CARROLL COUNTY COALITION FOR PUBLIC HEALTH

An Initiative of Granite United Way

SOUTHERN CARROLL COUNTY AND NORTHWEST BELKNAP COUNTY COMMUNITY RESOURCE DIRECTORY 2025

Serving the towns of Moultonborough, Center Harbor, Sandwich, Tamworth, Tuftonboro, Meredith, and Nearby Towns

The need for this Resource Guide was generated by "Neighbors Helping Neighbors" Community Forums organized by the Moultonboro United Methodist Church

www.c3ph.org

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HEALTH – Physical Health

Concord Hospital Primary Care - Meredith	**Phone: (603) 279-7433** **Physician Referral Line: (603) 224-7879**
238 Daniel Webster Highway *Meredith, NH 03253*	Fax: (603) 227-7800
	Webpage: https://www.concordhospital.org/locations/profile/concord-hospital-primary-care-meredith/
Services: Primary care, internal medicine, and family medicine	Hours: Monday-Friday, 8am-5pm

Conway VA Community Based Outpatient Clinic	**Phone: (800) 892-8384 x3199** **Mental Health Clinic: (603) 624-4366 x3199**
71 Hobbs Street, Third Floor *Conway, NH 03818*	Fax
	Webpage: https://www.va.gov/manchester-health-care/locations/conway-va-clinic/
Services: Primary care, women's health services, mental health care, social work, laboratory, and pathology	Hours: Monday-Friday, 8am-4:30pm

Discover Health Functional Medicine Center	**Phone: (603) 447-3112**
PO Box 244, 24 Pleasant Street *Conway, NH 03818*	Fax: (603) 447-3118
	Webpage: https://discoverhealthfmc.com/
Services: Functional medicine, osteopathic manipulative medicine, neurofeedback, and movement classes	Hours: Monday-Friday, 8am-4pm

Granite VNA- Wolfeboro/Southern Carroll Co.	**Phone: (603) 224-4093, (800) 924-8620**
645 South Main Street *Wolfeboro, NH 03894*	Fax- Intake: (603) 227-7525
	Webpage: www.granitevna.org
Services: Home care, hospice, pediatrics and maternal child health, and advanced illness management plus wellness resources, including caregiver resources, education programs, foot care clinics, and grief support.	Hours: Main number available 24/7

HealthFirst- Laconia	**Phone: (603) 366-1070**
22 Strafford St. #1 *Laconia, NH 03246*	Fax: (833) 949-3973 Webpage: https://www.whitemountainhealth.org/ Email: info@whitemountainhealth.org
Services: Family medicine, women's health, behavioral health, medication assisted treatment, and nutrition services	Hours: Mondays, Thursdays, and Fridays, 8am-5pm Tuesdays-Wednesdays, 8am-7pm

Huggins Hospital	**Phone: (603) 569-7500**
240 South Main Street *Wolfeboro, NH 03894*	Fax: (603) 515-2020 Webpage: https://www.hugginshospital.org/ Email: askhuggins@hugginshospital.org
Services: Primary care, diagnostic testing, specialty services, and emergency services	Hours: Call for hours and appointments Emergency Department available 24/7

Lakes Region VNA	**Phone (603) 279-6611**
186 Waukewan Street *Meredith, NH 03253* *214 Lake Street* *Bristol, NH 03222*	Fax: 844-412-7881 Webpage: www.granitevna.org
Services: Visiting nurses, hospice care, rehab therapy, private duty care, and grief support	Hours: Monday-Friday 8am-4pm, provides after hours call service 24/7

Memorial Hospital	**Phone: (603) 356-5461**
3073 White Mountain Highway *North Conway, NH 03860*	Fax Webpage: https://www.mainehealth.org/Memorial-Hospital
Services: Primary care, behavioral and mental health care, specialty care, emergency department	Hours: Call for hours and appointments Emergency Department available 24/7

Moultonborough Family Medicine – Huggins Hospital	**Phone: (603) 476-2216**
984 Whittier Highway *Moultonborough, NH 03254*	Fax: (603) 476-5396 Webpage: https://www.hugginshospital.org/locations/moultonborough-family-medicine
Services: Primary care, same-day care, family medicine, and specialist referrals	Hours: Monday-Friday 7:30am-5pm

NH Integrated Medicine	**Phone: (603) 662-0234**
45 Washington Street *Conway, NH 03818*	Fax: 1-888-444-1204 Webpage: https://nhintegratedhealthcare.com/
Services: Diabetes treatment, fitness/health coaching, and nutrition therapy	Hours: Call for hours and appointments

Nourishing NH – Nutrition Therapy	**Phone: (781) 254-4230**
64 Kearsarge Road *North Conway, NH 03860*	Fax: (603) 956-3062 Webpage: https://www.nnhllc.com/
Services: Nutrition therapy for eating disorders, sports nutrition for athletes, and general nutrition services	Hours: Call for hours and appointments

Ossipee Family Medicine	**Phone: (603) 539-6996**
3 Water Village Road *Ossipee, NH 03864*	Fax: (603) 539-5284 Webpage: https://www.hugginshospital.org/locations/ossipee-family-medicine
Services: Primary care	Hours: Monday-Friday 8am-4pm

Quality Care Home Health & Hospice	**Phone (603) 707-9655**
12 Main Street *PO Box 32* *Center Harbor, NH 03226*	Fax: (603) 619-6814 Webpage: https://qualitycarehh.com/ Email: info@qualitycarenh.com
Services: Comprehensive in-home medical care, including skilled nursing, physical therapy, occupational therapy, speech therapy, social work, and personal care; hospice services; and family support services.	Hours: Please call 24/7

Saco River Medical Group	**Phone: (603) 447-3500**
7 Greenwood Avenue *Conway, NH 03818*	Fax: (603) 447-5568 Webpage: https://sacodocs.com/
Services: Primary care, pediatrics, laboratory services, and walk-in clinic	Hours: Walk-in Clinic: Monday-Friday 8am-6pm, Saturday 8am-4pm, Sunday 9am-1pm

Sandwich Community Nurse Association	**Phone: (603) 916-0654**
PO Box 603 *Sandwich, NH 03227*	Email: danielle@sandwichcommunitynurse.org Webpage: https://www.sandwichcommunitynurse.org/
Services: Free services for Sandwich residents, including home visits, evaluate health care needs, help find health care resources, health care education, reduce social isolation, help communicate between individuals, families, and caregivers	Hours: Call for details, available on Wednesdays and Thursdays for home visits

Tamworth Community Nurse Association	**Phone: (603) 323-8511**
84R Main St. *Tamworth, NH 03886*	Fax: (603) 323-2076 Webpage: https://www.tamworthnurses.org/
Services: Free skilled nursing for all Tamworth residents- Vital sign checks, blood draws, evaluation and treatment of wounds, nutrition and exercise counseling, flu vaccine clinics, new baby visits, and care for older adults.	Hours: Office: Monday-Friday, 9am-2pm Office visits with a licensed nurse are Monday-Friday, 9am-11am or by appointment Home visits by appointment, call for details

Tamworth Family Medicine	**Phone: (603) 323-3311**
577 White Mountain Highway *Tamworth, NH 03886*	Fax: (603) 323-9305 Webpage: https://www.hugginshospital.org/locations/tamworth-family-medicine-and-back-bay-rehab-in-tamworth
Services: Primary care	Hours: Monday-Friday, 8am-5pm

Tilton VA Community Based Outpatient Clinic	**Phone: (603) 624-4366 x3199** **Mental Health Clinic: (603) 624-4366 x3199**
630 West Main St., Suite 400 *Tilton, NH 03276*	Fax Webpage: https://www.va.gov/manchester-health-care/locations/tilton-va-clinic/
Services: Primary care, nutrition counseling, laboratory services, and more	Hours: Monday-Friday, 7:30am-4:30pm

Tri-County CAP Family Dentistry	**Phone: (603) 323-7645**
448 B White Mountain Highway *Tamworth, State, NH 03886*	Fax: (603) 323-7647 Webpage: https://tccap.org/services/tamworthdentalcenter/
Services: Full service oral care. Accepts NH Cares and Child Medicaid. Medicare Advantage and DentaQuest accepted on a limited basis. Slide fee scale for qualifying patients.	Hours: Monday-Thursday, 7am-5pm

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine	**Phone: (603) 356-7006**
1529 White Mountain Highway *North Conway, NH 03860*	Fax: (603) 356-8134 Webpage: https://www.vnhch.org/
Services: Skilled nursing care, rehabilitation services (including physical, occupational, and speech therapy), long term care, hospice, palliative care, and support groups	Hours: Monday-Friday, 8am-5pm

Winnipesaukee Wellness Center	**Phone: (603) 253-1839**
60 Whittier Highway, Units 3A & 7A *Moultonborough, NH 03254*	Fax Webpage
Services: Fitness and wellness programming, strength and cardio equipment access, one-on-one training support, and senior-friendly exercise services	Hours: Monday, Wednesday, Friday 7am-4pm

White Mountain Community Health Center	**Phone: (603) 447-8900**
298 Route 16/White Mountain Highway *Conway, NH 03818*	Fax: (833) 972-5530 Webpage: https://www.whitemountainhealth.org/ Email: info@whitemountainhealth.org
Services: Primary care, pediatrics, prenatal care, dental services, behavioral health, substance use disorder treatment, nutrition, behavioral health, sexual and reproductive health, and teen clinic	Hours: Monday-Friday, 8am-4pm

Excerpted from our partners at White Mountain Community Health Center, https://www.whitemountainhealth.org/

Health insurance for children

New Hampshire Medicaid, visit nheasy.nh.gov.

To enroll your child in Maine Medicaid, visit www.maine.gov/dhhs/oms/member/index.shtml.

Health insurance for adults

Contact HealthApply at (603) 637-9891 or NH Navigator at (877) 211-NAVI

or Health Market Connect (603) 309-2021 All Services are confidential, free, unbiased

Or visit HealthCare.gov (health insurance), nheasy.nh.gov (New Hampshire Medicaid), or www.maine.gov/dhhs/oms/member/index.shtml. To see a quick estimate of which program you and your family may qualify for and what your insurance options might be, visit www.healthcare.gov/see-plans/.

You can enroll in Medicaid any time of the year, but you can only enroll in health insurance during "open enrollment" or when you qualify for a "special enrollment period." To find out if you qualify for a special enrollment period, you can visit www.healthcare.gov/screener/ or call 1-800-318-2596 (TTY: 1-855-889-4325).

HealthCare.gov is also a good resource for getting questions answered. Click here for a quick overview of the program, and here for a guide to using health insurance once you have it. Covering New Hampshire is our state's official guide to the new programs, and their website has some common questions and answers.

HEALTH – Mental Health

If you or someone you know struggles with a mental health concern,

Visit https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite for more resources.

For immediate crisis, contact NH Rapid Response Access Point,

call/text 1-833-710-6477 or live chat at www.nh988.com

To search private mental health care providers, visit https://www.psychologytoday.com/us/therapists

For a list of mental health and behavioral health providers in Carroll County, including private providers, visit https://www.c3ph.org/assets/pdf/Mental_Health_Behavioral_Health_Providers_2025_03_24.pdf

Community Mental Health Centers:

Lakes Region Mental Health Center- Laconia	**Phone: (603) 524-1100**
40 Beacon St. E. *Laconia, NH 03246*	Fax: (603) 528-0760 Webpage : https ://lrmhc.org/
Services: Comprehensive, integrated mental health treatment for people living with and recovering from mental illness and/or emotional distress. Services include acute services, children and family, adult, and residential services.	Hours: Monday-Thursday, 8am-7pm Fridays, 8am-5pm

Lakes Region Mental Health Center- Plymouth	**Phone: (603) 524-1100**
81 Highland St. *Plymouth, NH 03264*	Fax: (603) 528-0760 Webpage : https ://lrmhc.org/
Services: Comprehensive, integrated mental health treatment for people living with and recovering from mental illness and/or emotional distress. Services include acute services, children and family, adult, and residential services.	Hours: Monday-Thursday, 8am-7pm Fridays, 8am-5pm

Northern Human Services-The Mental Health Center, Conway	**Phone: (603) 447-2111**
25 West Main Street *Conway, NH 03818* *Services: Mental health services for adults, children, and those struggling with substance use disorders. Assessment, evaluation, referral, outpatient therapy, case management, residential services, and emergency services.*	Fax: (603) 447-1021 Webpage : https ://northernhs.org/mental-health/ Hours: Monday-Friday: 8am-4pm

Northern Human Services- The Mental Health Center, Wolfeboro	**Phone: (603) 569-1884**
70 Bay Street *Wolfeboro, NH 03894* *Services: Mental health services for adults, children, and those struggling with substance use disorders. Assessment, evaluation, referral, outpatient therapy, case management, residential services, and emergency services.*	Fax: (603) 569-1882 Webpage : https ://northernhs.org/mental-health/ Hours: Monday-Friday: 9am-5pm

Mental Health Services:

Alpenglow Counseling Services	**Phone: (603) 348-5346**
522 NH Route 16A *Intervale, NH 03845* *Services: Counseling for adults and children, offering treatment in areas such as trauma, substance use disorders, depression, anxiety, domestic violence, and general mental wellness.*	Fax: Webpage: https://www.alpenglowcounselingservices.com/ Hours: Call for hours and appointments

