Essential, local information and beneficial health care resources.
What can you do for your retina health?

Since the finest vessels in the human body are found in retinal tissue, risk factors affecting retina circulation include high blood pressure, cholesterol, diabetes mellitus and smoking. Diet, lifestyle and medication can reduce these risk factors causing vision loss from artery and vein occlusions as well as hypertensive and diabetic retinopathy. Although treatment exists for improving vision in some of these sight threatening conditions, prevention is the only assurance of maintaining excellent vision. The key to both good general and eye health is long term control of one’s blood pressure, cholesterol and blood sugar control.

What can you do to prevent macular degeneration?

The macula is the central part of the retina responsible for fine, detailed vision such as reading. Although there is no cure or prevention for age related macular degeneration, certain factors can be addressed to reduce the risk of disease progression. If there is a family history of macular degeneration, closer monitoring of the macular status in individuals over age 50 is recommended. Genetic testing to identify carriers at risk for advanced macular degeneration is also available. Risk factors such as smoking, obesity, hypertension and high cholesterol should also be addressed. Furthermore, diets rich in antioxidants, lutein, zeaxanthin, and omega 3 acids appear to be beneficial. In 2001, the Age-Related Eye Disease Study (AREDS) demonstrated a benefit from nutritional supplements for those with moderate to severe “dry” macular degeneration. A discussion with your retinal specialist and primary care physician should be undertaken before initiating these supplements. There is an AREDS2 study currently underway to identify if other supplements or modification of the currently recommended antioxidants might be helpful in slowing the progression of this disease. Your retinal specialist can give you the latest information on research, testing and treatment of macular degeneration, diabetic retinopathy and other diseases affecting the retina.

Dr. Bonachea is now seeing patients at Excellent Vision in Portsmouth. With specialized retina fellowship training and more than 17 years of private practice experience, Dr. Bonachea specializes in Diseases & Surgery of the Retina:
• Macular Degeneration and Diabetic Eye Disease
• Macular, Retinal Tear and Detachment Surgery

RETINA VISION CENTER
155 Griffin Rd., Portsmouth, NH 03801
www.nhretinavisioncenter.com (603) 836-5541

New Patients, Referrals, Second Opinions Welcome
Also seeing patients in Bedford, Derry, and Salem

Nancy E Bonachea, MD
From Diapers to Diplomas

For 45 years, the children and young adults of the Seacoast have come to us for quality, affordable healthcare. And as an independent, doctor-owned healthcare group, we’re passionate about the most important interests of all: Yours.

Serving the Community for Over 45 Years

Portsmouth: 603.436.7171   Hampton: 603.929.3838

www.pediatricassociatesnh.com
The 2013-2014 Greater Seacoast Health Resource Guide, a publication compiled to connect community members with essential, local information and beneficial health care resources.

This guide was developed by a group of graduates of the University of New Hampshire, under the direction and leadership of the Seacoast Community Collaborative, a group of local health and human services organizations devoted to providing critical services in our seacoast community, for those who are least able to help themselves. The Seacoast Community Collaborative’s mission is to help people in our community access essential health and human services and help them make informed choices to improve their health and lives. Members of the Collaborative include: Families First Health and Support Center, The Foundation for Seacoast Health, Portsmouth Regional Hospital, Rockingham Community Action, ServiceLink Resource Center, United Way of the Greater Seacoast, Wentworth Connections and University of New Hampshire. Countless members of the region’s community organizations, civic groups and municipalities contributed to the informational content which is intended to provide an updated directory of services and resources available to residents of the Seacoast communities.

How to use this guide:

Each local resource includes the following information if available:
- Organization’s Name
- Website
- Address
- Phone Number
- Fax Number
- Summary of Services

If possible, a source of public transportation has been identified for each resource by the following symbols:
- Coast Bus Route
- Wildcat Transit Bus Route
COMMON MEDICAL DEFINITIONS

Alternative Medicine/Complementary Care - Therapeutic and preventative practices such as homeopathy, naturopathy and herbal medicine.

Colposcopy - A procedure in which a health care professional uses a lighted magnifying device to examine the tissues of the vagina and cervix.

Colonoscopy - A medical procedure in which a special tube-shaped instrument photographs the interior of a patient’s colon.

CT Scan (Computerized Axial Tomography) - A piece of medical equipment that photographs the body in a series of horizontal slices.

Dermatologist - A doctor who specializes in the diagnosis and treatment of skin, hair and nail disease.

Electrocardiogram (ECG or EKG) - Non-invasive test that records the heart's electrical activity.

Electroencephalogram (EEG) - Medical test for detecting and recording brain waves.

Endoscopy - An instrument used to examine the inside of a patient's organs or cavity of the body.

Family or General Practitioner - A medical practitioner who treats acute and chronic illnesses and provides preventative care and health education for all ages and both sexes.

Gastroenterologist - A physician who specializes in the diagnosis and treatment of disorders of the gastrointestinal tract, including the esophagus, stomach, small intestine, large intestine, pancreas, liver, gallbladder, and biliary system.

Gynecologist - A health care professional who specializes in the diagnosis and treatment of disorders of the female reproductive organs.

Incontinence - A state of uncontrollable bodily functions such as urination or defecation.

Internist - A physician who specializes in the diagnosis and medical treatment of adults, internal medicine prevention, diagnosis, and treatment of diseases of adults.

Mammogram - An X-ray that produces images of the inner breast tissue. Used to identify normal and abnormal structures within the breasts. Recommendation dependent on age and medical history to ensure detection at an early stage.

MRI (Magnetic Resonance Imaging) - Medical equipment that uses magnetism, radio waves, and a computer to produce images of the body’s soft tissue.

Neurologist - A health care professional who specializes in the diagnosis and treatment of disorders of the nervous system.

Obstetrician - A health care professional who specializes in all stages of pregnancy.

Ophthalmologist - A physician who specializes in the diseases of the eye and defects of vision.

Orthopedic Surgeon - A health care professional who specializes in the correction and prevention of deformities, disorders, or injuries of the skeleton, tendons, ligaments, and joints.

Pap Test/Smear - A screening for cervical cancer and sexually transmitted infections by scraping the cells of the cervix or vagina.

Pediatrician - A health care professional who specializes in the development, care and diseases of children.

Physical Therapist - A health care professional specializing in the treatment of injury, disability, and disease by using therapy, massage, and regulated exercise to restore optimal function.

Psychiatrist - A physician who specializes in the diagnosis and treatment of mental disorders.

Podiatrist - A health care professional who specializes in the evaluation and treatment of diseases of the foot.

Prostate Screening - An exam used to detect the occurrence of prostate cancer. Administered physically or by use of laboratory testing. Recommendation dependent on age and medical history to ensure detection at an early stage.

Ultrasound - A non-invasive examination producing images of soft tissue organs inside the body with the use of sound waves.

FREQUENTLY USED ACRONYMS:

ADC – Adult Day Care
ALF – Assisted Living Facility
ARNP – Advanced Registered Nurse Practitioner
BMI – Body Mass Index
CNP – Certified Nurse Practitioner
CNS – Central Nervous System
CPR – Cardiopulmonary Resuscitation
CVD – Cardiovascular Disease
EMT – Emergency Medical Technician
EC – Emergency Contraception
ENT – Ear, Nose and Throat
EOL – End of Life
GI – Gastrointestinal
HIV – Human Immunodeficiency Virus
HPV – Human Papilloma Virus
ICU – Intensive Care Unit
ID – Infectious disease
IV – Intravenous
L&D – Labor and delivery
LPN – Licensed practical nurse
LTC – Long-term care
MMR – Measles, Mumps and Rubella
MRI – Magnetic Resonance Imaging
MS – Multiple Sclerosis
NICU – Neonatal Intensive Care Unit
OR – Operating Room
OTC – Over the Counter Medicines
PA – Physician’s Assistant
PACU – Post Anesthesia Care Unit
PCP – Primary Care Physician
STDs – Sexually transmitted diseases
TB – Tuberculosis
UL - Ultrasound
Nutrition & Food Services

FARMERS’ MARKETS

Barrington Farmers’ Market
www.barringtonfarmersmarket.org
Runs late May to October
Saturdays 9:00 am - 1:00 pm
At Routes 9 & 25, Barrington, NH 03825

Hampton Farmers’ Market
www.seacoastgrowers.org
June 8th to October 12th
Thursdays 3:00 pm - 6:00 pm
At 289 Lafayette Road (Sacred Heart School)
Hampton, NH 03842

Newmarket Farmers’ Market
www.newmarketfarmersmarket.com
June 20th to October 10th
Saturdays 9:00 am - 1:00 pm
Granite Street, Newmarket, NH 03857
Bus routes: 5

Portsmouth Farmers’ Market
www.seacoastgrowers.org
May 1st to Nov. 6th, Saturdays, 8am - 1pm
1 Junkins Avenue, Portsmouth, NH 03801
Bus routes: 2, 35, 3

Puddledocks Farmers’ Market
www.seacoastgrowers.org
June to September
Saturday 10:00 am - 2:00 pm
At 203 NH Route 11 (Cardinals Farmhouse Sampler), Farmington, NH 03835
Bus routes: 6

Rye Farmers’ Market
www.town.rye.nh.us
June 30th to October 6th
Wednesdays 2:30 pm - 5:30 pm
580 Washington Road, Rye, NH 03870

Seacoast Eat Local Winter Farmers’ Markets
www.seacoasteatlocal.org
November to April
Every other Saturday 10:00 am - 2:00 pm
Locations vary

FOOD PANTRIES

AIDS Response - Food Pantry
www.aidsresponse.org
1 Junkins Avenue, Portsmouth, NH 03801
P: (603) 433-5377
F: (603) 278-7993
Use of pantry limited to AIDS Response clients

Barrington Community Food Pantry
www.barrington.nh.gov
Thursdays 6:00 pm - 7:30 pm
39 Province Lane, Barrington, NH 03825
P: (603) 664-9007

Community Action Food Pantries:
CAPSC Dover Outreach Food Pantry
www.straffcap.org
Weekdays 9:00 am - 3:00 pm
30 St. Thomas Street, Suite 240
Dover, NH 03824
P: (603) 516-8126
Bus routes: 33

CAPSC Farmington Outreach Food Pantry
www.straffcap.org
Mon., Wed. & Fri. 8:30 am - 12:00 pm
527 Main Street, Farmington, NH 03835
P: (603) 755-9305
Bus routes: 6

Greater Raymond Community Action Center
55 Prescott Road, Raymond, NH 03077
P: 603-895-2303
Serving: Exeter, Newmarket

Seacoast Community Action Center
683 Lafayette Road, Seabrook, NH 03874
P: 603-474-3507
Serving: Greenland, Hampton, Newington, North Hampton, Portsmouth, Rye, Seabrook, Stratham

Ten reasons to shop at a farmers’ market

1. Taste: Local food is fresh, and fresh food tastes great! Know what you’re eating: Ask your farmers how they grow what you buy.

2. Meet your neighbors: Farmers’ Markets are a lovely setting for socializing.

3. Get in touch with the seasons: Learn the tastes of the ripening year.

4. Discovery: Independent farmers often try specialty crops that can’t be found elsewhere.

5. Preserve open space: Local farms need healthy land and clean water to thrive.

6. Smaller footprints: Shopping locally reduces the environmental impact of mass transport.

7. Promote local economy: Local farms provide local jobs.

8. Enjoy health: Fresh veggies & fruits provide more nutrition than old or processed foods.

9. Have fun: The energy and care your neighbors put into growing food is nourishment in itself.

10. Enjoy it!  Courtesy of Seacoast Growers
NUTRITION AND FOOD SERVICES

**Community Food Pantry**
176 West High Street, Somersworth, NH 03878
P: (603) 692-2907
Bus routes: 2

**Cornucopia Food Pantry**
www.cornucopia.unh.edu
Wednesdays 4:00 pm - 5:30 pm
15 Mill Road, Durham, NH 03824
P: (603) 862-1165
Bus routes: 3, 4, 5

**The Dover Area Religious Leaders Association**
darladover.tripod.com
First Congregational Church
218 Central Ave, Dover, NH 03820
Bus route: 33

**Dover Food Pantry**
1 Silver Street, Dover, NH 03850
P: (603) 742-2929
Bus routes: 2, 33

**First Baptist Church of Hampton Food Pantry**
www.hamptonbaptist.com
36 Winnacunnet Road, Hampton, NH 03842
P: (603) 926-3200

**First Parish Church Community Food Pantry**
176 West High Street, Somersworth, NH 03878
P: (603) 629-2907
Bus routes: 2

**Footprints Food Pantry**
www.sharefund.org
Wednesdays 10:00 am - 1:00 pm
37 Old Post Road, Kittery, ME 03904
P: (207) 439-4673

**Gerry’s Emergency Food Pantry**
www.sharefund.org
Monday, Friday 1:00 pm - 3:15 pm
Wednesday 10:00 am - 3:15 pm
150 Wakefield Street Suite 5, Rochester, NH 03838
P: (603) 330-3468
Bus routes: 2, 6

**Salvation Army Food Pantry**
544 Islington Street, Portsmouth, NH 03801
P: (603) 427-6966
Bus routes: 40

**Seacoast Family Food Pantry of New Hampshire**
www.seacoastfamilyfoodpantry.org
Monday, Wednesday, Friday 9:00 am - 2:00 pm
P: (603) 332-2632

**Seacoast Consumer Alliance Food Pantry**
544 Islington Street, Portsmouth, NH 03801
P: (603) 427-6966
Bus routes: 2, 40, 41

**Searchable Database for Local Food Pantries**
www.foodprovidersnetwork.org
Access a searchable database of local pantries including hours of operation.

**Seeds of Faith**
2 Deer Ridge Lane, Kittery, ME 03904
P: (207) 475-2155

**Share Fund**
189 North Main Street, Rochester, NH 03867
P: (603) 335-0011
Bus routes: 6

**Seabrook Church of Christ Food Pantry**
www.seabrookchurchofchrist.org
867 Lafayette Road, Seabrook, NH 03873
P: (603) 474-2660

**St. Thomas More Food Pantry**
www.stmchurch.net
Monday, Tuesday 9am - 1pm (summer hours)
Monday - Thursday 9am - 3pm (school hours)
6 Madbury Road, Durham, NH 03824
P: (603) 477-1000

**St. John’s Church**
544 Islington Street, Portsmouth, NH 03801
P: (603) 427-6966
Bus routes: 40

**Grace Community Church Food Pantry**
www.graceplace.org
Tuesdays, Saturdays - Appointment needed
159 Rochester Hill Road, Rochester, NH 03868
P: (603) 332-9689
Bus routes: 2

**Hobbs House Food Pantry**
Tuesday and Thursday 10:00 am - 12:00 pm
200 High Street, Hampton, NH 03842
P: (603) 926-4936

**Operation Blessing**
www.ob.org
600A Lafayette Road, Portsmouth, NH 03801
P: (603) 430-8561
Bus routes: 41

**Our Daily Bread**
www.assumptiondovernh.org
397 Lafayette Road, Portsmouth, NH 03801
Tuesday, Thursday 3:00 pm - 6:00 pm
Monday, Wednesday, Friday 10:00 am - 3:00 pm
www.seacoastfamilyfoodpantry.org

**New Hampshire Dietetic Association**
www.eatrightnh.org
P: (603) 253-4503
Find a dietitian in your area as well as nutrition information and resources.

**Food Assistance Programs**

**Commodity Supplemental Food Program NH**
www.dhhs.state.nh.us
P: (800) 942-4321
F: (603) 271-4637
Provides free food and nutrition information to promote good health for seniors age 60 and over, children up to their 6th birthday and women for a year after the birth of a child. Check website for eligibility requirements, as they differ per age. Agencies provide recipes, cookbooks, and nutrition information on how to prepare the foods, as well as information for seniors with dietary needs. Call the State CSFP at (800) 942-4321 or Rockingham Community Action at (603) 431-2911 for location information.

**Meals on Wheels**
www.mowaa.org
Exeter
30 Court Street, Exeter, NH 03833
P: (603) 778-8196
Hampton
www.rockinghammealsonwheels.org
525 Lafayette Road, Hampton, NH 03842
P: (603) 929-1108
Newmarket
www.rockinghammealsonwheels.org
2 Terrace Drive, Newmarket, NH 03857
P: (603) 659-3150
Bus routes: 5
Portsmouth
www.rockinghammealsonwheels.org
40 Bedford Way, Portsmouth, NH 03801
P: (603) 431-0561
Bus routes: 2
Seabrook
www.rockinghammealsonwheels.org
311 Lafayette Road, Seabrook, NH 03874
P: (603) 474-2139
Strafford County
www.straffordmealsonwheels.org
9 Bartlett Avenue, Somersworth, NH 03878
P: (603) 692-6211
Bus routes: 1

National organization composed of and representing local, community-based Senior Nutrition Programs. Provides hot meals to senior citizens in Strafford and Rockingham counties. Suggested donation of $2 per meal. One meal a day is delivered, and two additional meals for the weekend are offered.
FOOD EDUCATION

Cooking Matters for Teens
www.cookingmatters.org
Greenleaf Recreation Center
195 Greenleaf Avenue, Portsmouth, NH 03801
P: (603) 828-9843
Bus routes: 41
A program focused on ending childhood hunger by educating teens on nutrition and healthy eating, food preparation, budgeting and shopping. Program is catered to the needs of teens who may rely on food stamps or food pantries during hard times.

Heal NH
www.healnh.org
P: (603) 225-0900
P: (603) 415-4273
Program focused on improving health and living quality of NH residents through healthy eating and active living.

Kids Eat Right
www.eatright.org/kids
P: (800) 877-1600
Provides nutrition and health information, shopping, cooking and eating tips, recipes, articles and tips.

NH 5210
www.healthynh.com
125 Airport Road, Concord, NH 03301
P: (800) 877-1600
Provides diet and fitness classes, yoga, kick boxing, boot camp and many more classes. Visit website or call for a class schedule and prices.

WEIGHT MANAGEMENT

Elements Diet and Fitness
www.elementsfornh.com
75 Portsmouth Avenue, Exeter, NH 03833
P: (603) 772-3881
F: (603) 772-3885
Bus routes: 7
Provides diet and fitness classes, yoga, kick boxing, boot camp and many more classes. Visit website or call for a class schedule and prices.

The Nutrition Connections Program
www.extension.unh.edu
Rockingham:
P: (603) 679-5616
F: (603) 679-8070
Strafford:
P: (603) 516-8115
F: (603) 743-3431
Offers educational programs for low income families to improve food intake. Teaches how to get the highest quantity and best quality food on a limited budget. After school, summer and enrichment classes are offered for youth. Lessons and at home studies are offered for adults and seniors. No cost is necessary.

Step It Up Seacoast
www.stepitupseacoast.org
100 Campus Drive, Suite 1
Portsmouth, NH 03801
P: (603) 969-5318
Bus routes: 41
A coalition that is focused on implementing programs such as HEAL NH, the 5210 nutrition and physical activity campaign and the Kids Eat Right program. Resource guide available on their website that offers a guide of walking trails, parks and other fitness and nutrition resources.

Jenny Craig Weight Loss Center
www.jennycraig.com
1981 Woodberry Avenue
Portsmouth, NH 03801
P: (603) 772-3881
F: (603) 772-3885
Bus routes: 2 4
Provides weight loss support on site or at home. Call or visit the website for more information.

New Hampshire Weight Loss Forum
www.obesityhelp.com/forums/NH
Online support group for sharing personal experiences with gastric bypass surgery, the benefits of plastic surgeries, post obesity, loose skin surgery and more.

Nutrisystem
www.nutrisystem.com
P: (866) 263-5982
Assists with weight loss by providing 28 day meal plans that are delivered to your door. Offers plans for men, women and people with diabetes.

Physicians Healthy Weight Center
www.physicianshealthyweightcenter.com
17 Rollinsford Road, Dover, NH 03801
64 Lafayette Road #2
North Hampton, NH 03862
P: (603) 379-6500
F: (603) 379-6502
A non-surgical medical weight management program with a team of physicians, nurse practitioner, nutritionists, and medical assistants. Three locations in NH: North Hampton, Dover and Salem. Does not accept insurance.

WeightWatchers
www.weightwatchers.com
2800 Lafayette Road Unit 6,
Portsmouth NH 03801
2 Springs Street, Exeter, NH 03833
1 Webb Place, Dover, NH 03820
29 Main Street, Seabrook NH 03874
Offers education about healthy eating and fitness and helps manage weight loss using a point system. Can access services online or at one of the local sites.

Elliot opens an after hours clinic...
Walk-ins are welcome!

For more information
Call (603) 895-8000

Elliot Health System is a non-profit organization serving your healthcare needs since 1890.
Preventative Care

Preventative care is an important component of personal health. Frequent preventative care can eliminate or lessen health problems. This section covers eye care, hearing loss and early detection of cancer.

Alcohol: Alcohol is a depressant that adversely affects the body when consumed. This can lead to alcoholism, and permanent damage to vital organs such as the brain and liver.

Exercise: Daily amounts of exercise and aerobic activity are proven to control weight, combat health conditions and diseases, increase energy, promote better sleep and decrease your risk of cancer.

Nutrition & Diet: Nutrition and diet are important in maintaining a healthy BMI. A normal diet can prevent obesity, which is a higher amount of body fat than is healthy or desirable. Obesity is linked directly to coronary heart disease, type two diabetes, hypertension and stroke.

Smoking: Smoking tobacco increases your risk of cancer, heart disease, chronic bronchitis, emphysema, and pneumonia. Nicotine is a drug that is responsible for addictive side effects.

Water: Drinking eight glasses of water a day can increase productivity, enhance younger and healthier skin and improve immune systems.

Preventative Actions for the Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water using an alcohol-based hand rub.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone.

2013-2014 Flu Season

The Center for Disease Control (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common. Yearly flu vaccination should begin in September, or as soon as the vaccine is available, and continue throughout the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January, February or later.

Communicable Disease Control & Surveillance
www.dhhs.state.nh.us
29 Hazen Drive, Concord, NH 03301
P: (603) 271-4496

Find A Flu Shot—American Lung Association
www.lungusa.org/lung-disease/influenza/flu-vaccine-finder

Find A Flu Shot Maxim Health Services
www.findaflushot.com

IMMUNIZATIONS

CDC Hotline
P: (800) CDC-INFO
TTY: (888) 232-6348
Contact for more information on vaccinations, immunizations, diseases and conditions, healthy living, emergency response and preparedness, environmental health, travelers’ health, and workplace safety.

UNH Health Services Travel Clinic
www.unh.edu/health-services
12 Ballard Street, Durham, NH 03824
P: (603) 862-1530
F: (603) 862-4259
Bus routes: 3, 4, 5
Designed for students traveling abroad, but is open to the faculty and public during the school year. If a student has paid their health fee there is no charge, however faculty and public should check with their health insurance about coverage. There are varying fees associated with each vaccination.

EYE CARE

The Journal of Community Eye Health defines primary eye care (PEC) as a broad concept, encompassing the prevention of potentially blinding eye diseases. PEC includes the identification, with treatment or referral, of individuals with treatable causes of blindness and the diagnosis and treatment of common eye diseases. It is recommended to attend regular eye exams, even when no symptoms are present.

OneSight
www.onesight.org
P: (888) 935-4589
Provides free vision care and eye-wear through organized Regional and Vision Clinics for people in need. Clinic and Van schedules are available on website. Operated through LensCrafters.

Vision USA
www.aoa.org
243 North Lindbergh Boulevard,
Saint Louis, MO 63141
P: (800) 766-4466
Provides basic eye health and vision care services free of charge to uninsured, low-income people and their families. Eligibility requirements include having no vision insurance, having income below an established level based on household size, and not having had an eye exam within two years. Applications are available by writing, calling or emailing Vision USA.

HEARING LOSS

Gradual hearing loss that occurs as you age (presbycusis) is a common disorder. According to the National Institutes of Health, an estimated one-third of Americans between the ages of 65 and 75 and close to one-half of those older than 75 have some degree of hearing loss. Doctors believe that heredity and chronic exposure to loud noises contribute to hearing loss over time. Other factors, such as earwax blockage, can prevent your ears from conducting sounds as well as they should. You and your doctor or hearing specialist can take steps to improve what you hear.

Division for the Deaf, Hard of Hearing & Late Deafened
www.main.gov
127 Main Street, South Portland, ME 04106
TTY: (888) 755-0023
F: (207) 799-8346
Advocate and provide referrals, connect people with the vocational rehabilitation services through the General Vocational Rehabilitation Program. Work mostly with Maine residents to connect them with services they would be eligible for. Also functions as Maine’s independent living center and provides resource information to Maine’s residents with disabilities.
Self breast exam from the American Cancer Society:

- Lie down and place your right arm behind your head.
- Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast.
- Use 3 different levels of pressure to feel all the breast tissue. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone).
- Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the exam.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, dimpling, redness or scaliness of the nipple.

My Breast Cancer Support has helped hundreds of breast cancer patients in the Greater Seacoast NH/ME area take the day-to-day stress out of their lives so they can focus their energy on getting WELL.

Learn about our organization and how you can get involved:

www.MyBreastCancerSupport.org
info@MyBreastCancerSupport.org / 603.759.5640

My Breast Cancer Support (formerly known as BreastCancerStories.org) is a NH 501(c)3 non-profit with no direct affiliation to any other cancer organizations.

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EARLY DETECTION FOR CANCER

**HPV (Human papillomavirus)** - Genital HPV is the most common sexually transmitted infection (STI). There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. Most people who become infected with HPV do not even know they have it. Approximately 20 million Americans are currently infected with HPV. Another 6 million people become newly infected each year. HPV is so common that at least 50% of sexually active men and women get it at some point in their lives.

HPV is passed on through genital contact, most often during vaginal and anal sex. HPV may also be passed on during oral sex and genital-to-genital contact. HPV can be passed on between straight and same-sex partners—even when the infected partner has no signs or symptoms.

There are two vaccines (Cervarix and Gardasil) that can protect women against most cervical cancers. Cervical cancer can also be prevented with routine cervical cancer screening and follow-up of abnormal results. The Pap test can find abnormal cells on the cervix so that they can be removed before cancer develops. An HPV DNA test, which can find HPV on a woman’s cervix, may also be used with a Pap test in certain cases. Even women who got the vaccine when they were younger need regular cervical cancer screenings because the vaccine does not protect against all cervical cancers. Visit www.cdc.gov/std/hpv/stdfact-hpv.htm for more information.

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**EARLY DETECTION FOR CANCER**

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HPV is passed on through genital contact, most often during vaginal and anal sex. HPV may also be passed on during oral sex and genital-to-genital contact. HPV can be passed on between straight and same-sex partners—even when the infected partner has no signs or symptoms.

There are two vaccines (Cervarix and Gardasil) that can protect women against most cervical cancers. Cervical cancer can also be prevented with routine cervical cancer screening and follow-up of abnormal results. The Pap test can find abnormal cells on the cervix so that they can be removed before cancer develops. An HPV DNA test, which can find HPV on a woman’s cervix, may also be used with a Pap test in certain cases. Even women who got the vaccine when they were younger need regular cervical cancer screenings because the vaccine does not protect against all cervical cancers. Visit www.cdc.gov/std/hpv/stdfact-hpv.htm for more information.

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**BREAST EXAMINATIONS & MAMMOGRAMS**

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. Early detection means using an approach that allows earlier diagnosis of breast cancer than otherwise might have occurred.

According to the American Cancer Society breast cancers that are found because they are causing symptoms tend to be larger and more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of the cancer and how far it has spread are some of the most important factors in predicting the prognosis (outlook) of a person with the disease.

Most doctors feel that early detection tests for breast cancer save many thousands of lives each year, and that many more lives could be saved if even more people and their health care providers took advantage of these tests. The American Cancer Society recommends:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

**Families First Health & Support Center**
www.familiesfirstseacoast.org
100 Campus Drive Suite 12
Portsmouth, NH 03801
P: (603) 422-8208
F: (603) 422-8218 (Health Center)
Bus routes: 41
Families First, a community health center, offers free breast exams and referrals for mammograms, along with cervical cancer screenings, to eligible women. Offered for Families First patients on an ongoing basis, and to the public through occasional community clinics.

**Goodwin Community Health Center**
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2346
F: (603) 749-2442
Bus routes: 2, 34, 35, 3
Accepts private insurance, Medicaid, and Medicare.

**Harbour Women’s Health**
www.harbourwomenshealth.com
155 Griffin Road, Portsmouth, NH 03801
P: (603) 431-6011
F: (603) 431-6227
Bus routes: 40
Accepts some private insurance as well as NH Medicaid and Medicare.

**Joan G. Lovering**
aurl:joangloveringhealthcenter.org
559 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 7
Accepts some private insurances and Medicaid. Sliding Fee scale based on income and ability to pay.

**Lamprey Health**
www.lampreyhealth.org
207 South Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 5

128 State Route 27, Raymond, NH 03077
P: (603) 895-3351
F: (603) 895-0773

**Exeter Hospital Center for Breast Health**
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-6867
F: (603) 580-6919
Bus routes: 7
Offers breast biopsy, MRI, ultrasound, and mammograms.

**Garrison Women’s Health Center**
www.goodwinch.org
770 Central Avenue, Dover, NH 03820
P: (603) 742-0101
F: (603) 743-3171
Bus routes: 2, 35
Accepts some private insurance and Medicare. Medicaid is accepted for the non-pregnant patient.

**York Hospital Breast Care Diagnostics**
www.yorkhospital.com/services_mammography.cfm
15 Hospital Drive, York, ME 03909
P: (207) 351-2023
F: (207) 351-2036
Offer digital mammography, breast ultrasound, stereotactic breast biopsy and breast MRI.

**PAP SMEAR TESTING**

The Pap test checks for changes in the cells of the cervix. The Pap test can tell if there is an infection, abnormal or unhealthy cervix cells, or cervical cancer.

**Bear and Mclaughlin MDs**
1245 Washington Road, Rye, NH 03870
P: (603) 964-6918
F: (603) 964-2768
Accepts private insurance.

**Portsmouth Women’s Health**
www.portsmouthhospital.com
700 Central Avenue, Dover, NH 03820
P: (603) 742-2424
F: (603) 742-2424
Bus routes: 2, 34, 35, 3
Accepts private insurance, Medicaid, and Medicare.

**Families First Health & Support Center**
www.familiesfirstseacoast.org
100 Campus Drive Suite 12
Portsmouth, NH 03801
P: (603) 422-8208
F: (603) 422-8218 (Health Center)
Bus routes: 41
Families First, a community health center, offers free breast exams and referrals for mammograms, along with cervical cancer screenings, to eligible women. Offered for Families First patients on an ongoing basis, and to the public through occasional community clinics.

**Gynecology and Infertility Associates**
www.gynecologyandinfection.com
15 Old Rollinsford Road, Suite 102
Dover, NH 03820
P: (603) 749-4963
F: (603) 742-7094
Bus routes: 40
Accepts some private insurance as well as NH Medicaid and Medicare.

**York Hospital Breast Care Diagnostics**
www.yorkhospital.com/services_mammography.cfm
15 Hospital Drive, York, ME 03909
P: (207) 351-2023
F: (207) 351-2036
Offer digital mammography, breast ultrasound, stereotactic breast biopsy and breast MRI.

**Goodwin Community Health Center**
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2346
F: (603) 749-2748
Bus routes: 2
Accepts Medicare, Medicaid and some private insurance. Sliding fee scale provided if necessary.

**Mobile Mammography Van**
P: (603) 580-6966
Runs by Exeter Hospital. Travels to Piscataqua, Hampton, Raymond, and Newmarket weekly. Accepts most private insurance, does not offer sliding fee scale. Results can be downloaded next day. Call for appointment ahead of time.

**Frisbee Memorial Hospital Caring Partners Obstetrics**
www.frisbiehospital.com
21 Whitehall, Suite 303A, Rochester, NH 03867
P: (603) 335-6988
F: (603) 335-6802
Bus routes: 2
PREVENTATIVE CARE

STD TESTING

Sexually transmitted diseases (STDs) are caused by infections that are passed from one person to another during sexual contact. According to Planned Parenthood these infections often do not cause any symptoms. There are many kinds of sexually transmitted diseases and infections. More than half of the sexually active population will get an STD at some time in their lives. It is important to get tested to prevent pregnancy complications and infertility. Both women and men can get an STD. Contact your doctor if you think you may have a sexual infection. For more information contact the CDC at 800-232-4636 or visit www.cdc.gov/STD

**Partners For Women’s Health**
www.womenshealthexeter.com
3 Alumni Drive Suite 401, Exeter, NH 03833
P: (603) 778-0557
F: (603) 778-1669
Bus routes: 🚌 7
Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

**Families First Health & Support Center**
www.familiesfirstseacoast.org
100 Campus Drive, Suite 12
Portsmouth, NH 03801
P: (603) 422-8208
F: (603) 422-8218
Bus routes: 🚌 41
Offers STD testing for established patients. Accepts all private insurance plans, NH Medicaid, Maine Medicaid, NH Healthy Kids, and Medicare. Also offers a sliding fee scale.

**Frannie Peabody Center**
www.peabodycenter.org
718 Main Street, Ogunquit, ME 03907
P: (207) 363-3558
F: (207) 251-4932
Provides free anonymous HIV testing to Maine residents. Oral swab tests are used to obtain results in under one hour. Does not offer blood testing. Also helps to make appropriate referrals when test results are positive. For more information call or visit the website.

**Garrison Women’s Health Center**
www.gwhc.com
770 Central Avenue, Dover, NH 03820
P: (603) 742-0101
F: (603) 743 3171
Bus routes: 🚌 2, 35  🚌 3
Offers complete obstetric and gynecological care including STD testing. Accepts some private insurance and Medicare. Medicaid is accepted for the non-pregnant patient.

**Goodwin Community Health**
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2346
F: (603) 749-2748
Bus routes: 🚌 2
Offers STD testing for established patients. Accepts Medicare, Medicaid and some private insurance. Sliding fee scale provided if necessary.

**Gynecology and Infertility Associates**
www.gynecologyandinfertility.com
15 Old Rollinsford Road, Suite 102
Dover, NH 03820
P: (603) 749-4963
Bus routes: 🚌 2, 35  🚌 3
Private insurance and Medicare accepted. Female patients only.

**Harbour Women’s Health**
www.harbourwomenshealth.com
155 Griffin Road, Portsmouth, NH 03801
P: (603) 431-6011
F: (603) 431-6227
Bus routes: 🚌 40
Accepts some private and NH Medicaid and Medicare.

**Joan G. Lovering**
www.joangloveringhealthcenter.org
559 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 🚌 7
Offers routine screenings for chlamydia, gonorrhea and syphilis, herpes testing and cultures, Hepatitis A, B and C testing, and more. Accepts some private insurances and Medicaid.

**Lamprey Health**
www.lampreyhealth.org
207 South Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 🚌 5

**Partners For Women’s Health**
www.plannedparenthood.org
155 Griffin Road, Portsmouth, NH 03801
P: (603) 895-3351
F: (603) 895-0773

**UNH Health Services**
www.unh.edu/health-services
875 Greenland Road Building A1
Portsmouth, NH 03801
P: (603) 772-9315
F: (603) 778-0557
Bus routes: 🚌 40
Offers rapid HIV testing for UNH students. Uses Oraquick Advance, a non-invasive oral collection device that provides results in twenty minutes. Also offers other STD testing for University of New Hampshire students only.

**Women’s Health Associates**
www.womensdoctorportsmouth.com
875 Greenland Road # A1
Portsmouth, NH 03801
P: (603) 436-1128
F: (603) 431-4537
Bus routes: 🚌 40
Provides care for all routine obstetric and gynecologic problems including STD and HIV testing. Accepts private insurance, Medicaid and Medicare. Payment plans available.

**PROSTATE CANCER TESTING**

Prostate Cancer is a disease in which malignant cancer cells form in the tissues of the prostate. Early detection of prostate cancer is important because it can result in easier and faster treatment during stage one. Prostate cancer is most common in older men. The discussion about screening should take place at age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.

**National Cancer Institute**
www.cancer.gov
P: 1 (800) 4-CANCER
Contains educational information about the stages, treatment options, and general information about Prostate Cancer. Also provides a help line from 8 a.m. - 8 p.m. with informational services.

**NH Prostate Cancer Coalition**
www.nhprostatecancer.org
9 Fernwood Drive, Merrimack, NH 03054
Offers information and opportunities to participate in campaigns and fundraisers for Prostate Cancer.

**Lahey Institute of Urology at Dover**
www.lahey.org
P: (603) 742-5011
17 Old Rollinsford Road, Building A, Suite 3
Dover, NH 03820
Bus routes: 🚌 2, 35  🚌 3

875 Greenland Road, Building C, Suite 3
Portsmouth, NH 03801
Bus routes: 🚌 40
21 Whitehall Road Suite 203, Rochester, NH 03867
Bus routes: 🚌 2
## Exercise & General Health

According to the Center for Disease Control, children (6-17) should have at least one hour of physical activity per day, adults (18-64) and older adults (65+) are recommended 150 minutes per week. Benefits of incorporating physical activity into your daily schedule are to maintain weight control, reduce risk for cardiovascular disease, improve mental health and strengthen muscle and bones. Keeping your body well-nourished and hydrated will help you stay motivated and maintain daily physical exercise.

### Health Clubs & Gyms

**Balance, A Woman’s Gym**  
www.balancewomensgym.com  
125 Brewery Lane, Portsmouth, NH 03801  
P: (603) 433-0300  
Bus routes: 🚴 40  🚴 4

**CrossFit**  
www.crossfitportsmouth.com  
953 Islington Street, Portsmouth, NH 03801  
P: (603) 332-7334  
Bus routes: 🚴 40  🚴 4

**McConnell Fitness Center & Butterfield Gym**  
www.ci.dover.nh.us  
61 Locust Street, Dover, NH 03820  
P: (603) 516-6401  
Bus routes: 🚴 2  🚴 3

**Planet Fitness**  
www.planetfitness.com  
889 Central Avenue, Dover, NH 03820  
P: (603) 743-4653  
Bus routes: 🚴 1, 2, 35  🚴 3

**Seacoast Fitness**  
www.coastalfitnessonline.com  
75 US Rt. 1 Bypass, Kittery, ME 03904  
P: (207) 438-0888

**Seacoast Kettlebell**  
www.seacoastkettlebell.com

**Seacoast Sports Club**  
www.seacoastsportsclub.com  
95 Brewery Lane, Portsmouth, NH 03801  
P: (603) 431-1430  
Bus routes: 🚴 40  🚴 4

**Southside Fitness**  
www.southsidefitness.org  
275 Locust Street, Dover, NH 03820  
P: (603) 343-2137  
Bus routes: 🚴 35  🚴 3

**The Works – Wentworth Douglass Hospital Family Health and Fitness Center**  
www.theworkshealthclub.com  
246 Route 108, Somersworth, NH 03878  
P: (603) 742-2163  
Bus routes: 🚴 2

**Thrive for Women**  
www.thriveforwomen.com  
75 Portsmouth Avenue, Exeter, NH 03833  
P: (603) 772-3881  
Bus routes: 🚴 7

**VanGuard Key Club**  
www.vanguardclubs.com  
51 Washington Street, Dover, NH 03820  
Bus routes: 🚴 33, 34

**Wildcat Fitness**  
www.wildcatfitness.net  
7 Mill Plaza, Durham, NH 03824  
P: (603) 397-3200  
Bus routes: 🚴 3, 4, 5

**Seacoast Family YMCA**  
www.seacoastymca.org  
550 Peverly Hill Rd, Portsmouth, NH 03801  
P: (603) 431-2334  
Bus routes: 🚴 41

**York Fitness Center**  
www.yorkfitnesscenter.com  
1090 US Route 1, York, ME 03909  
P: (207) 363-4090

### 5 basic ways to lose weight

- Portion control
- Consume less sugary beverages/ alcohol
- Weigh yourself weekly
- Eat fiber
- Stay hydrated

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**HEALTH CLINICS**

**Seacoast Kettlebell**  
75 US Rt. 1 Bypass, Kittery, ME 03904  
P: (207) 438-0888

**Lahey Institute of Urology at Dover**  
www.lahey.org  
McConnell Fitness Center  
P: (603) 334-6333  
Bus routes: 🚴 40  🚴 4

**NH Prostate Cancer Coalition**  
www.nhprostatecancer.org  
875 Greenland Road, Building C, Suite 3  
P: (603) 862-2031  
Bus routes: 🚴 2, 33, 35

**NH Prostate Cancer Coalition**  
www.nhprostatecancer.org  
11 Paul Street, South Berwick, ME 03908  
P: (207) 438-0888

**VanGuard Key Club**  
www.vanguardclubs.com  
51 Washington Street, Dover, NH 03820  
Bus routes: 🚴 33, 34

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**5 basic ways to lose weight**

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- Stay hydrated
Children’s Services

PEDIATRICS

Pediatricians are doctors who care for children from birth to early adulthood. They specialize in diseases and ailments specific to young and growing bodies. Pediatrics deals with the physical, mental, social health and well-being of infants, children, adolescents and young adults. You should call your pediatrician for routine care such as medicines, minor illness, injuries behavior or parenting advice. The American Academy of Pediatrics has created a list of guidelines on when to call your Pediatrician.

AVOID A TRIP TO THE HOSPITAL

Check in with your pediatrician first for the following symptoms:

- Vomiting and diarrhea that lasts for more than a few hours in a child of any age
- Rash, especially if there is also a fever
- Any cough or cold that does not get better in several days, or a cold that is accompanied by a fever
- Cuts that might need stitches
- Limping or is not able to move an arm or leg
- Ear pain with fever, is unable to sleep or drink, is vomiting, has diarrhea, or is acting ill
- Drainage from an ear
- Severe sore throat or problems swallowing
- Sharp or persistent pains in the abdomen or stomach
- Pain that gets worse or does not go away after several hours
- A rectal temperature of 100.4°F (38°C) or higher in a baby younger than 2 months
- Fever and repeated vomiting at the same time
- Blood in the urine
- Bloody diarrhea or diarrhea that will not go away
- Not drinking for more than 12 hours

EMERGENCY SITUATIONS

Call 911 for any severely ill or injured child or if your infant or child has any of the following:

- Bleeding that does not stop with direct pressure over the wound
- Suspected poisoning (call the Poison Help line at 1-800-222-1222.)
- Seizures (rhythmic jerking and loss of consciousness)
- Trouble breathing
- Skin or lips that look blue, purple, or gray
- Neck stiffness or rash with fever
- Head injury with loss of consciousness, confusion, vomiting, or poor skin color
- Sudden lack of energy or is not able to move
- Unconsciousness or lack of response
- Acting strangely or becoming more withdrawn and less alert
- A cut or burn that is large, deep, or involves the head, chest, abdomen, hands, groin, or face

Be Prepared

Before calling your pediatrician, be sure to have a pen and paper ready to write down instructions. Also be prepared to provide information regarding your child’s health including:

- Fever: If you think your child has a fever, take your child’s temperature before you call. If your child does have a fever, write down the temperature and time you took it.
- Medical problems: Remind the doctor about past medical problems (such as asthma, seizures, or other conditions). He or she cares for many children each day and may not remember your child’s health history.
- Medicines: Be sure to mention if your child is taking any medicines, including prescription or nonprescription drugs, inhalers, supplements, vitamins, herbal products, or home remedies.
- Immunizations: Keep immunization records at hand. These are especially helpful if your child has an injury that may require a tetanus shot or if pertussis (whooping cough) is in your community.
- Pharmacy: Have the phone number of your pharmacy ready.

CHILD GUIDANCE AND MENTAL HEALTH SERVICES

Big Brother Big Sister of the Greater Seacoast
www.bbbs.org
909 Islington Street, #4, Portsmouth, NH 03801
P: (603) 430-1140
F: (603) 430-7760
Bus routes: 40, 4
Matches children ages 6 through 18 with mentors in professionally supported one-to-one relationships.
Matches come together through community based mentoring, school based mentoring, and mentoring children of prisoners.

Child and Family Services
Family Counseling and Adolescent Substance Abuse Treatment Programs
www.cfsnh.org
464 Chestnut St., Manchester, NH 03105
Toll Free: (800) 640-6486
P: (603) 518-4000
F: (603) 668-6260
Email: info@cfsnh.org
Child and Family Services is an independent nonprofit agency dedicated to advancing the well-being of children by providing an array of social services including family counseling and adolescent substance abuse treatment programs.

