



A Resource Toolkit 2022

***** This information is meant as a guide. No guarantee can be made as to the accuracy of the material contained in this document as information, eligibility criteria and laws may change. *****

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Nashua, NH Continuum of Care



Bridges, 33 East Pearl St., Nashua, NH 03060 24-Hour Support Line (603-883-3044) Office (603-889-0858): Services for victims and survivors of domestic violence, sexual assault, teen dating violence, child sexual abuse, elder abuse, stalking, and harassment. Services include crisis intervention, emergency shelter, court advocacy, support groups, and education and outreach to both women and men.

Corpus Christi Food Pantry, 3 Crown St., Nashua, NH 03060 (603-882-6372): Food pantry and limited financial assistance. Appointment needed to determine eligibility.

Family Promise of Southern New Hampshire, PO Box 450, 3 Crown Street, Nashua, NH 03060 (603-883-7338): Guides families as they rise from homelessness to sustainable independence. Unique in the area, FPSNH serves families of all compositions, including single-fathers, two-parent families, single mothers, pregnant women, and any other type of family. FPSNH provides a residential facility where families work with Family Services comprehensive financial and housing plans and receive courses in financial literacy, parenting, and life-skills. Our focus is on protecting the family unit.

The Front Door Agency, Inc., 7 Concord St., Nashua, NH 03064 (603-886-2866): Offers support and provides services to assist individuals and families transition from crisis to self-sufficiency. Assistance with back rent, utility arrearages, security deposit loans, rapid rehousing, transitional housing for single women & children, financial literacy and other basic needs. Office hours Monday-Thursday, 8:30am-4:30pm by appointment.

Gate City Bike Coop, 29 Spring Street, Nashua, NH 03060 (603 759-9056): Provides bicycles via a voucher system through local agencies. Teaches bike maintenance. Web site: www.gatecitybikecoop.org and email: gatecitybikecoop@gmail.com. Open to the public on Mondays from 3:00 to 7:00 p.m.

Greater Nashua Mental Health, 7 Prospect St., Nashua, NH 03060 (603-889-6147): Behavioral health services for all ages including individual, family and group psychotherapy, psychopharmacology for clients engaged in therapy, crisis intervention and stabilization, case management, outreach, substance use disorder services for adults and adolescents ages 16 and upward, supported employment services, and integrated primary health care services for current clients. Education, information, and referral related to all aspects of behavioral health available. Mission: Empowering people to lead full and satisfying lives through effective treatment and support.

Greater Nashua Dental Connection, Inc., 31 Cross St., Nashua, NH 03064 (603-879-9314): Provide affordable dental services, accepts Medicaid. Appointments necessary.

Harbor Care, 77 Northeastern Blvd. Nashua, NH 03060 (603-882-3616): Residential and supportive services including psychotherapy, psychopharmacology, case management, and employment services. Also operates a SAFEHAVEN program and Maple Arms homeless shelter. Three residential programs for *homeless veterans*.

Harbor Care Clinic and Wellness Center, 45 High Street, Nashua, NH 03060 (603-821-7788): Primary Care for children and adults, Mental Health counseling, Substance Use counseling including groups, Behavioral Health medication management (psychopharmacology), Dental for children and adults, low-cost Pharmacy on-site, case management, insurance enrollment and application assistance, benefits counseling, and supportive employment services. All services available on a sliding fee basis for any under 200% of the federal poverty guidelines regardless of insurance status.

The Homeless Outreach Program (HOP), is a program within Harbor Homes Inc. The program offers ongoing case management and counseling for adults in Hillsborough County experiencing homelessness and living with a substance use disorder. HOP offers assistance with navigating community resources to obtain permanent and supportive housing, pre-employment, obtaining insurance and benefits, connection to SUD treatment resources, and connection to medical and oral health care services. For more information or to submit a referral, please contact SAMHSAreferrals@nhpartnership.org or call 603-882-3616. HOP is located at 16-1 Maple Street, Nashua NH 03060.