Blue Heron Neurofeedback and Counseling – North Conway	**Phone: 603-356-6400**
3277 White Mountain Highway *North Conway, NH 03860* *Services: Outpatient counseling, neurofeedback therapy, EMDR (a non-invasive psychotherapy) and Medication Assisted Treatment (MAT) for substance use disorders. Also, a New Hampshire approved Impaired Driver Care Management provider. Additional officed located in Littleton and Gorham.*	Fax Webpage : https ://www.blueheroncounseling.org/ Hours: Monday-Friday, 8am-4pm

Bridgeway Counseling	**Phone: (603) 834-9944**
22 South Main St. *Wolfeboro, NH 03896* *and* *112 Main St.* *Wakefield, NH 03887* *Services: Group of therapists providing individual, couples, and family therapy with locations in Wolfeboro and Wakefield, NH*	Fax: (603) 584-4488 Webpage: https://www.bridgewaytherapy.com/ Hours: Call for hours and appointments

Children Unlimited & Family Resource Center	**Phone (603) 447-6356**
PO Box 986, 182 West Main Street *Conway, NH 03818* *Services: Child Care (6 weeks- 6yrs), Preschool (ages 3-6 years), Family Resource Center (families of children ages birth-21), Children's Early Supports and Services Clinic including outpatient counseling (birth-18 years old), and Diaper Depot*	Fax (603) 447-1114 Webpage https ://www.childrenunlimitedinc.org/ Hours: Call for hours

Granite State Behavioral Health	**Phone: (603) 515-1700**
18 Union St. *Wolfeboro, NH 03894* *Services: Psychiatric evaluations and medication management for adolescents, young adults, and adults.*	Fax: (603) 607-6472 Webpage: https://www.granitestatebh.org/ Hours: Monday-Friday, 8am-4pm Call for appointments

Huggins Hospital	**Phone: (603) 569-7500**
18 Union St. *Wolfeboro, NH 03894*	Fax: (603) 515-2020 Webpage: https://www.hugginshospital.org/ https://www.granitestatebh.org/
Services: Outpatient counseling and social services for patients of Huggins Hospital	Hours: Emergency department open 24/7 Call for hours and appointments

Maine Health Memorial Hospital- Behavioral Health Care	**Phone: (603) 356-4907**
3073 White Mountain Highway *North Conway, NH 03860*	Fax: Webpage: https://www.mainehealth.org/mainehealth-memorial-hospital/care-services-mainehealth-memorial-hospital/behavioral-health-care-mainehealth-memorial-hospital https://www.granitestatebh.org/
Services: Behavioral health services, including psychiatric evaluations, medication management, and diagnostic services for ages 6+ or under 6 with complex medical diagnoses. Referral from your primary care provider is required.	Hours: Emergency department open 24/7 Call for hours and appointments

Maine Health Memorial Hospital- Comprehensive Addiction Medicine	**Phone: (603) 356-5472**
4073 White Mountain Highway *North Conway, NH 03860*	Fax: Webpage: https://www.mainehealth.org/mainehealth-memorial-hospital https://www.granitestatebh.org/
Services: Comprehensive addiction medicine. No referral required.	Hours: Emergency department open 24/7 Call for hours and appointments

MWV Psychological Services	**Phone: (603) 447-2453**
81 Washington St *Conway, NH 03818*	Fax: (603) 447-2450 Webpage: www.mwvps.com
Services: Private mental health practitioners	Hours: Call for hours and appointments

North Country Peer Support Center	**Phone: (603) 447-1765** **Warmline: (866) 447-1765 (5pm-9pm every day)**
6 Main Street *Conway NH 03818*	Fax
	Webpage: https://www.northcountrypsa.org/
Services: Free peer support services	Hours: Monday-Thursday, 8am-5pm Friday, 8am-4pm

One Peer to Another	**Phone: (603) 528-7742** **Warmline: (800) 306-4334 (5pm-10pm every day)**
328 Union Ave. *Laconia, NH 03246*	Fax
	Webpage: https://onepeer.org/
Services: Free peer support services	Hours: Monday-Friday, 8am-4pm

Resilience Counseling and Training Center	**Phone: 603-460-5774**
PO Box 1435, 2473 White Mountain Highway *North Conway, NH 03860*	Fax
	Webpage https://resiliencecounselingcenter.com/
Services: Counseling and therapy, coaching, professional development, and training	Hours: Call for details

TERRA Equine Therapy Center	**Phone: 603-487-6745**
281 Odell Hill Road *Conway, NH 03813*	Fax
	Webpage https://www.terraetc.org/
Services: Equine assisted psychotherapy with group and individual sessions available	Hours: Call for details

White Horse Recovery- North Conway	**Phone: (603) 651-1441 Ext. 1**
2977 White Mountain Highway *North Conway, NH 03860*	Fax
	Webpage: https://whitehorserecovery.org/
Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; recovery coaching; and mental health services and counseling. Comprehensive secular and faith-based services.	Hours: Monday-Friday, 9am-5pm Evening hours available

White Horse Recovery- Ossipee	**Phone: (603) 651-1441 Ext. 3**
68 Route 16B *Center Ossipee, NH 03814*	Fax Webpage: https://whitehorserecovery.org/
Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; recovery coaching; IOP; and mental health services and counseling. Comprehensive secular and faith-based services.	Hours: Monday, 12pm-5pm Tuesday-Thursday, 9am-5pm Friday, 12pm-8pm Evening hours available

White Mountain Community Health Center	**Phone: (603) 447-8900**
298 Route 16/White Mountain Highway *Conway, NH 03818*	Fax: (833) 972-5530 Webpage : https ://www.whitemountainhealth.org/ Email : info@whitemountainhealth.org
Services: Primary care, pediatrics, prenatal care, dental services, behavioral health, substance use disorder treatment, nutrition, behavioral health, sexual and reproductive health, and teen clinic	Hours: Monday-Friday, 8am-4pm

More Mental Health Resources:

- **Community Mental Health Centers**
- **NAMI-NH** www.naminh.org
- **Recovery Hub** https://nhrecoveryhub.org
- **Suicide Prevention Lifeline** www.suicidepreventionlifeline.org
- **Trevor Project for LGBTQA+ Youth** www.thetrevorproject.org
- **Veterans Crisis Line** www.veteranscrisisline.net

Family Support Resources

- **Waypoint Family Support Warm Line** – 1-800-640-6486 (Monday-Friday, 8:30 a.m. – 4:30 p.m.)
- Find a support group at **NAMI-NH: Family Support Groups**
- **Family Resource Centers** https://www.fsnh.org/
- Apply for financial, medical or food assistance through the NH EASY Gateway to Services , https://www.dhhs.nh.gov/apply-assistance

For Schools

- Visit the Department of Education (DOE) Toolkits and Information:
    - DOE Office of Social and Emotional Wellness (OSEW) Support for Districts and Educators
    - NextStep GoodLife is a positivity-based social platform that helps youth access mental health resources. The evidence-based resilience cultivation platform was commissioned by the NH Department of Education for all secondary students across NH. https://nextstepgoodlife.com/

ALCOHOL & SUBSTANCE USE

If you or someone you know struggles with alcohol or other substance use, in NH call 2-1-1 or 1-866-444-4211 to receive an evaluation and referral to treatment. More information at www.thedoorway.nh.gov

For immediate crisis, contact NH Rapid Response, call/text 1-833-710-6477 or live chat at www.nh988.com

Behavioral Health Services and Medication for Addiction Treatment (MAT) is available at some primary health care practices. Contact your primary health provider to learn what services are available.

The Doorway at Concord Hospital Laconia	**Phone 211 or (603) 934-8905**
80 Highland St. *Laconia, NH 03246*	Fax
	Webpage : https ://www.concordhospital.org/locations/profile/the-doorway-at-concord-hospital-laconia/
Services: Walk-ins accepted. Provides substance use support, resources, and treatment. Telephone and in-person screening and crisis stabilization, evaluation, care planning, facilitated referral, continuous recovery monitoring, Naloxone (Narcan) distribution, MAT induction in ER and on-going MAT treatment program, and support to loved ones	Hours: Monday-Friday 8am-5pm Walk-ins accepted

Treatment

To receive an evaluation and referral to treatment call 2-1-1 or 1-866-444-4211. More information at www.thedoorway.nh.gov

Aware Recovery Care	**Phone (603) 769-8462**
Available throughout the state	Fax
	Webpage : https ://www.awarerecoverycare.com/
Services: In-home addiction treatment for alcohol, opioids, and other substances with both virtual and in-home visits.	Hours: Call for details

Better Life Partners	**Phone (866) 679-0831**
Available throughout the state	Fax
	Webpage : https ://betterlifepartners.com/
Services: Same-day medication assisted treatment and community support	Hours: Call for details

Green Mountain Treatment Center	**Phone (866) 652-8889**
244 High Watch Road *Effingham, NH 03882*	Fax
	Webpage : https ://www.graniterecoverycenters.com/treatment-centers/green-mountain-treatment-center/
Services: Inpatient substance use treatment center- detox, residential treatment center, partial hospitalization program, and intensive outpatient program	Hours: Open 24/7

Lakes Addiction Treatment Center	**Phone: (603) 202-4990**
350 Court St. *Laconia, NH 03246*	Fax
	Webpage: https://sobrietycentersofnh.com/new-hampshire-addiction-treatment-facilities/lakes-addiction-treatment-center/
Services: Treatment center offering both inpatient and outpatient partial hospitalization programs and intensive outpatient programs	Hours: Open 24/7

The Plymouth House	**Phone: (888) 693-1927**
446 Main St. *Plymouth, NH 03264*	Fax
	Webpage: https://www.theplymouthhouse.com/
Services: 12-step retreat and addiction treatment center. Residential inpatient program, partial hospitalization program, and extended care program.	Hours: Open 24/7

White Horse Recovery- North Conway	**Phone: (603) 651-1441 Ext. 1**
2977 White Mountain Highway *North Conway, NH 03860*	Fax
	Webpage: https://whitehorserecovery.org/
Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; mental health services and counseling. Comprehensive secular and faith-based services.	Hours: Monday and Thursday 9am-5pm Tuesday 11am-7pm Friday: 9am-12pm

White Horse Recovery- Ossipee	**Phone: (603) 651-1441 Ext. 3**
68 Route 16B *Center Ossipee, NH 03814*	Fax Webpage: https://whitehorserecovery.org/
Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; mental health services and counseling. Comprehensive secular and faith-based services.	Hours: Tuesday-Friday 9am-5pm

Recovery, Support Groups & Harm Reduction

Alcoholics Anonymous NH ***https://nhaa.net/nh-meeting-information/***	***Narcotics Anonymous NH*** ***https://gsana.org/meeting-list/***
Alcoholics Anonymous ME ***https://csoaamaine.org/meetings/***	***Narcotics Anonymous ME*** ***https://namaine.org/***

F.A.S.T.E.R- Families Advocating Substance, Treatment, Education, & Recovery- Conway	**Phone: (603) 662-0668 (MWV Supports Recovery)**
1620 East Main Street *Center Conway, NH 03813*	Fax Webpage : https ://www.mwvsupportsrecovery.org/
Services Support group for parents concerned about substance use by their child, teen, or young adult. Hear stories from other parents and gain information, support, and resources. It is held at MWV Supports Recovery or online.	Hours: Call for meeting times or email jmgotter1@roadrunner.com

MWV Supports Recovery Coalition and Endeavor House	**Phone 603-662-0668**
1620 East Main Street *Center Conway, NH 03813*	Fax 603-662-0669 Webpage : https ://www.mwvsupportsrecovery.org/
Services: Certified recovery coach support, telephone recovery support services, harm reduction services, syringe access, recovery groups, AA and NA support meetings, and Endeavor House provides recovery residence for women	Hours Monday-Friday: 9am-5pm Walk-ins Monday-Thursday: 10am-4pm

The New Life Program – Memorial Hospital
Prenatal/Postnatal Treatment for Substance Use Disorder

Phone: (603) 356-9355

3073 White Mountain Highway *North Conway, NH 03860*	Fax Webpage : https ://www.mainehealth.org/Memorial-Hospital/Services/Childbirth-Family-Birthing-Center/Prenatal-Substance-Abuse-Treatment
Services: Program for prenatal women with substance use disorder. Education, group counseling, social work support services (housing and transportation), prenatal care, physician visit for medication assisted treatment, healthcare coordination, complementary therapies, and referrals to community support services.	Hours: Call for details

White Horse Recovery- Shed North- North Conway

Phone (603) 651-1441 Ext. 2

2977 White Mountain Highway *North Conway, NH 03860*	Fax Webpage: https://whitehorserecovery.org/
Services: Recovery Community Organization serving people in recovery and their friends and family. Various support groups, NA and AA meetings, recovery coaches and certified recovery support workers, resource referral, walk-in services, courses, events, and volunteer and community service opportunities.	Hours: Monday 12pm-5pm Tuesday-Friday 9am-5pm

White Horse Recovery- The Shed -Ossipee

Phone: (603) 651-1441 Ext. 3

70 Route 16B *Ossipee, NH 03814*	Fax Webpage: https://whitehorserecovery.org/
Services: Recovery Community Organization serving people in recovery and their friends and family. Various support groups, NA and AA meetings, recovery coaches and certified recovery support workers, resource referral, walk-in services, courses, events, and volunteer and community service opportunities.	Hours: Monday 12pm-5pm Tuesday-Friday 9am-5pm

