

**Abenaki Springs**

603-904-4173 Shelley Freeman

[www.avanrudevelopment.com/the-residences-at-abenaki-springs/](http://www.avanrudevelopment.com/the-residences-at-abenaki-springs/)

Provides low income Housing, Walpole, NH

**Child and Family Services**

<https://waypointnh.org/programs/family-support-services>

(603) 518-4005 or 1-800-640-6486

Monadnock Region, 29 Center St., Keene, NH 03431-3864

Provides an array of social services to strengthen family life including support groups, parenting education, adoption and foster parent services, mental health counseling, pregnancy counseling, family counseling, adolescent substance abuse treatment & therapeutic day treatment, homemaker and personal care for seniors and persons with disabilities.

**Commodity Supplemental Food Program (CSFP)**

(603) 352-7512 ext. 4240 or 800-529-0005 ext. 4240 and leave a voicemail

[www.scshehelps.org/csfp.htm](http://www.scshehelps.org/csfp.htm)

For seniors age 60 and above

**Community Action Program (CAP) – Fuel & Electric Assistance**

Southwestern Community Services, 63 Community Way, PO Box 603, Keene, NH 03431

(603) 352-7512 or 1-800-529-0005

[www.scshehelps.org/energyassistance.htm](http://www.scshehelps.org/energyassistance.htm)

Assistance with Housing, Elderly Housing, Home Weatherization & Fixit Program, NH Modular Ramps, Transportation, Employment & Training Services, Senior Centers, Meals on Wheels, Nutrition, Health, Emergency Fuel Assistance, Security Deposit, Neighbor Program (Hardship Assistance) and Electric Assistance.

**Community Volunteer Transportation Company (CVTC)**

1-877-428-2882 Ext. 5

<https://www.cvtc-nh.org/>

CVTC's Volunteer Drivers provide "no-fee" transportation for people who do not have access to transportation because of age, ability, economic situation or other limiting circumstances. Our trip purposes include non-emergency medical & social service appointments, as well as trips to the grocery store and the pharmacy.

**Division for Children, Youth & Families (DCYF)**

To report child abuse or neglect, please call (800) 894-5533 (in-state) or (603) 271-6562.

[www.dhhs.nh.gov/dcyf/](http://www.dhhs.nh.gov/dcyf/)

This is a division of the State of New Hampshire's Department of Health and Human Services. DCYF manages protective programs on behalf of New Hampshire's children and youth and their families and provides a wide range of family-centered services to strengthen the family system.

**Domestic Violence Hotline**

866-644-3574

<https://www.nhcadv.org/>

866-644-3574

**Fall Mountain Food Shelf and Friendly Meals**

(603) 835-2283

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

Food is served at the Alstead Town Hall and distributed twice a week on Tuesday and Thursday. Pantry hours open Mon-Sat 9am-4pm.

**Food Stamps**

(603) 271-9700

[www.dhhs.nh.gov/dfa/foodstamps/index.htm](http://www.dhhs.nh.gov/dfa/foodstamps/index.htm)

Provides eligible individuals and households with benefits to buy food items at grocery stores, and other participating food retailers. The Food Stamp Program also gives recipients a chance to learn more about purchasing and preparing nutritious meals.

**Granite State Independent Living**

(603)-228-9680 or 800-826-3700

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

105 Castle St., Keene, NH 03431

Tools for living life independently. Home care, disability supports, education and employment

**Healthy Starts**

1-800-541-4145 or (603)352-2253

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

312 Marlboro St., Keene, NH 03431

For pregnant women, children & families

**Monadnock United Way**

(603) 352-4209

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

23 Center St., Keene, NH 03431-3351

**National Suicide Prevention Lifeline**

1-800-273-TALK (8225)

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

**Neighbor Helping Neighbor**

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

If you are not eligible for fuel assistance but have an electric disconnection notice

**New Hampshire Coalition to End Homelessness**

Helpline 1-866-444-4211

[www.home4hope.com](http://www.home4hope.com)

Resources, helpline, and legal rights for persons experiencing homelessness, including help with shelter, community resources, medical, legal and more.

**New Hampshire Department of Health and Human Services**

(603) 271-9700

[www.dhhs.nh.gov/](http://www.dhhs.nh.gov/)

129 Pleasant St., Concord NH 03301

Help with applying for Child Support, Food Stamps, Medicaid, and WIC. Find your local district office. Foster or adopt a child. Report to authorities' adult abuse, child abuse, welfare fraud, domestic violence, and homelessness.