Keystone Hall (Greater Nashua Council on Alcoholism), 615 Amherst St., Nashua, NH 03060 (603-881-4848): Comprehensive services for chemically dependent persons including crisis intervention, case management, transitional living, women and Men's program. Outpatient counseling at 45 High St.

H.E.A.R.T.S. Peer Support of Greater Nashua Region VI, 5 Pine St. Ext. Unit 1G, Nashua, NH 03060 (603-882-8400): Fax (603)882-8700 Is an Adult Educational Wellness Center for those struggling with the daily effects of mental health challenges. Membership requirement is for adults over the age of 18 who have used publicly funded Mental Health Services in the past, present or at risk of. We are open 8 am to 5 pm Monday thru Thursday and Friday 8 am to 4 pm. The Center offers holistic support groups, educational groups, employment supports, access to computers, community resources, movies, games, social activities, we create a sense of community, and monthly field trips. We offer arranged transportation to and from the center. Peer Crisis Respite is a 2 bed-room non-medical home like environment alternative to hospitalization where people can stay with us 1 to 7 days. We are not a homeless shelter or an overflow, and we ask that folks are able to manage their own medications as needed. Contact the Respite center or phone for a pre-interview prior to your stay or call Phone # (603)-864-8769: Fax # (603) 943-7194. We have a new Pilot Program now called Step-up/Step-down. Which is a non-medical short-term transitional stay for those that might need a little more time to be successful in transitioning back into their community. This is a goal orientated program and works with your providers and support systems to insure a better chance of success. This can be anywhere from a 30 to 90 day stay living in a 3-bedroom home like environment. We require a 2-part referral process which is available on our website www.heartspsa.org and can and should be done with your provider whenever possible. Phone # (603)521-8372: Fax # (603)943-7194. We also offer a Peer Support Warm-Line available 7 day a week from 5pm to 10pm for after-hours peer support.

Lamprey Health Care, 22 Prospect St., Nashua, NH 03060 (603-883-1626): Lamprey Health Care, Nashua Center provides comprehensive primary care services to individuals in the Greater Nashua Community regardless of their insurance status or ability to pay. These services include routine preventive and sick care, diagnostic evaluations, prenatal care, pediatric care, disease management and education for chronic illnesses, pharmacy assistance, nutrition education, case management, behavioral health services, and health education.

Main Street United Methodist Church, 154 Main Street, Nashua, NH 03060 (603-882-3361)

Marguerite's Place, 87 Palm St., Nashua, NH 03060 (603-598-1582): Transitional housing, on-site childcare, and case management for single mothers and their children.

Nashua Division of Public Health & Community Services, 18 Mulberry St., Nashua, NH 03060 (603-589-4560): Serves the community by maintaining the well being of its citizens. Services are provided through a collaborative effort of Environmental Health, Community Health and Welfare. www.qonashua.com

Nashua Housing and Redevelopment Authority, 40 East Pearl Street, Nashua, NH 03060 (603-883-5661): Serves the community providing affordable housing for low-income elderly, non-elderly disabled, and families.

Nashua School District, Homeless Student Liaison Taylor Paquette (603-966-2511): Educational based services available to students (PK-12) experiencing transition due to loss of housing, economic hardship or a similar reason. Contact the Homeless Student Liaison for more information about the McKinney-Vento Act.

Nashua Soup Kitchen & Shelter, 2 Quincy St., Nashua, NH 03061 (603-889-7770): Services include meals, food pantry, fresh produce, emergency shelter for homeless individuals and families, employment and education advocacy and Hispanic Advocacy.

New Hampshire Bureau of Elderly & Adult Services, 26 Whipple St Nashua, NH 03060 (603-883-7726): Services to help elderly and disabled adults remain at home or placement services when needed. Protective investigations for reports of abuse, neglect, self-neglect and exploitation of incapacitated adults.