Cocheco Valley Mental Health
90 Washington Street, Suite 304
Dover, NH 03820
P: (603) 749-0992
F: (603) 749-2568
Bus routes: 2, 33
Offers services for children ages three or older, adolescents, and families. Also offers neuropsych evaluations. Accepts Medicare and most private insurances, also accepts Healthy Kids/Medicaid for psych evaluations but not for counseling services.
CHILDREN’S SERVICES

Community Partners
www.communitypartnersnh.org
25 Old Dover Road, Rochester, NH 03867
P: (603) 516-9300
F: (603) 743-3244
Provides mental health services to individuals, children and families in Strafford County. Accepts most private insurance, Healthy Kids/Medicaid and Medicare.

Direction Behavioral Health Associates, LLC
www.directionbehavioralhealth.com
867 Lafayette Road, Seabrook, NH 03874
P: (603) 760-1942
F: (603) 760-1949
Provides mental health care to adolescents. Offers an intermediate level of care for adolescents who have needs that are too complex to be effectively managed in an office outpatient setting, but do not reach the threshold warranting inpatient hospitalization. Accepts major private insurance and is working to bring services to clients with Medicaid.

Great Bay Mental Health Associates
www.greatbaymentalhealth.com
35 2nd Street, Dover, NH 03820
P: (603) 742-9200
F: (603) 742-4605
Bus routes: 2, 35
Mental health providers who offer treatment for depression, anxiety, loss and bereavement, phobias, obsession and compulsion, addiction, co-dependency, psychosomatic problems, family conflicts, attention problems, relationship conflicts, parenting concerns, post trauma issues, and life transitions. Insurance coverage varies by provider.

Lilac City Counseling
165 Charles Street, Rochester, NH 03867
P: (603) 332-4004
F: (603) 332-4114
Bus routes: 2
Provides services for children, adolescents and families. Accepts Healthy Kids/Medicaid and some private insurance.

New Heights
www.newheightsonline.org
100 Campus Drive, Suite 23
Portsmouth, NH 03801
P: (603) 422-8235
F: (603) 422-8238
Bus routes: 41
Seacoast’s largest out-of-school program for young people between the ages of 11 to 18 (those entering 6th grade to those in 12th.) There is a nominal membership fee to attend the program and some side trips may require an additional fee to participate. Scholarships are available. Transportation is provided after school from Portsmouth Middle School.

Seacoast Mental Health Adolescent and Family Services Department
www.smhc-nh.org
1145 Sagamore Avenue, Portsmouth, NH 03801
P: (603) 431-6703
F: (603) 430-3753
30 Prospect Avenue, Exeter, NH 03833
P: (603) 772-2710
Bus routes: 7
Provides clinical services to children up to 18 years of age and their families in their own homes, at SMHC, or in other community settings. Accepts most private insurances, Medicaid, Medicare. Also offers a sliding fee scale for uninsured consumers living in the eastern half of Rockingham County.

Seacoast Youth Services
www.seacoastyouthservices.org
867 Lafayette Road, Seabrook, NH 03874
P: (603) 474-3332
Offers youth programs, ASAP programs, and Juvenile Court Diversion programs for adolescents free of charge. Preventative services offered. Sliding fee scale available. Call for monthly schedules.

Somersworth Youth Connection
www.somersworthyouthconnection.org
7 Memorial Drive, Somersworth, NH 03878
P: (603) 692-2126 Ext. 209
Bus routes: 1
Provides a variety of academic and homework support, health and nutrition education, fitness and wellness activities, enrichment programs and community service projects. Summer program is $65 per week, after school program is $45 per week. Please call the director if you are unable to afford the fee.

YMCA of Strafford County
www.yogm.org
63 Lowell Street, Rochester, NH 03868
P: (603) 332-7334
F: (603) 332-7349
Bus routes: 2
From child care to day camp, trained child care professionals keep kids safe and engaged in a variety of enriching activities. Call or visit the website for more information.

Zebra Crossings
www.zebra-crossings.org
61 Locust Street Suite 317, McConnell Center Dover, NH 03820
P: (603) 312-2052
Bus routes: 2, 33, 34, 35
Enrichment programs for children ages 6-12 with a chronic health condition including asthma, diabetes, heart conditions, epilepsy, seizure disorders, cystic fibrosis, juvenile rheumatoid arthritis and more. Programs include day events, family retreats and overnight experiences. Small registration fee to commit to the program that may be waived if needed.

CHILDcare

Agape Preschool
www.sccnh.com/agape
397 Lafayette Road, Portsmouth, NH 03801
P: (603) 433-1137
Bus routes: 41
Preschool that offers the academic skills necessary for a smooth transition from preschool to kindergarten. For more information on the school’s philosophy or tuition rates, please call or visit the website.

Appleseeds Day School
www.appleseedsdayschool.com
15 Hampton Road, Exeter, NH 03833
P: (603) 772-9995
F: (603) 772-9970
A private child care center that offers services for infants and toddlers (0-3 years), preschoolers (3-4 years), pre-k (4-5 years), Kindergarten (5-6 years) or after school experiences (6-12 years). For more information on the school’s philosophy or for tuition rates, please call or visit the website. Multi-child discount available.

Brixham Montessori Friends School
www.brixhammontessori.org
18 Brickyard Court, York, ME 03909
P: (207) 351-2700
A Montessori school offering programs for children age 22 months to twelve years (toddler through sixth grade). For more information on the school’s philosophy or for tuition rates, please call or visit the website.

The Children’s Garden
www.childrensgardennh.com
290 Peverly Hill Road, Portsmouth, NH 03801
P: (603) 431-6565
Bus routes: 41
Preschool providing early childhood education for children ages 3-5. Children must be three years old by September 30th of the year they are to start school and must be toilet trained. For more information on the school’s philosophy or for tuition rates, please call or visit the website.

Children in Motion
www.childrensinmotioninc.com
274 County Farm Road, Dover, NH 03820
P: (603) 743-3312
F: (603) 749-6499
Bus routes: 33
Provides full day Kindergarten for children from all communities. Offers childcare for children between the ages of 6 weeks and 12 years. Accepts NH State Scholars and a sliding fee scale for uninsured consumers living in the eastern half of Rockingham County.

Exeter Day School
www.exeterdayschool.com
11 Marlboro Street, Exeter, NH 03833
P: (603) 772-3342
F: (603) 773-9804
Bus routes: 7
A school for 3-6 year olds. For more information on the school’s philosophy or for tuition rates, please call or visit the website. A multi-child discount available.

Great Bay Kids Company
www.greatbaykids.org
13 School Street, Exeter, NH 03833
P: (603) 772-4132
F: (603) 772-9804
Bus routes: 7
A multi-child discount available.

Hartford Preschool
1801 Main Street, Exeter, NH 03833
P: (603) 772-4132
F: (603) 772-9804
Bus routes: 7
A multi-child discount available.

New Heights
www.newheightsonline.org
100 Campus Drive, Suite 23
Portsmouth, NH 03801
P: (603) 422-8235
F: (603) 422-8238
Bus routes: 41
Seacoast’s largest out-of-school program for young people between the ages of 11 to 18 (those entering 6th grade to those in 12th.) There is a nominal membership fee to attend the program and some side trips may require an additional fee to participate. Scholarships are available. Transportation is provided after school from Portsmouth Middle School.

Lisa’s Preschool
867 Lafayette Road, Seabrook, NH 03874
P: (603) 760-1942
F: (603) 760-1949
Provides mental health care to adolescents. Offers an intermediate level of care for adolescents who have needs that are too complex to be effectively managed in an office outpatient setting, but do not reach the threshold warranting inpatient hospitalization. Accepts major private insurance and is working to bring services to clients with Medicaid.

Lilac City Counseling
165 Charles Street, Rochester, NH 03867
P: (603) 332-4004
F: (603) 332-4114
Bus routes: 2
Provides services for children, adolescents and families. Accepts Healthy Kids/Medicaid and some private insurance.

New Heights
www.newheightsonline.org
100 Campus Drive, Suite 23
Portsmouth, NH 03801
P: (603) 422-8235
F: (603) 422-8238
Bus routes: 41
Seacoast’s largest out-of-school program for young people between the ages of 11 to 18 (those entering 6th grade to those in 12th.) There is a nominal membership fee to attend the program and some side trips may require an additional fee to participate. Scholarships are available. Transportation is provided after school from Portsmouth Middle School.
**CHILDREN’S SERVICES**

**Great Beginnings Nursery School**  
www.greatbeginningscenters.com  
24 Axholme Road, York, ME 03909  
P: (207) 363-1313  
F: (207) 363-1313  
For more information on age requirements, the school’s philosophy or for tuition rates, please call the number listed.

**Growing Places Early Care Education**  
www.growingplacesnh.org  
56 Pinkham Road, Lee, NH 03861  
P: (603) 868-5674  
Offers an Infant/Toddler Program/Preschool and Pre-K Program at the Lee location (56 Pinkham Rd Lee, NH), The Woodside Preschool at the Durham Location (60 Strafford Ave Durham, NH), and after school programs and summer camps at the Moharimet Elementary School. For more information or for tuition rates, please call or visit the website.

**Harris Family Children Center**  
www.exeter.edu  
20 Main Street, Exeter, NH 03833  
P: (603) 777-3150  
F: (603) 777-4384  
Bus routes: 7  
Offers care to children of Phillips Exeter Academy families and the surrounding community. Two blended age classrooms for infants and toddlers, a preschool program, a 3/4 day kindergarten and an after-school program. Tuition assistance is available. Afternoon class discounts and multi-child discounts available. For more information please call or visit the website.

**Head Start Kittery**  
www.yccac.org/headstart  
200 Rogers Road, Kittery, ME 03904  
P: (207) 206-1270  
F: (207) 459-2823  
A national program that provides high quality early childhood education, family advocacy and health services to eligible families. Head Start offers services free to those who qualify. Visit the local head start center to apply, apply online, or call the main office at (207) 324-5762.

**Head Start Rockingham Community Action**  
www.rcaction.org  
100 Campus Drive, Portsmouth, NH 03801  
P: (603) 422-8231  
F: (603) 430-4922  
Bus routes: 41  
A national program that provides high quality early childhood education, family advocacy and health services to eligible families. To apply for Head Start, contact Rockingham Community Action. Child must reside in Rockingham County. Child must be 3 years of age by September 30, and applicant must meet age and income eligibility guidelines.

**Jack and Jill Nursery School**  
134 Ridge Road, York Beach, ME  
P: (207) 363-4803  
For more information on age requirements, the school’s philosophy or for tuition rates, please call the number listed.

**Kids Stop Incorporated**  
1 Merrill Industrial Drive, Hampton, NH 03842  
P: (603) 926-1105  
Care for infants to Pre-Kindergarten.

**KinderCare Learning Center**  
www.kinderkare.com  
72 Mirona Road, Portsmouth, NH 03801  
P: (603) 431-8010  
F: (603) 431-0275  
Bus routes: 41  
Daycare center for children 6 Weeks to 9 year old. Please contact for more information on the programs offered, to schedule a visit, or for tuition rates.

**Learning Tree Preschool and Care**  
8 New Boston Road, York, ME 03909  
P: (207) 351-3274  
For more information on age requirements, the school’s philosophy or for tuition rates, please call the number listed.

**Little Academy of Learners**  
www.academyoflittlelearners.net  
117 Woodbridge Road, York, ME 03909  
P: (207) 363-2287  
Offers programs for children three months to five years in age. For more information on the school’s philosophy or for tuition rates, please call or visit the website. Multi-child discount available.

**Little Learning Bees Early Childcare Center**  
www.littlelearningbees.com  
349 Washington Street, Dover, NH 03820  
P: (603) 742-5383  
F: (603) 742-5381  
Bus routes: 1  
Offering childcare for children 6 weeks to 6 years of age. For more information on the school’s philosophy or for tuition rates, please call or visit the website.

**My School**  
www.myschooldover.com  
118 Locust Street, Dover, NH 03820  
P: (603) 742-0321  
Bus routes: 34  
Early childhood center that offers part and full time preschool, kindergarten, and 1st grade classes. For more information on the school’s philosophy or for tuition rates, please call or visit the website.

**New Hampshire Child Care Assistance**  
www.dhhs.state.nh.us  
P: (800) 852-3345  
Child care assistance helps with the cost of child care. Parents must be working, looking for work or in a training program. Contact your local DHHS office to apply. Gross family income is used to determine eligibility. Gross family income must not exceed 250% of the federal poverty guidelines.

**Nurture & Nature Children’s Center**  
www.nurtureandnature.org  
171 Exeter Road, Newfields NH 03856  
P: (603) 772-3811  
We are a non-profit children’s center caring for ages 6 weeks through kindergarten.

**Old Landing Children’s Daycare**  
1 Old Landing Road, Durham, NH 03824  
P: (603) 868-6650  
Bus routes: 2, 3, 4, 5  
For more information on age requirements, the school’s philosophy or for tuition rates, please call the number listed.

**Peter Cottontail Pre-school Day Care**  
www.petercottontailpreschool.com  
42 Longhill Road, Dover, NH 03820  
P: (603) 749-4411  
Daycare is provided for preschool children. For more information on the school’s philosophy or for tuition rates, please call or visit the website.

**Polka Dots Child Care Center**  
www.polkadotschildcare.com  
7 Stoney Brook Lane, Stratham, NH 03885  
P: (603) 772-0822  
Bus routes: 7  
Provides full and part-time care for children ages 6 weeks through the preschool years. For more information on the school’s philosophy or for tuition rates, please call or visit the website. A multi-child discount is available.

**Rochester Childcare Center**  
www.rochesterchildcare.org  
95 Charles Street, Rochester, NH 03867  
P: (603) 332-9333  
F: (603) 332-3912  
Bus routes: 2  
Provides affordable quality childcare for families. Contact the main office to learn about enrollment.

**Rochester Recreation Arena and Youth Services**  
www.rochesternh.net  
A: 63 Lowell Street, Rochester, NH 03867  
Bus routes: 2  
Recreation: 150 Wakefield Street, Suite #1, Rochester, NH 03867  
Bus routes: 2, 6  
P: (603) 332-4120  
F: (603) 335-7573  
Pre-school programs available, as well as sport teams for adolescents grades 1-8 and high school students.

**Seacoast Early Learning Alliance**  
An alliance of non-profit childcare providers whose mission is to improve the quality of early childhood education. For more information please visit United Way of the Greater Seacoast website at www.uwgs.org

**Smarti Pants Preschool and Childcare Inc.**  
1 Winterberry Lane, York, ME 03909  
P: (207) 363-4207  
For more information on age requirements, the school’s philosophy or for tuition rates, please call the number listed.

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**Partners for Women’s Health**

**Meeting the Changing Health Needs of Women**

3 Alumni Drive, Suite 401 • Exeter, NH 03833  
(603) 778-0557 www.womenshealthexeter.com

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Our practice provides excellent health care for women at every age. Whether you come to us for your first checkup, your first baby, or after your first grandchild, we understand your needs as a woman, and provide the quality care you need.
CHILDREN’S SERVICES

Seacoast YMCA
www.seacoastymca.org/childcare
550 Beaver Hill Road, Portsmouth, NH 03801
P: (603) 431-2334
F: (603) 431-1314
Bus routes: 41
Seacoast YMCA offers daycare for school aged children. Also offers childcare after school and during "Parents Night Out". For more information please call or visit the website.

Somersworth Early Learning Center
www.somersworthearlylearningcenter.org
15 Bartlett Avenue, Somersworth, NH 03878
P: (603) 692-2081
Provides affordable quality childcare with nutritious meals for children ages 6 weeks -15 years of age.

Strafford County Head Start
www.straffordcap.org
PO Box 160, Suite 40, Dover, NH 03821
P: (603) 516-2319
A national school readiness program that provides high quality early childhood education, family advocacy and health services to eligible families. To apply for Head Start, contact Strafford County Community Action. Child must reside in Strafford County and applicant must meet age and income eligibility guidelines.

Strafford County YMCA
www.yogm.org
63 Lowell Street, Rochester, NH 03867
P: (603) 332-7334
F: (603) 332-7349
Bus routes: 2
Offers childcare for children 18 months – 5 years and youth after-school programs. Please call or visit the website for more information.

York Childcare Center
272 Route 1, York, ME 03909
P: (207) 363-6632
3 Gordon Court, York, ME 03909
P: (207) 363-6632
For more information on age requirements, the school's philosophy or for tuition rates, please call the number listed.

CHILD PROTECTIVE SERVICES

Child Abuse and Neglect Report Line-NH
www.dhhs.state.nh.us
P: (800) 984-5533
F: (603) 271-6565
In the state of New Hampshire, everyone is a mandated reporter and is required by law to call if abuse is suspected or observed. BAM-4:30PM Mon-Fri.

Child Advocacy Center
www.cacnh.org
6 Greenleaf Woods, Suite 101, Portsmouth, NH 03801
P: (603) 422-2840
F: (603) 422-2842
Bus routes: 41
The Child Advocacy Center brings together all parties within the investigation to a child friendly, neutral location so one interview can be conducted and all relevant parties are represented. Questions are asked through a trained forensic interviewer skilled at talking with children. No fee for service, however, a referral is required.

Child and Family Services
www.cfsnh.org
464 Chestnut Street, Manchester, NH 03101
P: (603) 518-4000
F: (603) 668-6260
Agency dedicated to the well-being of children by providing social services including adoption, advocacy, counseling, early childhood services, senior living, home care, teen services, family and parent support, summer camp, foster care and more. Services are either free, available on a sliding-fee scale or covered by insurance.

Strafford County Child Advocacy Center
www.straffordcounty cac.org
259 County Farm Road, Dover, NH 03821
P: (603) 516-8100
F: (603) 516-8101
Bus routes: 33
Provides a neutral location for the evaluation of child abuse for children ages five and older. Applicable community services are also coordinated for the victim and their family. No fee for service, however, a referral is required.

Division for Children, Youth & Families
Department of Health and Human Services
www.dhhs.state.nh.us/dcyf
97 Pleasant Street, Concord, NH 03301
P: (603) 271-6565
F: (603) 271-4729
Provide supportive services for families and children.

DOVER CHILDREN’S HOME
www.doverchildrenshome.org
207 Locust Street, Dover, NH 03820
P: (603) 742-4289
F: (603) 742-2057
Bus routes: 2, 35
Provides a residential treatment program for boys and girls between the ages of 12 and 22 who have been abused or neglected, are under a CHINS petition, or who have committed delinquent acts. The home utilizes community based services to develop behaviors and social skills.

Kids Free to Grow
www.kidsfreetogrow.org
62 Portland Road, Kennebunk, ME
P: (207) 985-5975
F: (207) 985-1758
Organization committed to the prevention of all forms of child abuse and neglect. Through education, collaboration and advocacy they provide programs and events which foster the wellbeing of children and families throughout York County.

Rochester Recreation Arena and Youth Services
www.rochesternh.net
Arena: 63 Lowell Street, Rochester, NH 03867
Bus routes: 2
Recreation: 150 Wakefield Street, Suite #1, Rochester, NH 03867
Bus routes: 2, 6
Pre-school programs available, as well as sport teams for adolescents grades 1-8 and high school students.

A Safe Place
www.asafelcplacenh.org
6 Greenleaf Woods, Suite 101, Portsmouth, NH 03801
24 hour hotline: 1-800-854-3552
Bus routes: 41
Provides shelter and support services for those who have been affected by domestic abuse. Their service is free of charge, confidential and available to any survivor and their families. Support groups held at a confidential location in Portsmouth, Salem and Rochester.

PARENTING CLASSES

Child and Family Services
www.cfsnh.org
464 Chestnut Street, Manchester, NH 03101
P: (603) 518-4000
F: (603) 668-6260
Agency dedicated to the well-being of children by providing social services including adoption, advocacy, counseling, early childhood services, senior living, home care, teen services, family and parent support, summer camp, foster care and more. Services are either free, available on a sliding-fee scale or covered by insurance.

Parent Information Center
www.parentinformationcenter.org
PO Box 2405, Concord, NH
P: (800) 947-7005
Information for parent training, workshops, advocacy and referrals.

Families First Health & Support Center
www.familiesfirstseacoast.org
100 Campus Drive, Suite 12
Portsmouth, NH 03801
P: (603) 422-8208 ext.2
F: (603) 422-8219
Bus routes: 41
Programs at Families First
All parents, guardians, grandparents and children are welcome at these programs. Most programs are free, and most include child care with advance
CHILDREN’S SERVICES

RESIDENTIAL CARE

Chase Home for Children
www.chasehome.org
698 Middle Road, Portsmouth, NH 03801
P: (603) 436-2216
F: (603) 431-5147
Bus routes: 41
A licensed group home that serves up to 25 male and female adolescents who cannot live at home and need a therapeutic living environment. All placements are made through the court. Offers residential and home-based care.

St. Charles Children’s Home
www.stcharleshome.org
19 Grant Street, Rochester, NH 03867
P: (603) 332-4768
F: (603) 332-3948
Bus routes: 2
An intermediate group home for children from families in crisis and is a program of New Hampshire Catholic Charities. Serves a population of 20 children, ages 3 to 12, both boys and girls.

Child and Family Services
www.csfnh.org
240 North Main Street, Concord, NH 03301
P: (603) 224-9313
F: (603) 228-3052
Voluntary, residential, aftercare and outreach program for adolescents (13-18) with psychological, emotional and behavioral problems.

Dover Children’s Home
www.doverchildrenshome.org
207 Locust Street, Dover, NH 03820
P: (603) 742-4289
F: (603) 742-2057
Bus routes: 2, 35
A community based residential home for adolescents girls (age 12 to 18) in need. Can provide services for up to nine adolescents. Helps rebuild young lives through comprehensive therapeutic, educational, and support services, in a structured and nurturing living environment.

Lutheran Social Services Foster Care in NH
www.Lssne.org
261 Sheep David Road, A-1
Concord, NH 03301
P: (603) 224-8111
F: (603) 224-5473
A foster care program which is designed to serve children who are in need of intensive level care services. This approach services to children who exhibit chronic mental, emotional, physical, and/or behavioral problems that require a high level of supervision and consistent structure.

Malley Farm Boys Home
www.malleyfarm.org
45 Malley Farm Road, Somersworth, NH 03878
P: (603) 692-5479
F: (603) 692-5702
Bus routes: 1
Residential home serving teenage boys with ages from 12 to 18. Offers both long-term residential care and an emergency service program.

Our House for Girls
www.ourhouseforgirls.org
576 Central Avenue, Dover, NH 03820
P: (603) 742-2963
F: (603) 749-0487
Bus routes: 2, 25
A community based residential home for adolescent girls (age 12 to 18) who have been abused or neglected, are under a CHINS petition, or who have committed delinquent acts.

Pilot House Independent Living Program: As part of the Dover Children’s Home, The Pilot House is a two-bedroom, on-grounds apartment where young adults may practice life skills and gain valuable experience living independently. Passive adult support is available to assist with decision making and skill building.

Gentle, Effective State-of-the-Art Diagnosis & Treatment of the Foot and Ankle
PORTSMOUTH FOOT AND ANKLE
14 Manchester Square, Suite 250, Pease International Tradeport
Portsmouth, NH 03801

- Medical & Surgical Care
- Foot & Ankle Sports Injuries
- Bunions - Hammertoes - Warts
- Heel Pain - Orthotics
- Ingrown & Fungal Toenails
- Diabetic & Arthritic Foot Care

603-431-6070

www.portsmouthfootandankle.com
BIRTH CONTROL

Birth control is a device, substance, or method that prevents pregnancy from occurring. Using birth control can significantly reduce the risk of unwanted pregnancy. There are many forms of birth control, including condoms, birth control pills, hormone shots, hormone patches, and abstinence. It is important you find a method that suits your body and your lifestyle. It should be noted that no birth control, with the exception of abstinence, is 100% effective at preventing pregnancy and STD’s, including HIV/AIDS.

Joan G. Lovering Health Center
www.joangloveringhealthcenter.org
559 Portsmouth Avenue
Portsmouth, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 7
Provides sexual health information and services to females and males on New Hampshire’s Seacoast. Services include abortion care, STD/HIV testing and follow up, family planning and holistic sexual health care. Accepts private insurance, and NH Medicaid for gynecological services.

Garrison Women’s Health Center
www.gwhc.com
770 Central Avenue, Dover, NH 03820
P: (603) 742-0101
F: (603) 743-3171
Bus routes: 2, 35, 3
Provides birth control services. Offers several different types of contraception, including birth control pills, injections, vaginal rings, skin patches, IUDs, diaphragms, natural family planning, Implanon, emergency contraception, and non–prescription methods. Accepts most private insurance, yet coverage may vary depending on individual insurance benefits.

Planned Parenthood – Exeter Health Clinic
www.plannedparenthood.org
108 High Street, Exeter, NH 03833
P: (603) 772-9315
Provides sexual health information and services to females and males on New Hampshire’s Seacoast. Services include abortion care, STD/HIV testing and follow up, family planning and holistic sexual health care. Accepts private insurance, and NH Medicaid for gynecological services.

University of New Hampshire Health Services
www.unh.edu/health-services
12 Ballard Street, Durham, NH 03824
P: (603) 862-1806
F: (603) 862-4259
Bus routes: 3, 4, 5
Only provides services to current University of New Hampshire students.

PREGNANCY TESTING

There are several ways to determine whether or not you are pregnant. Urine or blood tests administered by a doctor are the most accurate. Home pregnancy tests can also be purchased at local grocery or drug stores, however, results may not be accurate.

Seacoast Birthright
www.birthright.org
323 Islington Street, Portsmouth, NH 03801
P: (603) 436-5558
Bus routes: 4, 40
Provides support to girls and women who are distressed by an unplanned pregnancy. Provides emotional support, free pregnancy testing, and maternity and baby clothes. Also gives information and referrals to help clients meet legal, medical, financial, and housing needs. All services free of charge.

Joan G. Lovering Health Center
www.joangloveringhealthcenter.org
559 Portsmouth Avenue
Portsmouth, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 7
Provides pregnancy tests. Accepts most private insurance, yet coverage may vary depending on individual insurance benefits.

Options for Women
www.optionsforwomen.org
65 Main Street, Dover, NH 03820
P: (603) 749-4441
Located walking distance from Dover Transportation Center
Bus routes: 33, 34
If you are concerned that you might be pregnant, call to schedule an appointment for a pregnancy test. Provides laboratory quality urine tests and limited obstetrical ultrasound at no cost.

Planned Parenthood – Exeter Health Clinic
www.plannedparenthood.org
108 High Street, Exeter, NH 03833
P: (603) 772-9315
F: (603) 772-8091
Bus routes: 7
Sexual and reproductive health care provider and advocate. Accepts private insurance and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

University of New Hampshire Health Services
www.unh.edu/health-services
Exeter Health Clinic
12 Ballard Street, Durham, NH 03824
P: (603) 862-1806
F: (603) 862-4259
Bus routes: 3, 4, 5
Only provides services to current University of New Hampshire students. Unlimited women’s health visits are available to students who have paid the health fee.
UNPLANNED PREGNANCY

Many support services are available to help if you are faced with an unplanned pregnancy.

Seacoast Birthright
www.birthright.org
323 Islington Street, Portsmouth, NH 03801
P: (603) 436-3558
Bus routes: 4, 40

Provides support to girls and women who are distressed by an unplanned pregnancy. Provides emotional support, free pregnancy testing, and maternity and baby clothes. Also gives information and referrals to help clients meet legal, medical, financial, and housing needs. All services free of charge.

Joan G. Loversing Health Center
www.joangloveringhealthcenter.org
559 Portsmouth Avenue
Portsmouth, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 7

Provides sexual health information and services to females and males on New Hampshire's Seacoast. Services include abortion care, STD/HIV testing and follow up, family planning and holistic sexual health care. Accepts private insurance, and NH Medicaid for gynecological services.

New Generations
www.newgennh.org
568 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-4989
F: (603) 436-4989
Bus routes: 7

Organization that provides shelter, direction, and guidance for pregnant and parenting homeless women. Services include a shelter program, an aftercare program and transitional apartment housing. Only accepts women over the age of 18 who are pregnant or parenting only one child under the age of one.

The Nurturing Network
www.nurturingnetwork.org
Hotline: 1-800-TNN–4MOM (1-800-866-4666)

International charitable organization that responds to the immediate and comprehensive needs of a woman facing the crisis of an unplanned pregnancy. Call or visit the website for more information.

Options for Women
www.optionsforwomen.org
65 Main Street, Dover, NH 03820
P: (603) 749-4441
Located walking distance from Dover Transportation Center
Bus routes: 33, 34

Provides a safe, calm environment to talk about pregnancy in your life. Provides confirmation and verification of pregnancy through laboratory urine testing and a limited obstetrical ultrasound. Nurses answer questions and client advocates help put together a plan. All services are free.

Planned Parenthood
www.plannedparenthood.org
Exeter Health Clinic
108 High Street, Exeter, NH 03833
P: (603) 772-9315
F: (603) 772-8091
Bus routes: 7

Sexual and reproductive health care provider and advocate. Accepts private insurance and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

ABORTION

Abortion is the ending of a pregnancy. There are two general types of abortion offered to women in the U.S: surgical and non-surgical abortions. Procedure types vary depending on one's stage in the pregnancy.

Joan G. Loversing Health Center
www.joangloveringhealthcenter.org
559 Portsmouth Avenue, Portsmouth, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 7

Provides sexual health information and services to females and males on New Hampshire's Seacoast. Services include abortion care, STD/HIV testing and follow up, family planning and holistic sexual health care. Accepts private insurance, and NH Medicaid for gynecological services.

INFERTILITY

The state of being unable to produce offspring. Some individuals are unable to achieve pregnancy and may seek treatment services.

Fertility Centers of New England
www.fertilitycenter.com
875 Greenland Road, Building C, Unit 1
Portsmouth, NH 03801
P: (603) 501–4500
F: (603) 431–1985
Bus routes: 40

Consultations, blood work and ultra sound during monitoring can be accessed at Portsmouth Location (875 Greenland). A variety of other infertility treatments can be accessed at the Massachusetts locations. Call (603) 501-4500 for an initial consultation.

Partners for Women’s Health
www.womenshealthexter.com
3 Alumni Drive, Suite 401, Exeter, NH 03833
P: (603) 778-0557
F: (603) 778-1669
Bus routes: 7

Services include obstetrics, gynecology, midwifery, ultrasounds, basic infertility evaluation and treatment, Laparoscopic surgeries, dilation and curettage procedure, Colposcopy and LEEP. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale.

Birth Care at Frisbie Memorial Hospital

Choosing to have your baby at Frisbie Memorial Hospital means you will have a truly unique birthing experience. Our family-centered birthing environment offers the very best in personalized and professional maternity care. We offer the most innovative birthing practices, along with spacious, home-like rooms with individual hydrotherapy tubs so you can labor in comfort. What’s more, you can feel safe and secure in our Center for Women and Children’s Health - we have a comprehensive security system on our birthing unit, and security bands specially designed for infants. To learn more about our birthing services, or to schedule a tour, please call (603) 330-7941.

11 Whitehall Road • Rochester, NH 03867 • (603) 332-5211 • FrisbieHospital.com
PRENATAL CARE

"Prenatal" describes the time when the fetus is inside the women’s body prior to birth. Prenatal care is the medical care of a pregnant woman and her baby throughout the pregnancy. This may include nutrition, exercise, and any pre-existing or newly arising health problems. Prenatal care is most commonly provided by a doctor or a midwife.

OBSTETRICIAN/GYNECOLOGISTS

An obstetrician/gynecologist, or an "ob-gyn" is a licensed doctor who is a specialist in the care and treatment of the female reproductive system and childbirth. They are the most popular choice in child birth practitioners.

CHILDBIRTH PRACTITIONERS

There are three general types of childbirth practitioners: obstetrician/gynecologists, family practitioners, and midwives. All childbirth practitioners help deliver babies. Since different practitioners have different approaches to childbirth (routine ultrasounds, drugs during delivery and surgical intervention), it is best to find a practitioner with whom you feel comfortable. The childbirth practitioner you choose will provide you with the prenatal care you need to have a healthy baby.

FAMILY PRACTITIONERS

Many women rely on their family doctor for their prenatal and obstetrical care. A family practitioner is regularly consulted by a family or a person in time of medical need and does not limit his or her practice by gender, age, organ system, or disease type. Some women prefer to see their family doctor if they have established a good patient/doctor relationship or because they like the continuity of care. Not all family practitioners have obstetrical experience, so it is important to talk with your family doctor if interested in having your family practitioner help you during your pregnancy.

MIDWIVES

Midwives monitor the natural birth process and aid a woman during their pregnancy, labor and birth, and the postpartum period. They also care for the newborns and assist the mother with breastfeeding.

Coastal Family Birth Retreat
www.coastalfamilybirthretreat.com
13 Frying Pan Lane, Stratham, NH 03885
P: (603) 580-2327
F: (603) 580-2326
Services include prenatal diagnostic testing, prenatal exams, attendance of birth at the Birthining Home, Postpartum visits, breastfeeding counseling, childbirth education, parenting classes, and more. The fee associated with the birth center is not covered by insurance, however, the birth center will provide sliding fee scale.

Dover Women’s Health
www.dover womenshealth.com
700 Central Avenue, Dover, NH 03820
P: (603) 742-2424
F: (603) 742-1763
Bus routes: 2, 34, 35 3
Services include scheduled visits throughout pregnancy, ultrasounds, childbirth education classes and prenatal massages. Accepts Medicare and private insurance.

Families First Health & Support Center
www.firsthealthsupportcenter.org
100 Campus Drive Suite 12
Portsmouth, NH 03801
P: (603) 422–2028
F: (603) 422–2818
Bus routes: 41
Open to all pregnant women in the Seacoast region. Includes obstetric care provided on-site at Families First by Harbour Women’s Health physicians and nurse practitioners, social work services, nutrition education, health education, and access to home visiting and parent education. Delivery is at Portsmouth Regional Hospital. Private insurance and NH Medicaid accepted; uninsured patients are offered a sliding fee scale.

Frisbie Memorial Hospital
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
F: (603) 335-6802
Bus routes: 2
Women’s health services include routine GYN exams, minor gynecological procedures, treatments for incontinence, and obstetrics and gynecologic surgery. Also offers prenatal education, hypnobirthing and a mom-to-mom support group.

Garrison Women’s Health Center
www.gwhc.com
770 Central Avenue, Dover, NH 03820
P: (603) 742-0101
F: (603) 743 3171
Bus routes: 2, 35 3
Prenatal Care services include exercising while pregnant, screening for genetic conditions, supplements and prenatal vitamins, pre-existing medical conditions and vaccinations. Accepts some private insurance and Medicare.

Goodwin Community Health
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2346
F: (603) 332–8218
Bus routes: 2
Services include gynecological visits and education throughout pregnancy. No ultrasounds available, but can refer out to specialist if necessary. Accepts private insurance, Medicare and Medicaid. A sliding scale may be provided based on income and availability to pay.

Gynecology and Infertility Associates
www.gynecologyandinfertility.com
15 Old Rollinsford Road, Suite 102,
Dover, NH 03820
P: (603) 749-4963
F: (603) 742-7094
Bus routes: 2, 35 3
Specialized in gynecology only. Services include women’s exams, heavy menstrual bleeding, endometriosis treatment, urinary incontinence, pelvic support issues, STD testing, osteoporosis treatment, and low libido and sexual issues. Accepts private insurance and Medicare.

Harbour Women’s Health
www.harbourwomenshealth.com
155 Griffin Road, Portsmouth, NH 03801
P: (603) 332–8218
F: (603) 742–8218
Bus routes: 2
Prenatal Care services include exercising while pregnant, screening for genetic conditions, supplements and prenatal vitamins, pre-existing medical conditions and vaccinations. Accepts some private insurance and Medicare.

Harbor Women’s Health
www.harbourwomenshealth.com
155 Griffin Road, Portsmouth, NH 03801
P: (603) 431-6011
F: (603) 749-4963
Bus routes: 2, 35
Also offers prenatal education, hypnobirthing and a mom-to-mom support group.

Lamprey Health Care
www.lampreymidwives.com
207 S Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 5
128 State Route 27, Raymond, NH 03077
P: (603) 895-3351
F: (603) 895-0773
A team of Family Physicians, Certified Nurse Midwives, OB-GYN, and a prenatal nurse who work together to help coordinate patient care. Also offers a certified prenatal and lactation RN, care coordinators that provide assistance with resources and support services, and OB-GYN Residents. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

Partners for Women’s Health
www.womenshealthexeter.com
3 Alumni Drive Suite 401, Exeter, NH 03833
P: (603) 778-0557
F: (603) 778-1669
Bus routes: 7
Services include obstetrics, gynecology, midwifery, ultrasounds, basic infertility evaluation and treatment, Laparoscopic surgeries, dilation and curettage procedure, Colposcopy and LEEP. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

Planned Parenthood - Exeter Health Clinic
www.plannedparenthood.org
108 High Street, Exeter, NH 03833
P: (603) 772-8091
F: (603) 778-1669
Bus routes: 7
Services include obstetrics, gynecology, midwifery, ultrasounds, basic infertility evaluation and treatment, Laparoscopic surgeries, dilation and curettage procedure, Colposcopy and LEEP. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.
DOULAS

Doulas provide emotional, informational, and physical support to mothers and their birth partners before, during and immediately after birth. No medical care is provided.

A Doula For Me
www.adoulaforscape.com
P: (207) 329-2773
Birth and Postpartum Doula. Childbirth Educator.

Beth Brown Birth Services
www.bbdoula.com
P: (603) 772-1092
Birth doula and lactation counselor. Has experience with hypnobirthing and water birth.

Birth Roots Seacoast
www.ourbirthroots.org
P: (207) 772-4784
Provides prenatal and postnatal classes for expecting families throughout first year of parenting. Individuals are responsible for filing claim with insurance, if insurance does not cover. If individual does not have insurance, payment plan is available.

Dover Doula
www.doverdoula.com
P: (603) 938-9545
Providing postpartum support to mothers and families. Also teaches Prenatal Yoga Classes at Childlight Yoga in Dover, NH (Call for schedule and pricing). Registration available online.

Hound Hill Doula
www.houndhill.com
P: (603) 868-7804
Services include labor support, postpartum care, antepartum care, breastfeeding support, sibling support for birth, birth photography and consultations.

Koru Care Doula
www.korucaredoula.com
P: (603) 918-9298
Provides postpartum support, breast feeding support and early childhood development education.

Peapod Birth Co.
P: (603) 767-9661
Supports pregnant and laboring women through the transition into motherhood.

Sacred Roots
www.sacredrootsmothering.com
P: (603) 686-2921
Provides birth doula services, fertility awareness support and Reiki care along.

The Seacoast Doula Group
www.seacoastdoula.com
P: (207) 439-3033
Offers birth and postpartum doula services along with along with education and support groups.

Seacoast Family Health Services
www.seacoasthealthservices.com
P: (603) 501-9837
Offers birth and postpartum doula services, childbirth education classes, American Heart Association CPR and first aid classes, infant massage and Happyest Baby on the Block Instruction. Classes can be scheduled privately or in small groups. Services can be bundled for discounted rates.

CHILD BIRTH CLASSES

Childbirth classes teach women about pregnancy and prepare expectant mothers, fathers, and families for the birth of their babies. Classes cover everything from choosing where to give birth to breathing techniques. Classes also provide expectant mothers with a network of other moms to be.

Birth Roots Seacoast
www.ourbirthroots.org
78 Government Street, Kittery, ME 03905
P: (207) 772-4784
A non-clinical, community based education and support throughout pregnancy and the first year of parenting that is devoted to removing obstacles to perinatal health by offering continuous support through pregnancy and postpartum in a community setting. Fees vary and preregistration may be required.

Coastal Family Birth Retreat
www.coastalfamilybirthretreat.com
13 Frying Pan Lane, Stratham, NH 03885
P: (603) 580-2327
F: (603) 580-2326
Services include prenatal diagnostic testing, prenatal exams, attendance of birth at the Birthing Home, Postpartum visits, breastfeeding counseling, childbirth education, parenting classes, and more. The fee associated with the birth center is not covered by insurance, however, the birth center will provide sliding fee scale.

Exeter Hospital Prepared Childbirth Series
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-6668
Bus routes: 7
Tought by registered nurses who are also certified childbirth educators, the classes cover labor, birth, strategies for managing discomfort in labor (breathing and relaxation techniques), and various technologies that may be used. Basic training for dads also available. Fees vary, and preregistration may be required. Call or visit the website for more information.

Strafford County Community Action Partnership
www.straffordcap.org
61 Locust Street, Suite 40, Dover, NH 03820
P: (603) 516-2319
Home visiting programs that offer pregnant women and new mothers and fathers an opportunity to have regular home visits with an experienced home visitor to enhance their child’s physical, social, emotional, and intellectual development, and to support parents’ efforts as their child’s first teacher.

Portsmouth Regional Hospital Childbirth Preparation and Education Classes
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-5280
Bus routes: 40
Offers childbirth education classes. Husband/partners are strongly encouraged to participate. Freshener classes, new dad boot camp, infant/child CPR training and safety, hypnobirthing and weekend birth workshops are available. Fees vary, and preregistration may be required. Call or visit the website for more information.

Seacoast Family Health Services
www.seacoastfamilyhealthservices.com
P: (603) 501-9837
F: (603) 929-4277
Seacoast Family Health Services offers birth & postpartum doula services, childbirth education, American Heart Association CPR & First Aid classes, infant massage and Happiest Baby on the Block instruction. Fees vary.

Wentworth Douglass Birth Education
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2858
Bus routes: 2, 3
Classes include prepared childbirth, weekend prepared childbirth, refresher childbirth, hypnobirthing, prenatal yoga, sibling, grandparents, prenatal aquatics & postpartum exercise, siblings at birth, celebrating pregnancy and birth, breastfeeding, great beginnings newborn care and development, infant massage, and a babysitting course. Fees vary, and preregistration may be required. Call or visit the website for more information.

York Hospital Child Preparation
www.yorkhospital.com
15 Hospital Drive, York, ME 03909
P: (207) 351-2129
Classes designed to provide information regarding the changes and discomforts of pregnancy, the stages of the labor process and related labor management techniques, including relaxation, breathing techniques, and positioning to enhance comfort and progress in labor; alternative methods of pain control in labor medications as well as induction of labor and cesarean birth.
PREGNANCY AND FAMILY PLANNING

BREASTFEEDING RESOURCES

Birth Roots Seacoast
www.ourbirthroots.org
78 Government Street, Kittery, ME 03905
P: (207) 772-4784
A non-clinical, community based education and support throughout pregnancy and the first year of parenting that is devoted to removing obstacles to perinatal health by offering continuous support through pregnancy and postpartum in a community setting. Fees vary and preregistration may be required.

Birth Roots Support Group:
Eat, Sleep, Nurse: 0-12 Months
Free Support group open to all moms, with babies up to one year. No registration necessary. Meets at the Seacoast BirthRoots Center.

The Breastfeeding Connection of WIC
Available at Your Local Community Action
(see Food Assistance Programs)
Part of the WIC Program. Offers support after baby is born if breastfeeding is difficult. Also helps with electric breast pumps and information on nutrition for families.

Costal Family Birth Retreat
www.costalfamilybirtheretreat.com
13 Frying Pan Lane, Stratham, NH 03885
P: (603) 580-2327
F: (603) 580-2326
Services include prenatal diagnostic testing, prenatal exams, attendance of birth at the Birthing Home, postpartum visits, breastfeeding counseling, childbirth education, parenting classes, and more. The fee associated with the birth center is not covered by insurance, however, the birth center will provide sliding fee scale.

Exeter Hospital Breastfeeding Support Group
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (800) 439-3837
Bus routes: 7
A group that provides added support for the changing needs of a growing baby. Also offers mother to mother support and assistance. A lactation consultant is available. No requirement to register. Free of charge and open to the community.

La Leche League Seacoast
www.seacoastnhll.org
Durham P: (603) 345-5817
Portsmouth P: (207) 457-5494
Provides education, information, support, and encouragement to all women who want to breastfeed. Free meetings held on a weekly or monthly basis. Contact your local La Leche Leader for more information. Memberships are available. No dues and no fees.