HARM REDUCTION

MWV Supports Recovery Coalition	**Phone 603-662-0668**
1620 East Main Street *Center Conway, NH 03813*	Fax 603-662-0669
	Webpage : https ://www.mwvsupportsrecovery.org/
Services: Certified recovery coach support, telephone recovery support services, harm reduction services, syringe access, recovery groups, AA and NA support meetings, and Endeavor House provides recovery residence for women	Hours: Monday-Friday: 9am-5pm Walk-ins Monday-Thursday: 10am-4pm

Navigating Recovery of the Lakes Region	**Phone (603) 524-5939**
102 Court Street *Laconia, NH 03246*	Fax
	Webpage : https ://www.navigatingrecovery.org/
Services: Peer-to-peer recovery coaching, mentorship and guidance in creating Recovery Wellness Plans, group meetings, Laconia Exchange Harm Reduction Program, recovery courses, youth support in local schools and coaching, and assistance with other recovery-related needs	Hours: Mondays, Tuesdays, Thursdays, Fridays, 9am-5pm Wednesdays, 9am-4pm Saturdays, 9am-1pm

NH Harm Reduction Coalition	**Phone: Email at info@nhhrc.org**
Services available throughout the state	Fax
	Webpage : https ://www.nhhrc.org/
Services: Provides direct support by providing harm reduction supplies directly to people who use drugs, supporting other harm reduction programs, and coordinating care for complex care, plus provides advocacy and education.	Hours: Email for details

White Horse Recovery- Shed North- North Conway	**Phone (603) 651-1441 Ext. 2**
2977 White Mountain Highway *North Conway, NH 03860* *Services: Recovery Community Organization serving people in recovery and their friends and family. Various support groups, NA and AA meetings, recovery coaches and certified recovery support workers, resource referral, walk-in services, courses, events, and volunteer and community service opportunities.*	Fax Webpage: https://whitehorserecovery.org/ Hours: Monday 12pm-5pm Tuesday-Friday 9am-5pm

White Horse Recovery- The Shed -Ossipee	**Phone: (603) 651-1441 Ext. 3**
70 Route 16B *Ossipee, NH 03814* *Services: Recovery Community Organization serving people in recovery and their friends and family. Various support groups, NA and AA meetings, recovery coaches and certified recovery support workers, resource referral, walk-in services, courses, events, and volunteer and community service opportunities.*	Fax Webpage: https://whitehorserecovery.org/ Hours: Monday 12pm-5pm Tuesday-Friday 9am-5pm

SOCIAL SERVICES

AARP Tax Aide at Ossipee Public Library	**Phone: (603) 539-6390**
74 Main Street *Ossipee, NH 03814*	Fax Webpage : https ://ossipee.lib.nh.us/ Please visit https://nhtaxhelp.org/ for updated locations
Services: Tax prep assistance	Hours: By appointment, call for details

AARP Tax Aide at Moultonborough Public Library	**Phone: (603) 476-8895**
4 Holland Street *Moultonborough, NH 03254*	Fax Webpage : https ://www.moultonboroughlibrary.org/ Please visit https://nhtaxhelp.org/ for updated locations
Services: Tax prep assistance	Hours: By appointment, call for details

Castle in the clouds	**Phone: (603) 476-5900**
455 Old Mountain Rd. *Moultonborough, NH 03254*	Fax Webpage : https ://www.castleintheclouds.org/
Services: Provides space for group meetings	Hours: Daily, 10am-4pm

Carroll County Coalition for Public Health	**Phone: (603) 301-1252** **Community Health Worker Phone: (603) 901-2015**
1230 NH-16 *Ossipee, NH 03864*	Fax Webpage : https ://www.c3ph.org/
Services: Aims to promote, protect, and improve the health and well-being of communities within Carroll County. Initiatives include substance use prevention and continuum of care, healthy early childhood experiences, healthy aging, public health emergency preparedness, Citizen Corps (Community Emergency Response Team and Medical Reserve Corps). Also provides Community Health Worker services which can help with resources and referrals, healthcare navigation, application assistance, access to services (food, housing, transportation), and patient advocacy.	Hours: Call for details.

Community Action Program- Belknap-Merrimack Counties	**Phone: Meredith: (603) 279-4096** **Laconia: (603) 524-5512**
Meredith: *Laconia:* *147 Main St.* *522 Main St.* *Meredith, NH 03252* *Laconia, NH 03246*	Fax: Webpage : https ://capbm.org/
Services: Variety of programs and services including early care and education, elder services, energy assistance, housing affordability, workforce development, CAP Area Resource Centers, transportation, and health, food and nutrition.	Hours: Meredith: Tuesdays and Thursdays, 8am-4pm Laconia: Monday-Friday, 8:30am-4:30pm

Jen's Friends Cancer Foundation	**Phone: (603) 356-5083**
203 East Conway Road *Conway, NH 03818*	Fax Webpage : https ://www.jensfriends.org/
Services: Financial assistance for those diagnosed with cancer. Assistance with rent, mortgage, taxes, utilities, groceries, travel expenses to chemotherapy and radiation treatments, prescriptions, and other expenses to support quality of life	Hours: Call for details

Lakes Region Community Services	**Phone (603) 524-8811**
719 North Main Street *Laconia, NH 03246*	Fax Webpage https ://www.lrcs.org/
Services: Developmental disability services for adults, children, and families. The Family Resource Center also provides general support and services for all families. Serves residents of Belknap and southern Grafton counties.	Hours: Call for hours

Moultonborough Lions Club	**Contact via website**
Moultonborough Function Hall *315 Old Route 109* *Moultonborough, NH 03254*	Fax Webpage https ://www.lionsclubs.org/en/start-our-approach/club-locator/details?id=14188
Services: Assistance with eyeglasses purchase and eye testing	Hours: Call for hours

NH EASY Gateway to Services	**Phone (844) 275-3447**
Local DHHS Offices: *Conway:* *Laconia:* *71 Hobbs St.* *65 Beacon St. West* *Conway, NH 03818* *Laconia, NH 03246*	Fax
	Webpage : www.nheasy.nh.gov
Services: NH EASY is a website where you can learn what public programs you may be eligible for and learn about how to apply, track, and manage public assistance programs	Hours: NH EASY is available online from 6am until 12am (midnight) Monday through Sunday.

Northern Human Services- New Horizons, Center Conway	**Phone: (603) 356-6921**
626 Eastman Road *Center Conway, NH 03813*	Fax: (603) 356-6310
	Webpage : https ://northernhs.org/developmental-disabilities/
Services: Developmental disability services for adults, children, and families	Hours: Call for details

Northern Human Services- New Horizons, Tamworth	**Phone: (603) 323-2354**
680 White Mountain Highway, Unit 8 *Tamworth, NH 03866*	Fax
	Webpage : https ://northernhs.org/developmental-disabilities/
Services: Developmental disability services for adults, children, and families	Hours: Call for details

Partnership for Public Health	**Phone: (603) 528-2145** **Human Services Phone: 1-866-634-9412**
11 Academy Square *Laconia, NH 03246*	Fax
	Webpage : https ://www.pphnh.org/
Services: Aims to lead and partner in public health strategies across the Lakes Region and NH for safer and healthier communities. Services include Person-Centered Options Counselors to provide info about state and local resources, and supports and services, including disability services, healthcare benefits, Medicare and Medicaid counseling, and more. Other initiatives include Health Council, Emergency Preparedness, and Prevention Strategies.	Hours: Monday-Friday, 8am-4pm

Tri-County CAP Energy Assistance	**Phone: (603) 323-7400**
448 White Mountain Highway *Tamworth, NH 03817*	Fax: (603) 323-7411
	Webpage : http ://www.tccap.org/services/housing-and-energy/energy-assistance-services/
Services: Fuel assistance program provides grants to qualified households and helps in emergency situations by securing and immediate delivery, delaying shut off, or connecting clients to other assistance. Electric assistance program gives discounts on monthly electrical bills to qualified customers.	Hours: Monday-Friday, 8am-4pm

Tri-County Transit	**Phone: (603) 752-1741 or (888) 997-2020**
31 Pleasant Street *Berlin, NH 03570*	Fax: (603) 752-2117
	Webpage : http ://www.tricountytransit.org/index.html Door-to-door service : https ://www.tricountytransit.org/door-to-door.html# :~ :text=General%20public%3A%20To%20reserve%20a,scheduled%2024%20hrs%20in%20advance
Services: Public transportation in Coos, Carroll, and Northern Grafton counties. Door-to-door pickups, flex routes, long distance medical non-emergency program, and accepts Medicaid as payment.	Hours: Monday-Friday: 8am-4pm

To see the full Directory of Services available through

Tri-County Community Action Program, see
http://www.tccap.org/about-us/

To see the full Directory of Services available through

Community Action Program Belknap-Merrimack Counties, see
https://capbm.org/

FOOD SECURITY

NH Food Bank Food Map: https://nhfoodbank.org/find-food/food-map/

List of Food Pantries and Other Food Services

The Bearcamp Center	**Phone: (603) 707-6119**
1164 Bunker Hill Road *South Tamworth, NH 03883* *Services: Provides meals by donation and has a ShareShelf of shelf-stable groceries and household items. Also provides out-of-school education programming, affordable childcare, and elder initiatives.*	Fax Webpage : https ://bearcampcenter.org/ Hours: Contact for hours

Breaking Bread Food Pantry and Thrift Store	**Phone: (603) 253-9724**
80 Bean Road Entry C *Moultonborough, NH 03254* *Services: Food pantry and thrift store*	Fax Webpage : https ://www.turningpointnh.com/general-1 Hours: Food pantry: Monday, Wednesday, Friday 9am-12pm, Saturday 11am-1pm Thrift store: Monday-Friday, 9am-3pm, Saturday 9am-2pm

Breadbasket Food Pantry at the River Church	**Phone: (603) 447-6633**
2600 East Main Street *West Ossipee, NH 03890* *Services: Food pantry and Community Dinner*	Fax Webpage : https ://trcnh.org/food-pantry Hours: Call for food pantry hours. Community Dinner: Every fourth Tuesday of the month 5pm-6pm

Brown Church Food Pantry and Dinner Bell	**Phone: (603) 447-3851**
Conway Village Church *132 Main St., P.O. Box 333* *Conway NH 03818* *Services: Serves the towns of Conway, Eaton, Albany, and Chatham. Families and individuals apply for support and are granted a variety of food and basic hygiene items. Free dinner for residents of Mount Washington Valley on Mondays.*	Fax Webpage https ://www.thebrownchurch.org/food-pantry/ Hours: Food Pantry: By appointment on Tuesdays 8:30am-12pm Conway Dinner Bell: Every Monday 5pm

Center Harbor Congregational Church	**Phone: (603) 253-7698**
52 Main St. *PO Box 229* *Center Harbor, NH 03226*	Fax Webpage: https://www.chccucc.org/
Services: Provides a Soup Kitchen on Tuesdays from 5:30pm-6:30pm (please call ahead to reserve), a free food pantry cabinet that is open 24/7, and store to door grocery delivery for residents of Center Harbor and Moultonborough.	Hours: Call for details. Soup Kitchen Meal Reservations: 508-523-9288 Store to Door Grocery Delivery: 603-253-1147

Community Food Center Food Pantry	**Phone: (603) 960-4067**
678 Whittier Road *Tamworth, NH, 03886*	Fax Webpage : https ://www.facebook.com/foodpantrytamworth/
Services: Food pantry serving residents of Tamworth and Sandwich	Hours: Alternating Wednesdays 11am-3pm and 4:30pm-6pm

End 68 Hours of Hunger – Wolfeboro Area	**Phone: (603) 856-1019**
258 South Main Street *Wolfeboro, NH 03894*	Fax Webpage : https ://www.end68hoursofhunger.org/find-your-community/new-hampshire/wolfeboro-tuftonboro-ossipee/
Services *We serve preschool through Grade 6 students providing weekend meals all year round in the towns of Brookfield, Effingham, Middleton, Ossipee, Tuftonboro, and Wolfeboro.*	Hours: Call for hours and drop off locations FMI: OssTuftWolf@end68hoursofhunger.org

Freedom Food Pantry ***First Christian Church of Freedom***	**Phone: (603) 539-6484**
12 Elm Street, PO Box 502 *Freedom, NH 03836*	Fax: (603) 539-6484 Webpage : https ://firstchristianchurchoffreedom.org/food-pantry/
Services: Food pantry serving the towns of Freedom, Effingham, and Ossipee.	Hours: Call for hours

Journey Church Food Pantry	**Phone (603) 447-5068**
15 Hutchins Drive	Fax
Conway, NH 03818	Webpage : http ://www.conwayjourney.com/
Services: Food pantry	Hours: Fridays 10am

Lakes Region Food Pantry	**Phone: (603) 476-5400**
977 Whittier Highway	Fax
Moultonborough, NH 03254	Webpage : http ://www.lakesregionfoodpantry.org/
Services: Food assistance, voucher program, cooking classes, sneaker program, Santa fund, and summer lunch program	Hours: Thursdays 11am-4pm

Life Ministries Food Pantry	**Phone: (603) 569-0202**
264 South Main Street, PO Box 476	Fax
Wolfeboro, NH 03894	Webpage : https ://lifeministriesfoodpantry.org/food-pantry
Services: Food pantry, accepts anyone who comes as long as they do not go to another food pantry.	Hours: 1st and 3rd Wednesday each month from 9am-1pm and 4pm-6pm

Madison Food Pantry	**Phone: (603) 733-6323**
53 Conway Road	Fax
Madison, NH 03849	Webpage : https ://www.themadisonchurch.org/madison-food-pantry
Services: Food pantry	Hours: Open Wednesdays and Thursdays by appointment. Emergency food appointments are also available if you need immediate assistance.