New Hampshire Department of Health and Human Services, Nashua District Office, 26 Whipple St Nashua, NH 03060 (603-883-7726): Provides a comprehensive and coordinated system of services to promote and protect the health, safety and well-being of NH citizens. Directed at supporting families, strengthening communities and developing the independence and self-sufficiency of NH citizens to the extent possible. Applications for food stamps, TANF, APTD/OAA/ANB, Medicaid.

New Hampshire Division for Children, Youth and Families-Child Protective Services, 26 Whipple St Nashua, NH 03060 (603-883-7726): Services to children, youth and families experiencing child abuse or neglect.

New Hampshire Job Corps Center, 943 Dunbarton Road, Manchester, NH 03102 (603-621-9555): No cost, residential technical training and academic programs offered on state-of-the-art campus. Available to individuals age 16-24 who meet certain low-income guidelines. Highly sought industry recognized training in Advanced Manufacturing, Electrical, Facilities Maintenance, Culinary Arts, Hospitality, Security and Protective Services, Licensed Nursing Assistant, Clinical Medical Assistant, and Medical Administrative Assistant fields. High School Equivalency programs and Driver's Education included. On Center dormitory housing available to all students. Career support available to all students upon completion of Job Corps, transition support for one year after graduation. All services are offered at no cost to participants. Job Corps, Careers Begin Here.

New Hampshire Legal Assistance (NHLA), New Hampshire Legal Assistance (NHLA): provides civil (not criminal) legal services in New Hampshire to people with low income and older adults. Services are primarily related to housing, public benefits, and domestic violence. NHLA has offices in Berlin, Concord, Claremont, Manchester, and Portsmouth. People who need civil legal services should apply through the central legal aid intake center hosted at 603 Legal Aid, by calling 1-800-639-5290 (M-F, 9am to 1pm) or applying online (www.603legalaid.org, 24/7).

New Hampshire Veteran's Services (603-624-4366): Manchester VAMC Homeless Walk-In Clinic is located on the 5th floor of Manchester VAMC, 718 Smyth Rd, Manchester, NH 03104. Veterans Crisis Line: 1-800-273-8255, press 1

Revive Recovery Center, 263 Main St., Nashua, NH 03060 (888-317-8312): Revive Recovery is a peer recovery support center. Revive's purpose is to open doors and open minds for the individuals in recovery in our community and provide a wide range of services for their mental, physical, and spiritual well-being. Our services include 1-on-1 Recovery Coach Peer Support, Telephone Support Services, Volunteer, and Internship opportunities. We honor ALL PATHWAYS TO RECOVERY: AA, NA, 3 Principles, etc., some of our Activities/Classes offered are: yoga, meditation, hosting of sober home and other types of meetings at the center. We provide resource information on addiction treatment, health services/dental health services, food assistance programs, housing, shelter, transportation, meetings to support all pathways, family support groups, and mental health. Syringe Services Alliance of the Nashua Area (SSANA) call 978-743-9636 for syringe services.

The Salvation Army, 1 Montgomery Ave., Nashua, NH 03060 (603-889-5151): Offers support and provides services to individuals and families in need with food, clothing, and household goods. Financial assistance when funds are available for - back rent, utility arrearages, prescriptions, medical, dental, eye exams, gas cards, and vouchers for The Salvation Army Family Store. **Office Hours Monday - Thursday 9am to 12pm and**

1pm to 3pm please call for an appointment.

Social Security Administration, 175 Amherst St., Nashua, NH 03064 (1-800-772-1213):

Social Security cards; maintenance of Social Security earnings records; applications for Social Security Disability, survivors, retirement benefits, Supplemental Security Income, Medicare, and Post-Entitlement actions (direct deposit, lost checks, change of address, etc.)

Harbor Care HIV Services, 77 Northeastern Boulevard, Nashua, NH 03062 (603-595-8464): Comprehensive support services to people living with HIV/AIDS.

