



**ROCKINGHAM COMMUNITY ACTION WIC**

**If you live in the Derry, Seabrook or Raymond area, call 1-800-256-9880.**

**FINANCIAL AND SOCIAL SERVICES FOR NH FAMILIES WITH YOUNG CHILDREN**

**TEMPORARY ASSISTANCE TO  
NEEDY FAMILIES (TANF)**

TANF provides financial assistance through the Family Assistance Program (FAP), and financial assistance and employment and training services through the New Hampshire Employment Program (NHEP), to families with dependent children to help them become self-supporting.

**CHILD SUPPORT SERVICES**

This program locates absent parents, establishes paternity and support orders, and enforces child support orders. Services are provided whether the absent parent lives in New Hampshire or out of state. Any parent living with a child is eligible to apply for and receive any or all child support services.

**Seacoast District Office**  
800-821-0326  
19 Rye Street  
Portsmouth NH 03801

**Nashua District Office**  
(800) 852-0632  
26 Whipple St.  
Nashua NH 03060

**Manchester District Office**  
(800)852-7493  
1050 Perimeter Rd. Suite 501  
Manchester NH 03103

**MEDICAID**

Medicaid pays for health care costs, such as prenatal care, well childcare, doctor and hospital bills, dental care for children, and prescriptions. Pregnant women and children through age 18 may have higher incomes and still be eligible.

**FOOD STAMP PROGRAM**

The Food Stamp Program allows eligible households to buy more food of greater variety to improve their daily food intake. Eligibility is based on a household's income, resources, and expenses.

**NEW HAMPSHIRE HOUSING AUTHORITY**

Tel: 472-8623  
32 Constitution Drive  
Bedford, NH 03110

Tel: 434-8717  
17 Peabody Rd.  
Derry, NH 03038

Tel: 778-8110  
277 Water Street  
Exeter, NH 03833

Tel: 659-5444  
34 Gordon Avenue  
Newmarket, NH 03857

Tel: 436-4310  
245 Middle St.  
Portsmouth, NH 03801

Tel: 893-6417  
70 Telfer Circle  
Salem, NH 03079

**SOUP KITCHENS AND FOOD PANTRIES**

**Liberty Baptist Church**  
62 Freeman Hall Road  
W. Nottingham Tel: 942-9237

**Holy Angels Food Pantry**  
8 Atkinson Depot Road  
Plaistow Tel: 382-8324

**Raymond CAP**  
55 Prescott Road  
Raymond Tel: 895-2303

**Salvation Army**  
28 Depot Square  
Hampton Tel: 929-1729

**Triumphant Cross Church**  
171 Zion Hill Rd.  
Salem Tel: 893-0305

**St Anne Ecumenical**  
26 Emerson Ave  
Hampstead Tel: 329-5886

**Deerfield Food Pantry**  
15 Church St.  
Deerfield Tel: 463-7800

**St. Joseph Church**  
844 NH Turnpike  
Northwood Tel: 664-6937

**Salvation Army**  
15 Middle Street  
Portsmouth Tel: 436-2606

**The Upper Room**  
36 Tsienneto Rd.  
Derry Tel: 437-8477

**Nottingham Food Pantry**  
139 Stage Rd.  
Nottingham Tel: 679-5209

**Seabrook Food Pantry**  
146 Lafayette Rd.  
Seabrook Tel: 474-3507

**First Baptist Church**  
36 Winnacunnet Road  
Hampton Tel: 926-3200

**Operation Blessing**  
600 Lafayette Road  
Portsmouth Tel: 430-8561

**St. Vincent De Paul**  
53 Lincoln Street  
Exeter Tel: 772-9922

**Church of Christ**  
867 Lafayette Road  
Seabrook Tel: 474-2660

**Our Lady of the Miraculous**  
289 Lafayette Road  
Hampton Tel: 929-4427

**Salem Food Pantry**  
85 Stiles Rd.  
Salem Tel: 893-9172

**EMERGENCY SHELTERS**

**Haven**  
Tel: 994-7233

**New Generations**  
Tel: 436-4989

**Cross Roads House**  
Tel: 436-2218

**FAMILY PLANNING CLINICS:**

For information on birth control methods, physical examinations, and pregnancy tests.