Meredith Food Pantry	**Phone: (603) 279-1115**
147 Main St.	Fax
Meredith, NH 03253	Webpage:
Services: Food pantry	Hours: Tuesday-Thursday, 10am-1pm

Ossipee Concerned Citizens- Moultonborough Location	**Phone: (603) 476-5110**
139 Old Route 109 *Moultonborough, NH 03254*	Fax Webpage: https://www.ossipeeconcernedcitizensinc.com/ https://occnh.org/
Services: Provides Meals on Wheels to people 60+ and people with disabilities 18+ in southern Carroll County, Monday-Friday. Provides congregate meals in Moultonborough, Monday-Thursday, 12pm-1pm, for people 60+ and people with disabilities 18+. Also provides congregate meals in Sandwich on Wednesdays and Tamworth on Wednesdays in the warmer months.	Hours: Monday-Thursday 8am-2pm

Ossipee Concerned Citizens- Ossipee Location	**Phone: (603) 539-6851**
3 Dore Street *Center Ossipee, NH 03814*	Fax Webpage: https://www.ossipeeconcernedcitizensinc.com/ https://occnh.org/
Services: Provides Meals on Wheels to people 60+ and people with disabilities 18+ in southern Carroll County, Monday-Friday. Provides congregate meals in Ossipee for people 60+ and people with disabilities 18+ Monday-Friday, 12pm-1pm. Also has a warming and cooling station and a childcare center.	Hours: Monday-Friday 8am-3pm

Ossipee Dinner Bell	**Phone: (603) 539-6003**
50 Route 16B *Center Ossipee, NH 03814*	Fax Webpage: https://www.firstossipee.org/events/dinner-bell/
Services: Free/by donation dinner	Hours: Saturdays, doors open at 4:30 and dinner is served at 5pm

TOWN HUMAN SERVICES/WELFARE DEPARTMENTS

Offers emergency assistance such as housing costs, utility payments, and medical expenses for those that quality; oversees public welfare.

Town Office	Phone	Town Office	Phone
Center Harbor	(603) 253-4561	Meredith	(603) 677-4206
Moultonborough	(603) 476-2347	Sandwich	(603) 284-7113
Tamworth	(603) 323-7525 ext. 14	Tuftonboro	(603) 569-4539 ext. 113
Wolfeboro	(603) 569-8161		

HOUSING SECURITY

If you are experiencing a housing security crisis, please contact the General Assistance Officer of the Town in which you reside (see table above).

Carroll County
Carroll County Homeless Intervention & Prevention Specialist
448 White Mountain Highway
Tamworth, NH 03886

HOW TO ACCESS HOMELESS INTERVENTION SERVICES: Call (603) 444-0184

For after-hours homeless emergencies, please dial 211 for assistance.

How Homeless Outreach Works in the Community

Homeless Outreach identifies persons who are unsheltered through direct outreach activities and through reports/referrals from shelters, police, churches, town welfare officers, human service providers, other agencies and community members. Once a potentially homeless person is identified, the Outreach Worker initiates contact with the unsheltered homeless for the purpose of providing assistance with attaining adequate shelter and access to needed services.

Each individual and family referred for services are assessed for the immediacy of need and type of intervention appropriate to ameliorate the threat of homelessness and take action to respond to the homeless emergency. The Outreach Worker will also establish whether the client is eligible for PATH (Projects for Assistance in Transition from Homelessness) mental health services. Outreach Workers also assist homeless individuals and families in obtaining transportation to shelter or services, whenever possible.

Other Services Available Through Homeless Outreach Include:

- 0% Interest Loans for 1st Month Rent or Security Deposit (must meet eligibility guidelines).
- Partial assistance with 1st Month Rent or Rental Arrears with housing stabilization support (must meet eligibility guidelines and funding dependent).
- Coordinated Entry: Outreach workers use a statewide assessment tool to help better assist and refer people experiencing homelessness to the properly available programs.

Education for Homeless Children and Youth Program – NH Department of Education

The McKinney-Vento Act, Education for Homeless Children and Youth Program (EHCY) is designed to address the challenges that homeless children and youth have faced in enrolling, attending, and succeeding in school.
https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-instructional-support/ehcy

Resources for Homeless/In Transition Youth and Parents

These are informational resources meant for both youth and parents that are in transition that would like to gather more information about the rights and services students are entitled to and how schools can help.

• Waypoint	• Families in Transition

Homeless Liaison Contact List 2024-25

The homeless liaison contact list contains the names and contact information of every homeless liaison in the state of New Hampshire.

- District Liaison Contact List
- Examples of Allowable Uses for McKinney-Vento and/or Title I, Part A Funds

Housing Security Services:

Belknap House	**Phone: (603) 527-8097**
200 Court St. *Laconia, NH 03246*	Fax Webpage: https://www.belknaphouse.org/
Services: Provides families in Belknap County safe shelter when children are especially at-risk during homelessness and empowers families to become self-sufficient and independent by providing them with opportunities for education and access to community resources.	Hours: Open 24/7

The Carey House (Salvation Army)	**Phone: (603) 528-8086**
6 Spring St. *Laconia, NH 03246*	Fax Webpage: https://easternusa.salvationarmy.org/northern-new-england/laconia/provide-shelter/
Services: Emergency shelter	Hours: Open 24/7

Granite Recovery Centers- Freedom House	**Phone: (855) 712-7784**
244 High Watch Road *Effingham, NH 03882*	Fax Webpage: https://www.graniterecoverycenters.com/sober-living/freedom-house/
Services: Sober living facility for men in recovery after attending a primary drug rehab program	Hours: See website for details

Granite Recovery Centers- Harmony House	**Phone: (855) 712-7784**
56 Main Street *Ossipee, NH 03864*	Fax Webpage: https://www.graniterecoverycenters.com/sober-living/harmony-house/
Services: Sober living facility for women in recovery after attending a primary drug rehab program	Hours: See website for details

NH Department of Housing and Urban Development (HUD)	**Phone: (603) 666-7510**
Manchester Field Office *275 Chestnut St., 4th Floor* *Manchester, NH 03103*	Fax Webpage: https://www.hud.gov/states/new-hampshire
Services: HUD works to provide and strengthen affordable quality housing for all NH residents	Hours: Call for details

NH Department of Revenue Administration	**Phone: (603) 230-5920**
109 Pleasant St. Concord, NH 03301	Fax Webpage: https://www.revenue.nh.gov/resource-center/taxpayer-assistance/low-and-moderate-income-homeowners-property-tax-relief
Services: Offers property tax relief for low and moderate income homeowners	Hours: Monday-Friday 8am-4:30pm

Starting Point	**Phone: (603) 447-2494** **24/7 Services: 800-336-3795**
PO Box 1972 *Conway, NH 03818*	Fax Webpage: https://www.startingpointnh.org/
Services: Shelter and services for victims of domestic violence, sexual violence, and stalking	Hours: Speak to an advocate 24/7

USDA Rural Development	**Phone: (603) 447-3318 ext. 3009**
73 Main Street *Conway, NH 03818*	Fax: (855) 428-0331 Webpage: https://www.rd.usda.gov/nh
Services: Assists rural NH communities, provides single family housing direct loans, single family housing guaranteed loans, home repair loans and grants, and home repair loans and grants for rural disasters and presidentially declared disasters for eligible homebuyers and homeowners	Hours: Call for hours

Way Station	**Phone: (603) 452-7113**
15 Grove Street *North Conway, NH 03860*	Fax Webpage: www.waystationnh.org
Services: Teenagers couch-surfing with friends. Families doubled up in apartments or living in hotels or cars. Adults camping in the woods all winter. People living in rough shelters without water or heat or basics. Homelessness is invisible in the valley, but it lives here. *Although we do not provide overnight shelter, we can offer access to services for people who need the basics: laundry, showers, PO box for identification, phones & phone cards, toiletries, emergency food, wellness calls/regular check-ins, advocacy, referrals to other services & resources.*	Hours: CALL (603) 452-7113 for support seven days a week. In addition, we're currently offering on-site services on Mondays 10am-2pm (only by appointment) and drop-in or by appointment via curbside on Thursdays 10am-6pm, with "go bags" including client's mail, toiletries, laundry cards & detergent, phone cards, emergency food, camping supplies (if available and needed) and more. We also meet with clients weekly, conduct wellness calls, develop relationships with people who seek our help, and support client goals with advocacy and referrals to additional resources.

White Mountains Hostel/CoHo Hostel	**Phone: (603) 662-0306**
36 Washington Street *Conway, NH 03818*	Fax Webpage: http://www.cohohostel.com/
Services: Budget-friendly hostel accommodations	Hours: Daily 9am-9pm

THRIFT STORES

Thrift Store	Phone	Thrift Store	Phone
Etc Shoppe, Meredith	(603) 279-5062	Provisions Food Pantry and Thrift Store, Ossipee	(603) 539-4456
For Goodness Thrift, Ossipee	(603) 817-9011	Rise, Meredith	(603) 677-7048
Lakes Region Food Pantry and Thrift Store, Moultonborough	(603) 476-5400	UUsed Thrift Shop, Unitarian Universalist Church, Tamworth	(603) 323-8585
Lord and Tailor, Wolfeboro	(603) 569-3453	White Horse Thrift Store, Ossipee	(603) 651-1448
The Revolving Closet (teens 12-18), North Conway	(603) 662-3443	Yankee Resalers, Center Ossipee	(603) 651-1147

TRANSPORTATION

***Keep NH Moving:* Find transportation in New Hampshire- Transportation resource directory**
Carroll, Coos, and Northern Grafton County Transportation Services Directory 2021

For Medicaid Enrollees

Contact your care management organization to find out what programs you qualify for.

For General Information on NH Medicaid's Non-Emergency Transportation Program:
https://www.dhhs.nh.gov/programs-services/medicaid/medicaid-transportation
Call: 833-303-0653

AmeriHealth Caritas New Hampshire
https://www.amerihealthcaritasnh.com/
Member Services: 1 (833) 704-1177

New Hampshire Healthy Families
www.Nhhealthyfamilies.com
Member Services: 1 (866) 769-3085

Well Sense Health Plan
www.WellSense.org
Member Services: 1 (877) 957-1300

Aging and Disability Resource Center (Formerly known as ServiceLink)

Aging and Disability Resource Centers (ADRC) are trusted places in your community to ask questions about services and supports and connect with the resources you are interested in.

- Call the toll free number: 1 (866) 634-9412
- Visit the ADRC website
- Visit the ADRC searchable database for information specific on transportation

Carroll County RSVP	**Phone: (603) 356-9331**
53 Technology Lane *Conway, NH 03818*	Fax: (603) 356-9322 Webpage: https://www.carrollcountyrsvp.org/
Services: Local and long-distance non-emergency medical transportation for ambulatory seniors, adults with disabilities, and veterans. Trips based on volunteer driver availability.	Hours: Rides can be scheduled on weekdays from 9am-4pm, with at least a 48-hour notice requested.

Interlakes Community Caregivers	**Phone: Office: (603) 253-9275** **For service: (603) 253-9100**
60 Whittier Highway Unit 8B *Moultonborough, NH 03254* *Services: Rides for medical and personal appointments, grocery shopping, and errands free of charge. Other services include running errands, phone checks and community resources. Serving the towns of Moultonborough, Sandwich, Meredith, and Center Harbor.*	Fax: Webpage: https://interlakescares.org/ Hours: Office hours are Monday- Friday 9am-3pm. Call or fill out an application to sign up for services.

Tri-County Transit	**Phone: (603) 752-1741 or (888) 997-2020**
31 Pleasant Street *Berlin, NH 03570* *Services: Public transportation in Coos, Carroll, and Northern Grafton counties. Door-to-door pickups, flex routes, long distance medical non-emergency program, and accepts Medicaid as payment.*	Fax: (603) 752-2117 Webpage: http://www.tricountytransit.org/index.html Hours: Monday-Friday: 8am-4pm

FAMILIES & CHILDREN

Recreation Departments

Town	Phone
Center Harbor Parks and Recreation Department	(603) 253-4561
Meredith Parks and Recreation Department	(603) 279-8197
Moultonborough Recreation Department	(603) 476-8868
Ossipee Parks and Recreation Department	(603) 539-1307
Sandwich Parks and Recreation Department	(603) 387-2180
Tamworth Parks and Recreation Department	(603) 704-0856
Tuftonboro Parks and Recreation Commission	(603) 569-4539 x125
Wolfeboro Parks and Recreation Department	(603) 569-5639 x172

The Bearcamp Center	**Phone: (603) 707-6119**
1164 Bunker Hill Road *South Tamworth, NH 03883*	Fax Webpage: https://bearcampcenter.org/
Services: Childcare center, summer camps, and school vacation camps, along with food services and elder initiatives.	Hours: Contact for hours

Child Care Aware of NH (NH Connections)	**Phone: (603) 578-1386, 1 (855) 393-1731**
88 Temple Street *Nashua, NH 03060*	Fax Webpage https://www.childcareaware.org/state/new-hampshire-6/
Services: Resources and referrals for child care, health & social services, financial assistance, children with special needs, and more.	Hours: Monday-Friday 8am-5pm

Children Unlimited & Family Resource Center	**Phone (603) 447-6356**
PO Box 986, 182 West Main Street *Conway, NH 03818*	Fax (603) 447-1114 Webpage https://www.childrenunlimitedinc.org/
Services: Child Care (6 weeks- 6yrs), Preschool (ages 3-6 years), Family Resource Center (families of children ages birth-21, including caregiver classes, community playgroups, and diaper depot), and Children's Early Supports and Services Clinic, including outpatient counseling (birth-18 years old). Serves the Mount Washington Valley.	Hours: Call for hours

Department of Health & Human Services: Childcare, Parenting, and Childbirth	**Phone: (603) 447-3841, (800) 552-4628**
Conway Location: *71 Hobbs Street* *Conway, NH 03818*	Fax
	Webpage https://www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth
Services: Variety of resources and programs for childcare, parenting, and childbirth	Hours: Monday-Friday 8am-4pm

Department of Health & Human Services: Childcare, Parenting, and Childbirth	**Phone: (603) 524-4485, (800) 322-2121**
Laconia Location: *65 Beacon Street West* *Laconia, NH 03246*	Fax
	Webpage https://www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth
Services: Variety of resources and programs for childcare, parenting, and childbirth	Hours: Monday-Friday 8am-4pm

Granite VNA – Wolfeboro/Southern Carroll Co.	**Phone (603) 224-4093, (800) 924-8620**
645 South Main Street *Wolfeboro, NH 03894*	Fax – Intake (603) 227-7525
	Webpage www.granitevna.org
Services: Home care, hospice, pediatrics and maternal child health, and advanced illness management plus wellness resources, including caregiver resources, education programs, foot care clinics, and grief support.	Hours: Our main number is available 24-hours a day, seven days a week.