Partners for Women’s Health
www.womenshealthexeter.com
3 Alumni Drive, Suite 401, Exeter, NH 03833
P: (603) 778-0557
F: (603) 778-1669
Bus routes: 7
Specializes in obstetrics and gynecology. Offers breast feeding support, pelvic exams, cancer and osteoporosis screenings, birth control counseling and prescriptions and preconception counseling. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

Portsmouth Regional Hospital Prenatal
Breastfeeding Basics Class
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-4041
Bus routes: 40
A free pre-natal class that teaches moms what to expect during the first 24 to 72 hours after birth: held the second Wednesday of every month from 6:30 to 7:30 pm. For more information or to register call (603) 433-4041.

Portsmouth Regional Hospital Breast Feeding Support Group
Meets every Wednesday from 10:00 am to 12 noon in the Maternity Family Room at Portsmouth Regional Hospital. Certified Lactation Consultant who can assist with breast feeding needs. Free of charge and open to the public.

Rochester Visiting Nurse Association
www.yourvna.org
Rochester, NH 03867
P: (603) 332-1133
A lactation consultant service that helps educate, guide, and support the patient. Answers questions and discusses the available options concerning breastfeeding, skin/nipple care, nutrition, and equipment. Part of the Maternal/Child Health services. Accepts Medicare, Medicaid, private insurers and private pay.

Wentworth Douglass Breastfeeding Classes
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2233
Bus routes: 2, 35
Sells and rents out breast pumps for mothers. Retail price to buy a breast pump is $250 and to rent one is $50 a month. A mother can rent a breast pump for as long as they wish. They do not take insurance but call to ask for alternative options.

BREAST PUMP RENTALS

The Breastfeeding Connection of WIC
Available at Your Local Community Action
(see Food Assistance Programs)
Part of the WIC Program. Helps with electric breast pumps and information on nutrition for families.

Keene Medical Products
www.keeemedicalproducts.com
6 Robert Avenue, Unit 1
Portsmouth, NH 03801
P: (603) 431-6006
F: (603) 431-9080
Bus routes: 41

Wentworth Douglass Breastsfeeding Classes
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2233
Bus routes: 2, 35
Sells and rents out breast pumps for mothers. Retail price to buy a breast pump is $250 and to rent one is $50 a month. A mother can rent a breast pump for as long as they wish. They do not take insurance but call to ask for alternative options.

Exclusively Gynecological Care

With over 25 years of experience, Drs. Cynthia Bear and Wendy McLaughlin continue to welcome women to their convenient, comfortable private practice. We are dedicated to providing thorough gynecological care from adolescence to geriatric.

We Respect Your Time and Won’t be Called Away in the Middle of Your Appointment.

Cynthia Bear, M.D. & Wendy McLaughlin, M.D.
1245 Washington Road at Route 1, Rye, NH • 603-964-6918
Dental Services

Questions to Ask Your Dentist:
• What toothbrush should I use?
• Where are my problem areas located?
• How do I properly floss my teeth?
• Would I benefit from a particular type of toothpaste?
• Should I use a fluoride rinse or specific mouthwash?

ADULT DENTAL CARE

Adult Dental Tips:
• Schedule regular routine exams with your dentist.
• Brush your teeth at least twice a day.
• Use dental floss daily.
• Eat a balanced diet.
• If you ever knock out a tooth, put it in a jar of milk and bring it to your dentist immediately.

PEDiatric DENTAL CARE

When should a child begin visiting the dentist?
It is important that primary teeth be kept until they are lost naturally. They help guide the proper eruption and positioning of the permanent teeth. In order to prevent dental problems, your child should see a pediatric dentist when the first tooth appears, or no later than his/her first birthday. Infant tooth decay can arise from prolonged breast or bottle feeding, usually at nighttime. It is recommended to start weaning around the first birthday.

Pediatric Dental Tips:
• Do not put your baby to bed with a bottle or bring them to bed and breast-feed.
• Do not let your baby walk around with a bottle during the day.
• Use a pacifier instead of a bottle if your infant seems to require more sucking time.
• Wean your baby to a cup by the age of one year.
• Brush your baby’s teeth with a soft brush as soon as a tooth appears. Do not use toothpaste.
• Begin dental visits by the age of one or sooner if you see any problems.

Dental Services

Families First Dental Center
www.familiesfirstseacoast.org
100 Campus Drive, Suite 12, Portsmouth, NH 03801
P: (603) 422-8208
F: (603) 422-8218
Bus routes: 41
Provides preventive, restorative and emergency oral health care. Open to all children and teens living in NH and Maine; eligibility for adults is limited mainly to Families First Health Center patients. Accepts private insurance and NH and Maine Medicaid; uninsured patients are offered a sliding fee scale.

Goodwin Community Health
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2346
F: (603) 332-8218
Bus routes: 2
Offers dental services to both children and adults. Provides both preventative and primary oral health care. Services include oral health exams, cleanings, oral hygiene instructions, fluoride treatments, digital x-rays, composite fillings, extractions, dentures and limited crowns, root canals, and more. Availability of dental services is limited. Please call for the most up to date eligibility. Accepts most private insurance, NH and Maine Medicaid, and Healthy Kids. Also offers a sliding scale fee based on household income.

NH Technical Institute Dental Clinic
www.nhti.edu
31 College Avenue, Concord, NH 03301
P: (603) 271-7160
F: (603) 271-7182

SCHOOL BASED DENTAL PROGRAMS

Families First/Seacoast Healthy Grins
www.familiesfirstseacoast.org
P: (603) 422-8208 ext. 138
F: (603) 422-8218
Offers free oral health education and dental screenings to students in area schools and early childhood programs. In-school dental cleanings and sealants are available to children who meet eligibility requirements. Children found to have further dental needs who don’t have a dentist are referred to a dentist.

York Community Action Oral Health Center
www.yccac.org
32 Patriots Lane, Sanford, ME 04073
P: (207) 490-6900
Provides a comprehensive general dentistry practice for individuals and families in York County who are homeless and for those who reside in public housing. Accepts MaineCare, Medicare, Medicaid and private insurance. Also offers a sliding fee scale based on income and family size.

How to properly brush your teeth

Proper brushing takes at least two minutes. To properly brush your teeth, use short, gentle strokes, paying extra attention to the gum line, hard-to-reach back teeth and areas around fillings, crowns or other restoration.

It is important that you use the right toothpaste. There is a wide variety of toothpaste designed for many conditions, including cavities, gingivitis, tartar, stained teeth and sensitivity. Ask your dentist or dental hygienist which toothpaste is right for you.

Tilt the tooth brush at a 45° angle against the gum line and gently sweep the brush away from the gum line. Gently brush the outside, inside and chewing surface of each tooth using short circular strokes.

Gently brush your tongue to remove bacteria and freshen breath. You should replace your toothbrush when it begins to show wear, or every three months, whichever comes first.
Mental Health Services

MENTAL HEALTH SERVICES

Community Partners
www.communitypartnersnh.org
25 Old Dover Road, Rochester, NH 03867
P: (603) 760-1942
Provides mental health services to individuals, children and families in Strafford County. Accepts most private insurance, Healthy Kids/Medicaid and Medicare.

Direction Behavioral Health Associates, LLC
www.directionbehavioralhealth.com
867 Lafayette Road, Seabrook, NH 03874
P: (603) 760-1942
Provides mental health care to adolescents. Offers an “intermediate” level of care for adolescents who have needs that are too complex to be effectively managed in an office outpatient setting, but do not reach the threshold warranting inpatient hospitalization. Accepts major private insurance and is working to bring services to clients with Medicaid. Call for the latest update on Medicaid accessibility.

Family Strength Home Based Therapeutic Services (HBTS)
www.familystrength.org
728 Central Avenue, Dover, NH 03820
P: (603) 742-5662
F: (603) 743-5106
Bus routes: 2, 33, 35
Program associated with the Goodwill. Programs offered include Deployment Cycle Support Programs (DCSP), Family Stabilization Program (FSP), The Home Based Therapeutic Services program (HBTS) and Office Based Individual/Family Therapy. Accepts some private insurance and Medicaid.

Family Strength Office Based Individual/Family Therapy
www.familystrength.org/services
728 Central Avenue, Dover, NH 03820
P: (603) 742-5662
F: (603) 743-5106
Bus routes: 2, 35, 3

 Offers therapy for individuals, couples, and families with clinicians with various specialty areas such as Attachment Disorder, trauma recovery, DBT, sexually reactive youth, EMDR and play therapy. Accepts some private insurance and Medicaid.

Great Bay Mental Health Associates
www.greatbaymentalhealth.com
35 Second Street, Dover, NH 03820
P: (603) 742-9200
Bus routes: 2, 33, 35
Mental health providers who offer treatment for depression, anxiety, loss and bereavement, phobias, obsession and compulsion, addiction, co-dependency, psychosomatic problems, family and relationship conflicts, attention problems, parenting concerns, post-trauma issues and life transitions. Insurance coverage varies by provider.

Journeys Pastoral Counseling Center
www.journeypastoralcounseling.org
15 Park Court, Durham, NH 03824
P: (603) 868-5166
F: (603) 868-8166
Bus routes: 3, 4, 5
Therapy for individuals, couples and families. Accepts Medicare, Medicaid and most private insurance. Also offers a sliding fee scale.

Lilac City Counseling
165 Charles Street, Rochester, NH 03867
P: (603) 332-4004
Bus routes: 2
Provides services for children, adolescents and families. Accepts Healthy Kids/Medicaid and some private insurance.

Portsmouth Regional Hospital Behavioral Health Services
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 436-0600
Bus routes: 2
Provides mental health care 24-hours a day, seven days a week. Offers therapy for individuals, couples, and families with clinicians with various specialty areas such as Attachment Disorder, trauma recovery, DBT, sexually reactive youth, EMDR and play therapy. Accepts some private insurance and Medicaid.

Seacoast Mental Health: Child, Adolescent, and Family Services
1145 Sagamore Avenue, Portsmouth, NH 03801
P: (603) 431-6703
30 Prospect Avenue, Exeter, NH 03833
P: (603) 772-2710
Provides clinical services to children up to 18 years of age and their families in their own homes, at SMHC, or other community settings. Accepts most private insurances, Medicaid, Medicare. Also offers a sliding fee scale for uninsured consumers living in the eastern half of Rockingham County.

Seacoast Youth Services
www.seacoastyouthservices.org
867 Lafayette Road, Seabrook, NH 03874
P: (603) 474-3332
Offers youth programs, ASAP programs, and Juvenile Court Diversion programs for adolescents free of charge. Preventive services offered as well, sliding fee scale available if necessary. Call for monthly schedules.

Koru Care Postpartum Doula Services
www.korucaredoula.com
P: (603) 918-9298
Offers Postpartum doula services, after cesarean mother and family care, sibling adjustment and lactation counseling/education. Coverage varies depending on insurance benefits. Services cost $25/hr, sliding scale fee available.

Postpartum Doula Services by Dover Doula
www.doverdoula.com
P: (603) 988-5945
Provides support to families during the “fourth trimester” or the first 12 weeks of having a new baby. Postpartum doulas “mother the mother” by making sure the new mother is eating well, staying hydrated and napping as often as possible. Postpartum doulas provide educational, emotional and physical support, as well as practical help.

The Seacoast Doula Group
www.seacoastdoula.com
Visit website to contact all Doulas directly. A network of independent doulas that live and work in the seacoast area of New Hampshire and southern Maine. Doulas are experienced and most are DONA International members. Visit the website for a full list of local doulas.

POSTPARTUM DEPRESSION

Families First Health & Support Center
Mother-To-Mother Postpartum Group
www.FamiliesFirstSeacoast.org
100 Campus Drive Suite 12, Portsmouth, NH 03801
P: (603) 422-8208 ext. 124
F: (603) 868-5166
Bus routes: 41
Offers support for mothers during their baby’s first year, when postpartum depression and anxiety are common. Come be with other mothers who know what it’s like. Led by women trained in birth and postpartum care. Advance signup required. Free.

ADDICTIONS & DEPENDENCY RESOURCES

See Addictions and Dependency, Including Drug & Alcohol Abuse on page 36
MENTAL HEALTH SERVICES

SUPPORT GROUPS & HELPLINES

Anxiety Disorder Support
www.wdhospital.com
P: (603) 743-5967
Meets weekly on Tuesday from 6 p.m. to 7:30 p.m. at Wentworth Douglass Hospital.

Bi-Polar/Depression Support
www.wdhospital.com
P: (603) 743-1494
P: (603) 957-0843
Meets weekly on Monday from 7 p.m. to 8:30 p.m. at Wentworth Douglass Hospital. Does not meet on calendar marked holidays.

Depression and Bipolar Support Alliance
www.dbsalliance.org
Dover: (603) 743-1494
Exeter Hospital: (603) 734-4032
Seacoast Mental Health: (603) 772-7769
Support group meets every Monday at 7pm in Wentworth Douglass Hospital. Additional support group meets Wednesday at 5:15 in the Dover McConnell Center, open to all persons with mental disabilities or depression.

Food Addicts in Recovery Anonymous
www.foodaddicts.org
Support group offered through York Hospital. Supports people who are underweight, overweight or obese, and people who are obsessed with food, weight or dieting. Please call or see website for meeting times/locations.

National Alliance for the Mentally Ill
www.nami.org
Eliot United Methodist Church
Route 236, Eliot, ME 03903
P: (207) 363-3429
Meets the 2nd Tuesday of every month from 6:30pm-8:30pm at Eliot United Methodist Church in Eliot Maine. Meetings are open to anyone who has mental illness or any family member, friends, professional or caregivers, who need support with the challenges of mental illness. For more information, call Kim Perham at 207-363-3429.

National Alliance for the Mentally Ill Connections Recovery Support
www.nami.org
Eliot United Methodist Church
Route 236, Eliot, ME 03903
P: (207) 363-2458
Meets every Tuesday from 1:00pm-2:30pm at Eliot United Methodist Church in Eliot Maine. Meetings are for consumers only and are free of charge. A Safe and Relaxed setting to receive support living with mental illness. Strictly Confidential. For more information, call Sue Babin at 207-363-2458.

New Hampshire Weight Loss Forum
www.obesityhelp.com/forums/NH/
Online support group for sharing personal experiences with gastric bypass surgery, the benefits of plastic surgeries, post obesity loose skin surgery and more.

Overeaters Anonymous
www.oa.org
15 Hospital Drive, York, ME 03909
P: (603) 433-5464
Helps individuals recover from compulsive eating using twelve steps and twelve traditions. No dues or fees. Please call or see website for meeting times/locations.

Seacoast Suicide Prevention Coalition: The Seacoast Suicide Prevention Coalition (SSPC) addresses suicide prevention, intervention and postvention for residents of the Seacoast Region. The goals of the Coalition are to: Increase capacity of organizations and community members to prevent suicide through prevention, early identification, intervention, and postvention. And to increase supports to those who have experienced a loss from suicide. Provides materials and information about resources and supports in the region.

The SSPC would like to help organize education and training opportunities to first responders, police and fire departments, peer leaders in High Schools and other concerned community members using the NAMI-NH CONNECT Project and other best practices and materials in the Seacoast Region. The Coalition meets monthly at the Community Campus on the second Wednesday of each month, 4-5:30PM. Please check the Seacoast Suicide Prevention Coalition FaceBook page to verify time and place or call Susan Turner, SSPC Facilitator at 603 969-5318.

Suicide Prevention in NH
www.theconnectproject.org
Statewide P: (603) 225-5359
Provides training in community settings to reduce the gaps between schools, hospitals, police and mental health services in hopes to reduce suicide.

Local Suicide Prevention Hotline
1-800-273-8255
Disease Specific Resources

AIDS/HIV
AIDS (Acquired Immune Deficiency Syndrome) is the most severe stage of HIV (Human Immunodeficiency Virus), a virus that cannot be fought off by the human body. The disease can be transmitted through bodily fluids from the use of contaminated needles, sexual activity with an infected individual or through pregnancy from mother to child. It is important to be tested for HIV if you feel you are at risk in order to catch the virus at an early, treatable stage.

AIDS Response Seacoast
www.aidsresponse.org
1 Junkins Avenue, Portsmouth, NH 03801
P: (603) 433-5377
F: (603) 278-7993
Bus routes: 2, 40, 41 4
A community-based AIDS Service Organization dedicated to providing education, assistance and advocacy for persons and communities affected by HIV/AIDS. Case management and support services available to people with HIV/AIDS. Also offers a variety of closed support groups for people with HIV and Aids and their families and partners. Must be a Aids Response Seacoast Client.

AIDS Information Hotline
P: (800) HIV-0440 or (800) 448-0440
A hotline providing information on HIV treatment and research, customized clinical trial searches and government-approved resources.

Frannie Peabody Center
www.peabodycenter.org
718 Main Street, Ogunquit, ME 03907
P: (207) 363-3558
F: (207) 251-4932
Provides free anonymous HIV testing to Maine residents. Oral swab tests are used to obtain results in under one hour. Does not offer blood testing. Also helps to make appropriate referrals when test results are negative. For more information call or visit the website.

GLAD Gay Lesbian Advocate and Defenders
www.glad.org
30 Winter Street, Suite 800, Boston, MA 02108
P: (800) 455-GLAD
Serves all of New England as a help line to those in need of legal services/advice on sexual orientation, HIV status and gender identity. Provides referrals and information regarding an individuals rights. Information line available from 1:30 pm to 4:30 pm.

Local HIV/STD Testing
www.localstdtesting.com
155 Griffin Road, Portsmouth, NH 03801
P: (800) 610-0276
Bus routes: 40
National company that offers STD testing available the same day in Portsmouth. Tests include, HIV, herpes, gonorrhea, chlamydia, hepatitis, syphilis, urinalysis, and CBC test. Payment plans are available.

Maine AIDS Hotline
P: (800) 851-2437
A hotline with information on any issue related to AIDS/HIV.

National AIDS Hotline
P: (800) CDC-INFO or (800) 232-4636

Partners For Women’s Health
www.womenshealthexter.com
3 Alumni Drive, Suite 401, Exeter, NH 03833
P: (603) 778-0557
F: (603) 778-1669
Bus routes: 7
Offers STD testing, including HIV. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

Planned Parenthood Exeter Health Clinic
www.plannedparenthood.org
108 High Street, Exeter, NH 03833
P: (603) 772-9315
F: (603) 772-8091
Bus routes: 7
Offers STD testing, treatment, and support. Accepts Medicaid and private insurance, patients are responsible for all co-pays, sliding fee scale is also available based on income and ability to pay.

UNH Health Services
www.unh.edu/health-services
12 Ballard Street, Durham, NH 03824
P: (603) 862-1530
F: (603) 862-4259
Bus routes: 3, 4, 5
Offers rapid HIV testing using Oraquick Advance, a non-invasive oral collection device that provides results in twenty minutes. Also offers other STD testing for University of New Hampshire students only.

Women's Health Associates
www.womensdoctorportsmouth.com
875 Greenland Road, # A1
Portsmouth, NH 03801
P: (603) 436-1128
F: (603) 431-4537
Bus routes: 40
Provides care for all routine obstetric and gynecologic problems including STD and HIV testing. Accepts private insurance, Medicaid and Medicare. Payment plans available.

ALZHEIMER’S DISEASE

Alzheimer's disease is the most common form of dementia. It is a genetic disease that risk increases with age. According to the Alzheimer's Association, the likelihood of developing the disease doubles every five years after the age of 65. Symptoms include loss of memory and confusion, and are most commonly noticed by the caregiver before the individual is aware of the changes they are experiencing.

Alzheimer’s Association NH/MA
Chapter 24-Hour Hotline
www.alz.org/manh
P: (800) 272-3900
24 Hour Alzheimer's hotline providing educational materials and care consultations.

Alzheimer's Caregiver Guide
www.nia.nih.gov/Alzheimers
An online publication by the National Institute on Aging offering tips for caregivers of people with Alzheimer’s.

Alzheimer’s Support Group
P: (603) 430-8615
Contact Amy VanSplunder

Alzheimer’s Telephone Support Group
P: (603) 606-6590
Contact Susan Antkowiak

Caregivers Support Group at Wentworth Connections
www.wentworthconnections.org
127 Parrott Avenue, Portsmouth, NH 03801
P: (603) 430-0070
Bus routes: 2, 4, 41 4
Respite and support for family caregivers. Held the 1st and 3rd Thursday of every month from 2:00-3:30pm at Wentworth Connections. Free of charge.

StilMee
www.stilmee.com
P: (617) 328-3440
F: (617) 786-7485
Provides coaching services to families. Also works closely with day programs, assisted living residences, elder law attorneys, neurologists and home care companies.

ARTHРИTIS

Arthritis is inflammation in joints causing pain, stiffness and reduced range of motion. There are many different types and causes of arthritis. Early diagnosis and treatment is critical to preventing further damage.

Arthritis Foundation NH Chapter
www.arthritis.org
6 Chenell Drive, Suite 260, Concord, NH 03301
P: (800) 639-2113
F: (603) 224-3778
Offers education and support for people with arthritis.
Orthopedic & Sports Therapy Services
www.osts.us
40 Winter Street, Suite 307
Rochester, NH 03867
P: (603) 692-6626
F: (603) 692-4766
Bus routes: 2
Combines hands-on therapy with exercise and education. Offers therapy for back and neck pain, shoulder and elbow conditions, hand, wrist, knee, foot and ankle conditions, sports injuries, arthritis/joint pain, work related injuries and TMJ. Accepts private insurance, Medicaid and Medicare.

Seacoast Arthritis and Osteoporosis Center
www.seacoastarthritis.com
10 Members Way, Suite 403, Dover, NH 03820
P: (603) 742-6664
F: (603) 749-2461
Bus routes: 33
An affiliate of Wentworth-Douglass Hospital that provides diagnosis and treatment of arthritis, certain autoimmune diseases, musculoskeletal pain disorders and osteoporosis.

Asthma
Asthma is a respiratory disease that affects a person’s lungs. It is most commonly seen as a long-term disease in children, but it can be a chronic disease in adults as well. Symptoms include coughing, wheezing and shortness of breath. These symptoms may not be present all of the time, but can appear occasionally and are referred to as “attacks.” It is important to acknowledge the triggers of your asthma symptoms in order to prevent attacks.

Allergy Associates of New Hampshire
www.allergiesnh.com
100 Griffin Road, Suite A
Portsmouth, NH 03801
P: (603) 436-7897
F: (603) 436-7855
Bus routes: 40
A specialty medical practice providing diagnosis, management, and treatment of asthma, allergy and immunologic disease of children and adults. Accepts private insurance, NH Medicaid and Medicare. Financial Assistance Program is available for those who are uninsured. Please call for more information.

Cancer
Cancer is the general name for over 100 diseases in which cells grow abnormally and out of control. The type of cancer one develops is named by the part of the body that it originates. It is important to take appropriate prevention measures to limit your risk factors for cancer and to identify abnormalities and symptoms in order to identify cancerous growth at an early stage.

Hospitals That Provide Cancer Care
Exeter Hospital Center for Cancer Care
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-7336
F: (603) 580-6747
Bus routes: 7
The Center for Cancer Care provides patients and their families with comprehensive in-patient and outpatient services that include, clinical trials, medical oncology, genetic screening and counseling, palliative care, radiation and reproduction after cancer care.

Frisbie Memorial Hospital
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
Bus routes: 2

Portsmouth Regional Hospital Cancer Care Center
www.portsmouthhospital.com
155 Borthwick Avenue, #303
Portsmouth, NH 03801
P: (603) 433-5226
F: (603) 433-4939
Bus routes: 40
The Hematology and Oncology Center offers cancer diagnosis and treatment. Cancers range from breast, ovarian, prostate, and brain tumors to leukemia and lymphoma. For more information on cancer diagnosis and treatment, visit the cancer resource guide on the Hematology and Oncology Center’s website.

Wentworth-Douglass Hospital
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 742-5252
Bus routes: 2, 35

York Hospital Oncology Center
www.yorkhospital.com
127 Long Sands Road, York, ME 03909
P: (207) 351-3777
57 Portland Street, South Berwick, ME 03908
P: (207) 384-7220
75 US Route 1 Bypass, Kittery, ME 03904
P: (207) 439-1880
The Oncology Center coordinates all aspects of specialized cancer care for patients and families.

Cancer Support Groups
American Cancer Society
www.cancer.org
P: (800) ACS-2345 [227-2345]
A nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem.

National Cancer Institute
www.cancer.gov
P: (800) 4-CANCER or (800) 422-6237
Coordinates research, training, health information, and other programs in regards to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation and the continuing care of cancer patients and their families.

Cancer Wellness Services: Center for Cancer Care
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-7336
F: (603) 580-6747
Programs are available to support individuals through their cancer experience. Cancer Wellness Services include counseling, integrative therapies, oncology rehabilitation, nutrition services, exercise, creative art programs and special events.

NH Comprehensive Cancer Collaboration
www.nhcanercare.org
125 Airport Road, Concord, NH 03301
P: (603) 415-4276
A partnership of individuals and organizations committed to significantly reducing the incidence and mortality of cancer for people in New Hampshire through prevention, early detection, treatment and survivorship, and palliation.

Look Good Feel Better
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2826
Bus routes: 2, 35

New Hampshire Breast Cancer Coalition
www.nhbcc.org
18 Belle Lane, Lee, NH 03861
P: (603) 659-3482
Statewide organization that advocates and provides assistance to New Hampshire residents with breast cancer.

Breast Cancer Survivors Group
www.yorkhospital.com/visitor_supportgroups.cfm
15 Hospital Drive, York, ME 03909
P: (207) 646-1364
Support group meets the third Monday of the month from 6:30-8:30 PM in York Hospital’s Ellis Conference Room. Contact Jean Smith, RN at the number provided above.

Cancer Support Group
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2826
Bus routes: 2, 35

Cerebral Palsy
Cerebral palsy (CP) is a disorder that affects an individual’s movement and motor skills. It can also affect other health issues such as vision, hearing, speech problems and learning disabilities. Cerebral palsy is caused by brain damage that occurs during development before birth, during a birth or within the first 3-5 years after a child is born. Therapies, treatment and special equipment assist individuals with cerebral palsy and allow them to function at an optimal level.
**DISEASE SPECIFIC RESOURCES**

**United Cerebral Palsy (UCP)**
www.ucp.org
1660 L Street NW, Suite 700
Washington DC 20036
P: (800) USA-5UCP or (800) 872-5827
F: (202) 776-0414
Provides education, advocacy and support services to individuals with disabilities, while creating opportunities for them to gain independence in their lives.

**CHRONIC FATIGUE**

Chronic Fatigue Syndrome (CFS) is a condition in which individuals have low levels of energy, increased pain of muscles and joints, and sensitivity to lights, sounds and smells. The individual performs daily tasks at reduced levels of functioning and are increasingly fatigued by daily physical and mental activity. Although individuals with CFS feel increasingly tired, they are not able to find relief with getting a good night's sleep.

**CFIDS Association of America**
www.cfids.org
P: (704) 365-2343
Comprehensive information source for CFS patients and others interested in the condition.

**Chronic Fatigue Support**
P: (603) 332-0412
Willing to meet and provide support for those in chronic pain and help individuals take responsibility for their own treatment. Also offers knowledge and support for spouses and caregivers. Call to make an appointment.

**DIABETES**

Diabetes is a disorder that affects an individual’s metabolism. The body fails to produce the correct amount of insulin it needs to remove the glucose from blood and into the cells. As a result, the glucose is excreted from the body and cannot be used as a main source of fuel. There are three types of Diabetes: Type 1, Type 2 and gestational, which occurs during pregnancy. With type 1 diabetes, the immune system attacks insulin producing cells. Type 2 diabetes occurs when the body stops producing insulin slowly. This is the most common type of diabetes and is usually associated with obesity and older age.

**Appledore Medical Group - Center for Diabetes and Endocrinology**
www.portsmouthendocrinology.com
330 Borthwick Avenue, Suite 102
Portsmouth, NH 03801
P: (603) 433-5160
F: (603) 433-5196
Bus routes: 🚌 40
The center helps diabetes patients manage their treatment, monitor their overall health and improve their quality of life.

**HealthReach Diabetes Endocrine and Nutrition Center**
881 Lafayette Road, Hampton, NH 03842
P: (603) 926-9131
F: (603) 926-9132
Diabetes education and training is provided through individual consultations, group education classes, support groups, insulin pump and continuous glucose monitoring programs, the diabetes fitness program, and community education.

**Joslin Diabetes Center**
Affiliate of Frisbie Memorial
www.frisbiehospital.com
245 Rochester Hill Road, Suite B
Rochester, NH 03867
P: (603) 994-0120
F: (603) 994-0123
Bus routes: 🚌 2
Offers diabetes treatment and prevention methods. Information groups and educational classes are held throughout the year to help diabetes patients manage their disease. Call to learn more about the specific programs offered.

**Lamprey Health Care Diabetes Care Management**
www.lampreyhealth.org
207 South Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 🚌 5
128 State Route 27, Raymond, NH 03077
P: (603) 895-3351
F: (603) 895-0773
10 Prospect Street, Suite 102
Nashua, NH 03060
P: (603) 883-6633
F: (603) 895-0773
Offers comprehensive diabetes education. Individualized diabetes education includes diabetes overview, nutrition, monitoring, medications, physical activity, complications, lifestyle changes, pregnancy and gestational diabetes. Accepts Private Insurance, Medicare, Medicaid, and a sliding scale fee is available based on income and ability to pay.

**Expanded Diabetes Education**
www.explantediabetesed.com
127 Long Sands Road, York, ME 03909
P: (207) 351-3702
F: (207) 351-3701
Offers diabetes education classes, one-on-one consultations and diabetes support groups.

**Epilepsy Foundation**
Epilepsy, also known as seizure disorder, is a condition that affects the nervous system. It is usually diagnosed after a person has at least two seizures where the cause was not related to a pre-existing condition. The cause of epilepsy is unknown in most cases. The cause and severity of the seizures vary between individual cases.

**Epilepsy Foundation Donation Center**
www.donatenewengland.org
251 Atlantic Avenue
North Hampton, NH 03862
P: (888) 322-8209
A fundraising foundation. Accepts various donation items to raise money for Epilepsy. Locations include North Hampton (251 Atlantic Avenue) and Newington (Savers, 2064 Woodbury Avenue).

**Epilepsy Foundation: Speak Up New Hampshire**
epilepsyfoundation.ning.com
Epilepsy advocates in New Hampshire.

**HEART DISEASE / CHOLESTEROL**

**American Heart Association**
www.heart.org
2 Wall Street, Manchester, NH 03101
P: (603) 669-5833
F: (603) 669-6745
Dedicated to building healthier lives in the community to avoid cardiovascular diseases and stroke. Promotes exercise and education on nutrition, stress, managing your weight, and child obesity. Also provides CPR certification.
DISEASE SPECIFIC RESOURCES

Congestive Heart Failure Support Group
Heart Health Institute
127 Long Sands Road, York, ME 03909
P: (207) 351-3700
A support group for patients and their family members with a diagnosis of congestive heart failure.
Meet the first Tuesday of the month from 1:00 - 2:00PM at the Heart Health Institute.

Exeter Hospital Heart and Vascular
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 775-7405
F: (603) 775-7424
A support group for those with an implantable cardiac device and their families to learn more about their pacemaker devices and to share how it impacts their lives. The group meets the 4th Thursday of the month from 1:00-2:00 PM at York Hospital.

Frisbie Memorial Hospital Cardiology
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 335-8127
F: (603) 330-8961
Bus routes: 2
Services include: non-invasive cardiac testing, cardiac ultrasound, cardiac catheterization lab, and cardiac rehabilitation.

Portsmouth Regional Hospital Heart and Vascular Institute
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 330-0483
F: (603) 330-0476
Bus routes: 2
Provides heart catheterization, angioplasty, angiography, cardioversion and permanent pacemaker placement.

KIDNEY DISEASE

Kidneys help regulate blood pressure, remove waste from the body and maintain a balance of minerals in blood. Kidney disease occurs if one or both kidneys are damaged or not working correctly, causing a buildup of fluid and waste in the body. Treatment of kidney disease is crucial to prevent the loss of a kidney or fatality.

American Kidney Fund
www.kidneyfund.org
Executive Boulevard, Suite 1010, Rockville, MD 20852
P: (800) 638 – 8299
National organization that provides treatment-related financial assistance. Grant applications available on website.

Fresenius Medical Care (FMC)
www.ultracare-dialysis.com

FMC Exeter Dialysis
1 Hampton Road, Building B, Suite 109
Exeter, NH 03833
P: (603) 436-4567
F: (603) 431-6067

FMC Seacoast Dialysis
155 Borthwick Ave 100, Portsmouth, NH 0301
P: (603) 436-4567
F: (603) 431-6067
Bus routes: 2

FMC Strafford County Dialysis
27 Sterling Drive, Rochester, NH 03839
P: (603) 330-0483
F: (603) 330-0476
Bus routes: 2

Portsmouth Regional Hospital Mended Hearts
www.portsmouthhospital.com
333 Borthwick Avenue, Exeter, NH 03833
P: (603) 599-4169
Bus routes: 2
A national non-profit organization that has been offering the gift of hope to heart disease patients, their families, and caregivers for more than 50 years. All cardiac patients and their families are welcome.

Portsmouth Regional Hospital Second Wind Pulmonary Rehabilitation
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-4895
Bus routes: 2
Pulmonary rehabilitation is an individually tailored program designed to stabilize or reverse the symptoms associated with chronic lung disease. This is a nine week program that meets twice a week on Tuesdays and Thursdays for two hours.

Pulmonary Support Group
Heart Health Institute
127 Long Sands Road, York, ME 03909
P: (207) 351-3700
Support group that meets at the Heart Health Institute on the second Tuesday of each month at 12:00 PM.

KIDNEY DISEASE

Muscular Dystrophy
Muscular Dystrophy is a hereditary disease that involves the weakening of muscles that control movement. There are many different diseases that are included in muscular dystrophy, some of which include the weakening of organs.

Muscular Dystrophy Association
www.mda.org
360 Route 101, #5A, Bedford, NH 03110
P: (603) 471-2722
Provides referral and resources for clinical services, orthopedic equipment and support groups. Also runs a summer camp program to any NH resident with neuromuscular diseases.

MyMDA
www.mymda.mda.org
Support group via internet to receive practical help from those who know firsthand what it’s like to live with neuromuscular disease.

OSTEOPOROSIS

Osteoporosis is the thinning of bone tissue and the loss of bone density over time. There are no immediate symptoms of osteoporosis, however, the latter stages include symptoms of pain, frailness and loss of height. Prevention methods include exercise, good nutrition and healthy lifestyle choices.

SLEEP DISORDERS

Portsmouth Hospital Sleep Center
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 334-2012
F: (603) 994-0013
Bus routes: 40
sleep disorders center
Treats all forms of sleep disorders including obstructive sleep apnea, insomnia, restless leg syndrome, narcolepsy, and other medical conditions affecting sleep. Accepts private insurance, Medicare and Medicaid.

Sleep Apnea A.W.A.K.E.
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-6598
Bus routes: 2, 3
A support group for people with Sleep Apnea, their friends and family. The group is held every other month on the third Tuesday of every month from 6:30 p.m. to 8:00 p.m. Please call Gae for more information at (603) 740-6598.

Portsmouth Regional Hospital Sleep Diagnostic Center
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 334-2012
F: (603) 559-4153
Bus routes: 40
Services include sleep studies, continuous positive airway pressure therapy, multiple sleep latency tests, maintenance of wakefulness test and tips and tools to improve your sleep habits. Contact your health plan for qualification information.

Wentworth Douglass Sleep Disorders Center
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-6598
F: (603) 740-3310
Bus routes: 2, 3
Treats patients with insomnia, sleep apnea, narcolepsy, restless leg syndrome and parasomnias. Call for more information.

STROKE

A stroke occurs when a blood clot blocks an artery or a blood vessel breaks. This interrupts the blood flow to an area of the brain, resulting in brain damage. Abilities that may be impaired include speech, movement and memory. The severity of the damage depends on where the stroke occurs in the brain and how much the brain is damaged.

American Stroke Association
www.strokeassociation.org
P: (888) 4STROKE or (800) 553-6321
Dedicated to building healthier lives in the community to avoid cardiovascular diseases and stroke. Promotes exercise and education on nutrition, stress, managing your weight, and child obesity. Also provides CPR certification.
Disability Services

BLINDNESS / VISUAL IMPAIRMENT

Maine Division for the Blind and Visually Impaired
www.maine.gov/rehab/dvbvi
185 Lancaster Street, Portland, ME 04101
P: (207) 771-5627  TTY: (888) 817-7113
F: (207) 775-7870
Services include vocational rehabilitation, business enterprise programs, independent living services, education for children, financial services, real-estate tax exemption, I.D. cards, and library services.

McGreal Sight Center and New Hampshire Association for the Blind
www.eyesightcenter.org
127 Parrott Avenue, Portsmouth, NH 03801
P: (603) 431-9401
Bus routes: 2, 40, 41, 4
Offers a complete range of specialized, professional vision rehabilitation services to help people with low vision or no vision.

NH Division of Adult Learning and Vocational Rehabilitation for the Blind and Visually Impaired
www.nhbvi.com
30 Maplewood Avenue, Suite 201
Portsmouth, NH 03801
P: (603) 436-8884
F: (603) 427-6910
Bus routes: 4, 40
Provides services to help people with visual loss to enter, re-enter, or maintain employment. Most services are provided without charge.

HEARING LOSS

Alpha One Hear in Maine
www.alphanewon.com/hear_in_mainewww
127 Main Street, South Portland, ME 04106
P: (800) 640-7200
Advocates and provides referrals. Connects people with the vocational rehabilitation services through General Vocational Rehabilitation Program. Also functions as Maine’s independent living center and provides resource information to Maine’s residents with disabilities.

National Association of the Deaf
www.nad.org
8630 Fenton Street, Suite 820
Silver Spring, MD 20910
P: (301) 587-1788
National advocates for the deaf on issues regarding the importance of early detection, the justice system, employment, technology and transportation.

Northeast Deaf and Hard of Hearing Services
www.ndhhs.org
57 Regional Drive, Concord, NH 03301
P: (603) 224-1850
Advocates for the hearing impaired in illegal and legal discrimination as well as policy change, health care settings and will mediate in fair hearings.

Professional Audiology Center
www.professionalaudiology.com
330 Borthwick Avenue, Suite 209,
Portsmouth, NH 03801
P: (603) 436-8668
Bus routes: 40
62 Portsmouth Avenue, Stratham, NH 03885
P: (603) 778-7620
Bus routes: 7
Offers pure tone testing, speech audiometry, oto-acoustic emissions, middle ear assessment, tinnitus evaluations, hearing aid evaluations, real ear measurements, speech mapping, video otoscopy, auditory brainstem response testing (ABR), and videonystagmography testing (VNG). Hearing testing covered by Medicare and Medicaid and most private insurance companies accepted.

Relay Services for the Deaf
P: (800) 735-2964
An operative service for people who are deaf, hard of hearing or speech-disabled that assists in placing calls to standard phone lines via keyboard or an assisted device.

Seacoast Hearing Center
www.seacoasthearing.com
599 Lafayette Road #2, Portsmouth, NH 03801
P: (603) 433-4488
F: (603) 766-6319
Bus routes: 41
390 High Street, Somersworth, NH 03878
P: (603) 433-4488
Bus routes: 1
Provides audiometric evaluations, hearing aid checks, hearing aid evaluations, and complimentary in home hearing screenings. Accepts private insurance and private pay.

UNH Speech, Language, and Hearing Center
www.chhs.unh.edu
UNH Hewitt Hall, Durham, NH 03801
P: (603) 862-2110
Bus routes: 3, 4, 5
Provides services to UNH and the Seacoast by supplying diagnostic and speech-language therapy to all ages. Offers sliding scale fee for those who are eligible. Also accepts Medicaid and private insurance.

Disability Resources and Support Groups

Assistive Technology in NH
www.atanhn.org
10 West Edge Drive, Suite 101, Durham, NH 03824
P: (603) 862-4320
F: (603) 862-0555
Provides access to assistive technology providing used devices, loans and low cost funding options. Trainings, demonstrations, classes and workshops are also available on the use and development of assistive technology.

Community Partners
www.communitypartnersnh.org
P: (603) 743-9300
F: (603) 743-3244
113 Crosby Road, Suite 1, Dover, NH 03820
Bus routes: 34, 31
50 Chestnut Street, Dover, NH 03820
Bus routes: 1, 2, 31, 32, 33, 34, 35
42 Dover Point Road, Unit G, Dover, NH 03820
Bus routes: 2, 32
25 Old Dover Road, Rochester, NH 03867
Services for individuals with developmental disabilities include case management, day and vocational services, residential services, community support, a Family Support Program and Partners in Health Program. Accepts Medicaid, Medicare and most private insurances.

Caregivers Support Group
www.yorkhospital.com/visitor_supportgroups.cfm
127 Long Sands Road, York, ME 03909
P: (207) 351-3700
Provides support and encouragement for anyone who is caring for another. The group meets the 3rd Tuesday of the month from 1:00 - 2:00PM at Heart Health Institute.

Easter Seals NH
www.nh.easterseals.com
157 Portsmouth Avenue, Suite 5,
Stratham, NH 03885
P: (603) 775-0195
F: (603) 427-2895
Bus routes: 7
Easter Seals NH
www.nh.easterseals.com
61 Locust Street, Dover, NH 03820
P: (603) 740-3534
F: (603) 740-3684
Bus routes: 34, 35
Provides rehabilitation services to adults and/or children with disabilities, injuries, and other special needs.
needs. Accepts Medicare, Medicaid, and private insurance. Financial Assistance is available. Call for more information on eligibility.

Krempels Center
www.krempelscenter.org
100 Campus Drive, Portsmouth, NH 03801
P: (603) 570-2026
F: (603) 431-3532
Bus routes: 41
Specializes in improving the lives of people living with brain injury. Offers programs that provide support and resources for it’s members. $65 per day. Also offers a sliding fee scale based on income and ability to pay. Only accepts private pay.

Krempels Center Support Group
Offers support groups for the family and caregivers of those with a brain injury from trauma, tumor or stroke. Meets Wednesdays from 10:00 a.m. - 12:00 p.m. at the Community Campus. Open to the public.

Maine Disability Rights Center
www.maine.gov
24 Stone Street, Augusta, ME 04338
P: (207) 626-2774
Provides protection and advocacy services for eligible people with developmental disabilities or mental illness.

NH Division of Developmental Services
www.dhhs.nh.gov
105 Pleasant Street, Concord, NH 03301
P: (603) 271-5034
Provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of persons with disabilities and their families.

Northeast Passage
www.nepassage.org
4 Library Way, Durham, NH 03824
P: (603) 862-0070
F: (603) 862-2722
Bus routes: 3, 4, 5
Disability-related health promotion and adapted sports programs. Cost is $20 a session - adjustments made if necessary. All equipment provided. Adaptive rental equipment available as well. Eligibility varies by sport to maintain general safety.

ServiceLink Resource Center
www.servicelink.org
270 West Road, Portsmouth, NH 03801
P: (603) 334-6594
F: (603) 334-6596
Toll Free: (866) 634-9412
Bus routes: 41

1 Old Dover Road, Suite 6
Rochester, NH 03867
P: (603) 332-7398
F: (603) 335-8010
A statewide network of community based resources for older adults, the disabled, and family caregivers. Provides free information and referrals and assistance. Each ServiceLink Resource Center is staffed with a manager, a long term support counselor, and a referral specialist. All staff members are responsible for operations, responding to customer inquiries, public education, and long term support counseling. Resource center is open to the public Monday through Friday 8:30a.m. to 4:30p.m.

University of New Hampshire Institute on Disability
www.iod.unh.edu
10 West Edge Drive, Suite 101
Durham, NH 03824
P: (603) 862-4320
F: (603) 862-0555
Provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of persons with disabilities and their families.

UNH Disability Services for Students
www.unh.edu/disabilityservices
3 Garrison Avenue, Durham, NH 03824
P: (603) 862-2607
F: (603) 862-4043
Bus routes: 3, 4, 5
Provides disability services for UNH students.