Joan G Lovering Health Center  
559 Portsmouth Avenue  
Greenland Tel: 436-7588

Planned Parenthood of Northern New England  
4 Birch Street  
Derry Tel: 434-1354

Planned Parenthood of Northern New England  
108 High Street  
Exeter Tel: 772-9315

**PRENATAL CLINICS:**

Families First of Greater Seacoast  
100 Campus Drive Suite 12  
Portsmouth Tel: 422-8208

Greater Derry Community Health Services  
14 Tsienneto Rd. Suite 301  
Derry Tel: 425-2545

Lamprey Health Care  
207 South Main Street  
Newmarket Tel: 659-3106

Lamprey Health Care  
128 State Route 27  
Raymond Tel: 895-3351

**INFANTS AND TODDLERS PROGRAM**

Call **1-800-298-4321** to get information on resources available for infants and toddlers with special needs, birth through age two or call:

One Sky Community Services  
755 Banfield Road Suite 3  
Portsmouth Tel: 436-6111

Region 10 Community Support Services Inc  
8 Commerce Drive Suite 801  
Atkinson Tel: 893-1299

Families First of Greater Seacoast  
100 Campus Drive Suite 12  
Portsmouth Tel: 422-8208

Richie McFarland  
11 Sandy Point Rd.  
Stratham Tel: 778-0388

**HEAD START PROGRAM**

DERRY	216-8864
RAYMOND	244-2937
PORTSMOUTH	422-8231
HAMPTON	601-2196
SEABROOK	474-3507

**NH WORKS OFFICES**

2000 Lafayette Rd.  
Portsmouth  
Tel: 436-3702

29 South Broadway  
Salem  
Tel: 893-9185

**HIV/AIDS HOTLINE**

To find out more about testing information:  
Call 1-800-852-3345

AIDS Response of the Seacoast  
1 Junkins Ave  
Portsmouth Tel: 433-5377

Joan G Lovering Health Center  
559 Portsmouth Avenue  
Greenland Tel: 436-7588

Planned Parenthood  
4 Birch Street  
Derry Tel: 434-1354

Planned Parenthood  
108 High Street  
Exeter Tel: 772-9315

**MENTAL HEALTH CENTERS**

Center for Life Management  
10 Tsienneto Road  
Derry Tel: 434-1577

Center for Life Management  
103 Stiles Road  
Salem Tel: 434-1577

Child and Family Services  
9 Hampton Road  
Exeter Tel: 772-3786

Seacoast Mental Health  
1145 Sagamore Avenue  
Portsmouth Tel: 431-6703

Seacoast Mental Health  
30 Prospect Avenue  
Exeter Tel: 772-2710

**FUEL ASSISTANCE**

Derry: 965-3029  
Portsmouth: 436-3896  
Raymond: 895-2303  
Salem: 893-9172  
Seabrook: 474-3507

**SPECIAL MEDICAL SERVICES**

For information about medical services and financial help for a child with physical disability or chronic illness, call: 603-271-4488.

Help is available for children with heart disease, epilepsy, birth defects, vision and hearing problems, and other conditions.

**NH 2-1-1**

Dial 2-1-1 or outside of NH 1-866-444-4211 24/7 assistance for information, resources and referrals.

**RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE 1-800-854-3552**

**POISON CONTROL CENTER 1-800-562-8236**

Don't smoke, drink alcohol or take drugs. They may harm you, your baby and your children.  
If you want to stop smoking, drinking, or taking drugs, ask your WIC nutritionist for information.  
You can call 1.800.662.HELP (4357) for help with drugs or alcohol.  
For smokers call 1-800-Quit-Now (800.784.8669).