Head Start and Early Head Start- Laconia	**Phone: (603) 225-3295 ext. 1118**
121 Belmont Road *Laconia, NH 03886*	Fax
	Webpage: https://capbm.org/
Services: Federally funded, family-focused child development program for children. Early Head Start provides services for children prenatal to 3, including in-home services, and Head Start provides services for children ages 3 to 5. Free for income eligible households. Serves Belknap and Merrimack counties.	Hours: Call for details

Head Start- Tamworth	**Phone: (603) 323-9302**
448 White Mountain Highway *Tamworth, NH 03886*	Fax
	Webpage: http://www.tccap.org/services/youth-and-families/head-start/
Services: Federally funded, family-focused child development program for children 3 to 5 that is free for income eligible households.	Hours: Call for details

Imaginations A Child's Place	**Phone: (603) 476-8400**
903 Whittier Highway *Moultonborough, NH 03254*	Fax
	Webpage:
Services: Daycare	Hours: Call for details

Inter-Lakes Day Care Center & Nursery School	**Phone: (603) 279-8903**
36 Lang St. *Meredith, NH 03253*	Fax
	Webpage: https://www.ildcc.org/
Services: Provides programs for infants (8 weeks and older) and toddlers, preschool and pre-k, before and after school programs for children in kindergarten through 12 years old, and summer enrichment camp.	Hours: Monday-Friday 6:30am-4:30pm

Kidworks Learning Center	**Phone: (603) 279-6633**
37 Reservoir Rd. *Meredith, NH 03253*	Fax
	Webpage: https://www.facebook.com/kidworkslc/
Services: Provides childcare and educational programs for children.	Hours: Call for hours

Lakes Region Community Services- Family Resource Center	**Phone (603) 524-8811**
719 North Main Street *Laconia, NH 03246* *Services: Family Resource Center provides Family-Centered Early Supports and Services for children with developmental disabilities, parent education, home visiting for families with children under the age of 21, family socialization programs, and kinship navigation program. Lakes Region Community Services also provides school to community-based transition services, plus services for adults with developmental disabilities.*	Fax Webpage https://www.lrcs.org/ Hours: Call for hours

Northern Human Services -Child Impact Program	**Phone: (603) 447-3347**
87 Washington Street *Conway, NH 03818* *Services: Seminar that provides information about helping children deal with issues surrounding divorce, separation, and allocation of parental rights and responsibilities to minimize adverse impact on children.*	Fax Webpage: https://northernhs.org/child-impact-program-homepage/ Hours: Monday-Friday: 8am-4pm (Administrative Office)

Northern Human Services- Family Centered Early Supports and Services	**Phone: (603) 447-4356**
71 Hobbs Street, Suite 102 *Conway, NH 03818* *Services: Support and assistance to families of young children with an established condition or developmental delay or are at risk of delay. Screening and assessment of developmental milestones, evaluations, consultation, service coordination, family support, and home-based support.*	Fax Webpage: https://northernhs.org/developmental-disabilities/ Hours: Call for hours

Ossipee Concerned Citizens	**Phone: (603) 539-6851**
3 Dore Street *Center Ossipee, NH 03814*	Fax Webpage: https://occnh.org/
Services: Childcare center for children ages 13 months to 12 years. Toddler, preschool, school-age, and summer programs.	Hours: Monday-Friday: 6:30am-5pm

Pals & Paws	**Phone: (603) 937-0284**
2 Clough St. *Meredith, NH 03253*	Fax Webpage: https://www.facebook.com/people/Pals-Paws/100091303124396/
Services: Provides childcare for ages 6 weeks to 8 years with before and after school hours as well.	Hours: Call for hours

Sandwich Children's Center	**Phone: (603) 284-7014**
54 Maple St. *Sandwich, NH 03227*	Fax Webpage: https://www.sandwichchildrenscenter.org/
Services: Toddler, preschool, and school age programs for children ages 18 months to 3rd grade, plus summer programs.	Hours: Monday-Friday 8am-5pm

The Village Preschool	**Phone: (603) 455-1067**
52 Main St. *Center Harbor, NH 03226*	Fax Webpage: https://www.chccucc.org/the-village-preschool-1
Services: Preschool for children ages 3 to 6.	Hours: Monday, Wednesday, and Thursday 8:30am-1:30pm

Waypoint- Health Care Coordination	**Phone (603) 518-4000**
464 Chestnut Street (P.O. Box 448) *Manchester, NH 03105*	Fax (603) 668-6260 Webpage: https://waypointnh.org/programs/partners-in-health
Services: Free, state-wide community-based support program for children and young adults (birth to age 21) with chronic health conditions and their families. Helps to identify needs; access resources; work with schools, insurance companies, and healthcare providers; create social and recreational opportunities with families who share similar concerns; and provide respite funding when needed.	Hours: Monday-Friday: 8am-5pm

Wild Roots Early Learning Center LLC	**Phone: (603) 707-2244**
31 Lang St. *Meredith, NH 03253*	Fax Webpage:
Services: Childcare center.	Hours: Call for hours

HOLIDAY RESOURCES

For holiday meals, please contact local food pantries. A list of local food pantries is available under the "Food Access" section.

Governor Wentworth Regional School District Area Holiday Resources	**Phone: N/A**
	Fax
	Webpage: http://www.c3ph.org/assets/pdf/2019_GWRSD_Area_Holiday_Resources.pdf
Services: List of holiday resources for families in the Governor Wentworth Regional School District	Hours: N/A

Lakes Region Santa Fund	**Phone: (603) 524-3111**
PO Box 7454	Fax
Laconia, NH 03247	Webpage: https://santafund.weebly.com/
Services: Provides assistance year-round to children of the Lakes Region, including outerwear during the colder months, plus assistance with summer camps, enrichment activities, sports programs, personal care needs, etc.	Hours: Call for details

Moultonborough Library Santa Fund	**Phone: (603) 476-8895**
4 Holland St.	Fax
Moultonborough, NH 03254	Webpage: https://www.moultonboroughlibrary.org/
Services: Provides clothing, food vouchers, and toys for children who are residents of Moultonborough.	Hours: Call for details

OLDER ADULTS

AARP New Hampshire	**Phone: (866) 542-8168**
45 South Main St. Suite 202 *Concord, NH 03301* *Services: AARP empowers people to choose how they live as they age. Find information, along with free online and in-personal events.*	Fax: Webpage: https://states.aarp.org/new-hampshire/ Hours: Monday-Friday 8am-5pm

Aging and Disability Resource Center of Belknap County	**Phone: (603) 528-6945**
67 Water St. *Laconia, NH 03246* *Services: Provides information, support, and referrals to individuals of all ages, income levels, and abilities. Helps individuals access long term services and support for adults who are aging and individuals with disabilities, access family caregiver information and support, and explore options and access Medicare and Medicaid. Serves Belknap County.*	Fax: (603) 323-7508 Webpage: https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers Hours: Monday-Friday: 8:30am-4:30pm After-hours appointments available

Aging and Disability Resource Center of Carroll County	**Phone: (603) 323-2043**
448 White Mountain Highway *Tamworth, NH 03886* *Services: Provides information, support, and referrals to individuals of all ages, income levels, and abilities. Helps individuals access long term services and support for adults who are aging and individuals with disabilities, access family caregiver information and support, and explore options and access Medicare and Medicaid.*	Fax: (603) 323-7508 Webpage: https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers Hours: Monday-Friday: 8:30am-4:30pm After-hours appointments available

Bureau of Aging & Adult Services	**Phone: (603) 271-9203**
105 Pleasant St. *Concord, NH 03301* *Services: Information and resources from the NH Department of Health and Human Services for adults aged 60 and older and adults between the ages of 18-60 with a chronic illness or disability.*	Fax: Webpage: https://www.dhhs.nh.gov/programs-services/adult-aging-care Hours: Monday-Friday 8am-4pm

Elder Abuse and Financial Exploitation Unit	**Phone: (603) 271-3658** **To report a crime, call the Consumer Protection Hotline: 1-888-468-4454 or (603) 271-3641**
1 Granite Place South *Concord, NH 03301* *Services: Program of the NH Department of Justice that investigates and prosecutes crimes of abuse, neglect, and financial exploitation against older adults.*	Fax: Webpage: https://www.doj.nh.gov/citizens/elder-abuse-and-financial-exploitation-unit Hours: Monday-Friday 8am-5pm Hotline: Monday-Friday 9am-3pm

Granite State Independent Living (GSIL)	**Phone: (603) 228-9680 or (800) 826-3700**
21 Chenell Drive *Concord, NH 03301* *Services: Provides information, education, support, transition services, and advocacy to aging adults and adults with disabilities who want to remain independent. Provides personal care and nursing home transition services, transportation options, peer support, community supports, Day Services, and education and employment support for people with disabilities and under served youth.*	Fax: Webpage: https://gsil.org/ Hours: Monday-Friday 8am-5pm

Granite VNA – Wolfeboro/Southern Carroll Co.	**Phone (603) 224-4093, (800) 924-8620** **Email: info@granitevna.org**
645 South Main Street *Wolfeboro, NH 03894*	Fax – Intake: (603) 227-7525 Webpage: www.granitevna.org
Services: Home care, hospice, pediatrics and maternal child health, and advanced illness management plus wellness resources, including caregiver resources, education programs, foot care clinics, and grief support.	Hours: Our main number is available 24 hours a day, seven days a week.

Interlakes Community Caregivers	**Phone (603) 253-9275**
60 Whittier Highway *Moultonborough, NH 03254*	Fax Webpage: https://interlakescares.org/
Services: Provides rides, errands, phone checks, and community resources	Hours: Monday-Friday: 9am-3pm

Lakes Region VNA	**Phone (603) 279-6611**
186 Waukewan Street *Meredith, NH 03253* *214 Lake Street* *Bristol, NH 03222*	Fax: 844-412-7881 Webpage: www.granitevna.org
Services: Visiting nurses, hospice care, rehab therapy, private duty care, and grief support	Hours: Monday-Friday 8am-4pm, provides after hours call service 24/7

Moultonborough Recreation Department Adult Programs	**Phone (603) 476-8868**
10 Holland St. *Moultonborough, NH 03254*	Fax Webpage: https://www.moultonboroughnh.gov/222/Adult-Programs
Services: Recreation programs for adults	Hours: Visit website or call for more details

Mountain View Nursing Home	**Phone: (603) 539-7511**
93 Water Village Road *Ossipee, NH 03864*	Fax: (603) 539-4233 Webpage: https://www.carrollcountynh.gov/205/Mountain-View-Community
Services: Skilled nursing facility	Hours: Monday-Friday: 7am-4pm

NH Care Path	**Phone: (866) 634-9412**
Available throughout NH	Fax:
	Webpage: www.nhcarepath.org
Services: Connects people to services and resources for aging, disability, independent living, counseling, financial planning, mental health, transportation, and more.	Hours: Monday-Friday 8am-4:30pm

NH Consumer Sourcebook	**Phone: (603) 271-3658**
Online resource	Fax:
	Webpage: https://www.doj.nh.gov/citizens/consumer-protection-antitrust-bureau/nh-consumer-sourcebook
Services: The Sourcebook by the NH DOJ educates consumers and provides general information about the laws that apply to a variety of consumer transactions.	Hours: See website for details

Long-term Care Ombudsman (OLTC)	**Phone: (603) 271-4375 or (800) 442-5640**
Brown Building, 129 Pleasant St. *Concord, NH 03301*	Fax:
	Webpage: https://www.dhhs.nh.gov/about-dhhs/long-term-care-ombudsman
Services: Receives, services, investigates, and resolves complaints or problems concerning residents of long-term health care facilities.	Hours: Monday-Friday 8am-4pm