CATCH Program - Comprehensive Assessment and Treatment for Children
www.portsmouthhospital.com
155 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-4015
F: (603) 433-6990
Bus routes: 40
Clinic offering outpatient occupational, speech, and physical therapy pediatric services. Serves children until the age of twelve. Accepts Medicaid, Medicare and private insurance.

Disabled Children’s Relief Fund
www.dcrf.com
PO Box 89, Freeport, NY 11520
P: (516) 377-1605
F: (516) 377-0470
Provides housing, employment, school-to-work transitional services and day services for people with developmental disabilities. Also collaborates with Services for Vocational Rehab. Programs funded through Medicaid and self pay.

Home Access Program
www.nhfa.org
P: (800) 649-0470
Service helps low to moderate-income borrowers make modifications to an existing home for permanently disabled household members.

Seacoast Chair Car Service LLC
467 Lafayette Road, Hampton, NH 03842
P: (603) 926-5801
Offers a full range of transportation services including medical, social, and airport transport in the Seacoast area. Only accepts Medicaid or private payment of $30 per ride, $60 round trip or $3 per mile.

Easter Seals
www.easterseals.com
61 Locust Street, Dover, NH 03820
P: (603) 740-3534
F: (603) 740-3684
Bus routes: 3, 4
Provides rehabilitation services to children with disabilities, injuries, and other special needs. Accepts Medicare, Medicaid, and private insurance. Financial Assistance is available. Call for more information on eligibility.

Housing and Transportation

Betty’s Dream
www.betty’sdream.org
75 Longmeadow Lane, Portsmouth, NH 03801
P: (603) 436-9357
Bus routes: 4
Apartment complex that provides low-income, fully accessible housing for the physically handicapped, mentally alert young adult who is capable of living in a non-medical environment.

COAST Paratransit ADA Services
www.coastbus.org
P: (603) 743-5777 ext. 107
In addition to fixed route service, a paratransit service is available for individuals with a disability. Application process necessary to determine eligibility. Call for more information or to fill out an application.

Great Bay Services
www.greatbayservices.org
2061 Woodbury Avenue, Newington, NH 03801
P: (603) 436-2014
Bus routes: 2, 7, 40
Provides housing, employment, school-to-work transitional services and day services for people with developmental disabilities. Also collaborates with Services for Vocational Rehab. Programs funded through Medicaid and self pay.

Maine Vocational Rehabilitation Services
www.maine.gov
185 Lancaster Street, Portland, ME 04101
P: (207) 771-5627 TTY: (888) 817-7113
F: (207) 775-7870
Rehabilitation services for anyone residing in Maine with a visually impairment, hearing impairment, or other disability. Connects residents with access to employment, independence and community integration.

EDUCATION AND TRAINING

Adult Learning and Vocational Rehabilitation
30 Maplewood Avenue, Suite 206, Portsmouth, NH 03801
P: (603) 436-8884

F: (603) 436-9357
Bus routes: 4

Locally Owned – Our 47th Year of Quality Cars and Outstanding Service
Authorized SAAB Service and Parts Center
Sales: (877) 208-3958 | Service: (877) 208-3958
58 Portsmouth Ave Exeter, NH 03833
GaryBlakeMotorCars.com
Monarch School of New England  
www.monarchschoolene.org  
61 Eastern Avenue, Rochester, NH 03867  
P: (603) 332-2848  
F: (603) 330-0838  
Bus routes: 2, 6  
Year-round educational and therapeutic facility for children with severe physical and developmental disabilities ages 5 - 21. Most referrals sent through school district. Tuition and therapy rates vary. Call for more information. Additional charges for one-on-one aids. No insurance accepted.

Parent-to-Parent of Strafford County  
www.p2pnh.org  
113 Crosby Road, Suite 1, Dover, NH 03820  
P: (603) 516-9300  
F: (603) 743-3244  
Bus routes: 34, 31  
Support groups available. Services are free.

Richie McFarland Children’s Center  
www.richiemcfarland.org  
81 New Hampshire Avenue, Portsmouth, NH 03801  
P: (603) 778-8193  
F: (603) 778-0288  
Bus routes: 7, 40  
Offer services to children including playgroups and therapies to address speech and language, occupational and physical needs. Family support and counseling are also available. Children of any age are eligible for services. Please contact the Center for fee and schedule information for the offered programs.

Strafford Learning Center  
www.straffordlearningcenter.org  
317 Main Street, Somersworth, NH 03878  
P: (603) 692-4411  
F: (603) 692-6717  
Bus routes: 1  
Provides special education and related services for children and young adults age three through twenty-one. Referral must be through school system, and services are free of charge.

UNH Speech, Language and Hearing Center  
www.chhs.unh.edu  
4 Library Way, Durham, NH 03824  
P: (603) 862-2110  
F: (603) 862-4511  
Bus routes: 3, 4, 5  
A facility offering speech and language services year-round to Toddlers and up. Accepts most private insurance and Medicare. Offers a sliding scale fee based on income.

THERAPEUTIC RIDING

Carriage Barn Equestrian Center  
www.carriage-barn.com  
Black Magic Farm, 80 Hilldale Ave, South Hampton, NH  
P: (603) 378-0140

RESPITE CARE

Respite care is short term or temporary care of the sick or disabled to provide the primary caregiver relief. It is also considered a temporary rest period.

High Knoll  
www.myhreequine.com  
100 Ten Rod Road, Rochester, NH 03867  
P: (603) 335-4343

Kindred Transition Care and Rehabilitation  
www.doverrehab.com  
307 Plaza Drive, Dover, NH 03820  
P: (603) 742-2676  
F: (603) 834-6905  
Bus routes: 1  
Transitional care and rehabilitation center includes a respite care center that provides short-term, temporary nursing care in a home-like setting to family members who need care. Accepts most private insurance, Medicaid and Medicare.

Pines of Newmarket  
www.pinesofnewmarket.com  
9 Grant Road, Newmarket, NH 03857  
P: (603) 659-6800  
F: (603) 659-6800  
Bus routes: 5  
Offers a combination of housing, support and health services and personalized assistance. Short term respite stays and emergency respite care is available if caregiver becomes ill or unavailable for any reason. Accepts Medicaid.
HOSPITALS

Anna Jaques Hospital
www.ajh.org
25 Highland Avenue, Newburyport, MA 01950
P: (978) 463-1000
F: (978) 463-1250
Anna Jaques Hospital is an independent, not-for-profit community hospital serving 17 cities and towns in the Merrimack Valley, North Shore and Southern New Hampshire. Our mission is to provide the highest quality medical care, wellness and health education to our community, in alliance with our medical staff. Anna Jaques is recognized for delivering high quality, low cost community health care with an emphasis on patient satisfaction. The hospital is clinically affiliated with Beth Israel Deaconess Medical Center (BIDMC), a Boston academic center and a major teaching hospital of Harvard Medical School.

Frisbie Memorial Hospital
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
Bus routes: 2
Frisbie Memorial Hospital is dedicated to providing exceptional patient care with the technology that makes a difference in improving and saving lives. The highly trained staff has access to the latest innovations and new technology to help in better diagnosis and treatment. The Electronic Medical Records system allows each practice and emergency department access to the patients’ medical history to ensure patient safety. New technology includes a 64-slice CT scanner which provides the ability to look at patients with precision and light speed scan times. The Intellidose and Medware services help to safeguard the chemotherapy and pharmaceutical functions. PACS (Picture Archiving and Communication System) will better manage patient medical records and diagnostics. Services include birth care, cardiology, cancer care, care management, diabetes services, food and nutrition, emergency services, endoscopy, geropsychiatry services, gynecology/women health, hospitalists, impatiens care, laboratory services, mammography, outpatient nutrition services, radiology/diagnostic imaging, rehabilitation, respiratory care, sleep center, surgical services, thoracic, urology and vascular care.

Northeast Rehabilitation Hospital
www.northeastrehab.com
105 Corporate Drive, Pease International Tradeport, Portsmouth, NH 03801
P: (603) 501-5500
Northeast Rehab’s newest hospital brings high quality rehabilitation services to the NH Seacoast and Southern Maine communities. Our newly constructed facility offers 33 private rooms, outdoor mobility park, therapy gardens, and sun-filled occupational and physical therapy gyms.

Portsmouth Regional Hospital
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 436-5110
Bus routes: 40
Portsmouth Regional Hospital is a part of the Hospital Corporation of America (HCA) and is dedicated to providing quality healthcare close to home. Specialty services include primary care, neurosciences, heart care, cardiac surgery, cancer care, weight loss surgery, bone & joint care-orthopedics, maternity & pregnancy care, diabetes & endocrinology, emergency care, rehabilitation & wellness, wound care & hyperbaric medicine, women’s breast center, Breast center, laboratory, occupational health, behavioral-mental health, radiology-imaging, pediatrics, sleep center, surgical services, vascular services, respiratory care, palliative care, hospitalist care, intensive care unit, wellness connection, anesthesiology and other health programs.

Wentworth-Douglass Hospital
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 742-5252
Bus routes: 2, 35 3
Wentworth-Douglass Hospital is one of the largest acute care hospitals in the Seacoast. Services include a birth center, cancer center, cardiovascular care, heart disease prevention & lipid center, CHaD at WDH, chest clinic, clinical research and trials, dental center, diabetes services, endoscopy, ER & express care, genetics, joint replacement, orthopedics, pain management, palliative care, pricing estimate, pulmonary, radiology/imaging, rehabilitation, sleep disorders center, spine center, surgery, urology, women’s health, wound healing institute and other hospital services.

York Hospital
www.yorkhospital.com
15 Hospital Drive, York, ME 03909
P: (207) 363-4321
York Hospital is committed to providing comfort, answers, assurance and support for the patient and their loved ones. The staff has access to the latest in interventional cardiology procedures, modern advances in laparoscopic surgery and the most up-to-date clinical trials for cancer patients. Services include:

Private rooms now available for nearly every patient who stays overnight.

Anna Jaques Hospital
Take the virtual tour at www.ajh.org
978-463-1000
apothecary/retail pharmacies, birth control, breast care, cancer care, cardiology, community health promotion, cottage program, diabetes education, emergency center, family care, heart health institute, home care, ICU, imaging, immunization services, infusion therapy, laboratory services, medical/surgical care, oncology, pediatric rehab, physical therapy, quality reporting, respiratory, rehab services, sleep lab, stroke, substance abuse, surgical & special procedures, Tel-A-Nurse free medical advice, urology, vaccine services, wellness center, would healing & hyperbaric medicine and community health.

HEALTH CLINICS AND SERVICES

Families First Mobile Health Care for the Homeless
www.FamiliesFirstSeacoast.org
P: (603) 766-9220
P: (888) 922-0005
Primary care, dental care, care coordination, substance abuse counseling and access to many other services, for anyone who does not have stable housing (living in shelters or on the street, “doubling-up” with friends or family, etc.). No appointments needed. Patients may pay with Medicaid or other insurance if they have it; uninsured patients are not charged. Clinics are held at shelters, soup kitchens and other sites in several Seacoast towns. For a schedule, visit the Families First website or call 603-766-9220 (from within Portsmouth) or 1-888-922-0005 (from outside Portsmouth).

Goodwin Community Health
www.goodwinch.org
311 Route 108, Somersworth, NH 03878
P: (603) 749-2748
F: (603) 749-2748
Bus routes: 2
A community health center and family resource center providing medical, dental, mental health, education, nutrition, chronic disease management, medication assistance and other services for all members of the community. Accepts private insurance, Medicare and Medicaid. A sliding scales may be provided based on income and availability to pay.

Joan G. Lovering Health Center
www.joangloveringhealthcenter.org
559 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 3, 4, 5
A women’s health center (also open to men) that offers bio-identical hormones, HIV/AIDS counseling and testing, contraception, first trimester abortion-surgical and pill, gynecological care, menopause health care, morning after pill, pregnancy testing and options counseling, and STD clinics. Accepts some private health insurances, Medicaid and offers a reduced cost for those without insurance.

Lamprey Health Care
www.lampreyhealth.org
207 S. Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 2
10 Prospect Street, Suite 102, Nashua, NH 03060
P: (603) 862-4259
F: (603) 862-1530
12 Ballard Street, Durham, NH 03824
P: (603) 766-9220
F: (603) 772-4766
3 Alumni Drive, Suite 204, Exeter, NH 03833
P: (603) 772-8091
F: (603) 772-4766
www.corephysicians.org
3 Alumni Drive, Suite 204, Exeter, NH 03833
P: (603) 772-4766
F: (603) 580-7952
Bus routes: 7
Provide consultations, pre-travel counseling and vaccination for patients going abroad. Core physicians accept Medicaid, Healthy Kids Gold, and Partnerships for Prescription Assistance. Also offers a financial assistance program for those eligible. Open for service Thursday from 5:30p.m.-8:00p.m.and Friday from 1:30p.m.-4:00p.m.

Families First Mobile Health Care
www.FamiliesFirstSeacoast.org
311 Route 108, Somersworth, NH 03878
P: (603) 766-9220
P: (888) 922-0005
Primary care, dental care, care coordination, substance abuse counseling and access to many other services, for anyone who does not have stable housing (living in shelters or on the street, “doubling-up” with friends or family, etc.). No appointments needed. Patients may pay with Medicaid or other insurance if they have it; uninsured patients are not charged. Clinics are held at shelters, soup kitchens and other sites in several Seacoast towns. For a schedule, visit the Families First website or call 603-766-9220 (from within Portsmouth) or 1-888-922-0005 (from outside Portsmouth).

Goodwin Community Health
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311 Route 108, Somersworth, NH 03878
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F: (603) 749-2748
Bus routes: 2
A community health center and family resource center providing medical, dental, mental health, education, nutrition, chronic disease management, medication assistance and other services for all members of the community. Accepts private insurance, Medicare and Medicaid. A sliding scales may be provided based on income and availability to pay.

Joan G. Lovering Health Center
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559 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-7588
F: (603) 431-0451
Bus routes: 3, 4, 5
A women’s health center (also open to men) that offers bio-identical hormones, HIV/AIDS counseling and testing, contraception, first trimester abortion-surgical and pill, gynecological care, menopause health care, morning after pill, pregnancy testing and options counseling, and STD clinics. Accepts some private health insurances, Medicaid and offers a reduced cost for those without insurance.

Lamprey Health Care
www.lampreyhealth.org
207 S. Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 2
10 Prospect Street, Suite 102, Nashua, NH 03060
P: (603) 883-1626
F: (603) 883-6633
128 State Route 27, Raymond, NH 03077
P: (603) 895-3531
F: (603) 895-0773
A community health center and family resource center that offers primary care, women’s health, chronic disease management, early childhood development, nutrition education and counseling, interpretation services, lab services, diabetes management, substance abuse counseling, medication assistance, transportation services and referrals to specialists. Available to individuals and families of all ages. Accepts most private insurance, Medicaid, Medicare, and offers a sliding fee scale based on income and ability to pay.

Planned Parenthood - Exeter Health Center
www.plannedparenthood.org
108 High Street, Exeter, NH 03833
P: (603) 772-9315
F: (603) 772-8091
Bus routes: 7
Services offered include abortion referral, birth control services, emergency contraception, HIV testing, HPV & Hepatitis vaccines, men’s health services, patient education, pregnancy testing, options & services, STD testing & treatment and women’s health services. Medicaid and private insurance accepted. Patients responsible for all co-pays. Sliding fee scale also available based on income and ability to pay.

Seacoast Travel Clinic
www.corephysicians.org
3 Alumni Drive, Suite 204, Exeter, NH 03833
P: (603) 772-4766
F: (603) 580-7952
Bus routes: 7
Provide consultations, pre-travel counseling and vaccination for patients going abroad. Core physicians accept Medicaid, Healthy Kids Gold, and Partnerships for Prescription Assistance. Also offers a financial assistance program for those eligible. Open for service Thursday from 5:30p.m.-8:00p.m.and Friday from 1:30p.m.-4:00p.m.

UNH Health Services
www.unh.edu/health-services
12 Ballard Street, Durham, NH 03824
P: (603) 862-1530
F: (603) 862-4259
Bus routes: 3, 4, 5
Provides a range of services including emergency care, allergy services, acupuncture, hypnosis, women’s, men’s, and mental health, laboratory, radiology, immunizations, travel health clinic, transportation, chronic illness support, HIV, STD testing, tobacco cessation, and many other services. Treats all UNH students.

How to talk with your doctor:

Here are some tips that will make it easier for you to talk with your doctor:

• Bring someone else with you to the appointment because they may hear a question or think of another question. It is also comforting to have support.

• Write out specific questions ahead of time, and any changes in your condition that your doctor may want to know.

• Write down the answers you get, and make sure you understand what you are hearing. Ask for clarification, if necessary.

• Don’t be afraid to ask additional questions or where you can find more information about what you are discussing.
Addictions & Dependency

**Substance Abuse**

Alcohol and drug abuse addictions devastate the victim and everyone who is close to them. These addictions are treatable and preventable diseases. If you or a family member is noticing the signs and symptoms below, it could be time to seek help.

**Physical Signs:**
- Bloodshot eyes or pupils that are larger/smaller than usual
- Changes in appetite or sleep patterns
- Deterioration of physical appearance
- Weight loss/Weight gain
- Tremors, slurred speech, or impaired coordination

**Behavioral Signs:**
- Drop in attendance at work or school
- Unexplained need for money or financial assistance
- Secretive or suspicious behavior
- Sudden change in friends and hobbies
- Lack of motivation, ‘spaced out look’

**Psychological Signs:**
- Change in personality or attitude
- Mood swings, irritability or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness

**Addiction Recovery Services**
- www.arshnh.com
- 1145 Sagamore Avenue, Portsmouth, NH 03801
- P: (603) 433-6250
- F: (603) 433-6350
- Offers treatment for alcoholism and substance dependence, including intensive outpatient care and a group aftercare program. Private insurance is accepted.

**Community Substance Abuse Center**
- www.csacmethadone.com
- 177 Shatuck Way, Newington, NH 03801
- P: (603) 436-0448
- F: (603) 436-0668
- Bus routes: 2, 7, 40

Private outpatient program that provides treatment for those who abuse drugs and alcohol. Program specializes in the treatment of narcotic addiction. Newington clinic only accepts Maincare insurance and out of pocket payments. Somersworth clinic accepts NH Medicaid, Maincare, and out of pocket payments.

**Counseling Services, Inc. in Kittery, ME**
- www.counselingservices.org
- 453 US. Route 1, Kittery, ME 03904
- P: (207) 439-8391
- F: (207) 439-4360

Provides community mental health and substance abuse treatment and support services for Southern Maine residents of all ages. Also offers 24/7 mental health crisis response services. Accepts most private insurance and Maincare and Medicare from Maine.

**Great Bay Mental Health Associates**
- www.greatbaymentalhealth.com
- 35 2nd Street, Dover, NH 03820
- P: (603) 742-9200
- F: (603) 742-4605

Provides mental health services including alcohol and other drug prevention education, assessments, referrals, individual and group counseling, and care management support. Confidential substance abuse counseling is available at the Newmarket, Raymond and Nashua centers. Accepts many private health insurance plans, as well as Medicare, Medicaid and NH Healthy Kids. Also offers a sliding fee program for the underinsured/uninsured.

**Hamel Substance Abuse Services**
- www.hamelsubstanceabuse.com
- 1 Old Dover Road, Suite 10
- Rochester, NH 03867
- P: (603) 335-7070

A substance abuse service that offers adult and adolescent programs including substance abuse evaluations, DWI aftercare, group and individual counseling, substance abuse education workshops, family programs and counseling, specialized treatment for marijuana users, and court monitoring/reporting.

Does not accept any insurance. Individual session fees are all based on a sliding fee scale. Group sessions are $35.00 a session. Also offers domestic violence and anger management services. Please contact for more information.

**Headrest**
- www.headrest.org
- 14 Church Street, Lebanon, NH 03766
- P: (603) 448-1829

Provides affordable addiction and crisis support services for New Hampshire Residents. Please contact (603) 448-4400 for more information on the services offered.

**Henricks Recovery Services**
- www.henricksrecoveryservices.com
- 4 Franklin Street, #4, Exeter, NH 03833
- P: (603) 772-7352

Provides services for adolescence, DWI after care, drug screenings, individual treatments, evaluations and families. Insurance is not accepted for evaluations required by the court or the DMV.

**Greenleaf Woods Counseling**
- 6 Greenleaf Drive, #202, Portsmouth, NH 03801
- P: (603) 427-5392
- F: (603) 319-4972

Peg Correia specializes in substance abuse, anger management and posttraumatic stress disorder therapy. Accepts insurance with out of network benefits only. No Medicare or Medicaid accepted. Additional information available on the Psychology Today website, under Peg Correia.

**Lamprey Substance Abuse Counseling**
- www.lampreyhealth.org
- 207 South Main Street, Newmarket, NH 03857
- P: (603) 659-3106
- F: (603) 659-8003

71 Sullivan Street, Berwick, ME 03901
- P: (207) 698-5802
- F: (207) 698-5814

12 step residential sober housing for men. A sober living environment with transitional living and halfway housing. Private pay only.

**Sober House - 12 Step Residential Program**
- www.soberrecovery.com

**Southeastern New Hampshire Services**
- www.dovernhtreatmentcenter.org
- 272 County Farm Road, Dover, NH 03820
- P: (603) 749-3981
- F: (603) 749-3983

Provides inpatient behavioral health services including supervised detoxification. This unit serves adults and adolescents age 14 and older. A Psychiatric Assessment and Referral Service is available 24/7.

**Portsmouth Regional Hospital Behavioral Health Services**
- www.portsmouthhospital.com
- 333 Borthwick Avenue, Portsmouth, NH 03801
- P: (603) 433-5270
- F: (603) 433-5250

Provide inpatient behavioral health services including supervised detoxification. This unit serves adults and adolescents age 14 and older. A Psychiatric Assessment and Referral Service is available 24/7.
**ADDICTIONS AND DEPENDENCY**

### SUPPORT GROUPS / HOTLINES

**Alcoholics Anonymous**
www.aa.org  
P: (800) 593-3330  
The only requirement for membership is a desire to stop drinking. Call or visit the website to find the meeting time and location of a support group in your area.

**A Drug 24 Abuse AAAA Access**
www.treatmentcentersdirectory.com  
National HELPLINE: (800) 315-2056  
24-Hour Addiction Helpline

**National Hotline Al-Anon Alateen Information Line**
P: (888) 4AL-ANON or (888) 425-2566  
Hope & Help for young people who are the relatives & friends of a problem drinker.

**NH Al-Anon Alateen**
www.nhal-anon.org  
Portsmouth, Rochester, Strafford, Hampton, North Hampton and Dover  
(603) 645-9518  
Al-Anon is a fellowship for those who are affected by another's drinking. Al-Anon's and Alateen's program of recovery is based on the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous. Contact (603) 645-9518 to find the time/location of local meetings, or visit the website.

**Maine Al-Anon Alateen**
www.maineafg.org  
Kittery, South Berwick and York  
P: (800) 498-1844  
Al-Anon is a fellowship for those who are affected by another's drinking. Al-Anon's and Alateen's program of recovery is based on the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous. Contact to find the time/location of local meetings, or visit the website.

**Food Addicts in Recovery Anonymous**
www.foodaddicts.org  
101 Chapel Street, Portsmouth, NH 03801  
P: (603) 778-1799  
Bus routes: 2, 40  
11 Whitehall Road, Rochester, NH 03867  
P: (603) 350-0646

**Overeaters Anonymous**
www.oa.org  
P: (603) 433-5464  
Recovery program for compulsive eating. Meetings are held in Portsmouth, Dover, Stratham, York, South Berwick and Rochester. Visit website or call for times and locations.

**National Suicide Prevention Hotline**  
HOTLINE: (800) 273-TALK  
24-hour crisis hotline.

### SMOKING

**Breathe New Hampshire**
www.breathenh.org  
145 Hollis Street, Unit C, Manchester, NH 03101  
P: (603) 669-2411  
F: (603) 645-6220  
Agency addressing all matters that affect lung health. Program educates NH residents on breathing issues, tobacco issues, healthy air, local events, and offers many resources.

**New Hampshire Tobacco Hotline**
www.trytostopnh.org  
29 Hazen Drive, Concord, NH 03301  
P: (800) QUIT-NOW or (800) 784-8669  
Quit Tips: (800) 9-GET-A-TIP  
Focuses on preventative initiatives such as eliminating second hand smoke to non smokers, identifying and addressing smoking related disparities, and promoting cessation among smokers.

**Partnership for a Tobacco-Free Maine**
www.tobaccofreemaine.org  
(800) 207-1230  
Focuses on education, prevention, advocacy and encourages providers to help patients quit smoking.
Alternative Medicine

ACUPUNCTURE – A system of complementary medicine that involves pricking the skin or tissues with needles to alleviate pain and to treat various physical, mental, and emotional conditions. Acupuncturists see the body as a network of interconnected systems powered and connected through energy called Qi. The goal is to influence the Qi and bring the body back to balance.

BIOFEEDBACK – Provides individuals with information about what is going on inside their bodies. Uses monitors to give patients feedback about physiological information of which they are normally unaware of. By watching the monitors, patients can learn by trial and error to adjust their thinking and other mental processes in order to control “involuntary” bodily processes such as blood pressure, temperature, gastrointestinal functioning, and brain wave activity.

CHIROPRACTIC MEDICINE – A form of alternative medicine that emphasizes diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, especially the spine. Chiropractic doctors think about the body as a whole, emphasizing physiology and biomechanics. The main chiropractic treatment technique involves manual therapy with manipulation of the spine, other joints, and soft tissues.

A Lebro Center for Well-Being
www.alebrocenter.com
135 Rogers Road, Kittery, ME 03904
P: (800) 610-1199
F: (207) 439-9072

Ancient Traditions Natural Medicine
www.naturalmedicinenh.org
249 Islington Street, Unit #10
Portsmouth, NH 03801
P: (603) 431-0128

Arsenault Family Chiropractic Centers
www.arsenaultchiro.com
P: (603) 964-1460

F: (603) 964-2188
29 Lafayette Road, North Hampton, NH 03862
100 Shattuck Way, Newington, NH 03801

Atlantic Chiropractic Center
www.atlantic-chiropractic.com
100 Islington Street, #7, Portsmouth, NH 03801
P: (603) 436-9229
F: (603) 430-8458
Bus routes: 4, 2

Back To Health Chiropractic
www.backtohealthchiros.com
18 Lafayette Road, Unit 19, North Hampton, NH 03862
P: (603) 964-1844
F: (603) 964-7187

Back To Roots: Chiropractic and Nutrition
www.backtorootsclinic.com
169A Rochester Hill Road, Rochester, NH 03824
P: (603) 948-2121
F: (603) 948-2162
Bus routes: 4, 7

Breakfast Hill Chiropractic
www.breakfasthillchiro.com
1247 Washington Road, # 15, Rye, NH 03838
P: (603) 964-1600

Cardea Well Being
www.cardeawellbeing.com
390 Portsmouth Avenue, Greenland, NH 03840
P: (603) 433-2023
Bus routes: 4

Charles Street Chiropractic
23 Charles Street, Rochester, NH 03867
P: (603) 332-8989
F: (603) 330-7676
Bus routes: 2

Chiropractic Works
www.yorkchiropractor.com
1 Brickyard Lane, York, ME 03909
P: (207) 363-5966
F: (207) 363-5966

Crosser Chiropractic and Natural Health Center
www.thinkwellness.com
60 Rochester Hill Road, Rochester, NH 03820
P: (603) 332-3232
F: (603) 335-4748
Bus routes: 4, 7

Dover Wellness Center
15 Weeks Lane, Dover, NH 03820
P: (603) 742-2216
F: (603) 692-6553
Bus routes: 4, 7

Duke Chiropractic
www.familybackdoc.com
3 Riverside Lane, Greenland, NH 03840
P: (603) 422-0432
F: (603) 422-0435
Bus routes: 4, 7

Forbes Family Chiropractic
157 Portland Avenue, Dover, NH 03820
P: (603) 740-4332
F: (603) 834-6332
Bus routes: 4

Gallant Chiropractic & Chiropractic Acupuncture Wellness Center
www.gallantchiropractic.com
276 U.S. Route 1, Suite B, York, ME 03909
P: (207) 363-7323
F: (207) 361-4885

Great Bay Chiropractic
694 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-1811
F: (603) 948-2121
Bus routes: 4, 7

*Call ahead of time

Great Works Chiropractic and Wellness
www.greatworkschiro.com
235 Main Street, South Berwick, ME 03808
P: (207) 704-0298
F: (207) 704-0389

In Motion Chiropractic
www.inmotion-chiro.com
43 Main Street, Dover, NH 03820
P: (603) 516-0991
F: (603) 516-0991
Bus routes: 3, 4, 5

In Motion Chiropractic
www.inmotion-chiro.com
128 Exeter Road, Newmarket, NH 03857
P: (603) 659-0101
F: (603) 659-0101
Bus routes: 7

McQueeney Chiropractic
www.drmcqueeney.com
9 Hampton Road, Exeter, NH 03833
P: (603) 778-2919
F: (603) 778-9051

Merritt Chiropractic Center
www.durhamchiro.com
13 Jenkins Court, Durham, NH 03824
P: (603) 868-1120
F: (603) 868-1006
Bus routes: 4, 7, 11, 12

McQueeney Chiropractic
www.drmcqueeney.com
9 Hampton Road, Exeter, NH 03833
P: (603) 778-2919
F: (603) 778-9051

Merritt Chiropractic Center
www.durhamchiro.com
13 Jenkins Court, Durham, NH 03824
P: (603) 868-1120
F: (603) 868-1006
Bus routes: 4, 7, 11, 12

Myers Chiropractic Clinic
www.myerschiropracticclinic.com
3 Hampton Road, Exeter, NH 03833
P: (603) 772-3981
F: (503) 772-3981

Myers Chiropractic Clinic
www.myerschiropracticclinic.com
3 Hampton Road, Exeter, NH 03833
P: (603) 772-3981
F: (503) 772-3981

Natural Care Wellness Center
naturalcarewellness.com
6 Seeley Lane, Eliot, ME 03903
P: (207) 439-9242

New Hampshire Chiropractic
www.nhchiropracticclinic.com
1290 Woodbury Avenue
Portsmouth, NH 03801
P: (603) 431-8966
F: (603) 419-4159
Bus routes: 4

Pearce Chiropractic
www.pearcechiro.com
195 Water Street, Exeter, NH 03833
Hypnosis Works
www.hypnosisworksnh.com
38 Dearborn Avenue, Hampton, NH 03842
P: (603) 926-6318
Offers hypnotherapy services that address smoking cessation, stress reduction, habit control, study and concentration skills, and personal performance skills for the workplace and in athletics. Address personal anxieties as well as weight and pain management.

A New You Center for Hypnosis
www.anewyoucenter.com
3 Webb Place, Suite 4, Dover, NH 03820
P: (603) 749-6463
Bus routes: 1, 35
Hypnosis services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

Portsmouth Regional Hospital
Hypnobirthing Classes
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-5280
Bus routes: 40
Hypnobirthing program that consists of four classes, two hours each class. Classes cover relaxation and self-hypnosis techniques, and how your body can work in neuro-muscular harmony with nature throughout labor. For more information or for pricing, call Pam Azorsky at (603) 433-5280.

Smoke Free Hypnotherapy
www.smokefreehyp.com
118 Maplewood Avenue, Portsmouth, NH 03801
P: (877) 574-6178
Bus routes: 4
Hypnotherapy services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

COLON HYDROTHERAPY

A safe and gentle way to cleanse the colon. A gentle infusion of warm filtered water into the large intestines using no chemicals or drugs. The warm water helps to soften and break up waste that clog the intestinal walls. The removal of this waste encourages better colon health and functioning.

CLINICAL HYPNOTHERAPY

A unique form of therapy that provides access to subconscious activity through the safe use of hypnosis. A trance-like state in which you have heightened focus, concentration and inner absorption. When you’re under hypnosis, you usually feel calm and relaxed, and you can concentrate intensely on a specific thought, memory, feeling or sensation while blocking out distractions. Clients are educated about hypnosis and taught self-hypnosis techniques that allow them to participate in creating relaxation and health.

Atlantic Complementary Medical Solutions
www.acmswellness.com
3 Riverside Lane, Greenland, NH 03840
P: (603) 926-3332
Bus routes: 7
Offers both private hypnotherapy sessions and group workshops. Services have helped overcome chronic pain, prepare for medical procedures, recover from surgeries faster, eliminate anxiety, and reduce overall stress.

Rye Chiropractic Center
437 South Road, Rye, NH 03870
P: (603) 964-6093

Rzepa Family Chiropractic
www.rzepafamilychiropractic.com
56 Portsmouth Avenue, Stratham, NH 03885
P: (603) 964-1103
F: (603) 879-0716
Bus routes: 7

Seacoast Spine & Sports Injuries Clinic
www.seacoastspineandrehab.com
12 Portwalk Place, Portsmouth, NH 03801
P: (603) 433-2447
F: (603) 778-1783
Bus routes: 1, 2, 31, 32, 33, 34, 35

www.chironh.com
Rzepa Family Chiropractic
P: (603) 964-6093
437 South Road, Rye, NH 03870

www.amsotherapies.com
CLINICAL HYDROTHERAPY

A safe and gentle way to cleanse the colon. A gentle infusion of warm filtered water into the large intestines using no chemicals or drugs. The warm water helps to soften and break up waste that clog the intestinal walls. The removal of this waste encourages better colon health and functioning.

Hypnosis Works
www.hypnosisworksnh.com
38 Dearborn Avenue, Hampton, NH 03842
P: (603) 926-6318
Offers hypnotherapy services that address smoking cessation, stress reduction, habit control, study and concentration skills, and personal performance skills for the workplace and in athletics. Address personal anxieties as well as weight and pain management.

A New You Center for Hypnosis
www.anewyoucenter.com
3 Webb Place, Suite 4, Dover, NH 03820
P: (603) 749-6463
Bus routes: 1, 35
Hypnosis services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

Portsmouth Regional Hospital
Hypnobirthing Classes
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-5280
Bus routes: 40
Hypnobirthing program that consists of four classes, two hours each class. Classes cover relaxation and self-hypnosis techniques, and how your body can work in neuro-muscular harmony with nature throughout labor. For more information or for pricing, call Pam Azorsky at (603) 433-5280.

Smoke Free Hypnotherapy
www.smokefreehyp.com
118 Maplewood Avenue, Portsmouth, NH 03801
P: (877) 574-6178
Bus routes: 4
Hypnotherapy services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

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www.acmswellness.com
3 Riverside Lane, Greenland, NH 03840
P: (603) 926-3332
Bus routes: 7
Offers both private hypnotherapy sessions and group workshops. Services have helped overcome chronic pain, prepare for medical procedures, recover from surgeries faster, eliminate anxiety, and reduce overall stress.

www.chironh.com
Rzepa Family Chiropractic
P: (603) 964-6093
437 South Road, Rye, NH 03870

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www.anewyoucenter.com
3 Webb Place, Suite 4, Dover, NH 03820
P: (603) 749-6463
Bus routes: 1, 35
Hypnosis services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

Portsmouth Regional Hospital
Hypnobirthing Classes
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-5280
Bus routes: 40
Hypnobirthing program that consists of four classes, two hours each class. Classes cover relaxation and self-hypnosis techniques, and how your body can work in neuro-muscular harmony with nature throughout labor. For more information or for pricing, call Pam Azorsky at (603) 433-5280.

Smoke Free Hypnotherapy
www.smokefreehyp.com
118 Maplewood Avenue, Portsmouth, NH 03801
P: (877) 574-6178
Bus routes: 4
Hypnotherapy services directed towards eliminating negative emotions and habits. Can be used to quit smoking, lose weight, relieve stress, eliminate insomnia.

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CRANIOSACRAL THERAPY

Uses light touch to detect and correct imbalances in the membranes of the central nervous system. Craniosacral therapy uses the bones of the head (the cranium) and the sacrum at the lower end of the spine as handles to access the connective tissue lining of the brain and the spinal cord.

Alliance Physical Therapy
www.donashpt.com
243 Rochester Hill Road, Rochester, NH 03867
P: (603) 332-1881
F: (603) 332-6882
Bus routes: 2
Offers somato-emotional release through the Craniosacral therapy process as well as low tech physical therapy including visceral manipulation, myofascial release, massage, postural awareness, relaxation and customized exercises for rehab and home programs. Accepts most NH based private insurance, Medicare and Medicaid. Offers payment plans.

Inner Harmony with Healing Ways
www.healingways.net
2 Greenleaf Woods Drive, Suite 201
Portsmouth, NH 03801
P: (207) 752-1281
Bus routes: 41
Offers wellness counseling and bodywork, including craniosacral therapy, meditation and many other techniques.

Paul Gordon Advanced Rolffing & Craniosacral Therapy
www.paulgordonroller.com
43 Mast Cove Road, Eliot, ME 03903
P: (207) 439-8522
Offers craniosacral therapy, myofascial release, bodywork and other forms of therapy.

Wheaton Physical Therapy
www.wheatonpt.com
875 Islington Street, Portsmouth, NH 03801
P: (603) 436-0220
Bus routes: 40, 4
Offers physical therapy, myofascial release, craniosacral therapy and massage. Visceral Manipulation, Reiki and TMJ therapy is also available.

Vital Connections Therapeutic Massage & Bodywork
www.vitalmassage.net
1 Cate Street, Portsmouth, NH 03801
P: (603) 236-7595
Bus routes: 40, 4
Offers massage therapy and other bodywork services including, but not limited to, Thai yoga massage, deep tissue, myofascial release, CranioSacral therapy and neuromuscular massage.

York Hospital’s Center for Integrative Medicine
www.yorkhospital.com
16 Hospital Drive, York, ME 03909
P: (207) 351-3402
F: (207) 641-8158
The center for integrative medicine offers cranioSacral therapy, hypnosis and other integrative medicine techniques. Does not accept insurance. Discounts offered when one pays at the time of service. Discounts also through York Financial Assistance and the Community Connection program.

MASSAGE

Massage is the manipulation of deep layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being. Specialties include relaxation and wellness, chronic pain and injury recovery, infant, prenatal, geriatric, oncology, deep tissue, therapeutic, and lymphatic techniques.

Portsmouth Regional Hospital Integrative Care Services
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-2033
Bus routes: 40

NATUROPATHIC CARE

A holistic and natural approach to health care. It combines scientific research with traditional healing wisdom that provides safe and effective treatments.

Giving Tree Natural Health, LLC
www.givingtreenaturalhealth.com
408 The Hill, Suite 2, Portsmouth, NH 03801
P: (978) 465-1046
Bus routes: 40, 41
Treats many acute and chronic health conditions. Call or visit the website for services and pricing. Lab tests are usually covered by insurance, however, patients are responsible to check with insurance provider to see if coverage is available.

REIKI

Reiki involves the transfer of energy from practitioner to patient to enhance the body’s natural ability to heal itself through the balancing of energy. It is a noninvasive healing method based on the ancient practice of laying on of hands. Reiki can ease acute pain, lower tension, and clam breathing.

Sacred Roots
sacredrootsmothering.com
P: (603) 686-2921
Provides birth doula services, fertility awareness support and Reiki care along the Seacoast.

Wheaton Physical Therapy
www.wheatonpt.com
875 Islington Street, Portsmouth, NH 03801
P: (603) 436-0220
Bus routes: 40, 4
Offers physical therapy, myofascial release, craniosacral therapy and massage. Visceral Manipulation, Reiki and TMJ therapy is also available.

North Coast Family Health
www.naturopathic-doctors.com
500 Market Street, Suite 1F
Portsmouth, NH 03801
P: (603) 427-6800
Bus routes: 4
Treats a variety of conditions including acute and chronic lyme disease / tick-borne illnesses, hypothyroidism, hormonal problems, diabetes, heart disease, menopause, and digestive problems. Patients are responsible to check with insurance provider to see if coverage is available and must submit the claims to their insurance.

Human Nature Natural Health
www.humannaturenaturalhealth.com
115 Borthwick Avenue West, #201
Portsmouth, NH 03801
P: (603) 610-7778
F: (603) 610-7787
Bus routes: 40
Provides a natural approach to pediatrics, family medicine, family aging, women’s medicine, acupuncture, botanical medicine and more. Does not accept insurance.

Human Nature Natural Health
www.humannaturenaturalhealth.com
115 Borthwick Avenue West, #201
Portsmouth, NH 03801
P: (603) 610-7778
F: (603) 610-7787
Bus routes: 40
Provides a natural approach to pediatrics, family medicine, family aging, women’s medicine, acupuncture, botanical medicine and more. Does not accept insurance.

Naturopath Family Medicine & Clinical Thermography
www.wholelifenaturalmedicine.com
100 Shattuck Way, Newington, NH 03801
P: (603) 431-6677 ext. 218
F: (603) 617-2232
Bus routes: 2, 7, 40
Treats many acute and chronic health conditions. Call or visit the website for services and pricing. Lab tests are usually covered by insurance, however, patients must submit the claims to their insurance.

North Coast Family Health
www.naturopathic-doctors.com
500 Market Street, Suite 1F
Portsmouth, NH 03801
P: (603) 427-6800
Bus routes: 4
Treats a variety of conditions including acute and chronic lyme disease / tick-borne illnesses, hypothyroidism, hormonal problems, diabetes, heart disease, menopause, and digestive problems. Patients are responsible to check with insurance provider to see if coverage is available and must submit the claims to their insurance.

Portsmouth Regional Hospital Integrative Care Services
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-2033
Bus routes: 40

Services include acupuncture, biofeedback, healing circle, massage, The Nutrition Connection, reiki, reflexology, yoga and much more.
Rehabilitation allows patients to regain their independence and strengthen physical, emotional and mental abilities. The goals of each patient vary depending on medical history and could range from re-learning daily activities to returning to functioning at full capacity. Rehabilitation can be attained through various therapies including physical, speech and occupational. It can also include, but is not limited to, cardiac rehabilitation, pain management and rehabilitation of substance use.

Access Rehabilitation Specialists
www.accessrehabilitation.com
1 Hampton Road, Suite 205, Exeter, NH 03833
P: (603) 431-3575
Bus routes: 40
Programs include: physical and occupational therapy, return to sport, vestibular therapy, graston technique, custom splint fabrication, Baltimore therapeutic equipment, ergonomic job site evaluation, back school, work conditioning, functional capacity evaluation. Accepts private insurance, Medicare and Medicaid.

Clipper Harbor Care and Rehab
www.sunbridgehealthcare.com
188 Jones Avenue, Portsmouth, NH 03801
P: (603) 431-2530
F: (603) 427-0507
Bus routes: 41
Offers short and long term rehab, Solana Alzheimer’s care with specially trained staff, respite services, assisted living and retirement communities. Most insurances expensive and private pay options for the retirement community.

Easter Seals
www.nh.easterseals.com
61 Locust Street, Dover, NH 03820
P: (603) 742-2676
Bus routes: 2, 34, 35 3
157 Portsmouth Avenue, Suite 5,
Stratham, NH 03885
Phone: (603) 775-0195
Bus routes: 7
Provides rehabilitation services to adults with disabilities, injuries, and other special needs. Accepts Medicare, Medicaid, and private insurance. Financial Assistance is available. Call for more information on eligibility.

Exeter Health Care
www.exeterhospital.com
4 Alumni Drive, Exeter, NH 03833
P: (603) 778-1668
F: (603) 580-6748
Bus routes: 7
Short-term facility for patients after surgery or illness. Offer physical, speech and occupational therapy. Long-term care available for patients on a ventilator only. Call for more information.

Exeter Hospital Pediatric Rehabilitation Department
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-6613
Bus routes: 7
The Pediatric Rehabilitation Department serves children from birth to 21 years of age. Provides therapies that focus on a patient’s neurodevelopment and orthopaedic needs. Visit the website or call for a list of specialized services.

Exeter on Hampton Care and Rehabilitation
www.sunbridgehealthcare.com
8 Hampton Road, Exeter, NH 03833
P: (603) 778-0531
F: (505) 468-9340
Offers short stay services, residential skilled care, therapy, outpatient rehab services including physical, occupational and speech therapies (call for an appointment). Accepts Medicare, Medicaid and most private insurance.