**New Hampshire Employment Security**

[www.nhes.nh.gov/](http://www.nhes.nh.gov/)

To file an unemployment claim and look for employment opportunities.

**New Hampshire Food Bank a Program of Catholic Charities NH**

[www.nhfoodbank.org/cheshire/](http://www.nhfoodbank.org/cheshire/)

Food Pantries in Cheshire County

**New Hampshire Housing Finance Authority**

(603) 472-8623 or 1-800-439-7247

32 Constitution Drive, PO Box 5087, Bedford, NH 03110

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

Operates the Section 8 Housing Choice Voucher program. New Hampshire Housing's mission is to promote, finance and support affordable housing and related services for the people of New Hampshire.

**New Hampshire Legal Aid**

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

Offers free legal help to low-income for their problems in New Hampshire. We offer information, advice, legal representation, or referral to the right source of help to those who qualify for services.

**New Hampshire Homeless Hotline**

Call 211 or 1-866-444-4211

HOIP (Homeless Outreach / Intervention Prevention Program) is designed to provide aggressive street outreach and intervention services to the unsheltered homeless throughout the state. HOIP unsheltered homeless contacts are followed up systematically to ensure the appropriate service is provided.

**New Hampshire Partners in Health - Region 5**

(603) 352-1304 Coordinator Janet O'Brien [janet@mds-nh.org](mailto:janet@mds-nh.org)

<https://nhpih.dartmouth.edu/index.html#Keene>

121 Railroad Ave., Keene, NH 03431

Support agency for families with chronically ill children.

**New Hampshire State Veterans Council**

800-622-9230

[www.nh.gov/nhveterans/](http://www.nh.gov/nhveterans/)

Helps veterans and dependents get benefits

**New Hampshire Vocational Rehabilitation**

[www.education.nh.gov/career/vocational/index.htm](http://www.education.nh.gov/career/vocational/index.htm)

to assist eligible New Hampshire citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services.

**Prescription Discount Program**

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

**SafeLink Wireless**

1-800-SafeLink (723-3546)

[www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome](http://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome)

Provides cell phones at a reduced rate to eligible households

**SCS Transportation**

(603) 542-9609

[www.scshehelps.org/transportation.htm](http://www.scshehelps.org/transportation.htm)

Bus transportation serving Charlestown, Claremont and Newport

**Senior Energy Assistance Program (SEAS)**

Assists elderly age 60 and above who are over income under (LIHEAP) with up to \$270 per household

[www.payingforseniorcare.com/longtermcare/resources/liheap\\_financial\\_aid.html](http://www.payingforseniorcare.com/longtermcare/resources/liheap_financial_aid.html)

**Senior Living in New Hampshire**

[www.seniorlivinghelp.org/assisted-living/new-hampshire](http://www.seniorlivinghelp.org/assisted-living/new-hampshire)

**ServiceLink - Aging and Disability Resource Center**

1-866-634-9412

[www.servicelink.nh.gov/](http://www.servicelink.nh.gov/)

Get answers about healthcare and other services for older adults, persons with disabilities and family caregivers.

**Social Security Administration**

1-888-397-9798

[www.ssa.gov/](http://www.ssa.gov/)

For Disability Income, Medicare, Survivors, Retirement and Supplemental Security Income.

**Stewart Property Management**

(603) 641-2163

[www.stewartproperty.net/](http://www.stewartproperty.net/)

PO Box 10540, Bedford, NH 03110

A full-service management company that manages affordable housing for seniors in Alstead, NH

**Universal Services Administration (Lifeline Support)**

[www.lifelinesupport.org/lis/](http://www.lifelinesupport.org/lis/)

Lifeline is a federal program that lowers the monthly cost of phone and internet.

**US Department of Veterans Affairs**

[www.va.gov/](http://www.va.gov/)

**WIC (Women, Infants & Children Nutrition Program)**

1-800-942-4321

[www.scshehelps.org/wic.htm](http://www.scshehelps.org/wic.htm)

2 Industrial Park Dr., Concord NH 03302

Provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong.

**Town Assistance Applications or at the Town Select Board's Office. Call Charlotte Comeau at 835-2986 or email [charlottecomeau@alsteadnh.org](mailto:charlottecomeau@alsteadnh.org) to schedule an appointment.**