Ossipee Concerned Citizens- Moultonborough Location	**Phone: (603) 476-5110**
139 Old Route 109 *Moultonborough, NH 03254*	Fax
	Webpage: https://www.ossipeeconcernedcitizensinc.com/ https://occnh.org/
Services: Provides Meals on Wheels to people 60+ and people with disabilities 18+ in southern Carroll County, Monday-Friday. Provides congregate meals in Moultonborough, Monday-Thursday, 12pm-1pm, for people 60+ and people with disabilities 18+. Also provides congregate meals in Sandwich on Wednesdays and Tamworth on Wednesdays in the warmer months.	Hours: Monday-Thursday 8am-2pm

Ossipee Concerned Citizens- Ossipee Location	**Phone: (603) 539-6851**
3 Dore Street *Center Ossipee, NH 03814*	Fax Webpage: https://www.ossipeeconcernedcitizensinc.com/ https://occnh.org/
Services: Provides Meals on Wheels to people 60+ and people with disabilities 18+ in southern Carroll County, Monday-Friday. Provides congregate meals in Ossipee for people 60+ and people with disabilities 18+ Monday-Friday, 12pm-1pm. Also has a warming and cooling station and a childcare center.	Hours: Monday-Friday 8am-3pm

Quality Care Home Health & Hospice	**Phone (603) 707-9655**
12 Main Street *PO Box 32* *Center Harbor, NH 03226*	Fax: (603) 619-6814 Webpage: https://qualitycarehh.com/
Services: Comprehensive in-home medical care, including skilled nursing, physical therapy, occupational therapy, speech therapy, social work, and personal care; hospice services; and family support services.	Hours: Please call 24/7

REAP- Referral, Education, Assistance, and Prevention Program	**Phone: 1-866-634-9412**
Available throughout the state	Fax: Webpage: https://smhc-nh.org/our-services/older-adult-services-reap/
Services: REAP counselors are available by phone or in your home to provide NH residents ages 60 or older, residents or NH Senior Housing, or caregivers or family members of an older adult living in NH with information and resources on how to deal with life changes including loss and grief.	Hours: Call for hours and appointments

Silver Lake Landing	**Phone: (603) 356-3231**
1420 Village Road Route 113 *Madison, NH 03849*	Fax: (603) 356-0100 Webpage: https://www.gibsoncenter.org/silver-lake-landing/
Services: Low income/subsidized independent housing for seniors (age 62+)	Hours: Call for details

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine	**Phone: (603) 356-7006**
1529 White Mountain Highway *North Conway, NH 03860*	Fax: (603) 356-8134 Webpage: https://www.vnhch.org/
Services: Skilled nursing care, rehabilitation services (including physical, occupational, and speech therapy), long term care, hospice, palliative care, and support groups	Hours: Monday-Friday, 8am-5pm

WellnessLink	**Phone: (866) 452-1693**
11 Academy Square *Laconia, NH 03246*	Fax: Webpage: https://wellnesslinknh.org/
Services: Provides no-cost information and coordination designed to support your wellbeing, and to protect your physical, mental, and emotional health.	Hours: Monday-Friday, 8am-4pm

SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES

For a comprehensive list of resources for Service Members, Veterans, and their Families, please visit:

https://www.carrollcountyveteranscoalition.org/copy-of-resources

Carroll County Veterans Coalition	**Phone: (603) 301-1252 ext. 305**
1230 NH-16 *Ossipee, NH 03864* *Services: Veterans Coalition aiming to provide support and streamlined accessible resources to service members, veterans, and their families. Provides a comprehensive resource guide, monthly meetings, trainings, events, and more.*	Fax Webpage: https://www.carrollcountyveteranscoalition.org/ Hours: Call for details

Conway VA Community Based Outpatient Clinic	**Phone: (800) 892-8384 x3199** **Mental Health Clinic: (603) 624-4366 x3199**
71 Hobbs Street, Third Floor *Conway, NH 03818* *Services: Primary care, women's health services, mental health care, social work, laboratory, and pathology*	Fax Webpage: https://www.va.gov/manchester-health-care/locations/conway-va-clinic/ Hours: Monday-Friday, 8am-4:30pm

Clear Path for Veterans New England	**Phone: (978) 384-8800**
84 Antietam St. *Devens, MA 01434* *Services: Provides services for Veterans and Veteran Families throughout New England, including supportive services for very low-income Veteran families (including outreach, case management, accessing benefits, and homelessness prevention), service dog program, wellness program, Veteran Services outreach team, Expiration- Term of Service (ETS) Sponsorship Program for service members leaving the military, and commemorative brick program.*	Fax Webpage: https://www.clearpathne.org/ Hours: Monday-Friday, 8am-4:00pm

Military OneSource	**Phone: (800) 296-6300** **NH Office: (603) 225-1215**
State Military Reservation *1 Minuteman Way* *Concord, NH 03301* *Services: 24/7 gateway to trusted information, resources, and confidential help from the Department of Defense. Provides support for tax services, spouse deployment help, counseling, webinars and online training, deployment tools, and more*	Fax (603) 225-1257 Webpage https://www.militaryonesource.mil/ Hours: Available 24/7

NH Division of Veterans Services	**Phone: (800) 622-9230** **603-624-9230**
275 Chestnut St. *Manchester, NH* *Services: The Division of Veterans Services assists Veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations.*	Fax (603) 624-9236 Webpage https://www.dmavs.nh.gov/veterans-services Hours: Monday-Friday, 8am-4pm

NH Department of Military Affairs and Veterans Services, Concord	**Phone: (603) 225-1200** **TDD Access: Relay NH 1-800-735-2964**
1 Minuteman Way *Concord, NH 03301* *Services: The Division of Veterans Services assists Veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations.*	Fax Webpage https://www.dmavs.nh.gov/veterans-services Hours: Call for details

Tilton VA Community Based Outpatient Clinic	**Phone: (603) 624-4366 x3199** **Mental Health Clinic: (603) 624-4366 x3199**
630 West Main St., Suite 400 *Tilton, NH 03276* *Services: Primary care, nutrition counseling, laboratory services, and more*	Fax Webpage: https://www.va.gov/manchester-health-care/locations/tilton-va-clinic/ Hours: Monday-Friday, 7:30am-4:30pm

Veterans Inc.	**Phone: (800) 482-2565**
69 Grove St. *Worcester, MA 01605* *Services: Provides services for Veterans and their families in New England, including housing programs for veterans, health and wellness support, employment opportunities and training, woman and children's program, post-9/11 veteran support, and substance use treatment.*	Fax Webpage: https://www.veteransinc.org/ Hours: Monday-Friday, 9am-5pm

For more information: https://www.va.gov/manchester-health-care/

PETS & ANIMALS

Conway Area Humane Society	**Phone: (603) 447-5955**
223 East Main Street *Conway, NH 03818*	Fax Webpage: https://www.conwayhumane.org/
Services: Pet adoption, pet food pantry, seniors and senior pets' program, temporary pet housing for those in crisis situations, pet surrender, and animal hospital	Hours: Shelter: Tuesday-Friday, 12pm-4pm Hospital: Mondays and Fridays, 8:30am-4:30pm Tuesdays and Thursdays, 8am-4pm Wednesdays, 12pm-4:30pm

Lakes Region Humane Society	**Phone: (603) 539-1077**
11 Old Route 28 *Ossipee, NH 03864*	Fax: (603) 539-1012 Webpage: https://lrhs.net/
Services: Pet adoption, pet food pantry, low-cost pet crates and carriers, and pet surrender	Hours: Tuesday-Saturday, 11am-4pm

New Hampshire Humane Society	**Phone: (603) 524-3252**
1305 Meredith Center Road *Laconia, NH 03246*	Fax: Webpage: https://www.nhhumane.org/
Services: Pet adoption, pet food pantry, low-cost pet crates and carriers, and pet surrender	Hours: Sunday-Wednesday, by appointment only Thursday-Saturday, walk-ins welcome, 12pm-4pm

Rozzie May Animal Alliance ***Low Cost Spay/Neuter Clinic***	**Phone: (603) 447-1373**
54 Hobbs Street *Conway, NH 03818*	Email: rozziemayaa@gmail.com Webpage: http://rozziemayanimalalliance.org/
Services: Low cost spay & neutering for cats and dogs.	Hours: By appointment http://rozziemayanimalalliance.org/clinic-registration/

EDUCATION

SAU 9- Conway / Mount Washington Valley Area

SAU 9	**Phone: (603) 447-8368**
176A Main Street *Conway, NH 03818*	Fax: (603) 447-8497 Webpage: https://www.sau9.org/
Services: Educational services for students in Albany, Bartlett, Chatham, Conway, Eaton, Hart's Location and Jackson. Serves students from Madison and Freedom from seventh grade and up, and students from Tamworth from ninth grade and up.	Hours: Call for hours

Kennett High School	**Phone: (603) 356-4343**
409 Eagle's Way *North Conway, NH 03860*	Fax: (603) 356-4391 Webpage: https://sau9khs.ss12.sharpschool.com/
Services: Public School Grades 9-12 for towns of Albany, Bartlett, Conway, Center Conway, Eaton, Freedom, Hart's Location, Jackson, Madison, North Conway, and Tamworth	Hours: Monday-Friday 7am-3pm

SAU 13- Freedom, Madison, and Tamworth

SAU 13	**Phone: (603) 323-5088**
881 Tamworth Road *Tamworth, NH 03886*	Fax: (603) 323-5093 Webpage: https://www.sau13.org/
Services: Educational services for students in Freedom, Madison, and Tamworth	Hours: Monday-Friday 8am-4pm Summer hours: Monday-Friday 8am-3pm

Freedom Elementary School	**Phone: (603) 539-2077**
40 Loon Lake Road *Freedom, NH 03836*	Fax: (603) 539-5782 Webpage: https://www.freedomelschool.com/
Services: Public School K-6	Hours: Monday-Friday 9am-3:30pm

Madison Elementary School	**Phone: (603) 367-4642**
2069 Village Road *Madison, NH 03849*	Fax: (603) 367-8784 Webpage: https://sites.google.com/a/mes-nh.com/madison-elementary-school/
Services: Public School K-6 and preschool	Hours: Call for hours

Kenneth A. Brett School	**Phone: (603) 323-7271**
881 Tamworth Road *Tamworth, NH 03886*	Fax: (603) 323-7454 Webpage: https://sites.google.com/tamworth.k12.nh.us/welcome-ka-brett-school/home
Services: Public School K-8	Hours: Monday-Friday 9am-3:30pm

SAU 45- Moultonborough

SAU 45	**Phone: (603) 476-5247**
25 Blake Road *Moultonborough, NH 03254*	Fax: (603) 476-8009 Webpage: https://sau45.org/en-US School Social Worker: https://sau45.org/en-US/counseling-services-8340bd67/school-social-worker-6fb23a18
Services: Educational services for students in Moultonborough. School social worker can provide services related to social, emotional, and life adjustment to school and/or society and can link between the home, school, and community.	Hours: Call for hours

Moultonborough Central School	**Phone: (603) 476-5535**
916 Whittier Highway *Moultonborough, NH 03254*	Fax: (603) 476-2409 Webpage: https://mcs.sau45.org/
Services: Public School Pre K-5	Hours: Monday-Friday 7:30am-4pm

Moultonborough Academy	**Phone: (603) 476-5517**
25 Blake Road *Moultonborough, NH 03254*	Fax: (603) 476-5153 Webpage: https://ma-hs.sau45.org/
Public School Grades 6-8 (middle level) and 9-12	Hours: Monday-Friday 7am-4pm

SAU 49 – Governor Wentworth Regional School District

SAU 49	**Phone: (603) 569-1658**
140 Pine Hill Road *Wolfeboro Falls, NH 03896*	Fax: (603) 569-6983 Webpage: https://www.gwrsd.org/
Services: Educational services for students in Brookfield, Effingham, Middleton, New Durham, Ossipee, Wolfeboro, and Tuftonboro	Hours: Monday-Friday 8am-4:30pm

Carpenter Elementary School	**Phone: (603) 569-3457**
102 South Main Street	Fax: (603) 569-8111
Wolfeboro, NH 03894	Webpage: https://carpenterschool.org
Services: Public School, K-3	Hours: Call for hours

Crescent Lake School	**Phone: (603) 569-0223**
75 McManus Road	Fax: (603) 569-4839
Wolfeboro, NH 03894	Webpage: https://www.crescentlakeschool.org/
Services: Public school grades 4-6	Hours: Call for hours

Effingham Elementary School	**Phone: (603) 539-6032**
6 Partridge Cove Road	Fax: (603) 539-6032
Effingham, NH 03882	Webpage: https://www.effinghamelementary.org/
Services: Public school K-6	Hours: Call for hours

Ossipee Central School	**Phone: (603) 539-4589**
68 Main Street	Fax: (603) 539-4390
Center Ossipee, NH 03814	Webpage: https://www.ossipeecentralschool.org/
Services: Public school K-6	Hours: Call for hours

Tuftonboro Central School	**Phone: (603) 569-2050**
205 Middle Road	Fax: (603) 569-8276
Tuftonboro, NH 03816	Webpage: https://www.tuftonborocentralschool.org/
Services: Public school K-6	Hours: Call for hours

Kingswood Regional Middle School	**Phone: (603) 569-3689**
404 South Main Street	Fax: (603) 569-8113
Wolfeboro, NH 03894	Webpage: https://www.kingswoodms.org/
Services: Public school, grades 7-8	Hours: Monday-Friday 7am-2:45pm