Frisbie Memorial Hospital
95 South Main Street, Rochester NH 03867
P: (603) 330-8592
Bus routes: 2
Kindred Dover Rehabilitation and Living Center
www.doverrehab.com
307 Plaza Drive, Dover, NH 03820
P: (603) 742-2627
Bus routes: 1
Transitional care and rehabilitation center that offers short term care, stroke recovery care, respite care, traditional long term care, dementia care, palliative care, hospice care, and more. Accepts Medicare, Medicaid and private insurance.

Marsh Brook Rehabilitation Services
237 Route 108, Suite 101,
Somersworth, NH 03878
P: (603) 749-6686
Bus routes: 2
New Hampshire Division of Adult Learning and Vocational Rehabilitation
www.nhavi.com
30 Maplewood Avenue, Suite 206,
Portsmouth, NH 03801
P: (603) 436-8884
F: (603) 427-9500
Bus routes: 7
Programs are designed to rehabilitate persons disabilities so they can return to gainful employment through training, medical treatment, on the job training, transition employment, job placement and counseling. All services are free.

Northeast Rehabilitation Hospital
www.northeastrehab.com
105 Corporate Drive, Pease International Tradeport, Portsmouth, NH 03801
P: (603) 501-5500
Northeast Rehab’s newest hospital brings high quality rehabilitation services to the NH Seacoast and Southern Maine communities. Our newly constructed facility offers 33 private rooms, outdoor mobility park, therapy gardens, and sun-filled occupational and physical therapy gyms.

Portsmouth Regional Hospital Outpatient Rehabilitation Services
www.portsmouthhospital.com
155 Borthwick Avenue, west entrance, 3rd floor
Portsmouth, NH 03801
P: (603) 433-4015
F: (603) 433-6990
Bus routes: 40
55 High Street, Hampton, NH 03842
P: (603) 929-7571
Services include community exercise, fitness and wellness classes, day rehabilitation program, core services, specialized programs, balance assessment and treatment, CATCH program for children, women’s services, rehab after stroke, head injury or major trauma, cardiac rehab and second wind pulmonary rehabilitation.

Rehab 3
www.rehab-3.com
Rehab & Sports Therapy Center
16 Jenkins Court, Durham, NH 03824
P: (603) 868-2600
Bus routes: 3, 4, 5
Sports Medicine Atlantic Orthopaedics
www.smao.org
130 U.S. 1 Bypass, Portsmouth, NH 03801
P: (603) 431-1121
Board Certified physicians enjoy full medical staff privileges at Portsmouth Regional Hospital and York Hospital, and several are Fellowship trained in Joint Replacement, Hand Surgery, Shoulder Surgery and Sports Trauma/Reconstructive Surgery. Offers the latest advancements in orthopaedic medicine, with services ranging from fracture care to total joint replacements and sports related injuries with their onsite Physical Therapy Clinic, ProCare.

Sport, Spine and Rehab
www.sportspineandrehab.com
74 State Street, Route 1, Kittery, ME 03904
P: (207) 439-9045
F: (207) 703-0289
Offers chiropractic care, massage therapy, modalities, sports medicine, and nutritional services. Sliding scale fee based on income, accepts most private insurance.
REHABILITATION SERVICES & RESOURCES

Wentworth Douglass Hospital
789 Central Avenue, Dover, NH 03820
P: (603) 740-2101
Bus routes: 2, 35 3

Wentworth Douglass Professional Center
65 Calef Highway, Lee, NH 03861
P: (603) 868-8520
Partnership between Wentworth-Douglass Hospital, Frisbie Memorial Hospital, and Marsh Brook Rehab Services. Services include physical therapy, occupational therapy, speech language pathology and aquatic therapy. Locations at Durham, Dover, Somersworth, Rochester, Wakefield and Lee. Contact individual location for specific insurance and billing information.

Wentworth Homecare & Hospice of Dover
www.wdhospital.com
113 New Rochester Road, Dover, NH 03820
P: (603) 742-7921
F: (603) 750-3029
Bus routes: 2, 30
Provides home care services such as nursing, home health aids, homemakers, medical social workers, physical therapists, speech/language pathologists, and occupational therapists. Accepts Medicare and private insurance.

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PHYSICAL THERAPY

Abilities Physical Therapy and Wellness Center
www.abilitiesrehab.com
15 Rye Street, Suite 125
Portsmouth, NH 03801
P: (603) 610-2200
F: (603) 610-2202
Bus routes: 7, 40
Therapies include physical, orthotics, massage services, orthotic assessments, orthotic fabrication, kinesio-taping, manual techniques and modalities. Accepts Medicare and private insurance. Call or visit the website for a complete list of services and wellness classes available.

Access Sports Medicine
www.accessportsmed.com
1 Hampton Road, Suite 205, Exeter, NH 03833
P: (603) 775-7575
F: (603) 778-9680
155 Borthwick Avenue, Suite 102, Portsmouth, NH 03801
P: (603) 431-3575
F: (603) 778-9680
Bus routes: 40
Offers treatment options that help with a quick recovery. Offers physical and occupational therapy joined with orthotic education. Accepts private insurance, Medicare and Medicaid.

Alliance Physical Therapy
www.donashpt.com
243 Rochester Hill Road, Rochester, NH 03867
P: (603) 332-1881
F: (603) 332-6882
Bus routes: 2
Offers somato-emotional release through the craniosacral therapy process as well as low-tech physical therapy including visceral manipulation, myofascial release, massage, postural awareness, relaxation and customized exercises for rehab and home programs. Accepts private insurance, Medicare and Medicaid.

Dr. Donatello's Brain Based Therapy
www.donatellobbt.com
76 Route 1 Bypass, Kittery, ME 03904
P: (207) 438-9339
F: (207) 438-9009
Treats patients with chronic conditions using a combination of services including chiropractic, massage therapy, decompression therapy, and brain based neurological therapy. Payment options include private insurance and Medicare (for chiropractic adjustments only). Payment plans are also available.

Lamprey Health Clinic Physical Therapy
www.lampreyhealth.org
207 South Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-8003
Bus routes: 5
128 State Route 27, Raymond, NH 03077
P: (603) 895-3351
F: (603) 895-0773
10 Prospect Street, Suite 102
Nashua, NH 03060
P: (603) 883-1626
F: (603) 883-6633
Offers physical and occupational therapy in both the Newmarket and Raymond Centers. Accepts private insurance, Medicare and Medicaid. Also offers a sliding fee scale based on income and ability to pay.

Lighthouse Physical Therapy
www.lighthousept.com
1 Cate Street, Portsmouth, NH 03801
P: (603) 431-0277
F: (603) 740-1300
Bus routes: 40 4
42M Dover Point Road, Dover, NH 03820
P: (603) 740-0060
F: (603) 740-1300
Bus routes: 2, 32
SPECIALTIES: Manual therapy, back and neck rehabilitation, genitrics, pediatrics, post surgery recovery, women's health, workman's compensation, knee and ankle injuries, shoulder pain and injuries, chronic pain, lymph edema, headaches, motor vehicle accidents, overuse injuries, strokes, head injuries and sports medicine. Accepts Medicare and most private insurances.

Orthopedic and Sport Therapy Services
www.osts.us
40 Winter Street, Rochester, NH 03867
P: (603) 330-3337
F: (603) 330-3387
Bus routes: 1
388 High Street, Somersworth, NH 03878
P: (603) 692-6626
F: (603) 692-4766
Bus routes: 1
Specializes in back and neck pain, TMJ, shoulder and elbow, hand and wrist, hip, knee, foot, ankle, arthritis, joint pain, sports injuries and work related injuries. Accepts Medicare, NH Medicaid and most private insurances.

ProEx Physical Therapy – Epping
www.proexpt.com
96 Calef Highway, Suite 8, Epping, NH 03042
P: (603) 679-3700
F: (603) 679-3700

ProEx Physical Therapy – Stratham
stratham@proexpt.com
64 Portsmouth Avenue, Suite #5
Stratham, NH 03885
P: (603) 772-8222
F: (603) 772-8222

ProEx Physical Therapy- Somersworth
somersworth@proexpt.com
475 High Street, Suite E
Somersworth, NH 03878
P: (603) 617-2846
F: (603) 617-2846
ProEx Physical Therapy is a New England based physical therapist owned private practice, established in 2001. ProEx currently has 9 convenient physical therapy clinics throughout New England with three key regions: Southern NH, Eastern MA, and CT/Western MA. ProEx specializes in orthopedics, spine, sports medicine, women’s health, work injury, knee pain, shoulder pain and lower back pain.

Saco Bay Physical Therapy
www.sacobaypt.com
8 Market Place Drive, York, ME 03909
P: (207) 363-0888
F: (207) 363-0880
Provide outpatient physical therapy with an orthopedic focus. Also provides rehabilitation services when necessary. Accepts most private insurance and Medicare. MaineCare accepted in certain circumstances.

South Berwick Physical Therapy
www.wheatonpt.com
10 Market Place Drive, York, ME 03909
P: (207) 351-3078
F: (207) 363-3078
Therapies include physical therapies, occupational therapies and speech/language therapy. Treat newborns to age 18 for diagnosis such as torticollis, brachial plexus birth injuries, developmental delays, cerebral palsy, spina bifida, down syndrome, genetic disorders, sports injuries/orthopedic impairments, scoliosis, hypertonia, muscular dystrophy, seizure disorders, toe walking, and many others. Accepts NH Medicaid and Maine Care as well as most private insurances.

York Hospital Physical Therapy
www.yorkhospital.com/services_physicalhealth.cfm
57 Portland Street, South Berwick, ME 03908
P: (207) 384-7260
F: (207) 384-7295
Sports related injury, optimize athletic performance, injury prevention education, balance training and relief from neck and back pain. Accepts most private insurance and Medicare.

Sports Medicine Atlantic Orthopaedics
www.smao.org
130 U.S. 1 Bypass, Portsmouth, NH 03801
P: (603) 431-1121
Board Certified physicians enjoy full medical staff privileges at Portsmouth Regional Hospital and York Hospital, and several are Fellowship trained in Joint Replacement, Hand Surgery, Shoulder Surgery and Sports Trauma/Reconstructive Surgery. Offers the latest advancements in orthopaedic medicine, with services ranging from fracture care to total joint replacements and sports related injuries with their onsite Physical Therapy Clinic, ProCare.

Wheaton Physical Therapy
www.wheatonpt.com
875 Islington Street, Portsmouth, NH 0301
P: (603) 436-0220
Bus routes: 40 4
Offers physical therapy, myofascial release, craniosacral therapy and massage. Visceral Manipulation, Reiki and TMJ therapy is also available.

 Wiggle Worm Pediatric Physical Therapy
www.wigglwormpt.com
10 Market Place Drive, York, ME 03909
P: (207) 351-3078
F: (207) 363-3078
Therapies include physical therapies, occupational therapies and speech/language therapy. Treat newborns to age 18 for diagnosis such as torticollis, brachial plexus birth injuries, developmental delays, cerebral palsy, spina bifida, down syndrome, genetic disorders, sports injuries/orthopedic impairments, scoliosis, hypertonia, muscular dystrophy, seizure disorders, toe walking, and many others. Accepts NH Medicaid and Maine Care as well as most private insurances.

Kittery Physical Therapy
75 US Route 1 Bypass, Kittery, ME 03904
P: (207) 475-1194
F: (207) 475-1194
127 Long Sands Road, Suite 11
York, ME 03908
P: (207) 361-3888
F: (207) 361-3899
Offers physical and occupational therapy. Additional specialties services include: pediatric physical, occupational and speech therapy at the South Berwick location, and the spine health program, offering physical therapy and education for neck and lower back disorders at the York at Long Sands location.
**SPEECH THERAPY**

Language and Learning Connections
Guidance and Learning Connection
1 New Hampshire Avenue, Suite 125
Portsmouth, NH 03801
P: (603) 330-3337
F: (603) 330-3387
Bus routes: □ 2

Speech therapy services include: articulation apraxia, receptive language, expressive language, reading, reading comprehension, spelling, studying skills and writing.

Maine Health Stroke Program
Maine Health System
www:mmc.org
11 Free Street, Portland, ME 04101
P: (207) 661-7001
Promotes healthy living through information and education for providers and patients involved in Maine Health.

Orthopedic and Sport Therapy Services
Orthopedic and Sport Therapy Services
www.osts.us
40 Winter Street, Rochester, NH 03867
P: (603) 330-3337
F: (603) 330-3387
Bus routes: □ 2

Specializes in back and neck pain, TMJ, shoulder and elbow, hand and wrist, hip, knee, foot, ankle, arthritis, joint pain, sports injuries and work-related injuries. Accepts Medicare, NH Medicaid and most private insurance.

Wiggle Worm Pediatric Physical Therapy
Wiggle Worm Pediatric Physical Therapy
10 Market Place Drive, York, ME 03909
P: (207) 351-3078
F: (207) 363-3078

Therapies include physical therapies, occupational therapies and speech/language therapy. Treat newborns to age 18 for diagnosis such as torticollis, brachial plexus birth injuries, developmental delays, cerebral palsy, spina bifida, down syndrome, genetic disorders, sports injuries/orthopedic impairments, scoliosis, hypermetria, muscular dystrophy, seizure disorders, toe walking, and many others. Accept NH Medicaid and Maine Care as well as most private insurances.

** OCCUPATIONAL THERAPY**

Exeter Hospital Occupational Health Services
Exeter Hospital Occupational Health Services
www.exeterhospital.com
6 Hampton Road, Exeter, NH 03833
P: (603) 580-6635
F: (603) 580-6579

Partnership between Wentworth-Douglass Hospital, Franee Memorial Hospital, and Marsh Brook Rehab Services. Services include physical therapy, occupational therapy, speech language pathology and aquatic therapy. Locations at Durham, Dover, Somersworth, Rochester, Wakefield and Lee. Contact individual location for specific insurance and billing information.

Lamprey Health Clinic
Lamprey Health Clinic
207 South Main Street, Newmarket, NH 03857
P: (603) 659-3106
F: (603) 659-3106
Bus routes: □ 5

128 State Route 27, Raymond, NH 03077
P: (603) 895-3351
F: (603) 895-0773

10 Prospect Street, Suite 102
Nashua, NH 03060
P: (603) 883-1626
F: (603) 883-6633

Exeter Hospital offers physical and occupational therapy at Lamprey Health Clinic. Offered at the Newmarket and Raymond locations. Accepts Private Insurance, Medicaid and Medicare. Also offers a sliding fee scale based on income and ability to pay.

Portsmouth Regional Hospital Occupational Health Services
Portsmouth Regional Hospital Occupational Health Services
www.portsmouthhospital.com
26 Manchester Square, Newington, NH 03805
P: (603) 430 9675
F: (603) 334-6088
Bus routes: □ 7, 40

Provides medical and preventative care for employees and companies to ensure safe and healthy work environments. Drug testing and evaluations performed on-site in Exeter, at the worksite or with a mobile unit.

Wentworth Douglass Hospital
Wentworth Douglass Hospital
237 Route 108, Suite 101, Somersworth, NH 03878
P: (603) 895-3351
F: (603) 895-0773

Bus routes: □ 7

Bus routes:

F: (603) 433-6990
P: (603) 433-4015

The Cardiac Rehab and Wellness Center offers wellness and rehabilitation programs that help people choose a heart healthy lifestyle. Also offers rehabilitation programs that assist people in recovering from a heart attack or cardiac surgery.

Exeter Hospital Cardiac Rehabilitation & Wellness Services
Exeter Hospital Cardiac Rehabilitation & Wellness Services
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 580-6149
F: (603) 580-679
Bus routes: □ 7

Provides care during non-surgical procedures to diagnose and evaluate heart disorders and treat heart attacks. Services in the heart and vascular department include heart catheterization, angioplasty, angiography, cardiversion, and permanent pacemaker placement.

Frisbie Memorial Hospital Outpatient Cardiac Rehabilitation Program
Frisbie Memorial Hospital Outpatient Cardiac Rehabilitation Program
11 Whitehall Road, Rochester, NH 03867
P: (603) 330-8976
F: (603) 330-8976
Bus routes: □ 2

The Outpatient Cardiac Rehabilitation Program assists patients with their recovery from heart attacks or cardiac surgical procedures. Programs provide education for healthy living practices and supervised exercise sessions to allow patients to regain their strength and health while reducing risk factors. Referral required.

Kindred Transition Care and Rehabilitation
Kindred Transition Care and Rehabilitation
www.doverrehab.com
307 Plaza Drive, Dover, NH 03820
P: (603) 742-2676
F: (603) 834-6905
Bus routes: □ 1

Transitional care and rehabilitation center that includes a cardiac program designed to assist patients who have heart related complications or disorders. Treats those who have suffered from heart attack, angioplasty or stent placement, pacemakers, congestive heart failure, angina, heart valve replacement and those recovering from heart surgery. Accepts private insurance, Medicare, and Medicaid.

Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
www.wdhospital.com
789 Central Ave, Dover, NH 03820
P: (603) 740-2132
F: (603) 740-2185
Bus routes: □ 2, 3

The Cardiac Rehab Center is an exercise and education program designed to maintain cardiovascular fitness for those who have had a heart attack, cardiac angioplasty, or coronary artery bypass surgery.

York Hospital Heart Health Institute
York Hospital Heart Health Institute
www.yorkhospitalalhi.com
127 Long Sands Road, Suite 6B, York, ME 03909
P: (207) 351 3700
F: (207) 363-9864

The Heart Health Institute offers rehabilitation and exercise programs for all levels of health. In their fitness center, they offer exercise classes and various programs modified to each clients cardiac rehabilitation, weight management, nutritional or personal needs. Transportation available.

**HEART ATTACK WARNING SIGNS**

If you are experiencing any of these symptoms, take an Aspirin as soon as possible and call your doctor or 9-1-1 immediately.

- Pressure or crushing pain in your chest, sometimes associated with sweating, dizziness, nausea, or vomiting.
- Pain that extends from your chest to your arms, back, neck, jaw, or stomach.
- Pain may extend down into your abdominal areas, and may feel similar to heart burn.
- If you feel tightness in your chest.
- Have shortness of breath for more than a few seconds.
- Feel weak, light headed, or faint.
- Sudden overwhelming fatigue.
- Cold sweats

UNH Cardiac Rehabilitation Program
UNH Cardiac Rehabilitation Program
www.chhs.unh.edu
124 Main Street, Durham, NH 03824
P: (603) 862-0597
Bus routes: □ 3, 4, 5

An exercise program available for anyone with coronary artery disease (CAD) or CAD risk factors who wishes to improve overall health and well-being. Exercise testing and prescriptions are developed and monitored, and each session costs $5.

Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
www.wdhospital.com
789 Central Ave, Dover, NH 03820
P: (603) 740-2132
F: (603) 740-2185
Bus routes: □ 2, 3

The Cardiac Rehab Center is an exercise and education program designed to maintain cardiovascular fitness for those who have had a heart attack, cardiac angioplasty, or coronary artery bypass surgery.

York Hospital Heart Health Institute
York Hospital Heart Health Institute
www.yorkhospitalalhi.com
127 Long Sands Road, Suite 6B, York, ME 03909
P: (207) 351 3700
F: (207) 363-9864

The Heart Health Institute offers rehabilitation and exercise programs for all levels of health. In their fitness center, they offer exercise classes and various programs modified to each clients cardiac rehabilitation, weight management, nutritional or personal needs. Transportation available.

**REHABILITATION SERVICES & RESOURCES**

Cardiac Rehabilitation Program
Frisbie Memorial Hospital Outpatient Cardiac Rehabilitation Program
11 Whitehall Road, Rochester, NH 03867
P: (603) 330-8976
F: (603) 330-8976
Bus routes: □ 2

The Outpatient Cardiac Rehabilitation Program assists patients with their recovery from heart attacks or cardiac surgical procedures. Programs provide education for healthy living practices and supervised exercise sessions to allow patients to regain their strength and health while reducing risk factors. Referral required.

Kindred Transition Care and Rehabilitation
Kindred Transition Care and Rehabilitation
www.doverrehab.com
307 Plaza Drive, Dover, NH 03820
P: (603) 742-2676
F: (603) 834-6905
Bus routes: □ 1

Transitional care and rehabilitation center that includes a cardiac program designed to assist patients who have heart related complications or disorders. Treats those who have suffered from heart attack, angioplasty or stent placement, pacemakers, congestive heart failure, angina, heart valve replacement and those recovering from heart surgery. Accepts private insurance, Medicare, and Medicaid.

Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
Wentworth Douglass Hospital Cardiac Pulmonary and Vascular Rehabilitation
www.wdhospital.com
789 Central Ave, Dover, NH 03820
P: (603) 740-2132
F: (603) 740-2185
Bus routes: □ 2, 3

The Cardiac Rehab Center is an exercise and education program designed to maintain cardiovascular fitness for those who have had a heart attack, cardiac angioplasty, or coronary artery bypass surgery.

York Hospital Heart Health Institute
York Hospital Heart Health Institute
www.yorkhospitalalhi.com
127 Long Sands Road, Suite 6B, York, ME 03909
P: (207) 351 3700
F: (207) 363-9864

The Heart Health Institute offers rehabilitation and exercise programs for all levels of health. In their fitness center, they offer exercise classes and various programs modified to each clients cardiac rehabilitation, weight management, nutritional or personal needs. Transportation available.
Quality Care

At Access Sports Medicine & Orthopaedics, Portsmouth area residents have convenient access to the Seacoast’s leader in innovative and lower cost medical care and services. Whether you are a top-ranked athlete with a knee injury or an office worker dealing with carpal tunnel syndrome, Access will help you GET BACK IN THE GAME.

155 Borthwick Avenue, Portsmouth, NH
At Access Sports Medicine & Orthopaedics, our top health care professionals, provide you with state-of-the-art treatment in a convenient, friendly setting. Call or visit our site to learn more about our award winning providers, programs and care.

- Castle Connolly Top Doctor, 2013
- Aircast Award at AOSSM Annual Meeting, 2012
- Top Doctor in Sports Medicine, 2007-2012
- Outstanding Shoulder Specialists, 2011
- Outstanding Knee Specialists, 2011
- Red Cross Heroes Award, 2011
- 24 Orthopaedic Practices with Great Sports Medicine Programs, 2011
- Top 100 Places to Work in Healthcare, 2010
- Business of the Year, 2010
- Business Excellence Award, 2010

Award Winning Care
Medical Equipment

ABBA Medical Supply
www.abbamemedical.com
91 Portsmouth Ave, Exeter, NH 03833
P: (603) 778-1698
Bus routes: 7
A full-service provider that guides you through the process of choosing a mobility product. Accepts NH Medicaid, Medicare and some private insurance companies.

Apria Healthcare
www.apria.com
620 Peverly Hill Road, Building 2, Unit B
Portsmouth, NH 03801
P: (603) 430-0015
F: (603) 516-6508
Bus routes: 41
Provider of integrated home healthcare products and services. Offers a comprehensive range of home respiratory, home infusion therapy and home medical equipment services. Accepts Medicaid, Medicare and private insurance.

Black Bear Medical
www.blackbearmedical.com
Autumn Pond Park, Building 2, Unit 11
Greenland, NH 03840
P: (603) 770-3400
Bus routes: 7
Supplies custom wheelchairs, canes, crutches, walkers, commodes, hospital beds, vertical wheelchair lifts and modular ramps, hot/cold therapy products, blood pressure sets, foot insoles, seat lift chairs, medica alert bracelets, compression hosiery, orthopedic soft goods, wound care and first aid, S.A.D. lights, guardian alert 911 systems, and bathroom safety products. Accepts most private insurances, Medicaid and Medicare.

Carney Medical Supply Inc.
www.carneymedicalsupplyinc.com
32 North Main Street, Rochester, NH 03867
P: (603) 332-5638
Bus routes: 2, 6
Provider of respiratory, mobile aids, home health aids, diabetic equipment, mastectomy products, orthopedic care, safety items, and wound care items. Accepts Medicare, Medicaid, and most private insurance. Financial assistance may be available on a case to case basis.

Harbour Medical Inc.
www.harbourmedical.org
785 Central Road, Rye Beach, NH 03871
P: (603) 964-7740
Provides CPM machines for the ankle, knee, hip, shoulder, elbow, and hand/wrist, club foot CPM machines for infants born with club foot deformities. Accepts private insurance.

Keene Medical Products
www.keenemedicalproducts.com
6 Robert Avenue, Unit 1
Portsmouth, NH 03801
P: (603) 431-6006
F: (603) 431-9080
Bus routes: 41
Provides a complete line of home health care products, home assessment and follow-up. Provides free equipment delivery and a 24-hour on call service. Accepts Medicare and Private Insurance.

New England Brace Company
www.nebrace.com
875 Greenland Road, Building C4
Portsmouth, NH 03801
P: (603) 772-2388
F: (603) 772-9250
Bus routes: 40
Supplies custom wheelchair, canes, crutches, walkers, commodes, hospital beds, vertical wheelchair lifts and modular ramps, hot/cold therapy products, blood pressure sets, foot insoles, seat lift chairs, medical alert bracelets, compression hosiery, orthopedic soft goods, wound care and first aid, S.A.D. lights, guardian alert 911 systems, and bathroom safety products. Accepts most private insurances, Medicaid and Medicare.

Seacoast Vascular Center
267 Route 108, Unit C, Somersworth, NH 03878
P: (603) 692-9250
Bus routes: 2
1 Hampton Road, Suite 204, Exeter, NH 03833
P: (603) 772-2388
Offers prosthetic and orthotic services for adults and children. Payment options include private insurance, Medicaid and Medicare. Payment plans available.

Rochester District Visiting Nurse Association
www.yourvnna.org
P: (603) 332-1133
Offers a telehealth program to track a patients health condition via secured line between monitors. Accepts Medicare, Medicaid and private insurance.

Crotched Mountain ATECH Services
www.crotchedmountain.org
57 Regional Drive, Suite 7, Concord, NH 03301
P: (603) 226-2900
A statewide program that helps New Hampshire residents affected by disabilities or the aging process in achieving their goals at home, school, work or play through the provision of assistive technology.

Refurbished Equipment Marketplace (REM)
www.neatexchange.org
84A Ironworks Road, Concord, NH 03301
P: (603) 224-7630 or (800) 427-3338
A statewide program that sells quality refurbished equipment at a low cost. Also offers rentals, service and repair, information and referral services.

Prosthetics and Orthotics

New England Brace Company
www.nebrace.com
875 Greenland Road, Building C4, Portsmouth, NH 03801
P: (603) 772-2388
Bus routes: 40
Payment options include private insurance, Medicaid and Medicare. Payment plans available.

Seacoast Vascular Center
267 Route 108, Unit C, Somersworth, NH 03878
P: (603) 692-9250
Bus routes: 2
1 Hampton Road, Suite 204, Exeter, NH 03833
P: (603) 772-2388
Payment options include private insurance, Medicaid and Medicare. Payment plans available.

Hanger Prosthetics and Orthotics
www.hanger.com
7 Marsh Brook Drive, Suite 201
Sommersworth, NH 03878
P: (603) 742-0334
F: (603) 742-0855
Bus routes: 2
Services cover neuromuscular pathology, spinal, cranial, spinal cord injury, sports, and upper and lower extremity. Creates custom orthotics including bracing systems to spinal and neck orthotics, diabetic shoes and cranial bands. Accepts Medicaid, Medicare and private insurances.

Seacoast Rehabilitation Orthotic and Prosthetic Services
www.myseacoastrehab.com
647 Route 1, Suite 201, York, ME 03909
P: (207) 363-7079
F: (207) 363-7700
Provides physical therapy, orthotics, and prosthetics. Accepts Medicaid, Medicare, MaineCare and some private insurance companies.
Seniors

SENIOR RESOURCES

It is essential to give back to our seniors and provide them with the services they need in the community. The U.S. population’s median age is increasing and it is our job to care for our elders. Giving a caregiver or a senior the resources at hand will help our seniors get the care they need.

American Association of Retired Persons (AARP)
www.aarp.org
900 Elm Street, Suite 702
Manchester, NH 03101
P: (866) 542-8168
1685 Congress Street, Portland, ME 04102
P: (866) 554-5380
Members receive benefits including discounts on health products, travel benefits, financial services and insurance products. Programs also include volunteer opportunities, publications and advocacy. Membership fee: 1 year - $16, 3 year - $43, 5 year - $63.

Living Innovations
www.livinginnovations.com
Corporate Headquarters
47 Tide Mill Road, Greenland, NH 03840
P: (603) 422-7308
F: (603) 430-6264
Members receive benefits including discounts on health products, travel benefits, financial services and insurance products. Programs also include volunteer opportunities, publications and advocacy. Membership fee: 1 year - $16, 3 year - $43, 5 year - $63.

NH Health Care Association
www.nhhsca.org
5 Sheep Davis Road, Suite E
Pembroke, NH 03275
P: (603) 226-4900
A vocal advocate for quality long term care by helping caregivers deliver quality care, helping individuals to make informed decisions in care options and insisting on person centered quality care.

NH Senior Companions
P: (800) 856-5525
P: (603) 422-8208 ext. 126
Senior companions volunteer within their communities visiting socially isolated and frail seniors or adults with disabilities. They enable those they visit to live independently by helping them with errands, providing transportation to medical appointments, encouraging exercise, assisting with simple tasks, giving support of friendship and providing respite for caregivers.

ServiceLink Resource Center
www.servicelink.org
270 West Road, Portsmouth, NH 03801
P: (603) 334-6594
F: (603) 334-6596
Toll Free: (866) 634-9412
Bus routes: 41

1 Old Dover Road, Suite 6
Rochester, NH 03867
P: (603) 332-7398
F: (603) 335-8010
A statewide network of community based resources for older adults, the disabled, and family caregivers. Provides free information, referrals and assistance. Each Service Link is staffed with a manager, a long term support counselor, and a referral specialist. All staff members are responsible for operations, customer inquiries, public education, and long term support counseling. Open to the public Monday through Friday 8:30a.m. to 4:30p.m.

Granite State Independent Living
www.gsil.org
21 Chenell Drive, Concord, NH 03301
P: (603) 228-9680
F: (603) 225-3304
Offers information and resources to the disabled and those who are experiencing the process of aging. They work with you to find housing, employment and peer support.

The Housing Partnership
www.housingpartnership.org
767 Islington Street, Portsmouth, NH 03801
P: (603) 431-3620
F: (603) 431-3627
Bus routes: 40, 41
Affordable housing for low and moderate income residents.

Mark Wentworth Home
346 Pleasant Street, Portsmouth, NH 03801
P: (603) 436-0169
info@markwentworth.org
Bus routes: 2, 4
The Mark Wentworth Home is a senior living community designed to create a culture of successful aging through Age-in-Place Assisted Living and state-of-the-art dementia care. A welcoming landmark to Seacoast and New Hampshire seniors since 1911, the Home has a deeply rooted tradition of providing a nurturing environment and personalized service for its residents.

NH Legal Assistance’s Housing Justice Project
www.nhla.org/housing.php
154 High Street, Portsmouth, NH 03801
P: (800) 334-3135
Bus routes: 2, 40
Assists low income and elderly residents with various housing issues such as evictions, subsidized housing, housing discrimination, foreclosures, evictions or tenant issues in a mobile home park, or property tax issues. Services range from advice over the phone to representation in court. See website for eligibility or to apply.

Opening New Doors
www.openingnewdoorsnh.com
P.O Box 1492, Concord, NH 03302
P: (603) 303-1436
Senior living placement agency. Consultants work one on one with families to help them explore and find senior living communities in several New Hampshire counties. They will set up an appointment to meet with the senior making the transition, family members, and/or caregivers. Majority of services are free. Call or visit the website for more information.

Portsmouth Housing Authority
www.portsmouthhousing.net
245 Middle Street, Portsmouth, NH 03801
P: (603) 436-4310
Bus routes: 2, 40, 41
Affordable housing for low and moderate income members of the community. Provides both family and elderly housing, area wide Section 8 housing, a full service senior center, a comprehensive transportation program, and a summer youth program.

Dover Housing Authority
www.doverhousingauthority.org
62 Whittier Street, Dover, NH 03820
P: (603) 742-5804
F: (603) 742 6911
Bus routes: 1
Provides housing for low income families, elderly and disabled persons. Call for more information and eligibility requirements.

SENIOR HOUSING

Marker Wentworth Home
346 Pleasant Street, Portsmouth, NH 03801
P: (603) 436-0169
info@markwentworth.org
Bus routes: 2, 4
The Mark Wentworth Home is a senior living community designed to create a culture of successful aging through Age-in-Place Assisted Living and state-of-the-art dementia care. A welcoming landmark to Seacoast and New Hampshire seniors since 1911, the Home has a deeply rooted tradition of providing a nurturing environment and personalized service for its residents.

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21 Chenell Drive, Concord, NH 03301
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F: (603) 225-3304
Offers information and resources to the disabled and those who are experiencing the process of aging. They work with you to find housing, employment and peer support.

The Housing Partnership
www.housingpartnership.org
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P: (603) 431-3620
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NH Legal Assistance’s Housing Justice Project
www.nhla.org/housing.php
154 High Street, Portsmouth, NH 03801
P: (800) 334-3135
Bus routes: 2, 40
Assists low income and elderly residents with various housing issues such as evictions, subsidized housing, housing discrimination, foreclosures, evictions or tenant issues in a mobile home park, or property tax issues. Services range from advice over the phone to representation in court. See website for eligibility or to apply.

Opening New Doors
www.openingnewdoorsnh.com
P.O Box 1492, Concord, NH 03302
P: (603) 303-1436
Senior living placement agency. Consultants work one on one with families to help them explore and find senior living communities in several New Hampshire counties. They will set up an appointment to meet with the senior making the transition, family members, and/or caregivers. Majority of services are free. Call or visit the website for more information.

Portsmouth Housing Authority
www.portsmouthhousing.net
245 Middle Street, Portsmouth, NH 03801
P: (603) 436-4310
Bus routes: 2, 40, 41
Affordable housing for low and moderate income members of the community. Provides both family and elderly housing, area wide Section 8 housing, a full service senior center, a comprehensive transportation program, and a summer youth program.

Dover Housing Authority
www.doverhousingauthority.org
62 Whittier Street, Dover, NH 03820
P: (603) 742-5804
F: (603) 742 6911
Bus routes: 1
Provides housing for low income families, elderly and disabled persons. Call for more information and eligibility requirements.
IN-HOME HEALTH CARE

In-home care is for seniors that would like to stay in their homes but need help for daily living such as dressing, bathing, housekeeping etc. In-home health care agencies are designed to help seniors in non-medical situations whether it be for support, companionship or caregiving.

Amedisys Home Health of Portsmouth
www.amedisys.com
95 Brewery Lane, Unit 11
Portsmouth, NH 03801
P: (603) 436-0815
F: (603) 431-5457
Bus routes: 40
Home services offered are skilled nursing, home health aides, physical/occupational therapies, speech therapy, medical social workers and specialized nursing programs. Accept Medicare and Medicaid and some private insurances.

Area Home Care
www.areahomecare.org
1320 Woodbury Avenue
Portsmouth, NH 03801
P: (603) 436-9059 ext.1
F: (603) 334-6681
Bus routes: 2
Provides homemaker duties, personal hygiene in-home care, and a program that provides air conditioners to elderly with respiratory issues (Project Cool Air). Sliding fee scale available for those who are eligible living in the Rockingham County area. Does not accept any form of insurance.

Benda Homecare
www.bendahomecare.com
1039 Islington Street, Suite 16
Portsmouth, NH 03801
P: (603) 431-0505
F: (603) 431-2228
Bus routes: 40
Provides homemaker duties, personal hygiene in-home care, and a program that provides air conditioners to elderly with respiratory issues (Project Cool Air). Services include personal care, homemaking, companionship, home maintenance and modification, and medical treatment assistance. Accepts private insurance or long-term care insurance.

Caring Companions Easter Seals
www.easterseals.com
P: (603) 621-3497
F: (603) 263-0120
Provides very low, low and moderate income persons with affordable housing in project based and tenant based programs. Rental amounts are based according to income. Call for eligibility requirements.

ComForCare Senior Services
www.comforcare.com
90 Washington Street, Suite 212
Dover, NH 03820
P: (603) 842-4088
F: (603) 842-4082
Bus routes: 1, 2, 33, 34, 35
Provide in-home services such as personal care, homemaking assistance and companionship. Accepts private insurance with long-term care as well as out of pocket.

Extended Family
www.extended-family.net
32 Miller Avenue, Portsmouth, NH 03801
P: (603) 430-6863
F: (603) 430-6017
Bus routes: 41
Services include personal care, homemaking, companionship, home maintenance and modification, and medical treatment assistance. Accepts private insurance or long-term care insurance.

Granite State Independent Living
www.gsil.org
21 Chennell Drive, Concord, NH 03301
P: (603) 228-9680
F: (603) 225-3304
Promotes life with independence for people with disabilities and those experiencing the process of aging through advocacy, education, information and support. Personal care can be delivered in either a private home, residential care setting, or place of employment. Assist with daily living activities, housekeeping, meal preparation, and medication management. Accept some private/long-term care insurances, Medicare and Medicaid for certain services.

Home Companions
www.homecompanions.org
4 Market Place Drive, York, ME 03909
P: (800) 660-1770
F: (603) 335-1771
Services include respite care, transportation, property management, assisted living searches, personal care and employment opportunities. Home safety assessments and case management services are also provided. Memberships are $45 a year for reduced fees. Accepts Medicare/Medicaid and some private insurance. Will also try to accommodate people with no insurance.

In Home Senior Services
www.inhomeseniorservices.com
658 Main Street, Gorham, ME 04038
P: (207) 856-1212
F: (207) 856-1222
Provides personal and medical services, as well as homemaker services, companionship, respite care and transportation. Accepts MaineCare, private insurance, and VA benefits.

Interfaith Caregivers
www.interfaithcaregivers.org
202 North State Street, Concord, NH 03301
P: (603) 228-9680
F: (603) 225-3304
Services for the elderly include in-home assisted living, health care coordinator, activities of daily living, personal home care, hospital discharge planning and home care transportation. Accepts private insurance, long-term care insurance as well as some veteran benefits.

Home Health Visiting Nurse Association
www.homehealthvna.org
9 Lafayette Road, North Hampton, NH 03862
P: (603) 335-1771
F: (603) 335-1771
Bus routes: 2
Aids in personal tasks, monitors vitals and helps with prescribed exercise for adults who have limited physical movement. Accepts Medicare/Medicaid, some private insurance, as well as long term care insurances.

Home Watch Care Givers
www.homewatchcaregivers.com
1 Portsmouth Avenue, Stratham, NH 03885
P: (603) 580-1595
F: (603) 509-2430
Bus routes: 7
Services for the elderly include in-home assisted living, health care coordinator, activities of daily living, personal home care, hospital discharge planning and home care transportation. Accepts private insurance, long-term care insurance as well as some veteran benefits.

Sentry Hill
www.sentryhillatyorkharbor.com
2 Victoria Court, York, ME 03909
P: (207) 363-5116
F: (207) 363-4182
Housing ranges from independent living cottages or apartments to assisted living. Also offers residential care, memory care, respite care and adult day care.

Somersworth Housing Authority
www.somersworthhousing.org
9 Bartlett Avenue, Somersworth, NH 03878
P: (603) 692-2864
F: (603) 692-2877
Bus routes: 1
Provides very low, low and moderate income persons with affordable housing in project based and tenant based programs. Rental amounts are based according to income. Call for eligibility requirements.

Sentry Hill
www.sentryhillatyorkharbor.com
2 Victoria Court, York, ME 03909
P: (207) 363-5116
F: (207) 363-4182
Housing ranges from independent living cottages or apartments to assisted living. Also offers residential care, memory care, respite care and adult day care.

Somersworth Housing Authority
www.somersworthhousing.org
9 Bartlett Avenue, Somersworth, NH 03878
P: (603) 692-2864
F: (603) 692-2877
Bus routes: 1
Provides very low, low and moderate income persons with affordable housing in project based and tenant based programs. Rental amounts are based according to income. Call for eligibility requirements.

Interfaith Caregivers
www.interfaithcaregivers.org
202 North State Street, Concord, NH 03301
P: (603) 228-9680
F: (603) 225-3304
Aids in personal tasks, monitors vitals and helps with prescribed exercise for adults who have limited physical movement. Accepts Medicare/Medicaid, some private insurance, as well as long term care insurances.

In Home Senior Services
www.inhomeseniorservices.com
658 Main Street, Gorham, ME 04038
P: (207) 856-1212
F: (207) 856-1222
Aid elderly with house keeping, laundry, meals, bathing, dressing, medication reminder, respite for the primary caregiver and more. Only accepts private insurance with long-term care insurances.

Interfaith Caregivers
www.interfaithcaregivers.org
202 North State Street, Concord, NH 03301
P: (603) 224-3452
Mobilizes volunteers from faith communities to provide non-medical supportive services to older adults and people living with disabilities. Helps with grocery shopping, household chores or yard work.
Interim Health Care
www.interimhealthcare.com
875 Greenランド Road #87
Portsmouth, NH 03801
P: (603) 436-4155
Bus routes: 40
Home care services include skilled nursing, supportive care, therapy, home IV therapy and home medical equipment. Accepts Medicaid, Medicare and most private insurances.

Kittery Estates
www.holidaytouch.com
220 State Road, Kittery, ME 03904
P: (800) 322-0999
Provides daily living services such as bathing, dressing, housekeeping, meals, medication and respite care. Accepts Medicare, Medicaid and insurance companies with long-term care plans.

Living Innovations
www.livinginnovations.com
47 Tide Mill Road, Greenland, NH 03840
Bus routes: 7
1 Hampton Road, Suite 105, Exeter, NH 03833
60 West Road, Portsmouth, NH 03801
Bus routes: 41
Provides support for senior citizens, individuals with physical disabilities or children and adults with developmental disabilities. Services include personal care, health care, companionship, household chores and transportation. Accepts private, long-term care insurance, and Medicaid.

Rochester District Visiting Nurse Association
www.yourvna.org
P: (603) 332-1133
F: (603) 332-9223
Provides medical and non-medical services. Non-medical services include support, personal companionship, meal preparation, light housekeeping, respite care and more. Medical care includes assessments and evaluations as well as monitoring medical conditions, and some specialty care. Also provides a telehealth program to monitor a patient’s health condition via secured line between monitors. Accepts Medicare, Medicaid, private insurers and private pay.

Rockingham Visiting Nurse Association
www.vnna.org
137 Epping Road, Exeter, NH 03833
P: (603) 772-2981
F: (603) 778-1250
Provides home care, hospice, and community outreach programs and services. Accepts private insurance, Medicaid and Medicare.

Senior Hand
www.seniorhand.health.officeLive.com
37 Haven Lane, Exeter, NH 03833
P: (603) 778-2400
Bus routes: 7
Offers non-medical services such as personal assistants and companions, medication reminders, appointment reminders, light housekeeping, light laundry, preparing and serving meals. Also provides transportation and respite caregivers. Does not accept insurance.

Visiting Angels
www.visitingangels.com
118 Portsmouth Avenue, Suite B2C
Stratham, NH 03885
P: (603) 427-6162
F: (978) 462-6164
Bus routes: 7
Living assistance includes hygiene assistance, meal preparation, housekeeping, errands, companionship and respite for caregivers. Care is delivered through phone check-ins, home visits and communication with the caregiver. Accepts private insurance.

Wentworth Home Care & Hospice of Dover
www.wdhospital.com
113 New Rochester Road, Dover, NH 03820
P: (603) 742-7921
F: (603) 778-3835
Bus routes: 2
Provides home care services such as nursing, home health aides, homemakers, medical social workers, physical therapists, speech/language pathologists, and occupational therapists. Accepts Medicare and private insurance.

York Hospital Home Care
www.yorkhospital.com/services_homecare.cfm
15 Hospital Drive, York, ME 03909
P: (207) 351-2194
F: (207) 351-2225
Skilled nurses provide help with activities of daily living, rehabilitation services, social work services, wound care & education, colostomy care, cardiac rehab, diabetic care, medication management, tracheotomy care and end of life care. Services are not limited to York Hospital patients.

York Hospital Home Care – Foot Care Clinic
Requirements: Bring own basin, towel & lotion. Bring written MD order if you are diabetic. Charge $25. Fourth Monday of the month at 10:00a.m.