Southern New Hampshire Medical Center, 8 Prospect Street, Nashua, NH 03060 (603-577-2728): Committed to stewardship and provides comprehensive medical services, many of which are exclusive to this region.

Southern New Hampshire Rescue Mission, 40 Chestnut St., Nashua, NH 03060 (603-889-3421):

Provides Emergency Shelter, Food, Clothing, and Programs for restoration centered on the Gospel of Jesus Christ to homeless men. Beginning in the Fall of 2022 we will open a Women's Shelter for up to 25 homeless women with similar offerings toward restoration and reconciliation. We offer a community wide Gift Center every other Tuesday including a Food Pantry and Clothing center. We offer community meals on a weekly basis. Please see www.hope4nashua.org for more information.

Southern New Hampshire Services, 134 Allds St. Nashua, NH 03060 (603-889-3440): Community Action Agency for Hillsborough County providing social services programs and advocacy activities to low income youth, elderly and other specialized populations through Rapid Re-Housing, Senior Housing and Housing for Homeless Women with no children, Head Start, WIC, Weatherization, Energy Assistance, Summer Youth Feeding, and Child Care.

St. Joseph Hospital, 172 Kinsley Street, Nashua, NH 03060 (603-882-3000): A caring, progressive, comprehensive 200 bed not-for-profit health care facility serving southern New Hampshire and dedicated to the prevention of disease and care of the sick, with special concern for the poor.

Stepping Stones, 3 Pine Street Extension, Nashua NH 03060, (603)787-3016. Stepping Stones is a drop-in center for homeless, unaccompanied youth up to the age of 25. We offer services during the day, including meeting basic needs such as showers, laundry, food, wifi, and clothes. We also work with our youth to help them gain housing, jobs, school/college, and other goals our youth might have. www.steppingstonesnh.org

Youth Council of Nashua, 112 West Pearl St., Nashua, NH 03060 (603-889-1090): Serves children, teens, and families struggling with sexual abuse, physical abuse, neglect, substance abuse, behavioral difficulties and parenting stress through counseling, diversion and crisis services.

EMERGENCIES – DIAL 911

Homeless Services for the Greater Nashua Region – dial 1-844-800-9911 for COORDINATED ENTRY Intake, Assessment and Referral.

“New Hampshire 211” – 1-866-444-4211 or dial 2-1-1.

www.211nh.org

Coordinated Entry is a centralized intake program developed to streamline access to homeless services. *Anyone experiencing homelessness* is directed to contact the local Coordinated Entry system (**1-844-800-9911**) for assessment and referral to appropriate and available programs/services.

The State of New Hampshire Bureau of Homeless & Housing Services has been working with NH 2-1-1 on the development of a state-wide Coordinated Entry process. *People experiencing homelessness outside of the Greater Nashua Region or who may be calling after normal business hours* are directed to contact **2-1-1** for assessment and referral to appropriate and available programs/services.

Food Resources of Greater Nashua

FOOD PANTRIES/MEALS/PROGRAMS - NASHUA

Nashua Soup Kitchen & Shelter 2 Quincy St. 889-7770

Food Boxes: given out Mondays through Fridays between the hours of 11:00am – 2:45pm.
Fruits & Vegetables between 12:00pm-2:45pm.

Food pantry on the third Sunday of every month from 2:00pm – 4:00pm (in partnership with Main Street United Methodist Church).

Meals Served:

Nashua Soup Kitchen Breakfast: Mon-Fri 7-8am, Dinner: Mon-Sat, 4:30 - 6:00pm.
Other times available as needed – please call.

Corpus Christi Food Pantry 3 Crown St. 882-6372

Monday and Wednesday in the morning, Tuesday and Thursday in the afternoon.
Please call for an appointment.

Grace Lutheran Church 130 Spit Brook Road, Nashua, NH 03062 888-7579

Second Thursday of the month from 6:00pm to 8:00pm.