Kingswood Regional High School	**Phone: (603) 569-2055**
396 South Main Street *Wolfeboro, NH 03994*	Fax: (603) 569-8104 Webpage: https://www.kingswoodms.org/ School Social Worker: https://www.kingswoodhighschool.org/our-school/krhs-counseling-center
Services: Public school, grades 9-12. School social worker can provide services related to social, emotional, and life adjustment to school and/or society and can link between the home, school, and community.	Hours: Call for hours

SAU 2- Inter-lakes School District (only schools serving Carroll County listed)

Inter-lakes School District	**Phone: (603) 279-7947**
103 Main Street *Meredith, NH 03253*	Fax: Webpage: https://www.interlakes.org/
Services: Educational services for students in Meredith, Center Harbor, Sandwich, and Ashland	Hours: Call for hours

Sandwich Central School	**Phone: (603) 284-7712**
28 Squam Lake Road *Sandwich, NH 03227*	Fax: (603) 284-6104 Webpage: https://scs.interlakes.org/
Services: Public school K-6	Hours: Call for hours

Private / Charter /Alternative Education / Adult Education /Post-Secondary

Brewster Academy	**Phone: (603) 569-1600**
80 Academy Drive *Wolfeboro NH 03894*	Fax: (603) 569-7199 Webpage: www.brewsteracademy.org
Services: A college preparatory boarding school in Wolfeboro, N.H.	Hours: Call for hours

Carroll County Adult Education – Carroll Academy	**Phone: (603) 323-5100**
680 White Mountain Highway *Tamworth, NH 03886* *Services: HiSET, High School Credit Recovery, High School Equivalency, English as a Second Language, Citizenship, Hospitality, College Accuplacer exam prep, Tutoring*	Fax Webpage https://carrollcountyadulteducation.com/ Hours: Tuesday – Thursday, 8:00am – 4:00pm

Cornerstone Christian Academy	**Phone: (603) 539-8636**
129 Route 28 *Ossipee, NH 03864* *Services: Not for profit independent school, preschool to Grade 8*	Fax Webpage: www.cornerstoneabc.org Hours: Monday-Friday, 8am-4:30pm

Virtual Learning Academy Charter School	**Phone: 603-778-2500**
30 Linden Street *Exeter, NH 03833* *Services: K-12 Online NH Public Charter School; Online Adult Education for HS Diploma, College Prep, Language Learning, Continuing Education.*	Fax: 866-651-5038 Webpage www.vlacs.org Hours: Call for more information

Information about Homeschooling:

NH Department of Education: https://www.education.nh.gov/pathways-education/home-education

NH Homeschooling Coalition: https://nhhomeschooling.org/

EMPLOYMENT & TRAINING

Carroll County Adult Education	**Phone: (603) 356-7242**
680 White Mountain Highway *Tamworth, NH 03886* *Services: HiSET, High School Credit Recovery, High School Equivalency, English as a Second Language, Citizenship, Hospitality, College Accuplacer exam prep, Tutoring*	Fax Webpage: https://carrollcountyadulteducation.com/ Hours: Monday-Friday, 9am-4pm

Lakes Region Community College	**Phone: (603) 524-3207**
379 Belmont Rd. *Laconia, NH 03246* *Services: Community college with workforce training*	Fax Webpage: https://www.lrcc.edu/ Hours: Monday-Friday, 8am-5PM

Meredith Village Savings Bank - Meredith	**Phone: (603) 279-7986, (603) 279-5274**
24 NH-25 *Meredith, NH 03253* *71 NH-104* *Meredith, NH 03253* *Services: Free training on fraud awareness, financial literacy, and employment reviews*	Fax: Webpage: https://www.mvsb.com/ Hours: Monday-Wednesday, 9am-4pm Thursday-Friday, 9am-5pm Saturday, 8:30am-12pm

Meredith Village Savings Bank – Moultonborough	**Phone: (603) 476-2300, (603) 253-7303**
991 NH-25 *Moultonborough, NH 03254* *28 NH-25* *Moultonborough, NH 03254* *Services: Free training on fraud awareness, financial literacy, and employment reviews*	Fax: Webpage: https://www.mvsb.com/ Hours: Monday-Wednesday, 9am-4pm Thursday-Friday, 9am-5pm Saturday, 8:30am-12pm

NH Bureau of Vocational Rehabilitation	**Phone: (603) 752-2271**
40 Pine Street *Manchester, NH 03103*	Fax: (603) 752-5940 Webpage: https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation
Services: Assistance for people with disabilities with preparing for, obtaining, and succeeding in meaningful careers	Hours: Call for details

NH Employment Security (NHES)- Conway	**Phone: (603) 447-5924**
518 White Mountain Highway *Conway, NH 03818*	Fax: (603) 447-5985 Webpage: https://www.nhes.nh.gov/locations/conway.htm https://www.nhworks.org/
Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation. NH Works Program offers education and training at no or minimal cost and job listings	Hours: Monday-Friday, 8am-4:30pm

NH Employment Security (NHES)- Laconia	**Phone: (603) 524-3960**
426 Union Ave. Suite 3 *Laconia, NH 03246*	Fax: (603) 524-3963 Webpage: https://www.nhworks.org/
Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation. NH Works Program offers education and training at no or minimal cost and job listings	Hours: Monday-Friday, 8am-4:30pm

NH WIOA Adult Worker Program	**Phone: Conway: (603) 447-5924** **Laconia: (603) 524-3960**
40 Pine Street *Manchester, NH 03103*	Fax: Webpage: https://www.nhes.nh.gov/services/job-seekers/WIOAAdultWorkerProgramNewHampshireEmploymentSecurity.htm
Services: Professional career counseling and access to a wide range of employment and training related services, including tuition assistance and support services.	Hours: Monday-Friday, 8:30am-4:30pm

PUBLIC LIBRARIES

Chocorua Public Library	**Phone (603) 323-8610**
PO Box 128, 25 Deer Hill Rd *Chocorua, NH 03817*	Fax Webpage https://www.chocorualibrary.org/
Services: Public Library	Hours: Sundays, 1pm-5pm Mondays, 1pm-7pm Wednesdays, 9am-3pm Thursdays, 11am-5pm

Cook Memorial Library	**Phone (603) 323-8510**
92 Main Street *Tamworth, NH 03886*	Fax Webpage https://tamworthlibrary.org/
Services: Public library	Hours: Mondays and Fridays, 10am-5pm Tuesdays and Wednesdays, 10am-8pm Saturdays, 10am-2pm

Freedom Public Library	**Phone: (603) 539-5176**
PO Box 159, 38 Old Portland Rd *Freedom, NH 03836*	Fax Webpage https://www.freedompubliclibrary.org/
Services: Public Library	Hours: Tuesdays and Thursdays, 2pm-7pm Wednesdays, 10am-2pm Fridays, 12pm-5pm Saturdays, 10am-1pm

The James E. Nichols Memorial Library- Center Harbor	**Phone (603) 253-6950**
33 Plymouth St. *Center Harbor, NH 03226*	Fax Webpage https://centerharborlibrary.org/
Services: Public Library	Hours: Mondays, Thursdays, Fridays, 10am-4pm Tuesdays, 12pm-6pm Saturdays, 9am-12pm

Madison Public Library	**Phone (603) 367-8545**
PO Box 240, 1895 Village Road *Madison, NH 03849*	Fax Webpage https://madisonlibrary-nh.org/WP/
Services: Public library	Hours: Mondays and Fridays, 9am-5pm Tuesdays, 12pm-5pm Wednesdays and Thursdays, 2pm-6pm Saturdays, 9am-1pm

Meredith Library	**Phone (603) 279-4303**
91 Main St. *Meredith, NH 03253*	Fax Webpage https://centerharborlibrary.org/
Services: Public Library	Hours: Tuesdays, Wednesdays, Thursdays, 9am-8pm Fridays, 9am-5pm Saturdays, 9am-2pm

Moultonborough Public Library	**Phone (603) 476-8895**
4 Holland Street *Moultonborough, NH 03254*	Fax Webpage https://www.moultonboroughlibrary.org/
Services: Public library	Hours: Mondays, Wednesdays, and Fridays, 9am-5pm Tuesdays and Thursdays, 9am-7pm Saturdays, 9am-1pm

Ossipee Public Library	**Phone: (603) 539-6390**
74 Main Street *Center Ossipee, NH 03814*	Fax Webpage: https://www.ossipeelibrary.org/
Services: Public library	Hours: Mondays, 10am-5:30pm Tuesdays and Fridays, 10am-5pm Thursdays, 10am-6pm Saturdays, 9am-1pm

Samuel H. Wentworth Library	**Phone (603) 284-6665**
35 Main Street	Fax: (603) 284-9226
Center Sandwich, NH 03227	Webpage: https://www.sandwichnh.org/departments/library/index.php
Services: Public library	Hours: Monday-Wednesday, 12pm-5:30pm Thursday-Friday, 10am-5pm Saturday: 10am-12:30pm

Tuftonboro Free Library	**Phone: (603) 569-4256**
221 Middle Road (Route 109A)	Fax: (603) 569-5885
Center Tuftonboro, NH 03816	Webpage: https://www.tuftonborolibrary.org/
Services: Public library	Hours: Tuesday-Friday 10am-6pm Saturday & Sunday 10am-2pm

Wolfeboro Public Library	**Phone: (603) 569-2428**
259 South Main St.	Fax:
Wolfeboro, NH 03894	Webpage: https://wolfeborolibrary.org/
Services: Public library	Hours: Monday-Wednesday 9:30am-7pm Thursday-Friday 9:30am-5pm Saturday: 9:30am-3pm

PUBLIC SAFETY – Police In case of emergency, dial 911

Town	Non-Emergency Phone #	Town	Non-Emergency Phone #
Belknap County Sheriff's Office	(603) 527-5454	Moultonborough Police Department	(603) 476-2400
Carroll County Sheriff's Office	(603) 539-2284	NH State Police – Troop E Tamworth	(603) 323-3333
Center Harbor Police Department	(603) 527-9756	Ossipee Police Department	(603) 539-2011
Conway Police Department	(603) 356-5715	Sandwich Police Department	603) 284-7777
Effingham Police Department	(603) 539-5380	Tamworth Police Department	(603) 323-8581
Freedom Police Department	(603) 539-8268	Tuftonboro Police Department	(603) 569-8695
Madison Police Department	(603) 367-8334	Wakefield Police Department	(603) 522-3232
Meredith Police Department	(603) 279-4561	Wolfeboro Police Department	(603) 569-1444

Services: Police departments offer many services to local residents. Please call your local police department to inquire about specific services. Services may include:

- **Just In Case Program:** Town-wide registry of patients diagnosed with Alzheimer's Disease and other dementia related disorders. The program functions as an emergency tool in case an individual wanders and becomes lost or disoriented.
- **NH C.A.R.E.S.:** Program that lets residents register important information about your medical conditions or special needs. This information will immediately be accessible by emergency responders when someone calls 911.
- **Prescription Drug Drop Boxes:** Safe place to dispose of expired or unused prescription drugs
- **Project Good Morning:** Daily check-ins with the police department or town office for residents who do not have regular contact with relatives, friends, or neighbors. This program ensures program members and family members that the program member will have regular daily contact, and if not, they will be checked on and family members will be notified.
- **Resources and Materials:** Regarding domestic violence, child safety, firearms safety, identity safety, cybercrime protection, and/or substance abuse and treatment
- **Bicycle Registration**
- **Child Identity Kits**
- **Child Seat Safety Inspections**
- **Gun Locks**
- **Residence and Business Security Inspections or Checks**
- **Victim Witness Advocate**

PUBLIC SAFETY – Criminal Justice & Legal Aid

603 Legal Aid	**Phone: 1-800-639-5290 or (603) 224-3333**
93 North State St., Suite 200 *Concord, NH 03301*	Fax: Webpage: https://www.603legalaid.org/
Services: Civil legal aid provider offering legal representation, advocacy, and education. Provides free civil legal advice and information to low-income people by telephone, representing someone in court, or through a referral to a volunteer attorney or another program for legal help.	Hours: Monday-Thursday, 9am-12:30pm

Belknap County Department of Corrections	**Phone: (603) 539-2282**
76 County Dr. *Laconia, NH 03246*	Fax Webpage: https://www.belknapcounty.gov/corrections
Services: Department of Corrections	Hours: 24/7

Carroll County Department of Corrections	**Phone: (603) 539-2282**
50 Country Farm Road *Ossipee, NH 03864*	Fax Webpage: https://www.carrollcountynh.gov/160/Department-of-Corrections
Services: Department of Corrections	Hours: 24/7

Child Advocacy Center – Belknap County	**Phone: 603-524-5497**
95 Water St. *Laconia, NH 03246*	Fax: Webpage" https://cac-nh.org/for-caregivers/cac-belknap-county/
Services: Provides forensic interviews and case management, and partners with local and state-based professionals who are dedicated to protecting your children and grandchildren.	Hours: Call for hours

Child Advocacy Center – Carroll County	**Phone: 603-569-9840**
PO Box 948, 56 Union Street *Wolfeboro, NH 03894* ***Auxiliary Location*** *85 Main Street* *Conway, NH 03818*	Fax: 603-569-9848 Webpage https://carrollcountycac.org/
Services: Provides forensic interviews and case management, and partners with local and state-based professionals who are dedicated to protecting your children and grandchildren.	Hours: Call for hours