York Hospital Home Care – Wellness Clinic
WellswEEP Acres, Rochester
Second Tuesday of the month – 11:00a.m. to 12:00p.m.

Albert Jack LaBonte Apartments, Somersworth
Parkview & LaBonte residents only

Charpentier Apartments, Somersworth
Residents only. Third Thursday of the month – 11:30a.m. to 12:30p.m.

Filion Terrace, Somersworth
Third Thursday of the month – 9:00a.m. to 11:00a.m.

Parkview Terrace, Somersworth
Residents can go to Albert Jack LaBonte clinics

DAY PROGRAMS / RESPITE CARE

ALSO SEE IN-HOME HEALTH CARE FOR MORE RESPITE OPTIONS

Adult Day Care Centers are community based programs that generally offer social, recreational and health-related services to individuals in a protective setting. Medical services are sometimes offered for those with chronic and persistent medical issues. Day programs also provide a source of respite care for caregivers.

Emeritus at Spruce Woods
Adult Day Center
www.emeritus.com
25 Worthen Road, Durham, NH 03824
P: (603) 292-3146
F: (603) 659-6000
www.emeritus.com
441 Rear Lafayette, Hampton, NH 03822
P: (603) 742-3835
F: (603) 659-1199
Provides activities and social programs, fitness and wellness, live entertainment, personal care as needed, meals, accommodations, and transportation to doctors appointments. Most insurance accepted. Check with current health care provider for coverage details.

The Gathering Place Social Day Center
www.thegatheringplaceadultdaycenter.com
218 US Route 1, Kittery, ME 03904
P: (207) 439-6111
F: (207) 439-6111
Serves senior adults who may need socializing, support services, and/or assistance with activities of daily living. Serves adults with sound minds or adults with emerging demented disorder, including demential Alzheimer’s disease. Opened Monday, Tuesday and Thursday’s 11-3. Accepts long term care insurance.
Senior Moments at Seacoast Repertory Theatre
www.seacoastrep.org
125 Bow Street, Portsmouth, NH 03801
P: (603) 433-4793
An outreach program that brings seniors out of their homes and into the community through participating in the arts. It provides classes in theatre and at least one public performance a season, written and produced by seniors. A list of Senior Moment events is listed on the website and for more information contact Joanne Dodge (603) 749-2084.

Sentry Hill at York Harbor
www.sentryhillatyorkharbor.com
2 Victoria Court, York ME 03909
P: (207) 363-5116
F: (207) 363-4182
Provides an active adult day care that allows members to qualify for their Preferred Priority Placement program. Accepts private pay only.

ASSISTIVE TECHNOLOGY

Rochester District Visiting Nurse Association
www.yourvna.org
P: (603) 332-1133
F: (603) 332-9223
Provides a telehealth program to track a patient’s health condition via secured line between monitors. Accepts Medicare, Medicaid and private insurance.

Assistive Technology Exchange in New England
www.getatstuff.com
P: (603) 862-4320
F: (603) 862-0555
Putting assistive technology equipment that is not currently being used into the hands of someone who can benefit from it. The exchange is a free ‘classified ad’ type of resource designed to help people find, buy, sell or give used assistive technology equipment. Categories of devices listed on the assistive technology exchange in New England are, vision, hearing, speech communication, learning, mobility and positioning, daily living, environmental adaptions, transportation and computer related technologies.

Crotched Mountain ATECH Services
www.crotchedmountain.org
57 Regional Drive, Suite 7, Concord, NH 03301
P: (603) 226-2900
F: (603) 226-2907
A statewide organization that helps New Hampshire residents affected by disabilities or the aging process in achieving their goals at home, school, work or play through the provision of assistive technology.

SENIOR CENTERS

Dover Community Senior Center
www.ci.dover.nh.us/rec_senior.htm
127 Parrott Avenue, Portsmouth, NH 03801
P: (603) 431-8677
Bus routes: 2, 40, 41

Exeter Senior Center
www.town.exeter.nh.us/seniors
30 Court Street, Exeter, NH 03833
P: (603) 778-8196
Bus routes: 2, 40, 41

Farmington Senior Center
www.farmingtonsofseniorcenter.org
39 North Main Street, Farmington, NH 03835
P: (603) 755-2405
Bus routes: 6

Newmarket Senior Activity Center
186 South Main Street, Newmarket, NH 03857
P: (603) 659-4469
Bus routes: 7, 5

Rochester Senior Citizens Center
150 Wakefield Street, Suite 3
Rochester, NH 03867
P: (603) 332-7845
Bus routes: 2, 6

Somersworth Filion Senior Center
75 Washington Street, Somersworth, NH 03878
P: (603) 692-5169
Bus routes: 1

York Senior Citizens Center
36 Main Street, York, ME 03909
P: (207) 363-1036

EDUCATION

Drive Ability
www.exeterhospital.com
4 Alumni Drive, Exeter, NH 03833
P: (603) 580-7927
F: (603) 580-7931
Bus routes: 7

Transportation

Alliance for Community Transportation (ACT)
www.coastbus.org
A collaborative effort by a wide variety of organizations and communities to improve community transportation. For more information contact Dianne Smith at (603) 743-5777 Ext. 112

COAST - Cooperative Alliance for Seacoast Transportation
www.coastbus.org
P: (603) 743-5777
F: (603) 743-5786

Public transportation that serves the seacoast region with fixed-route service. Fares range from $.50 - $2.50 one-way and can purchase multi-ticket as well as monthly passes. All buses are handicap accessible.

COAST also provides a paratransit service for individuals whose disability may prevent them from taking part on all the trips using a fixed-route bus. See fares and bus schedules on page 75.

COAST Paratransit ADA Services
www.coastbus.org
P: (603) 743-5777 ext. 107
or (800) 735-2964

In addition to fixed-route service, a paratransit service for individuals whose disability may prevent them from making part or all of the trip is also available. There is an application process for all individuals interested in the paratransit service to determine eligibility. To get started with the application, contact COAST at the numbers provided above.

Lamprey Health Care Senior Transportation Services
www.lampreyhealth.org
207 South Main Street, Newmarket, NH 03857
P: (800) 582-7214
Bus routes: 5

Lamprey Health Care’s Senior Transportation Program provides transportation services to the elderly and disabled residents of Rockingham County and parts of Strafford County. Transportation Services include trips to banks, pharmacies and grocery stores, as well as shopping trips to the local malls, recreational trips for social outings, and medical appointments these trips ask for $3.00 donation and day trips ask for $5.00 donation. Vans are handicap accessible, and provide door to door service for the convenience of the riders.

Out N’ About Wentworth Connections
Transportation
www.wentworthconnections.org/transportation.php
P: (603) 431-8677
F: (603) 430-0069

Transportation service for people 60 or better to and from Wentworth Connections (reduced fare), medical appointments, grocery and pharmacy shopping, and rides to Wentworth Connections. Wheelchair accessible vehicles are available. Call the day before between 8:00a.m. and 12:00p.m. to schedule a ride. For fare information call (603) 431-8677.

Senior Hand
www.seniorhand.health.officelive.com
37 Haven Lane, Exeter, NH 03833
P: (603) 778-2400
Bus routes: 7

Drivers pick up client at homes and take them to appointments or shopping. This service is on a regularly scheduled basis for $19.00 per hour, a minimum of 3 hours required.

Strafford County CAP Senior Transportation Program
www.straffcap.org
P: (603) 817-8207
Program provides transportation for Senior Citizens by van for shopping, dentist/doctor appointments on a weekly scheduled route, covering various towns in Strafford County. $2.00 round trip. Call in advance to arrange for service.

ASSISTED LIVING

Bellamy Fields
www.bellamyfields.com
150 Garrison Road, Dover, NH 03820
P: (603) 516-8889
F: (603) 516-8888

Berwick Estates
www.retirementhomes.com
75 Portland Street, South Berwick, ME 03908
P: (207) 384-2715
F: (207) 384-4492

The Inn at Sprucewood
www.emeritus.com
25 Worthen Road, Durham, NH 03824
P: (603) 659-1100
F: (603) 659-1199

Langdon Place of Dover Retirement and Rehabilitation Center
www.sunbridgehealthcare.com
60 Middle Road, Dover, NH 03820
P: (603) 743-4110
F: (603) 740-4572
Bus routes: 2, 32

17 Hampton Road, Exeter, NH 03833
P: (603) 772-5251
F: (603) 778-1024

Offers rehabilitation recovery suites, short stay services, Solana Alzheimer’s Care with specially trained staff, respite services, independent and assisted living, therapy and a free Alzheimer’s support group that meets the first Tuesday of each month (call for day and evening times.) Also offers The Arthritis Association Aquatic Program that meets Tuesdays and Thursdays of each month (call for schedule times.)

Most insurances accepted for rehab stays with private pay options option for retirement community.
Geriatric Psychiatry at Frisbie Memorial Hospital

We specialize in elder care issues, including mental and behavioral health, medication management, and medical conditions that are specific to people age 65 years and older. We are a team of geriatric psychiatrists, nurses and social workers of the Geriatric Psychiatry program at Frisbie Memorial Hospital. We will work closely with you to develop a comprehensive medical care plan so that your loved one is safe and comfortable, while attending to their healthcare needs, in either an inpatient or outpatient setting.

You are not alone. We can help. Give us a call today at (603) 335-8871.

11 Whitehall Road • Rochester, NH 03867 • (603) 332-5211 • FrisbieHospital.com
Bereavement services are counseling for people who are mourning the loss of a loved one. Hospices and support services sometimes offer these services for family members and caregivers to ease the pain of loss.

Grieving Assistance Program for Students (GAPS)
www.victimsinc.org
107 Highland Street, Rochester, NH 03866
P: (603) 335-7777
F: (603) 332-9223
Support group program for students age six to teens who are grieving the death of a loved one. Other services include court advocacy, trauma intervention, memorial quilts, and victims compensation. Services are offered to the community at no charge. GAP offers support group meetings every 1st and 3rd Mondays of each month. They are held at the Community Conference Center of Frisbie Hospital in Rochester, NH at 6:30 p.m.

Hospice of York’s Bereavement Support Group Living With Loss
www.hospiceofyork.com
15 Hospital Drive, York, ME 03909
P: (207) 363-7000
F: (207) 351-2126
Provides free, confidential, non-medical services to individuals with any terminal illness. The staff and trained volunteers provide emotional and practical support to patients, families and friends.

Pete’s Place Grief Support Center for Children, Teens and Families
www.wdhospital.com
15 Rollinsford Road, Dover, NH 03820
P: (603) 740-2689
Bus routes: 33
Support for children, teens and families following the death of someone close. Services are offered to the community at no charge.

Rochester District VNA Bereavement Counseling and Support
www.yourvna.org
178 Farmington Road, Rochester, NH 03867
P: (603) 332-1133
F: (603) 332-9223
Bus routes: 6
Bereavement counseling and support for patient’s families up to one year beyond the loss. Free of charge and open to the public.

Rockingham Visiting Nurse Association Bereavement Services and Grief Support Groups
www.exeterhospital.com
P: (800) 540-2981
F: (603) 772-0931
Provides support groups for those who have experienced loss. Open to the public and free of charge. Groups are held for a six-week period and offered several times a year.

Seacoast Hospice Grief Services
www.seacoasthospice.org
10 Hampton Road, Exeter, NH 03833
P: (603) 778-7391
F: (603) 772-7692
285 County Farm Road, Dover, NH 03820
P: (603) 740-8500
Bus routes: 33
Provides scheduled phone calls, grief support groups and referrals to the community. Groups are held for an eight week period. Free of charge and open to the public. Registration is required. Call (603) 778-7391 for more information.

The Tapestry of Healing Bereavement Services
www.grieftherapy.net
127 Water Street, Exeter, NH 03833
P: (603) 494-4175
Bus routes: 7
Offers grief, loss, and bereavement counseling that is aimed at individuals who have endured a sudden loss or did not have the ability to prepare for the death or loss of a loved one, including divorce. Individual or group sessions offered. Insurance is not accepted, however a sliding fee scale fee is available.

Wentworth Homecare and Hospice
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 750-3024
F: (603) 750-3029
Bus routes: 2, 35
Educational support group open and free to the public. No charge. Six week program offered four times a year.

PAIN MANAGEMENT / PALLIATIVE CARE

Pain management for patients with tremendous pain offers them more comfort and a better quality of life. Relieving pain methods may help a patient’s increase their chances for recovery and helps prevent other complications associated with pain. Palliative care is associated with reducing symptoms of disease. Palliative care focuses on alternative treatment for improving quality of life for patients with advanced and complex illness.

Exeter Hospital Palliative Care
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (603) 778-7311
Palliative care team is dedicated to treating the complex physical, emotional, social, and spiritual needs during a serious illness.

Kindred Dover Rehabilitation and Living Center
www.doverrehab.com
307 Plaza Drive, Dover, NH 03820
P: (603) 742-2676
F: (603) 834-6905
Bus routes: 1
Offers a palliative care program that helps the patient and family cope with the symptoms of disease and illness in ways other than medicalpharmacological intervention. Accepts Medicare, Medicaid and private insurance.

The New Hampshire Palliative Care Service
www.nhhpco.org
PO Box 1049, Portsmouth, NH 03801
P: (603) 969-0815
F: (603) 436-8690
Organization focused on raising public awareness and expectations while educating professionals and other caregivers.

PainCare
www.painmd.com
255 Route 108, Somersworth, NH 03878
P: (603) 692-3166
F: (603) 692-3168
Bus routes: 2
2299 Woodbury Avenue, Newington, NH 03801
P: (603) 431-3166
F: (603) 431-3166
Bus routes: 2
Dedicated only to pain management. Offers pain management services, such as injections and advanced surgical implants, physical therapy, counseling, alternative therapies, and medication management. Accepts private insurance, Medicare, Medicaid and offers a sliding fee scale for people without insurance.

Portsmouth Regional Hospital
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 778-3231
F: (603) 778-3231
Bus routes: 24
Provides palliative care to patients to help manage pain, symptoms or side effects of treatment, while enhancing their emotional well-being.
Sea coast Pain Institute of New England  
www.seacoastpain.com  
7 Marsh Brook Drive Suite 10  
Somersworth, NH 03878  
P: (603) 749-7246  
F: (603) 749-2453  
Bus routes:  

- Offers interventional pain treatment services including, epidural steroid injections, facet joint pain, discography, spinal cord stimulation, sympathetic nerve blocks, muscular injections, and more. Accepts most private insurance, Medicare and Medicaid. Does not accept patients without insurance.

Wentworth-Douglass Hospital Palliative Care Program  
www.seacoastpalliativecare.com  
789 Central Avenue, Dover, NH 03820  
P: (603) 740-3330  
F: (603) 740-6543  
Bus routes:  

- Helps to relieve pain, discomfort or distress. Works to define goals of treatment and establish advance care planning, and supports the patient and family if physical decline occurs.

York Pain Consultants LLC, PA  
www.yorkpain.com  
519 US Route 1, Unit 9, York, ME 03909  
P: (207) 363-4114  
F: (207) 363-4126  

- Services include, botox, epidural hip and shoulder steroid injections, drug infusion systems, migraine blocks, nerve blocks, radio frequency lesioning, trigger point injections and more. Accepts private insurance and Medicare. Does not accept Medicaid or Maine Care.

HOSPICE

A model of care with a focus on relieving symptoms and pain for patients with a life expectancy of six months or less. Provides medical care, pain management, and emotional support for the patient, family, and friends in the comfort of their own homes or location of choice.

Amedisys Hospice Services  
www.amedisys.com/hospice.cfm  
95 Brewery Lane, Unit 4  
Portsmouth, NH 03801  
P: (603) 436-0815  
F: (603) 431-5484  
Bus routes:  

- Works with the patient, family members, and attending physician to develop a plan of care that will best meet the patient’s individual needs. Accepts Medicare, Medicaid and most private insurance. Will provide care for anyone who cannot pay by using money raised from the community or from memorial funds.

Home Health Visiting Nurse Association  
www.homehealthvna.org  
29 Lafayette Road, North Hampton, NH 03862  
P: (603) 926-2066  

Hospice care provides nursing care, pain and control symptom management, personal care, grief and bereavement counseling, and supportive services for end of life care. Accepts Medicare and Medicaid and most private insurance.

Hospice of York  
www.hospiceofyork.com  
15 Hospital Drive, York, ME 03909  
P: (207) 363-7000  
F: (207) 351-2126  

An all volunteer organization that provides free, confidential, supportive, non-medical services to individuals with any terminal illness. The staff and trained volunteers provide emotional and practical support to patients, families and friends.

Kindred Transition Care and Rehabilitation  
www.doverrehab.com  
307 Plaza Drive, Dover, NH 03820  
P: (603) 742-2676  
F: (603) 834-6905  

A homelike environment where patients can receive hospice care at home. Helps patients to return to a more medically enhanced setting to treat their illness.

Hospice Misconceptions

- Hospice doesn’t speed up the death process. Hospice focus is to improve the quality of life, and make the patient as comfortable as possible.
- Accepting hospice treatment isn’t accepting death or giving up. Staying in an uncomfortable situation with a complex illness is less beneficial to a patient trying to cure an illusion than treating the illness symptoms.
- If a patient shows signs of recovery they can leave hospice treatment. Hospice won’t continue only treating the symptoms if a patient shows signs of improvement. A patient can go back to a more medically enhanced setting to treat their illness.
- A patient can change their mind about accepting hospice care even if they aren’t showing signs of progress. They can go back to curative treatment for their illness if they wish.
- Patients can stay longer than six months for hospice care. The only requirement entry to hospice, is that someone must be terminally ill with life expectancy of six months or less.
- Transitional care and rehabilitation center includes hospice care with a team of professionals who provide ongoing support for both patients and families in familiar surroundings. Accepts Medicare, Medicaid and most private insurance.

Rochester District Visiting Nurse Association  
www.yourvna.org  
178 Farmington Road, Rochester, NH 03867  
P: (603) 332-1133  
F: (603) 332-9223  
Bus routes:  

Hospice program provides medical attention, pain and symptom management, emotional and spiritual support tailored to individuals needs. Accepts Medicare, Medicaid, and private insurance. Also offers a sliding scale fee based on income and ability to pay.

Hospice program provides medical attention, pain and symptom management, emotional and spiritual support tailored to individuals needs. Accepts Medicare, Medicaid, and private insurance. Also offers a sliding scale fee based on income and ability to pay.

Rockingham Visiting Nurse Association & Hospice  
www.exeterhospital.com  
137 Epping Road, Exeter, NH 03833  
P: (603) 772-2981  

Works to aid physical symptoms, educates about the changes occurring, and offers psycho-social and spiritual support for patients. Helps to identify and accomplish goals while offering support to the individual and the family.

VA Benefits  
P: (800) 827-1000  

- Life Insurance  
P: (800) 669-8477  

- Health Care Benefits  
P: (877) 222-8387  

- Services can be accessed by the website or by phone and include: benefits information, disability compensation, pension, GI bill, vocational rehabilitation and employment, dependent’s educational assistance, survivor benefits, home loans, life insurance, traumatic injury insurance, health care information, prescriptions, suicide prevention, PTSD, public health, cemetery services, burials, headstones and markers, presidential memorial certificates, cemeteries, nationwide grave site locators, burial flags and burial allowance.

VA Home Loan Department  
www.vba.va.gov  
275 Chestnut Street, Manchester, NH 03101  
P: (800) 827-6311 or (800) 827-0336  

- A benefit for eligible veterans, active duty personnel, Reserve members and National Guard personnel to assist them with purchasing and retaining a home.

Wentworth Homecare and Hospice  
www.wdhospital.com  
113 New Rochester Road Suite 4  
Dover, NH 03820  
P: (603) 750-3024  
F: (603) 749-1019  

- Services help to alleviate pain, suffering, and anxiety for patients and families. Specific services include home hospice care, pain management and grief counseling. Accepts Medicare, Medicaid, and private insurance. Also offers a sliding scale.

Hyder House  
285 County Farm Road, Dover, NH 03820  
P: (603) 740-8500  
F: (603) 743-0090  

- A home like environment where patients can receive intensive monitoring and 24-hour medical and non-medical care, for emotional support. Call or make an online referral. Covered by private insurance and Medicaid.

Wentworth Homecare and Hospice  
www.wdhospital.com  
113 New Rochester Road Suite 4  
Dover, NH 03820  
P: (603) 750-3024  
F: (603) 750-3029  

- Bus routes:  

A Traditional care and rehabilitation center includes hospice care with a team of professionals who provide ongoing support for both patients and families in familiar surroundings. Accepts Medicare, Medicaid and most private insurance.

Rockingham Visiting Nurse Association  
www.exeterhospital.com  
137 Epping Road, Exeter, NH 03833  
P: (603) 772-2981  

- Works to aid physical symptoms, educates about the changes occurring, and offers psycho-social and spiritual support for patients. Helps to identify and accomplish goals while offering support to the individual and the family.

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- Health Care Benefits  
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- Services can be accessed by the website or by phone and include: benefits information, disability compensation, pension, GI bill, vocational rehabilitation and employment, dependent’s educational assistance, survivor benefits, home loans, life insurance, traumatic injury insurance, health care information, prescriptions, suicide prevention, PTSD, public health, cemetery services, burials, headstones and markers, presidential memorial certificates, cemeteries, nationwide grave site locators, burial flags and burial allowance.

VA Home Loan Department  
www.vba.va.gov  
275 Chestnut Street, Manchester, NH 03101  
P: (800) 827-6311 or (800) 827-0336  

- A benefit for eligible veterans, active duty personnel, Reserve members and National Guard personnel to assist them with purchasing and retaining a home.

Wentworth Douglah Hospital Widowed Support Group  
www.wdhospital.com  
P: (603) 742-0208  

- Meets on the second Sunday of the month from 1:30 p.m. to 4:00 p.m. at Wentworth Douglass Hospital. For more information, please contact Toni at (603) 742-0208.
DOMESTIC VIOLENCE AND SEXUAL ASSAULT

According to the National Coalition Against Domestic violence, one in every four women will experience domestic violence in their lifetime. Domestic violence is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse or assault can occur to any person, male or female no matter their age, race, sexual orientation or socioeconomic status.

National Domestic Violence Hotline
www.thehotline.org
HOTLINE: (800) 799-SAFE or (800) 799-7233
National organization that provides aid, resources, education and a 24-hour hotline for victims of domestic violence.

Rape, Abuse and Incest National Network
www.rainn.org
HOTLINE: (800) 656-HOPE or (800) 656-4673
National organization providing information on sexual assault including statistics, effects of sexual violence, aftermath resources, reporting the crime to the police information, computer safety information and state resources. Also has a 24-hour national hotline for sexually abused persons.

A Safe Place
www.asafeplacenh.org
6 Greenleaf Woods, Suite 101
Portsmouth, NH 03801
P: (603) 436-7924
F: (603) 436-7951
Bus routes: 41
Offers safety planning, shelters, court and social service advocacy, support groups and education on domestic violence.

Caring Unlimited
www.caring-unlimited.org
HOTLINE: (800) 239-7298
York County's domestic violence program offers support groups, legal assistance, emergency shelter, transitional housing and child services. Also offers a 24 hour hotline.

Domestic Abuse Support Service Hotline
HOTLINE: (800) 854-3552

Faces-To-Faces and S.O.R.E.S.
www.facetofacesurgery.org
P: (800) 842-4546
Free reconstructive face and neck surgery for victims of domestic violence (either men or women) who have suffered disfiguring injuries.

Give Back a Smile Program
www.aacd.com
P: (800) 773-4227
Program to help survivors who have teeth damaged or missing as a result of domestic abuse access dental care.

Hamel Substance Abuse Services
www.hamelsubstanceabuse.com
1 Old Dover Road, Suite 10,
Rochester, NH 03867
P: (603) 335-7070
A 36 week class offered separately for men and women. Educational groups examine the harmful behavior abusers have chosen throughout their relationships in order to improve their relationships with others. Does not accept any insurance. Individual session fees are all based on a sliding fee scale. Group sessions also offer a sliding fee scale, ranging from $30 to $45 a session. Also offers substance abuse services and anger management services. Please contact for more information.

Maine Domestic Abuse Hotline
www.mcedv.org
HOTLINE: (207) 430-8334
24-hour hotline that assists with information, crisis counseling, emotional support and court advocacy.

Maine Sexual Assault Support
www.mecasa.org
HOTLINE: (800) 871-7741
A 24-hour statewide sexual assault crisis and support line.

Give Back a Smile Program
www.smhc-nh.org
1145 Sagamore Avenue, Portsmouth, NH 03801
P: (603) 431-6703
F: (603) 430-3753
Domestic violence counseling services for those ranging from the age of three to the elderly. Payment options include most private insurance, Medicare and Medicaid. A sliding fee scale is available but may only be utilized once. Sliding fee scale will include one intake and seven therapy visits.
Sexual Assault Support Services (SASS)
www.sassnh.org
7 Junkins Avenue, Portsmouth, NH 03801
HOTLINE: (888) 747-7070
P: (603) 436-4107
F: (603) 430-4017
Dedicated to prevention of child sexual abuse, sexual assault, and stalking while supporting victims, survivors, and others impacted by sexual violence. Provides a 24 hour sexual assault crisis hotline. Also offers support groups for rape survivors.

Sexual Harassment and Rape Prevention Program
www.unh.edu/sharp
8 Ballard Street, Durham, NH 03824
HELP LINE: (603) 862-SAFE or (603) 862-7233
F: (603) 862-2996
Bus routes: 3, 4, 5
Provides services to victims/survivors of sexual violence, domestic violence, and stalking. Services include crisis intervention, advocacy, medical and legal accompaniment, emotional support, academic intervention, and resources and referrals. 24-hour help line is also available.

Strafford County Domestic Violence Project
www.co.strafford.nh.us
259 County Farm Road, Dover, NH 03820
P: (603) 742-2706
F: (603) 743-4997
Bus routes: 33
Prosecutes misdemeanor level domestic violence related crimes in NH.

CHILDMEN’S SURVIVOR SERVICES

Child Abuse and Report Neglect Line NH
www.dhhs.state.nh.us
P: (800) 894-5533
In the state of New Hampshire, everyone is a mandated reporter and is required by law to call if abuse is suspected or observed.

A Safe Place
www.asafeplacenh.org
6 Greenleaf Woods, Suite 101, Portsmouth NH 03801
P: (603) 436-7924
F: (603) 436-7951
Bus routes: 341
Offers safety planning, shelters, court and social service advocacy, support groups and education on domestic violence.

Child Abuse and Report Neglect Line Maine
www.maine.gov
P: (800) 452-1999
TTY: (800) 963-9490
In the state of Maine, anyone can make a report if child abuse is suspected or observed. Mandated reporters are required by law to call if abuse is suspected or observed. Hotline is staffed 24 hours a day.

Child Advocacy Center of Rockingham County
www.cacnh.org
100 Campus Drive, Suite 11, Portsmouth, NH 03801
P: (603) 422-8240
F: (603) 422-8242
Bus routes: 341
The Child Advocacy Center brings together all parties within the investigation to a child friendly, neutral location so one interview can be conducted and all relevant parties are represented. Questions are asked through a trained forensic interviewer skilled at talking with children. No fee for service, however, a referral is required.

Division for Children, Youth & Families Services
www.dhhs.state.nh.us
97 Pleasant Street, Concord, NH 03301
P: (603) 271-4729
F: (603) 271-4451
Provide supportive services for families and children.

Dover Children’s Home
www.doverchildrenshome.org
207 Locust Street, Dover, NH 03820
P: (603) 742-4289
F: (603) 742-2057
Bus routes: 2, 35
Provides programs and events which foster the well-being of children and families throughout York County who have experienced any kind of abuse. Services provided are preschool and childcare, family and professional resources. Also referred to as Child Abuse Prevention Council of York County.

Strafford County Child Advocacy Center
www.straffordcountycac.org
259 County Farm Road, Dover, NH 03821
P: (603) 516-8100
F: (603) 516-8101
Bus routes: 33
Provides a neutral location for the evaluation of child abuse for children ages five and older. Applicable community services are also coordinated for the victim and their family. No fee for service, however, a referral is required.

At ProEx Physical Therapy we want you to know that you have a choice when it comes to selecting your physical therapy clinic. Our approach is designed with you in mind, to help you get going as soon as possible and at the lowest cost to you. If you’ve been injured or are in need of physical therapy, choose ProEx. You’ll be glad you did, we promise.

“T did better at ProEx in 3 visits than I did with months of therapy at another facility.”

PROEX
Physical Therapy

NH Clinics:
Stratham
Epping
Somersworth
PROExPT.com

Get Going
To be eligible for VA benefits you must be a veteran or a veteran’s dependent, a surviving spouse, child or parents of a deceased veteran, uniformed service member, or a present reservist or National Guard member. To qualify, fill out benefits form online at www.va.gov in the “New to VA” section of the website.

**Department of Labor for Veterans**
www.dol.gov/vets
J.F. Kennedy Federal Building, Room E-315
Boston, MA 02203
P: (617) 565-2080
Provides resources to assist and prepare veterans in obtaining meaningful careers. Helps to maximize their employment opportunities, and protect their employment rights.

**National Coalition for Homeless Veterans**
www.nchv.org
P: (800) VET-HELP or (800) 838-4357
F: (202) 546-2063
A resource with information regarding housing, health, substance abuse and mental health treatment, employment, financial help and legal help.

**National Personnel Records Center**
www.archives.gov
8601 Adelphi Road
College Park, MD 20740
P: (866) 272-6272
Available to research history, request military records, and engages students with educational materials. Families can request or search for family members using online military resources.

**Outpatient Clinic**
www.manchester.va.gov
Pease International Tradeport
302 Newmarket Street
Portsmouth, NH 03803
P: (603) 624-4366 ext. 5500
F: (603) 314-1679
200 Route 108, Somersworth, NH 03878
P: (603) 624-4366 ext. 5700
F: (603) 841-9038
Bus routes: 2
Services provided at the outpatient clinic for veterans include primary care, preventive health, chronic health management, mental health, nutrition, physical examinations, and laboratory services.

**U.S. Veteran Services**
www.va.gov
810 Vermont Avenue
Washington DC 20420
Gulf War & Agent Orange
P: (800) 749-8387
Headstones & Markers
P: (800) 697-6947

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### Ten ways to thank a veteran

- Listen to their stories with interest.
- Call and visit a local nursing home or VA Hospital.
- Say something to them on Facebook, Twitter, etc., thanking them for their service.
- If you happen to see a veteran say thank you and a smile.
- Volunteer for a local VA.
- Make a small donation, anything can help.
- Never forget they have fought for our freedom.
- If a Veteran is at a restaurant, maybe pay for their meal or send them a drink, they will appreciate a random act of kindness.
- Send a message of support on the “Thank the Troops Message Form.”
- Remember Veterans without families on the holidays, send them a card or invite them to your gathering.

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**Harbor Eyecare Center** has been providing professional eye care since 1998. We provide vision testing and diagnosis for adults and children to carefully assess the needs of each patient and provide the most up to date options for vision correction. Our compassionate doctors provide thorough eye examinations, help you treat and manage eye diseases and infections, and give the professional attention your eye sight deserves.

**SERVICES PROVIDED AT OUR OFFICE INCLUDE:**

- Comprehensive Exams
- Contact lenses
- Optical Dispensing / Certified Opticians
- Treat Eye Emergencies
- Preventative Vision Care
- Treatment of Eye Infections
- Most Insurances Accepted

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**OUR MISSION:**
To Help You Achieve A Lifetime Of Healthy Vision For Your Lifestyle
To accomplish this we:
- Are a team of experienced, compassionate professionals;
- Provide care that exceeds your expectations; and
- Utilize advanced technology to meet your needs.
Support Groups

ADDICTIONS

24-Hour Addiction and Treatment Helpline
www.treatmentcentersdirectory.com
HOTLINE: (800) 315-2056
24-Hour Addiction Helpline

Maine Al-Anon Alateen
www.maineafg.org
Kittery, South Berwick and York
P: (207) 284-1844
Al-Anon is a fellowship for those who are affected by another’s drinking. Al-Anon’s and Alateen’s program of recovery is based on the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous. Contact (207) 284-1844 to find the time/location of local meetings, or visit the website.

National Hotline Al-Anon Alateen Information Line
P: (888) 4AL-ANON or (888) 425-2566
Hope & Help for young people who are the relatives & friends of a problem drinker.

NH Al-Anon Alateen
www.nhal-anon.org
Portsmouth, Rochester, Strafford, Hampton, North Hampton and Dover
P: (603) 645-9518
Al-Anon is a fellowship for those who are affected by another’s drinking. Al-Anon’s and Alateen’s program of recovery is based on the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous. Call to find the time/location of local meetings, or visit the website.

Alcohol A+A Abuse 24-hour Hotline
HOTLINE: (603) 433-0305
AA hotline offers referrals for alcohol and drug abuse services.

Alcoholics Anonymous
www.aa.org
P: (800) 593-3330
The only requirement for membership is a desire to stop drinking. Call or visit the website to find the meeting time and location of a support group in your area.

Alcohol and Drug Helpline/Youthline
HELPLINE: (877) 553-TEEN or (877) 553-8336
24-hour referrals for help with alcohol and drug abuse.

Food Addicts in Recovery Anonymous
www.foodaddicts.org
101 Chapel Street, Portsmouth, NH 03801
P: (603) 778-1799
Bus routes: 2, 40, 41 4
11 White Hall Road, Rochester, NH 03867
P: (603) 397-5857
Bus routes: 2
Recovery program for food addicts. No dues, fees, or weigh-ins. Membership is open to everyone. Portsmouth: Mondays 7:00 p.m., Rochester: Wednesdays 6:30 p.m.

Headrest 24-hour Teenline
HOTLINE: (800) 639-6095
24-hour hotline that provides information and support for teens to reduce the impact of substance abuse, suicide and violence in their own and their friends’ lives.

Narcotics Anonymous Seacoast
www.gsana.org/seacoast.html
P: (888) 624-3578
HELPLINE: (603) 645-4777
Seacoast Area of Narcotics Anonymous. Meeting locations in Portsmouth, Dover, Somersworth and Rochester NH. Call or visit the website for specific meeting time/locations.

National Suicide Prevention Hotline
HOTLINE: (800) 273-TALK or (800) 273-8255
24-hour crisis hotline.

Overeaters Anonymous
www.oa.org
P: (603) 433-5464
Recovery program for compulsive eating. Meetings are held in Portsmouth, Dover, Stratham, York, South Berwick and Rochester. Visit website or call for times and locations.

AIDS

Aids Response to the Seacoast
www.aidsresponse.org
1 Junkins Ave, # 8 Portsmouth, NH 03801
P: (603) 433-5377
Bus routes: 2, 40, 41 4
Offers a variety of closed support groups for people with HIV and Aids and their families and partners. Must be a Aids Response Seacoast Client. For more information, please call (603) 433-5377.

AIDS

ALZHEIMER’S

Alzheimer’s Support Group
P: (603) 430-8615
Contact Amy VanSplunder at (603) 430-8615

Alzheimer’s Telephone Support Group
P: (603) 606-6590
Contact Susan Antkowiak at (603) 606-6590

Caregivers Support Group at Wentworth Connections
www.wentworthconnections.org
127 Parrott Avenue, Portsmouth, NH 03801
P: (603) 430-0070
Bus routes: 2, 4, 41 4
Respite and support for family caregivers. Held the 1st and 3rd Thursday of every month from 2-3:30pm at Wentworth Connections. Free of charge.

BEREAVEMENT

Grieving Assistance Program for Students (GAPS)
www.victimsinc.org
107 Highland Street, Rochester, NH 03866
P: (603) 335-7777
Support group program for students age six to teens who are grieving the death of a loved one. Other services include court advocacy, trauma intervention, memorial quilts, and victims compensation. Offered to the community at no charge.

GAPS Support Group
GAP offers support group meetings every 1st and 3rd Mondays of each month. They are held at the Community Center of Frisbie Memorial Hospital in Rochester, NH at 6:30p.m.

Grief Support
789 Central Avenue, Dover, NH 03820
www.wdhospital.com
P: (603) 740-2853
Bus routes: 2, 35 3
Meets the first Tuesday of every month from 5:30-7:30 p.m. at Wentworth Douglass Hospital in the community conference room. Contact Monica Viel-Weiss at (603) 740-2853 for more information.

Living With Loss Bereavement Support Group
www.hospiceofyork.com
15 Hospital Drive, York, ME 03909
P: (207) 475-7308
F: (207) 351-2126
A support group open to anyone who has lost a loved one. Group meets for a 10-week session every Wednesday from 6:30-8:00p.m. at York Hospital. Contact Nikki, the Bereavement Coordinator at (207) 475-7308 to register for a group.

Pete’s Place Grief Support Center for Children, Teens and Families
www.wdhospital.com
30 Saint Thomas Street, Suite 240, Dover, NH 03820
P: (603) 740-2689
Bus routes: 1, 2, 31, 32, 33, 34, 35 3
Support for children, teens & families following the death of someone close. Services are offered to the community at no charge.

Rochester District VNA Bereavement Counseling and Support
www.yourvna.org/our-services/hospice
178 Farmington Road, Rochester, NH 03867
P: (603) 332-1133
Bus routes: 6, 11
Bereavement counseling and support for patient’s families up to one year beyond the loss. Free of charge and open to the public.
SUPPORT GROUPS

Rockingham VNA and Hospice Bereavement Services and Support Groups
www.exeterhospital.com
P: (800) 540-2981
Provides support groups for those who have experienced loss. Open to the public and free of charge. Groups are held for a six-week period and offered several times a year.

Seacoast Hospice Bereavement Support Groups
www.seacoasthospice.org
285 County Farm Road, Dover, NH 03820
10 Hampton Road, Exeter, NH 03833
P: (800) 416-9207
Seacoast Hospice of Portsmouth, NH offers a variety of grief support groups. No charge for groups, and pre-registration is required. Please see website or call for additional information.

The Tapestry of Healing Bereavement Services
www.grieftherapy.net
127 Water Street, Exeter, NH 03833
P: (603) 494-4175
Bus routes: ☐ 7
Offers grief, loss, and bereavement counseling that is aimed at individuals who have endured a sudden loss or did not have the ability to prepare for the death or loss of a loved one, including divorce. Individual or group sessions offered. Insurance is not accepted, however a sliding fee scale fee is available.

BREAST FEEDING

Exeter Hospital Breast Feeding Support Group
www.exeterhospital.com
5 Alumni Drive, Exeter, NH 03833
P: (800) 439-3837
Bus routes: ☐ 7
A group that provides added support for the changing needs of a growing baby. Also offers mother to mother support and assistance. A lactation consultant is available. No requirement to register. Free of charge and open to the community.

Portsmouth Regional Hospital Breast Feeding Support Groups
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-4041
Bus routes: ☐ 40
Meets every Wednesday from 10:00 - 12:00 p.m. in the Maternity Family Room at Portsmouth Regional Hospital. Certified Lactation Consultant who can assist with breast feeding needs. Free of charge and open to the public.

York Hospital Breast Feeding Support Group
www.yorkhospital.com
15 Hospital Drive, York, ME 03909
P: (207) 475-1167
A lactation consultant is available for consultations and families can weigh their babies at this weekly session. The group is free and all parents with babies are welcome.

BREAST CANCER

Portsmouth Regional Hospital Breast Cancer Support Groups
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 659-2551 or (603) 433-5208
Bus routes: ☐ 40
Offers several support groups for patients and their families including stage IV breast cancer support group, breast cancer survivors and many others. Check the online calendar for a full list of support groups. New members are encouraged to join for healing strategies that include creativity, deep relaxation, guided imagery and education. Open to the public. Please call for more information.

Wentworth Douglass Hospital Breast Cancer Support Group
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-2830
Bus routes: ☐ 2, 35 ☒ 3
Support group meets on the second Thursday of every month from 5:30 p.m. to 7:00 p.m. Open to the public.

York Hospital Breast Cancer Survivor’s Group
www.yorkhospital.com/visitor_supportgroups.cfm
15 Hospital Drive, York, ME 03909
P: (207) 646-1364
Support group meets the third Monday of the month from 6:30-8:30 p.m. in York Hospital’s Ellis Conference Room. Open to the public.

York Hospital Living Well Cancer Support Group
www.yorkhospital.com/visitor_supportgroups.cfm
15 Hospital Drive, York, ME 03909
P: (207) 475-1167
Provides emotional support and information for those coping with diagnosis, treatment and recovery from cancer. Meets the second Monday of the month from 1:00 - 2:30 p.m. at the Ellis Conference Room at York Hospital. Open to the public.

DEPRESSION

Wentworth Douglass Cancer Support Group
789 Central Avenue, Dover, NH 03820
P: (603) 740-2826
Bus routes: ☐ 2, 35 ☒ 3
Living with Cancer Support Group meets the second Tuesday of the month from 5:30 p.m. to 7:00 p.m. Check at front desk for room assignment. Anyone living with cancer, their family, and/or friends are welcome.

York Hospital Living Well Cancer Support Group
www.yorkhospital.com/visitor_supportgroups.cfm
15 Hospital Drive, York, ME 03909
P: (207) 475-1167
The Living Well Cancer Support Group provides emotional support and information for those coping with diagnosis, treatment and recovery from cancer. The group meets the second Monday of the month from 1:00 - 2:30 p.m. at the Ellis Conference Room at York Hospital. For more information: 207-475-1167.

CAREGIVERS

Caregiver Support Group at Portsmouth Regional Hospital
333 Borthwick Avenue, Portsmouth, NH 03901
www.portsmouthhospital.com
Bus routes: ☐ 41
A caregiver/care receiver support group. No fee for service. Group meets on Fridays from 11:00 A.M. - 12:00 P.M. at 155 Borthwick Avenue West Room 351, Portsmouth NH.

Genesis Healthcare The Partridge House
777 Lafayette Road, Hampton, NH 03824
A support group for caregivers and adult children of aging parents. Group meets on the fourth Tuesday of each month from 2:00-3:30 P.M. Facilitated by ServiceLink contact (603) 334-6594 for questions.

Krempels Support Group
www.krempelscenter.org
100 Campus Drive, Portsmouth, NH 03801
P: (603) 433-9821
Bus routes: ☐ 41
Offers support groups for the family and caregivers of those with a brain injury from trauma, tumor or stroke. Meets Wednesdays from 10:00 a.m. to 12:00 p.m. at the Community Campus. Open to all family caregivers in the community, they do not have to be affiliated with Krempels.

DIABETES

Parents of Children with Diabetes Support
789 Central Avenue, Dover, NH 03820
www.wdhospital.com
P: (603) 740-2861
Bus routes: ☐ 2, 25 ☒ 3
Meets on the second Tuesday of the month from 6:30-7:30 p.m. at Wentworth Douglass Hospital. Children are welcome to come. Supervision provided. For more information, please contact Kris Ferullo at (603) 740-2861.

York Hospital Diabetics Support Group
www.yorkhospital.com/visitor_supportgroups.cfm
15 Hospital Drive, York, ME 03909
P: (207) 351-3702
Meets the second Wednesday of the month at 7:00 p.m. in York Hospital’s Ellis Conference Room.

DISABILITIES

Sexual Assault Support Services
www.sassnh.org
P: (603) 436-4107
Offers closed support groups for anyone who has been a victim of sexual abuse and their families. To apply call 603 436-4107.

DOMESTIC / SEXUAL VIOLENCE

Looking for more information? Contact the ServiceLink at (603) 334-6594.
SUPPORT GROUPS

HEART DISEASE

Portsmouth Regional Hospital
Mended Hearts
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 559-4169
Bus routes: 40
A national non-profit organization that has been offering the gift of hope to heart disease patients, their families, and caregivers for more than 50 years. All cardiac patients and their families are welcome.

York Hospital Congestive Heart Failure Support Group
127 Long Sands Road, York, ME 03909
P: (207) 351-3700
A support group for patients and their family members with a diagnosis of congestive heart failure which meets the first Tuesday of the month from 1:00 - 2:00p.m. at the Heart Institute.