The Salvation Army 1 Montgomery Ave 889-5151/883-7841

Mon-Fri, 9:00-12:00 & 1-4:00pm. Available monthly-*bring proof of residence.*

Southern NH Services 134 Allds St., Nashua 889-3440 / (877) 211-0723

WIC- for pregnant women, families with kids up to 5 yrs. old.

Commodity Foods – supplemental food for people over 60.

Summer Food Program - Breakfast and lunch for youth up to age 18 provided when school is out for the summer. *List of sites available from SNHS in early June.*

Southern NH Rescue Mission 40 Chestnut St. 889-3421

Breakfast: Monday to Friday 7:00 AM

 Sat & Sun 8:00 AM

Lunch: Mon, Wednesday to Friday 12:00 PM

Dinner: Saturday and Sunday 5:00 PM

Gift Center: Clothing Every other Tuesday from 10 am - 2pm by appointment only.

 Food Pantry Every other Tuesday from 10am- 2pm by appointment only.

Tolles St Mission 52 Whitney St. (corner of Tolles St.) 880-4984

Food Pantry is open four days per week - Mondays and Thursdays from 12:00 to 2:00pm:
Tuesdays and Wednesdays from 10:30 to 12:30pm.

Unitarian Universalist Church 58 Lowell St. 882-1091

Community Dinner: Third Sunday of each month from 5:00pm to 6:00pm.

Financial Assistance & Information

Catholic Charities NH, 3 Crown St., Nashua

889-9431

- Financial assistance with disconnect notices for electricity and gas. Financial literacy, goal setting, and advocacy. (English and Spanish)

Corpus Christi, 3 Crown St., Nashua

598-1641

- Financial assistance with rent, utilities, local bus transportation, etc. Appointment needed to determine eligibility for assistance.

The Front Door Agency, 7 Concord St., Nashua

886-2866

- Security Deposit loans, rent and utility assistance, transportation assistance.
- Office hours Monday-Thursday 8:30-4:30 by appointment.

Main Street United Methodist Church, 154 Main St., Nashua

882-3361

- Prescription funds are sent monthly to the pharmacy at Harbor Care Clinic and coordinated by pharmacists. 2) Church members assist new families arriving through refugee resettlement agencies by coordinating resources and basic household goods. 3) Requests for financial assistance will be considered on a case-by-case basis, as resources permit.

Nashua Soup Kitchen & Shelter, 2 Quincy St., Nashua

889-7770

- Loan help with rent, mortgage or utility (eviction notice or shutoff notice for gas, electric, oil or propane) to prevent homelessness. Assistance of \$75 - \$100 as it is available. Not available for rooming houses unless there is residency for over a year.
- Some funds available for job/education-related costs for homeless persons.

NH Department of Health and Human Services, 3 Pine St. Ext., Nashua

883-7726

- Emergency funds for TANF recipients, childcare funding, food stamps, health insurance, disability benefits, etc.

The Salvation Army, 1 Montgomery Ave., Nashua

889-5151

- Emergency assistance, prescriptions.

Southern NH Services, 134 Allds St., Nashua

889-3440

- Fuel Assistance Program, emergency assistance, other assistance programs.

City of Nashua *Welfare Department, 18 Mulberry St., Nashua

589-4555

The Welfare Department provides interim assistance for low-income residents through a voucher system. Assistance is available with rent, food, utilities and medications. Each applicant will be interviewed confidentially to review household circumstances and eligibility for assistance. You must apply in person. No appointments are given over the phone.

****Each city/town in NH has a municipal welfare department – call your town hall or 2-1-1 for the phone number/contact information for your municipal welfare office.***

HOMELESS OUTREACH RESOURCES

- Coordinated Entry (homeless assistance) **1-844-800-9911**
- NH RESOURCES & HOMELESS ASSISTANCE - call **2-1-1**

- *Greater Nashua Continuum of Care* outreach e-mail: