**Reading Suggestions for Grandparents**

* “Grandparents as Parents: A Survival Guide for Raising a Second Family” by Sylvie de Toledo
* “The Sacred Work of Grandparents Raising Grandchildren” by Elaine Williams
* “Help! I’m Raising My Grandkids: Grandparents Adapting to Life’s Surprises” by Harriet Hodgson
* “Raising Our Grandchildren: Room in the Heart” by Deborah Doucette

**Reading Suggestions for Children**

* “Robert Lives With His Grandparents” by Martha Hickman
* “A Family is a Family is a Family” by Sara O’Leary
* “Sometimes It’s Grandmas and Grandpas: Not Mommies and Daddies” by Gayle Byrne
* “I Call My Grandparents ‘Mom and Dad’” by Carilyn Rouyer

**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/)

* The Counseling Studio

Goffstown, NH

(603) 601-4292

* Capital Valley Counseling Associates

Concord, NH

(603) 583-4303

* Greater Henniker Counseling Associates

Henniker, NH

(603) 428-7400

* 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)

**Help at Home**

* NH Family Caregiver Support Program

(866) 634-9412

* Family Support New Hampshire

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

(603) 224-1279

* AARP Foundation’s Benefits QuickLink

[www.aarp.org/quicklink](http://www.aarp.org/quicklink)

* Generations United Grand Resources

[www.gu.org/resources.aspx](http://www.gu.org/resources.aspx)

* The Weare Food Pantry and Community Thrift Shoppe

Weare, NH

(603) 529-0320

* FAST Forward Program

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

May also contact Ashley O’Keefe ([ashley.okeefe@sau24.org](mailto:aokeefe@sau81.org))

* Child and Family Services

(603) 518-4000

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

* Southern NH Services

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

Manchester (603) 647-4470

Hillsborough (603) 924-2243

Western Hillsborough County (603) 924-9601

**Additional Resources Available in Counseling Office**

* “A Resource Guide for NH Relative Caregivers”
* “Grandfacts for NH”

**Assistance for Grandparents Fostering**

* 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/)

**Support Groups**

* Grandparents Raising Grandchildren

Manchester NH

(603) 851-1087

Email: [michael674@comcast.net](mailto:michael674@comcast.net)

* The River Center

[www.rivercenter.us](http://www.rivercenter.us)

(603) 924-6800

* The Grapevine

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

(603) 588-2620

* 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)

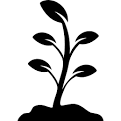
Center Woods Elementary School

*“Where We Learn and Grow Together”*

**Helpful Resources**

**for**

**Grandparents**



Ashley O’Keefe

School Counselor: 1st and 3rd Grades

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Shannan Tawney

School Counselor: K and 2nd Grade

[shannan.tawney@sau24.org](mailto:shannan.tawney@sau24.org)

(603) 529-4500