York Hospital Implantable Cardioverter Defibrillator/Friends of the Heart Support Group
www.wdhospital.com
P: (207) 351-3700
A support group for anyone with an implantable cardiac device and their families to learn more about their pacing devices and to share how it impacts their lives. The group meets the 4th Thursday of the month from 1:00 - 2:00p.m. in the Ellis Conference Room at York Hospital.

HUNTINGTON’S DISEASE

Wentworth Douglass Hospital
Huntington Disease Support Group
www.wdhospital.com
P: (603) 742-2996
Meets on the second Tuesday of the month from 4:30 - 6:00 p.m. at Wentworth Douglass Hospital.

MENTAL HEALTH

National Alliance for the Mentally Ill
Connections Recovery Support
www.nami.org
P: (207) 363-2458
Meets every Tuesday from 1:00 - 2:30p.m. at Eliot United Methodist Church in Eliot, Maine. Meetings are for consumers only and are free of charge. A safe and relaxed setting to receive support living with mental illness. Strictly Confidential. For more information, call Sue Babin at 207-363-2458.

MULTIPLE SCLEROSIS

York Hospital MS Self Help Group
www.yorkhospital.com
P: (207) 363-7767
Meeting times and days vary. Please contact Mary Jane at 207-363-7767 for more information.

MUSCULAR DYSTROPHY

MyMDA
www.mda.org/mymda
Support group via internet to receive practical help from those who know firsthand what it’s like to live with neuromuscular disease.

PARKINSON’S DISEASE

Parkinson’s Support Group
P: (207) 363-6039
A place to share information and support for people with Parkinson’s disease, their families, and caregivers. The group meets the 1st Sunday of the month from 2:00 - 3:00 p.m. in the Ellis Conference Room at York Hospital. Call Gail Anderson at 207-363-6039 for more information.

PERINATAL

Wentworth Douglass Perinatal Support Group
www.wdhospital.com
P: (603) 740-2261
Meeting times and days vary. Please contact Mary Jane at 207-363-7767 for more information.

PROSTATE CANCER

Prostate Cancer Support Group at Wentworth Douglass
www.wdhospital.com
P: (603) 740-2830
Open to any man who has a diagnosis of Prostate Cancer. Spouses/Partners welcome. This group typically has a guest speaker on various topics. Meets the 2nd Monday of each month from 5:30 - 7:00 p.m. Please register by calling Anne Daugherty, LICSW at (603) 740-2830.

SLEEP APNEA

Sleep apnea A.W.A.K.E.
www.wdhospital.com
P: (603) 740-6598
A support group for people with Sleep Apnea, their friends and family. The group meets every other month on the 3rd Tuesday of every month from 6:30 - 8:00 p.m. Group meets at Wentworth Douglass Hospital. Call Gae for more information.

STROKE

York Hospital Stoke Support Group
127 Long Sands Road, York, ME 03909
P: (207) 351-3700
Support group offers stroke survivors and family members a way to understand the effects of stroke and ways to enrich their lives. The group meets the 4th Monday of the month 10-11:30a.m. at the Heart Health Institute.

SUICIDE

Healing After Suicide
www.seacoasthospice.org
P: (800) 416-9207
Support for adults grieving suicide of loved ones. 8 week session held in various locations surrounding Exeter. Provides skills to cope emotionally and physically with loss. Free. Call Debra Proulx for information. Registration required.

Don’t live with foot problems...

Come to us first for proper treatment of painful foot conditions:
Heel, Ankle or Toe Pain • Bunions • Calluses • Nail Infections
Ingrown Nails • Diabetic Disorders • Sports Medicine
603-964-6555
200 Lafayette Rd, Suite 6, Route 1 North Hampton, NH • www.DriBrianNagy.com
Housing

Betty's Dream
www.bettysdream.org
75 Longweade Lane, Portsmouth, NH 03801
P: (603) 436-9357
F: (603) 436-5344
Bus routes: 4
An apartment complex that provides low-income, fully accessible housing for the physically handicapped, mentally alert young adult capable of living in a non-medical environment.

Dover Housing Authority
www.doverhousingauthority.org
62 Whittier Street, Dover, NH 03820
P: (603) 742-5804
Bus routes: 6
Provides housing for low income families, elderly and disabled persons. Call for more information and eligibility requirements.

Granite State Independent Living
www.gsil.org
21 Chenell Drive, Concord, NH 03301
P: (603) 228 9680
They work with you to find housing, employment and peer support.

The Housing Partnership
www.housingpartnership.org
767 Islington Street, Portsmouth, NH 03801
P: (603) 431-3620
Bus routes: 4
Provides affordable housing for low income and moderate income residents.

Rochester Housing Authority
www.rochesterhousing.org
675 West Main Street, Rochester, NH 03867
P: (603) 332-4126
Bus routes: 6
Offer rental housing and Section 8 housing to those who meet the income requirements. Call for more information and eligibility requirements.

Somersworth Housing Authority
www.somersworthhousing.org
9 Bartlett Avenue, Somersworth, NH 03878
P: (603) 692-2864
Bus routes: 1
Provides very low, low and moderate income persons' with affordable housing in project based and tenant based programs. Rental amounts are based according to income. Call for eligibility requirements.

VA Home Loan Department in Manchester
www.vba.va.gov
275 Chestnut Street, Manchester, NH 03101
P: (800) 827-6311 or (800) 827-0336
A benefit for eligible veterans, active duty personnel, Reserve members and National Guard personnel to assist them with purchasing and retaining a home.

Chase Home for Children
www.chasehome.org
698 Middle Road, Portsmouth, NH 03801
P: (603) 436-2216
Bus routes: 41
A licensed group home that serves up to 25 male and female adolescents who cannot live at home and need a therapeutic living environment. All placements are made through the court. Offers residential and home-based care.

Child and Family Services
(Group Home, Runaway and Homeless Youth Program)
www.cfsnh.org
240 North Main Street, Concord, NH 03301
P: (603) 224-9313
Voluntary, residential, aftercare and outreach program for adolescents (13-18) with psychological, emotional and behavioral problems.

Malley Farm Boys Home
www.malleyfarm.org
45 Malley Farm Road, Somersworth, NH 03878
P: (603) 692-5479
Bus routes: 33
Residential home serving teenage boys with ages from 12 to 18. Offers both long-term residential care and an emergency service program.

Our House for Girls
www.ourhouseforgirls.org
576 Central Avenue, Dover, NH 03820
P: (603) 742-9263
Bus routes: 1, 2, 3
A community based residential home for adolescents (12-18) in need. Provides services for up to nine adolescents. Helps rebuild young lives through comprehensive therapeutic, educational, and support services, in a structured and nurturing living environment.

St. Charles Children's Home
www.stcharleshome.org
19 Grant Street, Rochester, NH 03867
P: (603) 332-4768
Bus routes: 2
An intermediate group home for children from
families in crisis and is a program of New Hampshire Catholic Charities. Serves a population of 20 children, ages 3 to 12, both boys and girls.

TRANSITIONAL HOUSING

Transitional housing is temporary housing intended to get homeless individuals and families off the streets and into a safe living environment. The purpose of this type of housing is to get individuals and families into permanent housing within a reasonable amount of time. Those who are eligible for transitional housing must qualify as very low income.

Cross Roads House
www.crossroadshouse.org
600 Lafayette Road, Portsmouth, NH 03801
P: (603) 436-2218
F: (603) 430-9217
Bus routes: 41
Offers emergency and transitional housing to homeless families and individuals. Currently houses up to 80 people a night, and the emergency shelter is available 24 hours, 7 days a week. Also offers food, shelter, medical care, case management, and a program that helps residents achieve their goal of independent and sustainable housing.

Fair Tide Transitional Housing
www.fairtide.org
15 State Road, Kittery, ME 03904
P: (207) 439-6376
Purpose is to provide temporary housing and support. Once sheltered, a personalized long-range plan is developed to assist residents in obtaining goals, housing, jobs, and an income.

My Friends Place
368 Washington Street, Dover, NH 03820
P: (603) 749-3017
F: (603) 749-5068
Bus routes: 1
Provides shelter, direction, and guidance for pregnant and parenting homeless women. Services include a shelter program, an aftercare program and transitional apartment housing. Only accepts women over the age of 18 who are pregnant or parenting only one child under the age of one.

New Generations
568 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-4989
Purpose is to provide temporary housing and support. Once sheltered, a personalized long-range plan is developed to assist residents in obtaining goals, housing, jobs, and an income.

EMERGENCY SHELTERS

Shelters are temporary residencies for people who are in need of a place to stay. An emergency shelter is a place for people to live temporarily when they can’t live in their previous residence.

A Safe Place
www.asafeplacenh.org
6 Greenleaf Woods, Suite 101, Portsmouth, NH 03801
P: (603) 436-7924
Bus routes: 41
Rochester: (603) 330-0214
F: (603) 436-7951
Provides free shelter and support for victims of domestic abuse and their families. All services are free and confidential. Also offers safety planning, court and social service advocacy, support groups and education on domestic violence.

Cross Roads House
www.crossroadshouse.org
600 Lafayette Road, Portsmouth, NH 03801

When it comes to aging well, we've got you covered.
The Mark Wentworth Home has a long-standing commitment to seacoast seniors. Turn to us for Adult Daycare Services, Assisted Living and Memory Care Services with an Excellence in Care Distinction from Alzheimer’s Foundation of America. Three great services. One trusted name. Learn more at markwentworth.org.

THE MARK WENTWORTH HOME
Welcome home to life.
markwentworth.org
603.436.0169

P: (603) 436-2218
F: (603) 430-9217
Bus routes: 41
Offers emergency and transitional housing to homeless families and individuals. Currently houses up to 80 people a night, and the emergency shelter is available 24 hours, 7 days a week. Also offers food, shelter, medical care, case management, and a program that helps residents achieve their goal of independent and sustainable housing.

Homeless Center for Strafford County
www.homelesscenterforstraffco.org
P: (603) 332-3065
Provides safe seasonal shelter to women, children and families.

My Friend’s Place
368 Washington Street, Dover, NH 03820
P: (603) 749-3017
F: (603) 749-5068
Bus routes: 1
Purpose is to provide temporary housing and support. Once sheltered, a personalized long-range plan is developed to assist residents in obtaining goals, housing, jobs, and an income.

New Generations
www.newgenernh.org
568 Portsmouth Avenue, Greenland, NH 03840
P: (603) 436-4989
F: (603) 436-4989
Bus routes: 7
Provides care to pregnant homeless women and mothers of young children regardless of race, religion, marital status, disability, or economic status. The home program combines individual and group goals. Residents are required to attend Parenting Education program.

Seacoast Family Promise
www.sfphn.org
P: (603) 658-8448
F: (603) 658-8447
Located in Stratham NH. Provides a safe place for families to turn for immediate food, shelter and social services. Participating congregations reach out to families in crisis. Families with children under 18 years old are admitted to the program following an interview process. Please call for more information.
MEDICARE

Medicare is available to people aged 65 and older, people under age 65 with certain disabilities and people of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant.) Medicare has:

Part A Hospital Insurance: Most people do not have to pay for a premium because they have already paid for it through payroll taxes while working. Part A helps to cover inpatient care in hospitals, including critical access hospitals and skilled nursing facilities (not custodial or long-term) it also helps cover hospice care and some home health care.

Part B Medical Insurance: Most people pay a premium for part B. Part B helps cover doctors’ services and outpatient care. It also covers some services such as physical and occupational therapists and some home health care.

Part C Medicare Advantage Plan: This is another health plan choice like an HMO or a PPO. The plan will provide part A and part B coverage. Sometimes these plans offer extra coverage such as vision, hearing, dental or wellness and most also include part D (drug coverage). Medicare pays a fixed amount for your care every month to the companies that offer Medicare Advantage plans. Each plan may also have different out of pocket costs and different rules for how you get services, such as whether a referral is required to see a specialist, and whether you can only see doctors, facilities and suppliers that belong to the plan.

Prescription Drug Coverage: Most people pay a monthly premium for this coverage. Prescription drug coverage works like insurance. A private company provides the coverage and the beneficiaries choose the drug plan and pay a monthly premium. If the beneficiary does not decide to enroll in a drug program when they are first eligible, they may pay a penalty if they choose to join later.

MEDICAID

Medicaid is available to certain low income individuals and families. It is a state administered program so each state sets its own guidelines that determines eligibility groups. To become eligible, certain requirements must be met. These include:

- Age
- Whether you are pregnant, disabled, blind, or aged
- Your income and resources (bank accounts, property, other items that can be sold for cash)
- If you are a United States Citizen or a lawfully admitted immigrant
- There are special rules for people living in nursing homes or for disabled children living at home. Medicaid does not provide assistance for all low income people unless they are in one of the designated eligibility groups.

10 factors to consider

WHEN SELECTING A HEALTH INSURANCE PLAN

1. Decide what plan type best meets your need. There are 3 types of plans:

Health Maintenance Organization (HMO): Requires that you use physicians within a specific network, giving you less flexibility but a more affordable cost.

Preferred Provider Organization (PPO): Allows you to stay in network or go out of network for a larger fee.

*Out-of-pocket costs are usually higher for PPOs than HMOS.

Point of Service Plans (PSO): Combine elements of HMO’s and PPO’s. They give you the option to pay more for venturing out of network, but usually require you to choose a primary care physician within the network and get a referral from that physician before seeing any specialist.

2. Take advantage of wellness incentives.

3. Check out the prescription coverage.

4. Consider opening an account for your healthcare expenses.

5. Plan for the worst.

6. Don’t get lured by those new freebies.

7. Factor in your favorite doctors.

8. Identify changes before re-enrolling.

9. Make adjustments to your current plan or consider switching.

10. Size up the cost.
Medical & Financial Assistance

MEDICATION ASSISTANCE

There are a variety of programs that offer financial assistance to help pay for expensive medication costs. Some programs offer free prescriptions, while others offer assistance for people with low income. Certain programs require applications to determine eligibility.

Families First Medication Assistance Program
www.familiesfirstseacoast.org
100 Campus Drive, Suite 13
Portsmouth, NH 03801
P: (603) 422-8220
F: (603) 225-4346
Bus routes: 2
Overs free prescription drugs to those who have a chronic health condition and whose primary care provider is located in the appropriate service areas. Eligible participants must also meet certain financial criteria. Approved applications will be sent to pharmaceutical companies who set the final approval for assistance. If accepted, medication will be sent to your primary care provider's office. Takes 6-8 weeks from the time the application is submitted. Call for more information or to request an application. Walk-in patients are not accepted, must make an appointment.

Veteran Prescription Program
www.va.gov
P: (800) 892-8384 ext. 6771
Offers financial assistance and referral programs to veterans with prescription drugs and medical supplies from VA pharmacies upon presentation of prescription from VA provider or VA authorized provider.

Lamprey Health Care
www.lampreyhealth.org
100 Campus Drive, Suite 13
Portsmouth, NH 03801
P: (603) 225-4346
F: (603) 749-2748
10 Prospect Street, Suite 102
Nashua, NH 03060
P: (603) 422-8220
F: (603) 883-6633
Lamprey patients with medication needs for chronic conditions without insurance may be eligible for free prescriptions. $3.00 application fee. Must be renewed every three months.

Seacare Bridge
www.seacarehealthservices.org
11 Downing Court, Exeter, NH 03833
P: (603) 772-8119
F: (603) 772-8120
Bus routes: 7
Physician must be affiliated with Exeter Hospital. Call Seacare to receive more information or to learn more about eligibility requirements.

Rx Outreach
www.rxoutreach.org
P: (800) 769-3880
Supports low-income individuals and families who cannot afford their medicine. Offer over 400 different medications through mail-order pharmacy that are all listed on the website. Must meet income eligibility guidelines. Call for more information.

Wentworth-Douglass Hospital Financial Assistance
www.wdhospital.com
789 Central Avenue, Dover, NH 03820
P: (603) 740-3234 or (603) 740-3342
F: (603) 740-3366
Bus routes: 2, 35
Program based on income and geographical area. There is an application process that determines if you are eligible for the program. To apply for financial assistance or to get more information on programs that you may be eligible for call a financial counselor. If your last name begins with A-K, call (603) 335-8109. If your last name begins with L-Z, call (603) 335-8885.

MEDICAL AND FINANCIAL ASSISTANCE

There are numerous forms of financial relief for people who are uninsured, underinsured or who just need some financial support. Certain programs require applications to determine eligibility.

NAMI Patient Prescription Drug Assistance Programs
www.nami.org
Hotline: (800) 950-NAMI or (800) 950-6264
Patient Prescription Drug Assistance Programs that may offer mental illness medication assistance programs to low-income individuals and families. Please call the informational hotline for more information.

RxHope
www.rxhope.com
P: (877) 267-0517
National financial assistance program for obtaining critical medications. Please call or visit the website for more information.

SeaCare Medication Bridge
www.seacarehealthservices.org
11 Downing Court, Exeter, NH 03833
P: (603) 772-8119
F: (603) 772-8120
Bus routes: 7
Physician must be affiliated with Exeter Hospital. Call Seacare to receive more information or to learn more about eligibility requirements.

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Veteran Prescription Program
www.va.gov
P: (800) 892-8384 ext. 6771
Provides eligible veterans and certain dependents of veterans with prescription drugs and medical supplies from VA pharmacies upon presentation of prescription from VA provider or VA authorized provider.

Home Health VNA Merrimack Valley Hospice HomeCare, Inc.
www.homehealthvna.org
360 Merrimack Street, Lawrence, MA 01843
P: (978) 552-4186
Offers many forms of financial relief for patients without healthcare insurance who need emergency or non-elective services. Financial counselors are available to evaluate eligibility for state programs including County assistance and Medicaid. Offers a charity discount policy and an uninsured discount policy to those who qualify.

Frisbie Memorial Hospital
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
Bus routes: 2
Program based on income and geographical area. There is an application process that determines if you are eligible for the program. To apply for financial assistance or to get more information on programs that you may be eligible for call a financial counselor. If your last name begins with A-K, call (603) 335-8109. If your last name begins with L-Z, call (603) 335-8885.

MEDICAL AND FINANCIAL ASSISTANCE

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National financial assistance program for obtaining critical medications. Please call or visit the website for more information.

SeaCare Medication Bridge
www.seacarehealthservices.org
11 Downing Court, Exeter, NH 03833
P: (603) 772-8119
F: (603) 772-8120
Bus routes: 7
Physician must be affiliated with Exeter Hospital. Call SeaCare to receive more information or to learn more about eligibility requirements.

Veteran Prescription Program
www.va.gov
P: (800) 892-8384 ext. 6771
Provides eligible veterans and certain dependents of veterans with prescription drugs and medical supplies from VA pharmacies upon presentation of prescription from VA provider or VA authorized provider.

Home Health VNA Merrimack Valley Hospice HomeCare, Inc.
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360 Merrimack Street, Lawrence, MA 01843
P: (978) 552-4186
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Frisbie Memorial Hospital
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11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
Bus routes: 2
Program based on income and geographical area. There is an application process that determines if you are eligible for the program. To apply for financial assistance or to get more information on programs that you may be eligible for call a financial counselor. If your last name begins with A-K, call (603) 335-8109. If your last name begins with L-Z, call (603) 335-8885.

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Frisbie Memorial Hospital
www.frisbiehospital.com
11 Whitehall Road, Rochester, NH 03867
P: (603) 332-5211
Bus routes: 2
Program based on income and geographical area. There is an application process that determines if you are eligible for the program. To apply for financial assistance or to get more information on programs that you may be eligible for call a financial counselor. If your last name begins with A-K, call (603) 335-8109. If your last name begins with L-Z, call (603) 335-8885.
New Hampshire Mediation Bridge Program

Eligibility Requirements:
- The patient must be a United States resident.
- The patient must not be eligible for any other type of prescription coverage for that particular medication, including Medicaid, VA, private insurance, etc.
- Household income generally must be less than 20% of the poverty level, though this varies by company.
- Only long-term medications are covered.

York Hospital Financial Assistance
www.yorkhospital.com
15 Hospital Drive, York, ME 03909
P: (207) 363-4321
First must apply for Maine Care. Contact York Hospital to see if you are eligible or for more information.

MEDICAL ASSISTANCE

Programs to help gain access to medical care and services you need.

SeaCare Health Services
www.seacarehealthservices.org
11 Downing Court, Exeter, NH 03833
P: (603) 772-8119
F: (603) 772-8120
Bus routes: 2
Provides assistance in gaining access to medical care. With a small co-pay, those who are eligible are able to access primary care, specialty care, chiropractic, lab services, mental health and holistic health services from a provider that is donating their services through SeaCare. Serves adults in lower Rockingham county that do not have private medical insurance, are not eligible for Medicaid or Medicare, and have incomes that are at 185% of Federal Poverty Guidelines or below. Call or visit for more information or to see if you are eligible.

York Community Service Association
www.ycsame.org
1320 US Route 1, Cape Neddick, ME 03902
P: (207) 363-5504
Provides financial support for families purchasing medical equipment. Need to apply for YCSA assistance by making an appointment at the Family Services Office. Call for more information or to set up an appointment.

BILL ASSISTANCE

Emergency Homeowners’ Loan Program
www.homehelpnh.org
P: (800) 437-5991
Created to provide emergency mortgage assistance to homeowners who are unemployed and are at risk of foreclosure. For application information visit www.FindEHL.org or call the toll free EHL hotline at (855) 436-3345.

Free Charity Cars
www.800charitycars.org
P: (800) 242-7489
Provides free donated vehicles to struggling families to assist them in their transition from dependency to self-sufficiency. Available to families nationwide. Apply online or contact (800) 242-7489.

Good News Garage
www.goodnewsgarage.org
P: (877) 400-6065
Provides affordable transportation options for low-income individuals who need transportation by donating repaired cars.

In and Out Medical Assistance
www.dhhs.state.nh.us/dfa/medical/index.htm
P: (603) 271-4238
F: (603) 271-4637
Program for individuals whose income is not enough to pay their medical bills but is too much to qualify for Medicaid. Contact your local Department of Health and Human Services for qualification.

Medical Bill Support, LLC
www.medicalbillassistance.com
P: (603) 412-2435
F: (866) 435-1470
Represents a number of nonprofit organizations that provide assistance to families that are experiencing financial difficulties. Provides information and resources to pay or negotiate medical bills.

More Than Wheels
www.bonnieclac.org/portsmouth-nh
100 Campus Drive, Suite 1
Portsmouth, NH 03801
P: (603) 455-2522
F: (603) 623-7146
Bus routes: 41
Negotiates with car dealers to help people get the best deal on a reliable and fuel-efficient car. Also provides personal financial education.

Portsmouth Salvation Army
www.salvationarmyusa.org
12 Middle Street, Portsmouth, NH 03801
P: (603) 436-2606
F: (603) 436-8426
Bus routes: 41
National program that provides cars, clothing, furniture, Holiday assistance and homeless services for persons in need. Visit the local Salvation Army for an intake eligibility assessment. Locations in Hampton, Portsmouth, and Rochester.

Rockingham Community Action
Weatherization
www.rcaction.org
P: (603) 895-3858
F: (603) 431-2916
Program is designed to provide weatherization services to low-income households to help reduce electric, gas and oil used for heating, cooling, lights and appliances.

Safelink
www.safelinkwireless.com
P: (800) 378-1684
Free cell phone and air-time for income-eligible customers.

Strafford County Community Action
www.straffcap.org
Dover P: (603) 749-1334
F: (603) 749-3718
Rochester P: (603) 332-3963
F: (603) 335-7461
Farmington P: (603) 755-9305
F: (603) 755-2879
Provides emergency rental assistance when no other funding sources are available. Other services include Neighbor to Neighbor, Fuel Assistance, and Electrical Assistance and Budget Assistance.
- Security Deposit Guarantee Loan Program: Provides a guarantee fund for security deposits for those in need of affordable housing in Strafford County. SCCA may also act as a mediator between tenant and landlord to negotiate security deposit payments for up to eight months of the rental lease.
- Neighbor Helping Neighbor: A grant program designed for families who are not income eligible for fuel assistance but who have experienced a natural gas or electric disconnection or for those who have broken their extended payment plan. Other services include the New Hampshire Electric Assistance Program, Fuel Assistance, and Rental Assistance.

Temporary Assistance for Needy Families
www.dhhs.nh.gov/dfa/tanf
129 Pleasant Street, Concord, NH 03301
P: (603) 271-4238
F: (603) 271-4637
Provides cash assistance to families with dependent children through either the Family Assistance Program or the NH Employment Program. Dependent children must lack parental support to care due to death, continued absence or because one or both parents in a two-parent home are disabled, unemployed, or working less than 100 hours a month. Please contact your local DHHS to apply.

Womenaid of Greater Portsmouth
www.womenaidportsmouth.org
Offers assistance for automobile and transportation expenses, child care expenses, clothing, education and training, groceries, health care expenses, household goods, housing expenses, and utility expenses.

York County Community Action
www.yccac.org
P: (207) 324-5762
F: (207) 349-1973
- Energy Crisis Intervention Program: Provides emergency financial assistance for home heating or for utility disconnects if the household’s heating system requires electricity to function. Customers must have a pre-approved current LIHEAT application (on the...
**FOOD ASSISTANCE**

See Nutrition and Food Services on page 6

**WELFARE**

See Local Town Resources on page 70

**DISCOUNT FURNITURE**

Southeast NH Habitat for Humanity ReStore
www.senhhabitat.org/restore
15 Fourth Street, Dover, NH 03820
P: (603) 750-3200
Bus routes: 1, 2, 31, 32, 33, 34, 35
3 Discount home improvement materials, furniture and appliances. Open Tuesday - Saturday 9:00 - 5:00p.m.

**FUEL ASSISTANCE**

Rockingham Community Action
www.rcaction.org
4 Cutts Street, Portsmouth, NH 03801
P: (603) 436-3896
F: (603) 431-2916
Bus routes: 4
Provides fuel assistance for income-eligible applicants. Applications are taken from Sept 1 - April 30th, see website for income-eligibility or call for more information.

Strafford Community Action Fuel Assistance
www.straffcap.org/whatwed02.htm
Dover P: (603) 749-1334
F: (603) 749-3718
Rochester P: (603)332-3963
F: (603) 335-7461
Farmington P: 755-9305
F: (603) 755-2879
Provides income-eligible households with help in paying energy bills during the winter heating season. The Fuel Assistance Program can also pay a portion of rent, if heat is included. Program eligibility and benefit level are determined by household income, family size, and fuel usage.

York County Community Action
www.yccac.org/assistance-with/heating-bills.html
6 Spruce Street, Sanford, ME 04073
P: (207) 324-5762
F: (207) 439-2699
Provides financial assistance for apartment or home heating fuel bills to income-eligible households. Applications are taken from August 15 - April 30 at locations throughout York County.

**ELECTRICAL ASSISTANCE**

Low Income Home Energy Assistance
Program www.mainehousing.org
P: (207) 626-4603
Provides money to help low-income homeowners and renters pay for heating costs. The amount of assistance received is based on household size and income, energy costs, as well as additional factors. Applications for LIHEAP are accepted from July 1 through April 30 of each year. Call or visit the website for more information.

Rockingham Community Action Electrical Assistance Program
www.rcaction.org
4 Cutts Street, Portsmouth, NH 03801
P: (603) 436-3896
F: (603) 430-4926
Bus routes: 4
Helps income eligible customers pay their monthly electric bills by providing discounts. The discounts range from 5% to 70%, depending on the customer's gross household income and size. Benefits are subject to the availability of funds. Please call or visit the website for more information or for eligibility requirements. Must renew service annually.

Salvation Army
www.salvationarmyusa.org
418 Lafayette Road, Hampton, NH
P: (603) 929-1729
F: (603) 929-5027
Provides electrical assistance to those in need. Locations in Hampton and Rochester. Apply at the local Salvation Army in the beginning of their fiscal year to see if you are eligible.

**AFFORDABLE CLOTHING**

Blessed Bargains Thrift Shop
400 Main Street, Farmington, NH 03835
P: (603) 755-4816

Community Closet
37 School Street, Berwick, ME 03901
P: (207) 698-1065

Fair Tide Thrift Store
200 State Road, Kittery, ME 03904
P: (207) 439-2427

Goodwill
www.goodwill.org
47 Chestnut Street, Dover, NH 03820
P: (603) 742-4299

Operation Blessing
www.theobnh.org
600A Lafayette Road, Portsmouth, NH 03801
P: (603) 430-8561

Salvation Army Thrift Store
www.salvationarmyusa.org
10 Old Farm Lane, Rochester, NH 03867
P: (603) 332-2623

Strafford Community Action Emergency Energy Services
www.straffcap.org/whatwed02.htm
Dover P: (603) 749-1334
F: (603) 749-3718
Rochester P: (603)332-3963
F: (603) 335-7461
Farmington P: 755-9305
F: (603) 755-2879
Provides discounts on monthly electric bills to income eligible households in an effort to make electric bills more affordable. Discounts vary and are based on the total income coming into the household, as well as the type of fuel used in your home. Please call Dover or Rochester locations for eligibility and application requirements. Must renew service annually.

Second Generation Thrift Shoppe
9 Tide Mill Road, Greenland, NH 03840
P: (603) 430-9482

Wonderland Thrift Shop
779 Lafayette Road, Seabrook, NH 03874
P: (603)468-3700

**MEDICAL AND FINANCIAL ASSISTANCE**

- Telephone Bills Assistance: Provides financial assistance for installation and monthly payment of telephone bills.
- The Very Low-Income Housing Repair program: Program provides loans and grants to low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.
- Weatherization Program: Program has partnered with the People's Regional Opportunity Program (PROP) to offer weatherization services to eligible York County homeowners.

- Weatherization Program: Program has partnered with the People's Regional Opportunity Program (PROP) to offer weatherization services to eligible York County homeowners.
Legal Information & Assistance

Disabilities Rights Center
www.drcnh.org
18 Low Avenue, Concord, NH 03301
P: (603) 228-0432
F: (603) 225-2077
Advocacy agency that provides referral, advice, and legal representation to individuals with disabilities in New Hampshire. There is no charge for brief services or referral. If a more in-depth legal representation is provided, there may be a fee for services. Check website for fee policy and more information for the sliding scale fee.

Legal Advice & Referral Center
www.nhlegalaid.org
48 South Main Street, Concord, NH 03301
P: (800) 639-5290
Law firm that provides free legal services to eligible, low-income people anywhere in New Hampshire. Provides legal advice by telephone and services to clients with incomes below federal poverty guidelines. Call 1-800-639-5290 for more information on eligibility.

New Hampshire Division of Child Support Services
www.dhhs.state.nh.us/dcss
129 Pleasant Street, Concord, NH 03301
P: (603) 271-4427
F: (603) 271-4787
Bus routes: 2, 6
Helps establish and enforce child support orders, both medical and financial. Also locates the parent responsible for providing child support, establishes paternity with genetic testing, establishes child support orders, and enforces legal orders. A $25.00 annual fee will be charged unless the payee has received public assistance.

New Hampshire Legal Assistance
www.nhla.org
154 High Street, Portsmouth, NH 03801
P: (800) 334-3135
Bus routes: 2, 40
Law firm offering legal services in civil matters to seniors and eligible low-income persons. Program created to provide legal services to those who cannot afford a lawyer. Eligibility for services is based upon the federal poverty standard. To find out if you are eligible, call the Portsmouth office at 1-800-334-3135.

NH Commission for Human Rights
www.nh.gov/hrc
2 Chenell Drive, Unit 2, Concord, NH 03301
P: (603) 271-2767
Includes information on the laws and rules of human rights including the New Hampshire “Law Against Discrimination”, as well as topic specific discrimination, such as pregnancy and disabilities. Offers information on how to file a complaint and a mediation resolution program to resolve complaints.

NH Legal Assistance Housing Justice Project
www.nhla.org/housing.php
154 High Street, Portsmouth, NH 03801
P: (800) 334-3135
Bus routes: 2, 40
Attorneys help promote access to housing for New Hampshire’s legal assistants clients by working on preserving their housing. Also helps individuals and families in emergency situations who are without shelter or are at risk of becoming homeless. To determine eligibility for services, call the Portsmouth office at 1-800-224-3135.

NHFCLU accepts cases that affect the civil liberties of individuals such as freedom of speech, religion, privacy, equal protection/discrimination and due process.

Seacoast Juvenile Court Diversion Program
www.rochesternh.net
23 Wakefield Street, Rochester, NH 03867
P: (603) 330-7149
F: (603) 330-7161
Bus routes: 2, 6
Early intervention program for first time juvenile offenders. The program gives juveniles an opportunity to make amends through individualized contracts.

Seacoast Diversion Program
www.seacoastyouthservices.org
861 Lafayette Road, Hampton, NH 03842
P: (603) 474-3307
F: (603) 372-0822
Early intervention program for first time juvenile offenders. The program gives juveniles an opportunity to make amends through individualized contracts.

Support Services
www.rcaction.org
Portsmouth P: (603) 436-3896
Seacoast P: (603) 474-3507
Rockingham Community Action
Strafford Community Action
York Community Action

2-1-1 Call Center
www.211.org
Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 for help with food, housing, health care, and more. Call 2-1-1 for information about critical health and human services available in their community. Provides free and confidential information and referral.

Internal Revenue Service
www.irs.gov
80 Daniel Street, Portsmouth, NH 03801
P: (603) 430-9598
Bus routes: 2, 40, 41
Provides personal tax help when a tax issue cannot be handled online or by phone. No appointment is necessary and multilingual assistance is available in every office. Can obtain services on a walk-in, non-advance appointment basis. Must provide a valid photo ID, and a taxpayer ID number (ex. social security number) for a visit.

Glad-Gay Lesbian Advocate and Defenders
www.glad.org
30 Winter Street, Suite 800, Boston, MA 02108
P: (800) 455-GLAD or (800) 455-4523
Defenders agency that provides referral, advice, and legal representation to individuals with disabilities in Massachusetts. Provides free legal representation to qualifying clients. Eligibility is based on your financial situation and the circumstances of your case. Call the 24-hour number, 866-644 3574 to find out how to apply for assistance.

NH Civil Liberties Union
www.nhCLU.org
18 Low Avenue, Concord, NH 03301
P: (603) 225-3080
Attorneys help promote access to housing for New Hampshire’s legal assistants clients by working on preserving their housing. Also helps individuals and families in emergency situations who are without shelter or are at risk of becoming homeless. To determine eligibility for services, call the Portsmouth office at 1-800-224-3135.

Bus routes:
Kittery P: (207) 439-2699
www.yccac.org
York Community Action

Seacoast Youth Services
www.seacoastyouthservices.org
861 Lafayette Road, Hampton, NH 03842
P: (603) 474-3307
F: (603) 372-0822
Early intervention program for first time juvenile offenders. The program gives juveniles an opportunity to make amends through individualized contracts.

NH Legal Assistance Housing Justice Project
www.nhla.org/housing.php
154 High Street, Portsmouth, NH 03801
P: (800) 334-3135
Bus routes: 2, 40
Attorneys help promote access to housing for New Hampshire’s legal assistants clients by working on preserving their housing. Also helps individuals and families in emergency situations who are without shelter or are at risk of becoming homeless. To determine eligibility for services, call the Portsmouth office at 1-800-224-3135.

Seacoast Diversion Program
www.seacoastyouthservices.org
861 Lafayette Road, Hampton, NH 03842
P: (603) 474-3307
F: (603) 372-0822
Early intervention program for first time juvenile offenders. The program gives juveniles an opportunity to make amends through individualized contracts.

Legal Information and Assistance
— 2013-2014 Seacoast Health Resource Guide
Information & Referral Services

2-1-1 Call Center
www.211.org
P: 2-1-1
2-1-1 is a free service that connects callers to information about critical health and human services available in their community. Provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, and counseling. Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state. Available 24 hours/7 days a week.

Seacoast P: (603) 474-3507
Connects local individuals with organizations that best fit their needs. They help with education, childcare services, asset development, literacy employment, senior services and energy costs. Call for more information and eligibility requirements.

Community Resource Network
www.crnh.org
P: (603) 969-5318
A Network of agencies providing services to families, individuals and elders. Networking meetings are held six times per year to exchange information about agencies/programming, ideas for collaborative work and thoughts about the needs and gaps throughout Eastern Rockingham, Strafford and southern York Counties. Also presents workshops on various topics throughout the year. The CRN's compilation of resources is continuously updated. Please see website for more information.

New Hampshire Homeless Help
www.home4hope.com
P: (800) 852-3388
Website offers local information and resource referral. 24/7 Help line for homeless help also available. Hotline operates from Oct 1 through Apr 20. From April 20 through Sept 30, messages can be left and calls will be returned in a timely manner.

Service Link Resource Center
www.servicelink.org
270 West Road, Portsmouth, NH 03801
P: (603) 334-6594
F: (603) 334-6596
Toll Free: (866) 634-9412
Bus routes: 41
1 Old Dover Road, Suite 6, Rochester, NH 03867
P: (603) 332-7398
F: (603) 335-8010
ServiceLink is a trusted place in your community to get answers about health care and other services for older people, people with disabilities and caregivers. We can help you find connections to available services such as: housing, insurance, Medicare, adult medical day programs, transportation, assisted living, caregiver support, prescription drug assistance, companionship/social activities, in-home support and nursing homes. The ServiceLink team is one phone call away. We'll listen to your needs, respect your privacy and help you find answers.

COMMUNITY ACTION PROGRAMS

Rockingham Community Action
www.rcaction.org
Portsmouth P: (603) 436-3896
Seacoast P: (603) 474-3507

Strafford Community Action
www.straffcap.org
Dover P: (603) 749-1334
Rochester P: (603) 652-9893
Farmington P: (603) 332-3963

York Community Action
www.yccac.org
Kittery P: (207) 439-2699

Seacoast Diversion Program
www.seacoastyouthservices.org
861 Lafayette Road, Hampton, NH 03842
P: (603) 474-3332
F: (603) 372-0822
Early intervention program for first time juvenile offenders. The program gives juveniles an opportunity to make amends through individualized contracts.

Connects local individuals with organizations that best fit their needs. They help with education, childcare services, asset development, literacy employment, senior services and energy costs. Call for more information and eligibility requirements.

Information & Referral Services

Schopick Psychiatry: Helping People Rise to Their Greatest Potential

118 Maplewood Avenue
Portsmouth, NH
(603) 431-5411
www.schopickpsychiatry.com

Dr. David Schopick is board certified in adult, adolescent and child psychiatry. He has been treating patients of all ages for more than 22 years. He believes that with perseverance and treatment, people can be restored to healthy, productive lives.
EDUCATIONAL RESOURCES

Educational Resources

ADULT EDUCATION

Adult Basic Education & GED Preparation Class
www.rcaction.org
100 Campus Drive, Portsmouth, NH 03801
P: (603) 436-8884
F: (603) 427-6910
Bus routes: 2, 6
Classes are offered for reading, writing and math for those in need of improving basic literacy skills. Program counselors assist in planning career and college options. Classes offered all year round during the day and evening. GED preparation courses offer instruction on the 5 subject areas of the GED and provide official GED practice tests prior to final testing. Classes are offered at the Community Campus in Portsmouth, with on-site child care available and accessible transportation by the city trolley. GED Preparation classes are $80 per year, with scholarship assistance available. Adult basic education classes are free.

Dover Adult Learning Center of Strafford County
www.dalc-online.org
61 Locust Street, Dover, NH 03820
P: (603) 742-1030
F: (603) 743-4262
Bus routes: 2, 34, 35
Provides adult education courses including, but not limited to, basic education, literacy, English as a second language, GED preparation and testing, computer classes and basic office skills. Classes are offered during day and evening hours, and new classes are offered each season. Child care is available during day classes, free of charge. Please call or visit the website for pricing updates.

Exeter Adult Education
www.adulted.sau16.org
30 Linden Street, Exeter, NH 03833
P: (603) 775-8457
Bus routes: 7
Provides adult basic education courses and ESOL (English for Speakers of Other Languages), for no cost. GED classes are also available; fee is $80 and includes books. Pre-registration in person is required and there is a mandatory practice test available by appointment. Fee for practice test is $10. Permission is required from the local school district for anyone under the age of 18 who wishes to attain their GED, prior to registering for the test.

Kittery Adult Education Program
www.kittery.maineadulted.org
12 Williams Avenue, Kittery, ME 03904
P: (207) 439-5896
F: (207) 439-3789
Offers for credit and non-credit courses in literacy, business and skills training, college level preparation and personal enrichment GED and high school completion course schedules and pricing are available online. All classes are offered at the Traip Academy unless otherwise indicated. Call for any additional questions.

NH Works Office
www.nhworks.org
2000 Lafayette Road, Portsmouth, NH 03801
P: (603) 431-0384
F: (603) 436-3754
Bus routes: 3, 4, 5

UNH Professional Development and Training
www.learn.unh.edu
6 Garrison Avenue, Durham, NH 03824
P: (603) 862-4234
Bus routes: 3, 4, 5

UNH offers non-credit and for credit courses, professional development programs and one-day workshops. Over 2,000 credit courses and over 250 non-credit workshops and conferences offered each semester. Opportunities are offered year round at Portsmouth, at Portsmouth, Manchester and Durham locations. Registration is ongoing. For more information or tuition rates, call the main number at (603) 862-4234 or visit the website.

N. Tsongas Institute
www.tsongas.org
150 Lafayette Place, Manchester, NH 03102
P: (603) 641-5530
Bus routes: 2, 6

NHWorks Office
243 Route 108, Somersworth, NH 03878
P: (603) 742-4290
F: (603) 749-7515
Bus routes: 2

Dover Adult Learning Center of Strafford County
www.dalc-online.org
61 Locust Street, Dover, NH 03820
P: (603) 742-1030
F: (603) 743-4262
Bus routes: 2, 34, 35

Provides program specific job listing information as well as education and training resources available at little or no cost. All offices are open from 8:00 a.m. to 4:30 p.m.

Project Pride
www.projectpridenh.com
33 Hanson Street, Rochester, NH 03867
P: (603) 335-1177
F: (603) 335-1177
Bus routes: 2, 6

Offers program for youth to strengthen their work-based learning skills that may be underdeveloped due to lack of employment. To qualify, client must be between the ages of 18 and 21 (can 16 or older if have a high school diploma or GED), be officially withdrawn from their education program or have a high school diploma/GED and have identifiable barriers to employment. Contact for additional eligibility requirements.

UNH Professional Development and Training
www.learn.unh.edu
6 Garrison Avenue, Durham, NH 03824
P: (603) 862-4234
Bus routes: 3, 4, 5

UNH offers non-credit and for credit courses, professional development programs and one-day workshops. Over 2,000 credit courses and over 250 non-credit workshops and conferences offered each semester. Opportunities are offered year round at Portsmouth, at Portsmouth, Manchester and Durham locations. Registration is ongoing. For more information or tuition rates, call the main number at (603) 862-4234 or visit the website.

Workplace Success Rochester Community Center
www.snhs.org
150 Wakefield Street, Suite 11
Rochester, NH 03867
P: (603) 994-0130
Bus routes: 2, 6

Prepare participants to enter a volunteer Work Experience position within a nonprofit, business, or local/state government host site for 20-30 hours per week until they obtain full-time paid employment. Only offered to TANF recipients, more information found on website.

15% DISCOUNT
On Any Denture Service
one coupon per person

Philip R. Sanguedolce L.D
Office: 1.207.361.4485
Same Day Repairs & Relines While You Wait
Full Dentures & Partial Dentures
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DENTURE CRAFTERS LLC
“ We Will Give You A Reason To Smile”
647 US Rt 1 • Meadowbrook Plaza, Ste 107 • York, ME 03909
EDUCATIONAL RESOURCES

CHILDREN EDUCATION

Educational Talent Search
www.ets.unh.edu
UNH Robinson House
14 Rosemary Lane, Durham, NH 03824
P: (603) 862-1562
F: (603) 862-3270
Bus routes: #3, 4, 5
Services offered to limited income New Hampshire youth to complete secondary school and a program of post secondary education. Services include advising, post-secondary placement, academic preparation and career exploration. Applications for financial aid are available on website.

FAMME After School Program
51 School Street, Farmington, NH 03835
P: (603) 509-0472
Bus routes: #1
Serves grades 4-12, includes social time as well as homework club and other enrichment activities. Program composed of homework sessions and enrichment activities. Snack is included. Fees at HWMS correspond with students’ regular lunch payments: $3.00 for those who pay full price, $2.00 for those who pay reduced priced lunches and $1.00 for those who are provided with free lunches. Payment programs and advancement discounts are available. No student is turned away based on the inability to pay. Program at HS is free of charge.

Monarch School of New England
www.monarchschoolne.org
61 Eastern Avenue, Rochester, NH 03867
P: (603) 332-2848
F: (603) 330-0838
Bus routes: #2, #6
Day school that serves children aged 5-21 with severe disabilities with programs based on individual’s needs and capabilities. Year-round curriculum includes horticulture programs, aquatic therapy, riding therapy and integrated behavioral intervention. The three programs include short stay, long stay and collaboration and students are funded through school districts.

Portsmouth Early Education Program (PEEP)
www.cityofportsmouth.com
100 Campus Drive, #21, Portsmouth, NH 03801
P: (603) 422-8228
Bus routes: # 41
Early child special education services for children between the ages of 3-5 who have special needs and are residents of Portsmouth. Works in collaboration with Head Start and the Community Child Care Center. Referrals made through public education system.

Somersworth Community Education
www.straffordlearningcenter.org
18 Cemetery Road, Somersworth, NH 03878
P: (603) 692-2242
F: (603) 692-9116
Bus routes: #1
Somersworth High school Career Technical Center provides community education programs for high school students. Offers vocational programs to students to prevent them from dropping out of school by providing hands on classes such as building trade, automotive and child care. Also offers a GED program for those who didn’t complete all four years of high school.

Strafford Learning Center
www.straffordlearningcenter.org
317 Main Street, Somersworth, NH 03878
P: (603) 692-4411
F: (603) 692-6717
Bus routes: #1
Provides special education and related services for children and young adults age three through twenty-one. Referral must be through school system, and services are free of charge.

Trio Programs - Upward Bound
www.upwardbound.unh.edu
Rosemary Lane, Durham, NH 03824
P: (603) 862-1563 or (800) 270-3848
F: (603) 862-3770
Bus routes: #3, 4, 5
Helps eligible students from New Hampshire in 9th, 10th and 11th grades who are in good academic standing and are considering attending college. May apply to the program if they and their parents meet federal income and educational guidelines. Contact Upward Bound or speak to your guidance counselor before completing online application to get specific details about deadlines.

POST-SECONDARY EDUCATION

Franklin Pierce University
www.franklincpierce.edu
73 Corporate Drive, Newington, NH 03805
P: (603) 433-2000
Bus routes: #2, #4
Great Bay Community College
www.greatbay.edu
320 Corporate Drive, Portsmouth, NH 03801
P: (603) 427-7600
Bus routes: #7, #40
Hesser College
www.hesser.edu
170 Commerce Way, Portsmouth, NH 03801
P: (800) 987-5112
Bus routes: #2
Southern New Hampshire University
www.snhu.edu
Pease Tradeport International, Portsmouth, NH 03801
P: (603) 626-9100
Bus routes: #40
University of New Hampshire
www.unh.edu
4 Garrison Avenue, Durham, NH 03824
P: (603) 862-1234
Bus routes: #3, 4, 5
York County Community College
www.yccc.edu
112 College Drive, Wells, ME 04090
P: (207) 646-9282

EDUCATION POST-SECONDARY

10 tips to writing a resume

1. Use Titles or Headings that match the jobs you want
2. Use design to grab reader’s attention
3. Create content that sells
4. Quantify and use powerful words
5. Analyze ads and job descriptions to identify key words
6. Identify and solve employer’s hidden needs
7. Sell the benefits of your skills
8. Create an image that matches the salary you want
9. Prioritize the content of your resume
10. Customize objective and cover letter

With new physicians, midwives, locations and partnerships, the choices just keep adding up.

978-556-0100 • www.whcobbyn.org
Local Town Resources

WELFARE OFFICES

Welfare is a type of financial or other aid provided to people in need and can take many forms, such as monetary payments, subsidies and vouchers, health services, or housing. Welfare can be provided by governments, non-governmental organizations, or a combination of the two.

**Strafford County**

- Barrington Welfare
  137 Ramsdell Lane, Barrington, NH 03825
  P: (603) 664-9007
- Dover Welfare
  288 Central Avenue, Dover, NH 03820
  P: (603) 516-6500
  F: (603) 516-6508
- Farmington Welfare
  356 Main Street, Farmington, NH 03835
  P: (603) 964-8087
  F: (603) 964-1514
  Bus routes: 6

- Portsmouth, Newington, New Castle, Rye Welfare
  1 Junkins Avenue, Portsmouth, NH 03801
  P: (603) 610-7260
  F: (603) 610-7261
  Bus routes: 7, 40, 41

- Seabrook Welfare
  99 Lafayette Road, Seabrook, NH 03874
  P: (603) 474-8931
  F: (603) 474-8007

**Rockingham County**

- Greenland Welfare
  575 Portsmouth Avenue, Greenland, NH 03840
  P: (603) 431-7111 Ext. 100
  F: (603) 430-3761
  Bus routes: 7

- North Hampton Welfare
  356 Main Street, Farmington, NH 03835
  P: (603) 964-8087
  F: (603) 964-1514
  Bus routes: 6

- Seabrook Welfare
  99 Lafayette Road, Seabrook, NH 03874
  P: (603) 474-8931
  F: (603) 474-8007

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

**Kittery**

- Eliot Welfare
  133 State Road, Eliot, ME 03903
  P: (207) 439-1813
  F: (207) 439-1415

- Kittery Welfare
  200 Rogers Road, Kittery, ME 03904
  P: (207) 439-1633
  F: (207) 439-6806

- South Berwick Welfare
  180 Main Street, South Berwick, ME 03908
  P: (207) 384-3310
  F: (207) 384-3311

- York Welfare
  36 Main Street, York, ME 03904
  P: (207) 363-1008
  F: (207) 363-1009

- Rochester District Office
  150 Wakefield Street Suite 22, Rochester, NH 03867
  P: (603) 332-9120
  F: (603) 335-5993
  Bus routes: 2, 6

- Sanford District Office
  890 Main Street, Suite 208, Sanford, ME 04073
  P: (207) 490-5400
  F: (207) 490-5463

**York County**

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

- Greenland Welfare
  575 Portsmouth Avenue, Greenland, NH 03840
  P: (603) 431-7111 Ext. 100
  F: (603) 430-3761
  Bus routes: 7

- Rochester Welfare
  Wakefield Street, Rochester, NH 03867
  P: (603) 332-3505
  F: (603) 335-7592
  Bus routes: 2, 6

- Somersworth Welfare
  1 Government Way, Somersworth, NH 03878
  P: (603) 692-9509
  F: (603) 692-9573
  Bus routes: 1

**DEPARTMENT OF HEALTH AND HUMAN SERVICES DISTRICT OFFICES**

NH Works
www.nhworks.org
2000 Lafayette Road, Portsmouth, NH 03801
P: (603) 436-3702
F: (603) 436-3754
Bus routes: 41

- Maine Career Center
  www.maine.gov/dhhs
  890 Main Street, Suite 208, Sanford, ME 04073
  P: (207) 490-5400
  F: (207) 490-5463

SOCIAL SECURITY ADMINISTRATION

Social Security is a mandated supplemental retirement system that provides income for individuals and families who have lost income due to retirement, disability, and death. Visit your local office or visit the Social Security website to replace your social security card, apply for retirement benefits, apply for Supplemental Security Income, disability benefits, or to apply for Medicare.

- Social Security Administration
  www.ssa.gov
  80 Daniel Street, Portsmouth, NH 03801
  P: (888) 397-9796
  F: (603) 433-5933
  Bus routes: 2, 40, 41
  This office also services Berwick, Eliot, Kittery, York, and Cape Nedick.

- Seacoast District Office
  www.dhhs.nh.gov
  50 International Drive, Portsmouth, NH 03801
  P: (603) 433-8300
  F: (603) 431-0731
  Bus routes: 7, 40

EMPLOYMENT SECURITY

Public employment services that help to establish a secure and sustainable workforce.

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

- Rochester District Office
  150 Wakefield Street Suite 22, Rochester, NH 03867
  P: (603) 332-9120
  F: (603) 335-5993
  Bus routes: 2, 6

- Sanford District Office
  890 Main Street, Suite 208, Sanford, ME 04073
  P: (207) 490-5400
  F: (207) 490-5463

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

- Rochester Welfare
  Wakefield Street, Rochester, NH 03867
  P: (603) 332-3505
  F: (603) 335-7592
  Bus routes: 2, 6

- Somersworth Welfare
  1 Government Way, Somersworth, NH 03878
  P: (603) 692-9509
  F: (603) 692-9573
  Bus routes: 1

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

- Rochester Welfare
  Wakefield Street, Rochester, NH 03867
  P: (603) 332-3505
  F: (603) 335-7592
  Bus routes: 2, 6

- Somersworth Welfare
  1 Government Way, Somersworth, NH 03878
  P: (603) 692-9509
  F: (603) 692-9573
  Bus routes: 1

- Exeter Welfare
  10 Front Street, Exeter, NH 03833
  P: (603) 778-0591 Ext. 116
  F: (603) 772-4709
  Bus routes: 7

- Rochester Welfare
  Wakefield Street, Rochester, NH 03867
  P: (603) 332-3505
  F: (603) 335-7592
  Bus routes: 2, 6

- Somersworth Welfare
  1 Government Way, Somersworth, NH 03878
  P: (603) 692-9509
  F: (603) 692-9573
  Bus routes: 1
**LOCAL TOWN RESOURCES**

**PHARMACIES**

**Rockingham County**

**Rite Aid**
www.riteaid.com
75 Portsmouth Avenue, Exeter, NH 03833
P: (603) 778-6500
Bus routes: 7, 40

674 Islington Street, Portsmouth, NH 03801
P: (603) 431-0234
Bus routes: 40

628 Lafayette Road, Seabrook, NH 03874
P: (603) 474-9511
7 Portsmouth Avenue, Stratham, NH 03885
P: (603) 772-3768
Bus routes: 7

**Strafford County**

**Rite Aid**
www.riteaid.com
5 Mill Road Unit G, Durham, NH 03824
P: (603) 868-5221
Bus routes: 3, 4, 5

685 Central Avenue, Dover, NH 03820
P: (603) 749-6110
Bus routes: 1, 2, 35

829 New Hampshire 11, Farmington, NH 03835
P: (603) 755-2440
Bus routes: 6

73 Exeter Road, Newmarket, NH 03857
P: (603) 659-7852
Bus routes: 5

105 Milton Road, Rochester, NH 03868
P: (603) 332-1710
Bus routes: 2, 6

28 Portsmouth Avenue, Stratham, NH 03885
P: (603) 772-0749
Bus routes: 7

**Walgreens**
www.walgreens.com
48 Portsmouth Avenue, Exeter, NH 03833
P: (603) 772-3551
Bus routes: 7

620 Lafayette Road, Hampton, NH 03842
P: (603) 929-1258

**CVS**
www.cvs.com
321 Lafayette Road, Hampton, NH 03842
P: (603) 926-2885

3100 US Route 1, York, ME 03909
P: (207) 438-9079

15 Shapleigh Road, Kittery, ME 03904
P: (207) 431-6773

**York County**

**Rite Aid**
www.riteaid.com
338 High Street, Somersworth, NH 03878
P: (603) 692-6636

400 US Route 1, York, ME 03909
P: (207) 363-4312

**LIBRARIES**

**Rockingham County**

**Exeter Public Library**
www.exeterpl.org
4 Chestnut Street, Exeter, NH 03833
P: (603) 772-3101
Bus routes: 7

237 Atlantic Avenue, North Hampton, NH 03862
P: (603) 755-2400
Bus routes: 6

341 High Street, Somersworth, NH 03878
P: (603) 692-3161
Bus routes: 1

1 Elm Street, Newmarket, NH 03827
P: (603) 659-5311
Bus routes: 3, 4, 5

**Newmarket Public Library**
www.newmarketlibrary.org
1 Elm Street, Newmarket, NH 03827
P: (603) 964-6326

182 Atlantic Avenue, New Castle, NH 03854
P: (603) 431-6977

**Portsmouth Public Library**
www.cityofportsmouth.com
175 Parrott Avenue, Portsmouth, NH 03801
P: (603) 427-1540
Bus routes: 1, 2, 6

104 S Main Street, Rochester, NH 03867
P: (603) 431-6773

865 Central Avenue, Dover, NH 03820
P: (603) 436-3711
Bus routes: 3, 4, 5

237 Atlantic Avenue, North Hampton, NH 03862
P: (603) 436-3711
Bus routes: 5

**Seabrook Library**
www.sealib.org
25 Liberty Lane, Seabrook, NH 03874
P: (603) 474-2044

**Weeks Public Library**
www.weekslibrary.org
36 Post Road, Greenland, NH 03840
P: (603) 436-8548

**Wiggin Memorial Library**
www.library.strathamnh.gov
10 Bunker Hill Avenue, Stratham, NH 03885
P: (603) 772-4346
Bus routes: 7

**Strafford County**

**Rye Public Library**
www.ryepubliclibrary.org
581 Washington Road, Rye, NH 03870
P: (603) 964-8401

**Seabrook Library**
www.sealib.org
25 Liberty Lane, Seabrook, NH 03874
P: (603) 474-2044

**Wiggin Memorial Library**
www.library.strathamnh.gov
10 Bunker Hill Avenue, Stratham, NH 03885
P: (603) 772-4346
Bus routes: 7

**Strafford County**

**Barrington Public Library**
105 Ramsdell Lane, Barrington, NH 03825
P: (603) 664-9715

**Durham Public Library**
www.durhampubliclibrary.org
7 Mill Road, Unit H, Durham, NH 03824
P: (603) 868-6699
Bus routes: 3, 4, 5

**Diamond Library University of NH**
www.library.unh.edu
18 Library Way, Durham, NH 03824
P: (603) 862-1535
Bus routes: 3, 4, 5

**Goodwin Public Library**
www.goodwinlibrary.com
422 Main Street, Farmington, NH 03835
P: (603) 755-2944
Bus routes: 6

**Rochester Public Library**
www.rpl.lib.nh.us
65 South Main Street, Rochester, NH 03867
P: (603) 332-1428
Bus routes: 2

**Rockingham County**

**CVS**
www.cvs.com
338 High Street, Somersworth, NH 03878
P: (603) 692-6636

**York County**

**Rite Aid**
www.riteaid.com
15 Shapleigh Road, Kittery, ME 03904
P: (207) 436-9079

400 US Route 1, York, ME 03909
P: (207) 363-4312

**Which would you choose?**

- **Traditional or ‘Wide-bore’ MRI**
- **AMI’s Open MRI System**

- **24” - 28”**
- **WIDE OPEN. NO SIDES!**

- **72% of patients surveyed report coming to AMI because of claustrophobia or our pricing!**
- **PATIENT PREFERRED -**
- **INSURANCE RECOMMENDED -**

- **ACCR**
- **AMERICAN MEDICAL IMAGING**

100 GRIFFIN ROAD, SUITE C
PORTSMOUTH, NH
603-766-OPEN (6736)
www.AmeriMedImaging.com
NH POLICE DEPARTMENTS

Barrington Police Department
www.barrington.nh.gov
41 Province Lane, Barrington, NH 03825
P: (603) 664-7679

Farmington Police Department
www.farmingtonpd.com
531 Main Street, Farmington, NH 03835
P: (603) 755-2731
Bus routes: 6

Dover Police Department
www.ci.dover.nh.us/policehome.htm
46 Locust Street, Dover, NH 03820
P: (603) 742-4646
Bus routes: 2, 3

Somersworth Police Department
12 Lilac Lane, Somersworth, NH 03878
P: (603) 431-4624

New Castle Police Department
www.newcastlenh.org
49 Main Street, New Castle, NH 03854
P: (603) 927-1500
Bus routes: 2, 40, 41

Seabrook Police Department
www.seabrookpd.com
7 Liberty Lane, Seabrook, NH 03874
P: (603) 474-5200
F: (603) 474-7242

Durham
www.ci.durham.nh.us
86 Dover Road, Durham, NH 03824
P: (603) 868-3234
Bus routes: 3, 4, 5

Exeter Police Department
www.town.exeter.nh.us/police/index.cfm
20 Court Street, Exeter, NH 03833
P: (603) 772-1212
Bus routes: 7

Greenland Police Department
www.greenlandpd.us
579 Portsmouth Avenue, Greenland, NH 03840
P: (603) 929-4444
Bus routes: 7

Hampton Police Department
www.hamptonpd.com
100 Brown Avenue, Hampton, NH 03824
P: (603) 964-8087
Bus routes: 7

Rochester Police Department
www.rochesterpd.org
23 Wakefield Street, Rochester, NH 03867
P: (603) 330-7127
F: (603) 330-7159

South Berwick Public Library
www.south-berwick.lib.me.us
37 Portland Street, South Berwick, ME 03908
P: (207) 384-3308

S. Berwick Police Department
www.southberwickmaine.org
180 Main Street, South Berwick, ME 03908
P: (207) 384-2254
F: (207) 384-3305

ME POLICE DEPARTMENTS

Berwick Police Department
www.berwickpd.org
20 Wilson Street, Berwick, ME 03901
P: (207) 698-1136
F: (207) 689-1567

Eliot Police Department
www.eliotpolice.org
27 Dixon Road, Eliot, ME 03903
P: (207) 439-1179
F: (207) 439-3267

Kittery Police Department
www.kittery.org
100 Rogers Road, Kittery, ME 03904
P: (207) 439-1638
F: (207) 439-7151

S. Berwick Police Department
www.southberwickmaine.org
180 Main Street, South Berwick, ME 03908
P: (207) 384-2254
F: (207) 384-3305

York Police Department
www.yorkpolice.org
30 Main Street, York, ME 03909
P: (207) 363-2818

William Fogg Public Library
www.william-fogg.lib.me.us
116 Old Road, Eliot, ME 03903
P: (207) 439-9437

Rye Police Department
www.ryepolice.us
555 Washington Road, Rye, NH 03870
P: (603) 964-5522

York Public Library
www.york.lib.me.us
15 Long Sands Road, York, ME 03909
P: (207) 363-2818

The Rice Public Library
www.rice.lib.me.us
8 Wentworth Street, Kittery, ME 03904
P: (207) 439-1553

Hampshire County

Berwick Public Library
www.berwicklib.org
103 Old Pine Hill Road, Berwick, ME 03901
P: (207) 698-5737

Exeter Public Library
www.exeterpubliclibrary.org
15 Main Street, Exeter, NH 03833
P: (603) 772-1212

Greenland Police Department
www.greenlandpd.us
579 Portsmouth Avenue, Greenland, NH 03840
P: (603) 929-4444
Bus routes: 7

Hampton Police Department
www.hamptonpd.com
100 Brown Avenue, Hampton, NH 03824
P: (603) 964-8087
Bus routes: 7

Rochester Police Department
www.rochesterpd.org
23 Wakefield Street, Rochester, NH 03867
P: (603) 330-7127
F: (603) 330-7159
Bus routes: 2

Rye Police Department
www.ryepolice.us
555 Washington Road, Rye, NH 03870
P: (603) 964-5522

S. Berwick Police Department
www.southberwickmaine.org
180 Main Street, South Berwick, ME 03908
P: (207) 384-2254
F: (207) 384-3305

YORK POLICE DEPARTMENTS

The Rice Public Library
www.rice.lib.me.us
8 Wentworth Street, Kittery, ME 03904
P: (207) 439-1553

William Fogg Public Library
www.william-fogg.lib.me.us
116 Old Road, Eliot, ME 03903
P: (207) 439-9437

NH POLICE DEPARTMENTS

Somersworth Public Library
www.somersworth.com
25 Main Street, Somersworth, NH 03878
P: (603) 692-4587

South Berwick Public Library
www.south-berwick.lib.me.us
37 Portland Street, South Berwick, ME 03908
P: (207) 384-3308

Barrington Police Department
www.barrington.nh.gov
41 Province Lane, Barrington, NH 03825
P: (603) 664-7679

Farmington Police Department
www.farmingtonpd.com
531 Main Street, Farmington, NH 03835
P: (603) 755-2731
Bus routes: 6

Dover Police Department
www.ci.dover.nh.us/policehome.htm
46 Locust Street, Dover, NH 03820
P: (603) 742-4646
Bus routes: 2, 3

New Castle Police Department
www.newcastlenh.org
49 Main Street, New Castle, NH 03854
P: (603) 436-3213

Portsmouth Police Department
www.cityofportsmouth.com/police
3 Junkins Avenue, Portsmouth, NH 03801
P: (603) 427-1500
Bus routes: 2, 40, 41

North Hampton Police Department
www.northampton-nh.gov
233 Atlantic Avenue
North Hampton, NH 03862
P: (603) 964-8087

Somersworth Police Department
12 Lilac Lane, Somersworth, NH 03878
P: (603) 431-4624

Seabrook Police Department
www.seabrookpd.com
7 Liberty Lane, Seabrook, NH 03874
P: (603) 474-5200
F: (603) 474-7242

Rochester Police Department
www.rochesterpd.org
23 Wakefield Street, Rochester, NH 03867
P: (603) 330-7127
F: (603) 330-7159
Bus routes: 2

Rye Police Department
www.ryepolice.us
555 Washington Road, Rye, NH 03870
P: (603) 964-5522

S. Berwick Police Department
www.southberwickmaine.org
180 Main Street, South Berwick, ME 03908
P: (207) 384-2254
F: (207) 384-3305

YORK POLICE DEPARTMENTS

Berwick Police Department
www.berwickpd.org
20 Wilson Street, Berwick, ME 03901
P: (207) 698-1136
F: (207) 698-1567
Bus routes: 1

Eliot Police Department
www.eliotpolice.org
27 Dixon Road, Eliot, ME 03903
P: (207) 439-1179
F: (207) 439-3267

Kittery Police Department
www.kittery.org
200 Rogers Road, Kittery, ME 03904
P: (207) 439-1638
F: (207) 439-7151

S. Berwick Police Department
www.southberwickmaine.org
180 Main Street, South Berwick, ME 03908
P: (207) 384-2254
F: (207) 384-3305

York Police Department
www.yorkpolice.org
30 Main Street, York, ME 03909
P: (207) 363-1031
F: (207) 363-1035

Photos, from left: Pen Bay Medical Center Reception; Manatee Hospital Hybrid Cath Lab; Plymouth Harbor Retirement Community
Friends Foster Grandparent Program
www.friendsprogram.org
28 Franklin Street, Suite 311
Somersworth, NH 03878
P: (603) 228-1193
F: (603) 226-3884
Bus routes: 1
Program brings together senior volunteers and children to help them achieve significant progress in their educational, emotional and behavioral abilities. Foster Grandparents must be 60 years of age, be income eligible, and volunteer 15-20 hours/week. They offer guidance, support, and academic assistance. In return, most receive a non-taxed stipend, transportation reimbursement, a free lunch, training and wellness in-service, and recognition of their services.

Senior Corps Maine and New Hampshire
www.seniorcorps.gov
55 Pleasant Street, Suite 1501
Concord, NH 03301
P: (603) 226-7780
Senior Corps connects people over the age of 55 with organizations that need them most. The program helps them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations.

Portsmouth Regional Hospital Volunteer Services
www.portsmouthhospital.com
333 Borthwick Avenue, Portsmouth, NH 03801
P: (603) 433-4002
Retired Senior Volunteer Program (RSVP)
www.friendsprogram.org
P: (603) 373-6144
Retired Senior Volunteers are individuals over 55 years of age serving their communities on identified community needs. They actively respond to the needs throughout Rockingham, Strafford and Merrimack counties, serving youth, teens, seniors, and persons with disabilities. Call to get involved.

United Way of the Greater Seacoast
www.uwgs.org
112 Corporate Drive, Unit 3
Portsmouth, NH 03801
P: (603) 436-5554
F: (603) 436-6349
Bus routes: 7, 40
United Way of the Greater Seacoast Volunteer Action Center connects thousands of individuals to volunteer opportunities with local non-profits, providing services that they might otherwise not be able to afford. Visit the website at www.uwgs.org for an up to date list of local opportunities.

Volunteer NH
www.volunteernh.org
Supports and sponsors national service initiatives and provides training, recognition, and a central site for volunteers and volunteer programs to help strengthen communities. Visit website for available volunteer opportunities in NH.
Transportation

PUBLIC TRANSPORTATION

Alliance for Community Transportation (ACT)
www.coastbus.org
P: (603) 743-5777
A collaborative effort by a wide variety of organization and communities to improve community transportation. For more information contact Dianne Smith at (603) 743-5777 Ext. 112

COAST (Cooperative Alliance for Seacoast Transportation)
www.coastbus.org
42 Sumner Drive, Dover NH 03820
P: (603) 743-5777
F: (603) 743-5786
Bus routes: S 34
Public transportation that serves the seacoast region with fixed-route service. Fares range from $1.50 - $3.00 one way and can purchase multi-ticket as well as monthly passes. All buses are handicap accessible.

Coast Paratransit ADA Services
Provide paratransit service for individuals whose disability may prevent them from making part or all of the trip using a fixed-route bus. Please call COAST’s coordinator for paratransit eligibility. See fares and bus schedules on page 128.

LOCAL TRANSPORTATION SERVICES

C & J
www.ridecj.com
185 Grafton Drive, Portsmouth, NH 03801
P: (603) 430-1100
F: (603) 430-8960
Bus routes: S 7, 40
Provides scheduled motor coach transportation to downtown Boston, Logan Airport and links to other destinations. Offers a “Kids Ride Free” program for children 6 years of age or younger. Child must be accompanied by an adult with a full fare round-trip ticket to either South Station or Logan Airport. Also offers same day fare discounts, student discounts, senior discounts, and active military discounts. Also offers a Half-Fare Program for those 65 years of age or older, Medicare cardholders, and Persons with Disabilities. To receive a half-fare eligibility card, visit the website or visit any C&J terminal location. C&J terminal locations located in Durham, Dover, and Portsmouth. Monthly passes are also available.

Lamprey Healthcare Transportation Services
www.lampreyhealth.org
P: (800) 582-7214
Lamprey Health Care’s Senior Transportation Program provides transportation services to the elderly and disabled residents of Rockingham County and parts of Strafford County. Transportation Services include trips to banks, pharmacies and grocery stores, as well as shopping trips to the local malls, recreational trips for social outings, and medical appointments. Trips ask for $3.00 donation and day trips ask for $5.00 donation. Vans are handicap accessible, and provide door to door service for the convenience of the riders.

Lamprey Healthcare Transportation Services stops:

WEDNESDAY
- Exeter
- Water Street
- Town Hall
- Exeter Hospital
- Stratham
- Market Basket Plaza

THURSDAY
- Lee
- Town Hall
- Newmarket
- Bennett Way
- Mead Hill
- Downtown
- Gazebo
- Durham
- Durham Market Place
- Bagdad Woods
- Newington
- Fox Run Mall
- Portsmouth
- Marshalls Plaza

FRIDAY
- Seabrook
- Community Center
- Hampton
- Galley Hatch Restaurant
- Atlantic Heights
- Hampton Arms
- North Hampton
- Shell Al Mobile Estates
- Portsmouth
- Hill Crest Estates
- Lafayette Professional Park
- Margeson Apartments
- Market Square
- Woodbury Manor
- Newington
- Fox Run Mall
- Portsmouth
- Christmas Tree Shop

More Than Wheels
www.bonnieclac.org
250 Commercial Street, Suite 4021, Manchester, NH 03101
P: (866) 455-2522
Helps consumers get the best deal on a car and provides advice on car-buying. Also offers a temporary “bridge car” while you wait to buy a reliable car.

York Trolley – A service of the Shoreline Explorer Network. One-way $1.50, Children under 2 ride free. Trolley operates every 30 minutes. Call (207) 363-9600.

York County Community Action
www.yccac.org
2 State Road, Kittery, ME 03904
P: (207) 439-2699
In addition to referring individuals with partnering organizations York Community Action provides locals with dental, mental (serves homeless & public housing), transportation and medical care. Health clinics accept MaineCare, Medicare, Private Insurance and offer a sliding scale fee.

Call YCCA for access to the following transportation services:

The Bus Program – Elderly, disabled and children under 8 years old half fare, no fare charged for a personal care attendant, low-income individuals are asked to pay when they can afford it, MaineCare members traveling to MaineCare eligible destinations ride for free, reservations must be made 48 hours in advance.

WAVE – Wheels to Access Vocation and Education. Available to transport individuals to work, school, shopping, etc. Rides must be scheduled 24 hours in advance and an application must be submitted.
How to ride COAST:

- Times and bus schedules are subject to change. Call or visit the website for the most updated route times.
- Be at your bus stop early.
- Have your fare or pass ready.
- Stand safely and visibly at the stop.
- BABY STROLLERS are allowed on bus. Strollers should be folded up and tucked underneath or in between seats.
- REQUEST A STOP using the pull-cords or yellow tape on the inside of the bus. Or on the Coast Trolleys you must call “Next Stop” out loud.
- TO TRANSFER, notify the driver if you would like to connect to another bus. The COAST buses may wait up to five minutes to connect a passenger.
- BIKE RACKS — Every COAST bus is equipped with a bike rack that can hold 2 bicycles.
- All fares are regardless of distance traveled.
- Drivers do not make change. Passengers should have exact change ready.
- Riders may only pay for one way at a time.
- CHILDREN under 5 years of age ride FREE. Children under 12 years of age must be accompanied by an adult.
- Dover Community Routes 30, 31, 32 can be used by students of Dover High School at no charge.
- Dover FastTrans Routes 33, 34, 35 charge an additional 50 cents for on-call stops.
- Pay-as-you-board system

COAST Bus Fares

<table>
<thead>
<tr>
<th>Service</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional (Routes 1, 2, 6 &amp; 7)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Local (Routes 30-35)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Portsmouth Trolleys (Routes 40-41)</td>
<td>$0.50</td>
</tr>
<tr>
<td>The Community Rides: North Bus Service</td>
<td>$5 round-trip, $2.50 one-way</td>
</tr>
<tr>
<td>Monthly Pass*</td>
<td>$52.00</td>
</tr>
<tr>
<td>15 Ride Punch Ticket**</td>
<td>$20.00</td>
</tr>
<tr>
<td>UNH ID or UNH Library Card (DCE)</td>
<td>no charge</td>
</tr>
<tr>
<td>Great Bay Community College ID</td>
<td>no charge</td>
</tr>
<tr>
<td>* Unlimited COAST and Wildcat Transit Routes</td>
<td></td>
</tr>
<tr>
<td>**15 Ride Punch Ticket good for 15 $1.50 fares. May not use for Wildcat Transit Routes</td>
<td></td>
</tr>
</tbody>
</table>

No-Service Days


Half Fare

Half fare privileges are extended to elderly (65 years and older), disabled and individuals possessing a valid Medicare card. To qualify, individuals must show the driver one of the following:

- Photo ID showing proof of age
- COAST ADA Eligibility card and photo ID
- COAST half-fare card and photo ID
- Medicare card and photo ID

EXPERIENCE THE DIFFERENCES

- **WE PROVIDE A MORE COMFORTABLE, PATIENT-PREFERRED ALTERNATIVE WITH HIGH-FIELD PERFORMANCE OPEN MRI TECHNOLOGY.**
- **LESS OUT-OF-POCKET COSTS FOR PATIENTS.**
- **INSURANCE RECOMMENDED, LOW-COST MRI ALTERNATIVE TO EXISTING OPTIONS.**
- **SAME DAY/NEXT DAY OR WEEKEND FLEXIBLE APPOINTMENT SCHEDULING OPTIONS.**
- **THE ONLY MRI FACILITY DUALY ACCREDITED BY BOTH THE ACR AND THE IAC.**

Which would you choose?

“72% of patients surveyed report coming to AMI because of claustrophobia or our pricing!

- **PATIENT PREFERRED**
- **INSURANCE RECOMMENDED**

American Medical Imaging
100 Griffin Road, Suite C, Portsmouth, NH 603-766-OPEN (6736)
www.AmeriMedImaging.com
COAST Route 1 Southbound
Travels through downtown Dover, Somersworth and Berwick with times stops at:

**Sullivan Street/Pinehill Road**
Also services stops along:
- Wilson**
- Allen**
- Saw Mill Hill**
- Market Street
- Constitutional Way
- Washington Street
- Main Street
- Indigo Hill Road**
- Green Street**
- Franklin Street*

**Green Street (Charpentier Appts.)**
Also services stops along:
- Franklin Street
- High Street

**High Street (Walmart)**
Also services stops along:
- Target (request only)
- Weeks Lane

**Central Avenue (Shaw’s)**
Also services stops along:
- Glenwood Avenue
- Whittier Street
- Washington Street
- Green Street
- Chestnut Street

**Dover Transportation Center**

COAST Route 2
Travels through Rochester, Dover and Portsmouth with times stops at:

**Lilac Mall**
Also services stops along:
- Wakefield Street
- South Main Street

**Frisbie Memorial Hospital**
Also services stops along:
- Rochester Hill Road
- NH 108

**NH 108 (Gateway Restaurant)**
Also services stops along:
- New Rochester Road

**Central Avenue (Shaw’s)**
Also services stops along:
- Wentworth Douglass Hospital
- Chestnut Street
- Third Street*

**Dover Transportation Center**
Also services stops along:
- Chestnut Street
- Green Street
- Washington Street*
- Central Ave
- Stark Ave

**Dover Point Road**
Boston Harbor Road (DMV, request only)
Shattuck Way (request only)

**Fox Run Mall**
Also services stops along:
- Crossing at Fox Run
- Gosling Road

**Woodbury Avenue (K-mart)**
Commerce Way
Market Street
Russell Street
Hanover Street

www.coastbus.org
Wildcat Transit Route 3
Travels from UNH to Dover via Route 108/Dover to UNH via Route 155 with timed stops:

Wildcat Transit Route 3

COAST Route to Rochester & Portsmouth
COAST Route to Somersworth & Dover

Wildcat Transit Route 4
Travels through downtown Dover, Somersworth and Berwick with times stops at:

Wildcat Transit Route 4

COAST Route to Portsmouth & Rochester

www.coastbus.org
**Wildcat Transit Route 5**

- Fire Station
- Also services stops along:
  - North Main Street *
  - Mechanic Street *
  - Central Street
  - NH 11
  - High Street
  - Strafford Co Dialysis Center (on request)

- Walmart
  - Also services stops along:
    - NH Route 11
    - North Main Street
    - Wakefield Street

- Lilac Mall

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**COAST Route 6 Southbound**

Travels through Farmington and Rochester making timed stops at:

- Fire Station
  - Also services stops along:
    - North Main Street *
    - Mechanic Street *
    - Central Street
    - NH 11
    - High Street
    - Strafford Co Dialysis Center (on request)

- Walmart
  - Also services stops along:
    - NH Route 11
    - North Main Street
    - Wakefield Street

- Lilac Mall
COAST Route 7 Westbound

Travels through Newington, Stratham, Newmarket and Exeter making timed stops at:

- Fox Run Mall
  - Also services stops along: Walmart (by request), Crossing at Fox Run, International Drive, Exeter Street, NH Ave, 195 NH Ave, Corporate Drive, Great Bay Community College, Grafton Drive
- Portsmouth Transportation Center
  - Also services stops along: NH 33 (Target), Ocean Road, NH 151, Greenland Gazebo, Old Portsmouth Ave
- NH 33
  - Also services stops along: Squamscott Road, NH 108
- Downtown Gazebo/NH 108
  - Also services stops along: Elm Street, Beech Street, Gerry Ave, NH 108
- Portsmouth Ave
  - Also services stops along: Exeter Hospital, Alumni Drive, Green Hill Road, Jady Hill Ave, String Bridge, Front Street, Lincoln Street
- Exeter Train Station
  - Main Street, Water Street, Exeter Housing Authority

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COAST Route 30 (seasonal)

Services North Dover, Dover High School and the Dover Transportation Center

- Blackwater Road
- Varney Road/Parsons Lane
- Long Hill Road/Varney Hill Extension
  - Also services stops along: Field Stone Drive
- Sixth Street
- New Rochester Road/Williams Pond
- Phillip Street/Long Hill Road
  - Also services stops along: Cheyenne Street, Shawnee Lane, Apache Street
- Old Rochester Road
  - Also services stops along: Strafford Road, Sullivan Drive, Alumni Drive (Dover High School), Dover Transportation Center

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**COAST Route 31**  (seasonal)
Services West Dover, Dover High School and the Dover Transportation Center

- County Farm Cross Road/Sixth Street
- Watson Road/Sandpaper Drive
- Tolend Road
  Also services stops along:
  - Dean Drive
  - Mone’s Folly Drive
  - Columbus Ave
- Glen Hill Road
- Littleworth Road/Ezra’s Way
  Also services stops along:
  - Old Littleworth Road
  - Chandler Way
- Grandview Drive
- Knox Marsh Road
- Alumni Drive
- Dover Transportation Center

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**COAST Route 32**  (seasonal)
Services Dover Point, Dover High School and the Dover Transportation Center

- Dover Point Road
  Also services stops along:
  - Boston Harbor Road
  - Spur Road
  - Overlook Drive
  - Quaker Lane
  - Tofree Lane
- Gerrish Road
- Middlebrook Road
  Also services stops along:
  - Newport Road
  - Hawthorne Road
- Stark Ave
  Also services stops along:
  - Locust Street
  - Alumni Drive (Dover High School)
  - Dover Transportation Center

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[www.coastbus.org](http://www.coastbus.org)
COAST Route 33
Services Portland Ave, Downtown, Sixth Street and County Farm

NH Dot Park and Ride (Exit 9)
Also services stops along:
Homewood Suites (on call)
WDH Medical Office Building (on call)
Sixth Street
Education Way (on call)
Venture Drive (on call)
County Farm Road
Strafford County Courthouse

Henry Law Ave
Also services stops along:
Tennyson Ave
Court Street
Central Ave
Washington Street
Chestnut Street

Dover Transportation Center
Also services stops along:
Third Street
Sixth Street
Grove Street (on call)
Horne Street (on call)
Whittier Street (on call)
Glenwood Ave (on call)

Portland Ave
(Dover Arena Park and Ride)
Also services stops along:
Oak Street (on call)
Atlantic Avenue (on call)
Main Street
Central Avenue

COAST Route 34
Services NH 155, Silver Street, Locust Street and Broadway

Dover Transportation Center
Also services stops along:
Chestnut Street
Locust Street

Silver/Atkinson Street
Also services stops along:
Sumner Drive (on call)

Knox Marsh Road
Also services stops along:
Silver Street
Locust Street
Washington Street
Main Street
Pierce Street

Broadway Street
Also services stops along:
Oak Street
Central Ave
Chestnut Street

Legend
- Time Bus Stop
- Route 33
- On-call Service
- State Road
- Local Road

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COAST Route 35
Services NH 108, Locust Street and Central Ave

Members Way
Also services stops along:
Liberty Mutual (on call)

Central Ave
Also services stops along:
Friendly’s/Shaws

Dover Transportation Center
Also services stops along:
Third Street
Central Avenue

Locust Street (Care Pharmacy)
Also services stops along:
Chestnut Street

Grapevine Drive
Also services stops along:
Durham Road
Central Avenue
Locust Street

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COAST Route 40 Pease Trolley
Services Pease Tradeport, Downtown Portsmouth and Lafayette Road

Fox Run Mall
Also services stops along:
Crossings at Fox Run

International Drive
Also services stops along:
Exeter Street
Pease Airline Terminal (on call)
NH Avenue
Rochester Avenue (on call)
195 NH Avenue
Corporate Drive
Great Bay Community College
Grafton Drive

Portsmouth Transportation Center

Borthwick Ave
Also services stops along:
Cate Street

Islington Street
Also services stops along:
Hanover Street

Market Square
Also services stops along:
Court Street
Middle Street
Lafayette Road

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PORTSMOUTH SEASONAL DOWNTOWN TROLLEY

Bus Stops:
• Market Square (on the hour & half hour)
• Feaster Apartments
• Sise Inn
• Masonic Temple parking lot/ Margeson Apartments (P)
• Portsmouth Apartments
• Portsmouth Library / Leary Field
• Senior Center
• Parrott Avenue (P)
• South Mill Playground (P)
• City Hall
• Junkins Avenue / South Street
• South Street / Mt. Vernon Street
• Haven Playground
• Pleasant Street / Marcy Street
• Pleasant Street / Washington Street
• Governor Langdon House
• State Street / Penhallow Street
• Strawberry Banke
• Peirce Island
• Outdoor Pool (on the quarter hour)
• Prescott Park
• Marcy Street / State Street
• Seacoast Repertory Theatre / Ale House Inn (formerly the Bow St. Inn)
• Bow Street / Ceres Street
• Sheraton Harborside
• NH Port Authority (on-call only)
• Chase Dr / Bethel Assembly of God (on-call only)
• Isles of Shoals Steamship Authority
• Market Square

PORTSMOUTH SEASONAL VINTAGE CHRISTMAS TROLLEY

Bus Stops:
• Market Square (departs on the quarter hour)
• Fleet/Porter Street
• Court/Pleasant Streets
• Pleasant St/Junkins Avenue
• Hancock Street (Strawberry Banke Museum)
• Marcy Street (Prescott Park)
• Bow Street (Seacoast Repertory Theater)
• Bow Street / Ceres Street
• Deer/Russell Streets (Sheraton Harborside)
• Hanover Street (Vaughn Mall)
• Hanover Street (High-Hanover Parking Facility) (P)
• Market Square

SEASONAL/WEEKEND SCHEDULES

Passengers must note that schedules are subject to change on the weekends and during summer and winter holidays. Updated schedules are posted online, or you can contact COAST by phone.
Serving the Seacoast for Over 30 Years

We have had the pleasure of providing the best audiological care to individuals in the seacoast area with our combined experience exceeding 60 years. During this time, we have made an ongoing commitment to our patients to provide the most up-to-date and state-of-the-art technologies in diagnostic testing and hearing aid systems.

Dr. Dana Fiske is the founder of Professional Audiology Center and enjoys working with adults with hearing disorders and fitting advanced hearing aid systems. He also specializes in the diagnosis and treatment of tinnitus, sudden hearing loss, aural rehabilitation and evaluation of patients for cochlear implants. He obtained his Doctoral Degree from Kirksville College of Osteopathic Medicine.

Dr. Erica Regan joined Professional Audiology Center in 1998 with a specialized focus in diagnostic testing and hearing aid fittings for both adults and children. She also has a background in the diagnosis and treatment of patients suffering from dizziness and balance disorders. Dr. Regan was trained at the American Institute of Balance, Children’s Hospital and received her Doctoral Degree from Kirksville College of Osteopathic Medicine.

Dr. Nancy Charest joined Professional Audiology Center in 2006 bringing over 15 years of experience in diagnosis of hearing and balance disorders as well as advanced hearing aid knowledge from working nationally and internationally in training and product education at two of the largest hearing aid manufacturers. She obtained her Doctoral Degree from Kirksville College of Osteopathic Medicine.

Our offices have state-of-the-art equipment, enabling us to provide comprehensive evaluations including the following:

- Otoscopic examination of the ear canal and ear drum
- Middle ear assessment
- Pure tone testing in sound proof suites
- Speech Audiometry
- Otoacoustic Emissions
- Specialty testing as needed including video otoscopy, VNG & ABR
- Hearing aid evaluations including real ear measurement and speech mapping

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Portsmouth, NH
603-436-8668

Windy Knoll Village
62 Portsmouth Ave, #10
Stratham, NH
603-778-7620

www.professionalaudiology.com
“This experience has made us stronger as a couple and as individuals. It’s an amazing tool and it’s given us a second chance at life”…

— Scott and Sarah Oxton

FREE Monthly Information Sessions

Upcoming Sessions: July 11, August 8, September 12, October 10, November 14

All sessions start at 6:30 pm and are held in the Portsmouth Regional Hospital’s classrooms

Sarah and Scott have been together for ten years and live in Exeter with their three cats. Their journey with the Portsmouth Regional Hospital’s surgical weight loss program started in September of 2011. Scott has lost 250 pounds and Sarah has lost 130.

The Surgical Weight Loss Center has been designated a Center of Excellence by both the American College of Surgeons and the American Society of Metabolic and Bariatric Surgeons.

To register call 888-421-1080 or visit portsmouthhospital.com/weightloss
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