

[www.benefits.gov/benefits/benefit-details/1608](http://www.benefits.gov/benefits/benefit-details/1608)

* Children’s Medical Assistance

[www.dhhs.nh.gov/dfa/medical/children.htm](http://www.dhhs.nh.gov/dfa/medical/children.htm)

[www.dhhs.nh.gov/ombp/medicaid/nhmedicaid-children.htm](http://www.dhhs.nh.gov/ombp/medicaid/nhmedicaid-children.htm)

Center Woods Elementary School

*“Where We Learn and Grow Together”*

**Helpful Community Resources**

**for Families**



Ashley O’Keefe

School Counselor: 1st and 3rd Grades

ashley.okeefe@sau24.org

Shannan Tawney

School Counselor: K and 2nd Grade

shannan.tawney@sau24.org

(603) 529-4500