NH 3rd Circuit Court, Family Division, Conway	**Phone 1-855-212-1234, 603-415-0162**
Physical 35 East Conway Road Center Conway, NH 03813 *Mailing* *PO Box 448* *Conway, NH 03818*	Fax Webpage https://www.courts.nh.gov/your-visit/find-court/carroll-county-family-divisions#north_carroll
Services: Family Division cases include divorce/parenting *action,* child support*,* domestic violence petitions*,* guardianship of minors*,* termination of parental rights*,* abuse/neglect cases*,* children in need of services*,* juvenile delinquency*, and some* adoptions*.*	Hours: Monday - Friday, 8:00am to 4:00pm

NH 3rd Circuit Court, Family Division, Ossipee	**Phone 1-855-212-1234, 603-415-0162**
Carroll County Courthouse *95 Water Village Road, Box 4* *Ossipee, NH 03864*	Fax Webpage https://www.courts.nh.gov/your-visit/find-court/carroll-county-family-divisions#north_carroll
Services: Family Division cases include divorce/parenting *action,* child support*,* domestic violence petitions*,* guardianship of minors*,* termination of parental rights*,* abuse/neglect cases*,* children in need of services*,* juvenile delinquency*, and some* adoptions*.*	Hours: Monday - Friday, 8:00am to 4:00pm

NH 4th Circuit Court, Family Division, Laconia	**Phone 1-855-212-1234, 603-415-0162**
26 Academy St. *Laconia, NH 03246*	Fax
	Webpage https://www.courts.nh.gov/your-visit/find-court/belknap-county-family-division#Laconia
Services: Family Division cases include divorce/parenting action, child support, domestic violence petitions, guardianship of minors, termination of parental rights, abuse/neglect cases, children in need of services, juvenile delinquency, and some adoptions.	Hours: Monday - Friday, 8:00am to 4:00pm

NH Legal Assistance	**Phone: 1-800-562-3174**
Located throughout NH	Fax:
	Webpage: https://www.nhla.org/
Services: Nonprofit law firm that offers civil legal aid through representation and systemic advocacy. Provides services for housing, public benefits, domestic violence, youth law, aging, and immigration.	Hours: 8:30am-5pm

Victim Assistance Advocacy Program – Carroll County	**Phone: (603) 539-7476**
95 Water Street, Box 2 *Ossipee, NH 03864*	Fax: 603-539-2160
	Webpage https://www.carrollcountynh.gov/158/Victim-Witness-Program
Services: Information, guidance, and support to victims of crime and their families as they find themselves involved with the criminal justice process.	Hours: Monday – Friday, 8:30am – 4:30pm

Victim Witness Services- Belknap County	**Phone: (603) 527-5440**
Belknap County Attorney's Office *64 Court St.* *Laconia, NH 03246*	Fax: 603-539-2160
	Webpage: https://www.belknapcounty.gov/county-attorney/pages/victim-witness-services
Services: Information, guidance, and support to victims of crime and their families as they find themselves involved with the criminal justice process.	Hours: Monday-Friday, 8am-4pm

PUBLIC SAFETY- Fire and Rescue

In case of emergency, dial 911

Town	Non-Emergency Phone	Town	Non-Emergency Phone
Center Conway	(603) 447-5671	North Conway	(603) 356-5327
Center Ossipee	(603) 539-4401	Ossipee Corner	(603) 539-2407
Center Harbor	(603) 253-4451	Sandwich	(603) 284-6466
Conway Fire Rescue	(603) 447-2681	Tamworth	(603) 323-8874
Effingham	(603) 539-7956	Tuftonboro	(603) 569-3381
Freedom	(603) 539-4261	Wakefield	(603) 522-8336
Madison	(603) 367-4602	West Ossipee	(603) 539-6906
Meredith	(603) 279-6061	Wolfeboro	(603) 569-1400
Moultonborough	(603) 476-5658		

Services: Fire and rescue departments offer many services to local residents. Please call your local fire and rescue department to inquire about specific services. Services may include:

- Fire/Burning Permits
- Fire Inspections
- Alarm Permits
- Supra Key Boxes
- Knox Boxes
- Permits for NFPA 1 & 101 Life Safety Inspections, Assembly/Tent Inspections, School or Foster Care Inspections, Gas or Oil Burner Installations, Suppression System & Alarm System Installations, Blasting, Firework, Pyrotechnic and Confined Space Entry Requirements

GOVERNMENT OFFICES

Belknap County Administrative Offices	**Phone: (603) 527-5400**
34 County Dr. *Laconia, NH 03246* *Services: Administrative offices- Corrections, Country Administration, Country Attorney, Commissioners, Delegation, Register of Deeds, Restorative Justice/Court Diversion, and Sheriff*	Fax: (603) 527-5409 Webpage: https://www.belknapcounty.gov/ Hours: Monday-Friday, 8am-4pm

Carroll County Administrative Offices	**Phone: (603) 539-7751**
95 Water Village Road *Ossipee, NH 03864* *Services: Administrative offices- Commissioner's Office, Attorney's Office, Registry of Deeds, and Superior Court*	Fax Webpage: https://www.carrollcountynh.gov/ Hours: See website for details

NH Department of Health and Human Services Conway District Office	**Phone: (603) 447-3841**
73 Hobbs Street *Conway, NH 03818* *Services: Client serving programs; child support; children, youth, and families; elderly and adult services; employment supports; and family assistance*	Fax: (603) 447-1988 Webpage: https://www.dhhs.nh.gov/ https://www.dhhs.nh.gov/apply-assistance Hours: Monday-Friday: 8am-4pm

NH Department of Health and Human Services Laconia District Office	**Phone: (603) 524-4485**
65 Beacon St. West *Laconia, NH 03246* *Services: Client serving programs; child support; children, youth, and families; elderly and adult services; employment supports; and family assistance*	Fax: Webpage: https://www.dhhs.nh.gov/ https://www.dhhs.nh.gov/apply-assistance Hours: Monday-Friday: 8am-4pm

NH Division of Motor Vehicles – Tamworth	**Phone: (603) 227-4000**
1864 White Mountain Highway *Tamworth, NH 03886*	Fax
	Webpage: https://www.dmv.nh.gov/
Services: Division of Motor Vehicles	Hours: Monday-Friday 8am-4:30pm

NH Employment Security – Conway	**Phone: (603) 447-5924**
518 White Mountain Highway *Conway, NH 03818*	Fax: (603) 447-5985
	Webpage: https://www.nhes.nh.gov/locations/conway.htm
Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation	Hours: Monday-Friday 8am-4:30pm

NH Employment Security (NHES)- Laconia	**Phone: (603) 524-3960**
426 Union Ave. Suite 3 *Laconia, NH 03246*	Fax: (603) 524-3963
	Webpage: https://www.nhes.nh.gov/locations/laconia.htm
Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation.	Hours: Monday-Friday, 8am-4:30pm

VOTER REGISTRATION INFORMATION FOR NEW HAMPSHIRE

Everything you need to know regarding voting in New Hampshire. Click on links below or visit

https://www.sos.nh.gov/elections/voters or call 603-271-3242

- **Absentee Ballots, Instructions, and Applications**
- **Electronic Poll Books**
- **Polling Locations**
- **Register to Vote**
- **Uniformed & Overseas**
- **Voting in New Hampshire**
- **Voting With Disabilities**

Find your NH Legislators:

See links below or call numbers listed below.

Who is my NH State Representative? https://www.gencourt.state.nh.us/house/members/

Or call the House of Representative's Clerk's Office, 603-271-2548

Who is my NH State Senator? https://www.gencourt.state.nh.us/senate/members/wml.aspx

Or call the NH Senate Clerk's Office, 603-271-3420

Who are my US Senators and Congressmen? https://www.sos.nh.gov/congressional-delegation

Or call the US House of Representatives, Washington, DC, 202-224-3121

Or call the US Capitol Switchboard, Washington, DC, 202-224-3121

COMMUNITY COALITIONS

Coalition	Website
Carroll County Coalition for Public Health	http://www.c3ph.org/
Carroll County Veterans Coalition	https://www.carrollcountyveteranscoalition.org/
Eastern Lakes Housing Coalition	https://elrhc.org/
Northern Carroll County Providers Network, Town of Conway	https://conwaynh.org/general-assistance/
Moultonborough Lion's Club	https://tccap.org/venue/lions-club-of-moultonborough/
Mount Washington Valley Supports Recovery Coalition	https://www.mwvsupportsrecovery.org/
Mount Washington Valley Housing Coalition	https://www.mwvhc.org/
Ossipee United Roundtable	https://www.facebook.com/groups/979679432228955/

HEALTH OFFICERS/HEALTH INSPECTIONS

Health Officer – Town of Center Harbor	Phone: (603) 253-4451
Health Officer – Town of Meredith	Phone: (603) 677-4217
Health Officer – Town of Moultonborough	Phone: (603) 476-2347
Health Officer – Town of Ossipee	Phone: (603) 539-4181
Health Officer – Town of Sandwich	Phone: (603) 284-7701
Health Officer – Town of Tamworth	Phone: (603) 323-7525
Health Officer – Town of Tuftonboro	Phone: (603) 539-4539
Health Officer – Town of Wolfeboro	Phone: (603) 569-5970

BUSINESS COMMUNITY – Chambers of Commerce

Discover Sandwich	**Phone: (603) 524-5531**
PO Box 116 *Sandwich, NH 03227*	Fax Webpage: https://www.discoversandwich.com/
Services: Business group for Sandwich	Hours: Call for details

Greater Ossipee Chamber of Commerce	**Phone: (603) 651-1600**
2206A NH-16 *Center Ossipee, NH 03814*	Fax Webpage: https://www.ossipeevalley.org/
Services: Business network for Ossipee, Effingham, Madison, Sandwich, Tamworth, and Freedom.	Hours: See website for details

Lakes Region Chamber of Commerce	**Phone: (603) 524-5531**
383 S. Main St. *Laconia, NH 03246*	Fax Webpage: https://www.lakesregionchamber.org/
Services: Business network for over 30 communities, including Center Harbor, Laconia, Meredith, Moultonborough, Sandwich, Tamworth, Tuftonboro, Wolfeboro, and more.	Hours: Monday-Friday, 9am-3pm

Meredith Area Chamber of Commerce	**Phone: (603) 279-6121**
272 Daniel Webster Highway *PO Box 732* *Meredith, NH 03253*	Fax Webpage: https://meredithareachamber.com/
Services: Business network for Ashland, Center Harbor, Holderness, Meredith, Moultonborough, Sandwich, New Hampton, Tamworth, and beyond	Hours: Mondays, Tuesdays, and Thursdays, 8am-2:30pm

Mount Washington Valley Chamber of Commerce	**Phone: (877) 948-6867**
2473 White Mountain Highway	Fax
North Conway, NH 03860	Webpage: https://www.visitmwv.com/
Services: Business network for Mount Washington Valley.	Hours: Monday-Friday 9AM-5PM

Wolfeboro Area Chamber of Commerce	**Phone: (603) 569-2200**
32 Central Avenue	Fax
Wolfeboro, NH 03894	Webpage: https://www.wolfeborochamber.com/
Services: Business network for Wolfeboro and Lake Winnipesaukee areas.	Hours: Daily 10am-3pm

FAITH BASED ORGANIZATIONS

Catholic Charities NH	**Phone: (603) 669-3030**
100 William Loeb Dr. Unit 3 *Manchester, NH 03109*	Fax Webpage: https://www.cc-nh.org/
Services: Serves anyone in NH, regardless of faith or background. Programs include community services and economic assistance, mental health counseling, shelter for mothers and children, senior support services, veterans support and housing, parenting and pregnancy education, immigration legal services, food distribution, and special education for children.	Hours: Monday-Friday, 8:30am-4:30pm

Center Harbor Congregational Church	**Phone: (603) 253-7698**
52 Main St. *PO Box 229* *Center Harbor, NH 03226*	Fax Webpage: https://www.chccucc.org/
Services: Congregational Church. Provides a Soup Kitchen on Tuesdays from 5:30pm-6:30pm (please call ahead to reserve), a free food pantry cabinet that is open 24/7, and store to door grocery delivery for residents of Center Harbor and Moultonborough.	Hours: Call for details. Soup Kitchen Meal Reservations: 508-523-9288 Store to Door Grocery Delivery: 603-253-1147

Moultonboro United Methodist Church	**Phone: (603) 476-5152**
1018 Whittier Highway *PO Box 188* *Moultonborough, NH 03254*	Fax Webpage: https://moultonboroumc.org/
Services: United Methodist Church. Outreach Program provides support to those who qualify, coordinates efforts with Moultonborough Town Welfare Director, and other agencies.	Hours: Call for details.

St. Andrew's-in-the-Valley Episcopal Church	**Phone: (603) 323-8515**
678 Whittier Rd. *PO Box 436* *Tamworth, NH 03886*	Fax
	Webpage: https://standrewsinthevalley.org/
Services: Episcopal Church. Provides the Community Food Center of Tamworth and Sandwich Food Pantry.	Hours: Call for details. Food pantry is open on every other Wednesday, 11am-3pm and 4:30pm-6pm.

Turning Point Christian Fellowship	**Phone: (603) 393-4843**
72 Whittier Highway *Moultonborough, NH 03254*	Fax
	Webpage: https://www.turningpointnh.com/
Services: Non-Denominational Church. Provides the Breaking Bread Food Pantry and Thrift Store.	Hours: Call for details. Food pantry: Monday, Wednesday, Friday 9am-12pm, Saturday 11am-1pm Thrift store: Monday-Friday, 9am-3pm, Saturday 9am-2pm