



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

Need for this Resource Guide 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

238 Daniel Webster Highway
Meredith, NH 03253

Services: Primary care, internal medicine, and family medicine

Phone: (603) 279-7433

Physician Referral Line: (603) 224-7879

Fax: (603) 227-7800

Webpage:

<https://www.concordhospital.org/locations/profile/concord-hospital-primary-care-meredith/>

Hours: Monday-Friday, 8am-5pm

Conway VA Community Based Outpatient Clinic

71 Hobbs Street, Third Floor
Conway, NH 03818

Services: Primary care, women's health services, mental health care, social work, laboratory, and pathology

Phone: (800) 892-8384 x3199

Mental Health Clinic: (603) 624-4366 x3199

Fax

Webpage: <https://www.va.gov/manchester-health-care/locations/conway-va-clinic/>

Hours: Monday-Friday, 8am-4:30pm

Discover Health Functional Medicine Center

PO Box 244, 24 Pleasant Street
Conway, NH 03818

Services: Functional medicine, osteopathic manipulative medicine, neurofeedback, and movement classes

Phone: (603) 447-3112

Fax: (603) 447-3118

Webpage: <https://discoverhealthfmc.com/>

Hours: Monday-Friday, 8am-4pm

Granite VNA- Wolfeboro/Southern Carroll Co.

645 South Main Street
Wolfeboro, NH 03894

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.

Phone: (603) 224-4093, (800) 924-8620

Fax- Intake: (603) 227-7525

Webpage: www.granitevna.org

Hours: Main number available 24/7

HealthFirst- Laconia

22 Strafford St. #1
Laconia, NH 03246

Services: Family medicine, women's health, behavioral health, medication assisted treatment, and nutrition services

Phone: (603) 366-1070

Fax: (833) 949-3973

Webpage:

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

Email: info@whitemountainhealth.org

Hours: Mondays, Thursdays, and Fridays, 8am-5pm

Tuesdays-Wednesdays, 8am-7pm

Huggins Hospital

240 South Main Street
Wolfeboro, NH 03894

Services: Primary care, diagnostic testing, specialty services, and emergency services

Phone: (603) 569-7500

Fax: (603) 515-2020

Webpage: <https://www.hugginshospital.org/>

Email: askhuggins@hugginshospital.org

Hours: Call for hours and appointments

Emergency Department available 24/7

Lakes Region VNA

186 Waukegan Street
Meredith, NH 03253

214 Lake Street
Bristol, NH 03222

Services: Visiting nurses, hospice care, rehab therapy, private duty care, and grief support

Phone (603) 279-6611

Fax: 844-412-7881

Webpage: www.granitevna.org

Hours: Monday-Friday 8am-4pm, provides after hours call service 24/7

Memorial Hospital

3073 White Mountain Highway
North Conway, NH 03860

Services: Primary care, behavioral and mental health care, specialty care, emergency department

Phone: (603) 356-5461

Fax

Webpage:

<https://www.mainehealth.org/Memorial-Hospital>

Hours: Call for hours and appointments

Emergency Department available 24/7

Moultonborough Family Medicine – Huggins Hospital

984 Whittier Highway
Moultonborough, NH 03254

Services: Primary care, same-day care, family medicine, and specialist referrals

Phone: (603) 476-2216

Fax: (603) 476-5396

Webpage:

<https://www.hugginshospital.org/locations/moultonborough-family-medicine>

Hours: Monday-Friday 7:30am-5pm

NH Integrated Medicine

45 Washington Street
Conway, NH 03818

Services: Diabetes treatment, fitness/health coaching, and nutrition therapy

Phone: (603) 662-0234

Fax: 1-888-444-1204

Webpage: <https://nhintegratedhealthcare.com/>

Hours: Call for hours and appointments

Nourishing NH – Nutrition Therapy

64 Kearsarge Road
North Conway, NH 03860

Services: Nutrition therapy for eating disorders, sports nutrition for athletes, and general nutrition services

Phone: (781) 254-4230

Fax: (603) 956-3062

Webpage: <https://www.nnhllc.com/>

Hours: Call for hours and appointments

Ossipee Family Medicine

3 Water Village Road
Ossipee, NH 03864

Services: Primary care

Phone: (603) 539-6996

Fax: (603) 539-5284

Webpage:
<https://www.hugginshospital.org/locations/ossipee-family-medicine>

Hours: Monday-Friday 8am-4pm

Quality Care Home Health & Hospice

12 Main Street
PO Box 32
Center Harbor, NH 03226

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.

Phone (603) 707-9655

Fax: (603) 619-6814

Webpage: <https://qualitycarehh.com/>
Email: info@qualitycarenh.com

Hours: Please call 24/7

Saco River Medical Group

7 Greenwood Avenue
Conway, NH 03818

Services: Primary care, pediatrics, laboratory services, and walk-in clinic

Phone: (603) 447-3500

Fax: (603) 447-5568

Webpage: <https://sacodocs.com/>

Hours: Walk-in Clinic: Monday-Friday 8am-6pm, Saturday 8am-4pm, Sunday 9am-1pm

<p><i>Sandwich Community Nurse Association</i> PO Box 603 Sandwich, NH 03227</p> <p><i>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</i></p>	<p>Phone: (603) 916-0654 Email: danielle@sandwichcommunitynurse.org Webpage: https://www.sandwichcommunitynurse.org/ Hours: Call for details, available on Wednesdays and Thursdays for home visits</p>
<p><i>Tamworth Community Nurse Association</i> 84R Main St. Tamworth, NH 03886</p> <p><i>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.</i></p>	<p>Phone: (603) 323-8511 Fax: (603) 323-2076 Webpage: https://www.tamworthnurses.org/ 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</p>
<p><i>Tamworth Family Medicine</i> 577 White Mountain Highway Tamworth, NH 03886</p> <p><i>Services: Primary care</i></p>	<p>Phone: (603) 323-3311 Fax: (603) 323-9305 Webpage: https://www.hugginshospital.org/locations/tamworth-family-medicine-and-back-bay-rehab-in-tamworth Hours: Monday-Friday, 8am-5pm</p>
<p><i>Tilton VA Community Based Outpatient Clinic</i> 630 West Main St., Suite 400 Tilton, NH 03276</p> <p><i>Services: Primary care, nutrition counseling, laboratory services, and more</i></p>	<p>Phone: (603) 624-4366 x3199 Mental Health Clinic: (603) 624-4366 x3199 Fax Webpage: https://www.va.gov/manchester-health-care/locations/tilton-va-clinic/ Hours: Monday-Friday, 7:30am-4:30pm</p>

Tri-County CAP Family Dentistry

448 B White Mountain Highway
Tamworth, State, NH 03886

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.

Phone: (603) 323-7645

Fax: (603) 323-7647

Webpage:

<https://tccap.org/services/tamworthdentalcenter/>

Hours: Monday-Thursday, 7am-5pm

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine

1529 White Mountain Highway
North Conway, NH 03860

Services: Skilled nursing care, rehabilitation services (including physical, occupational, and speech therapy), long term care, hospice, palliative care, and support groups

Phone: (603) 356-7006

Fax: (603) 356-8134

Webpage: <https://www.vnhch.org/>

Hours: Monday-Friday, 8am-5pm

Winnepesaukee Wellness Center

60 Whittier Highway, Units 3A & 7A
Moultonborough, NH 03254

Services: Fitness and wellness programming, strength and cardio equipment access, one-on-one training support, and senior-friendly exercise services

Phone: (603) 253-1839

Fax

Webpage

Hours: Monday, Wednesday, Friday 7am-4pm

White Mountain Community Health Center

298 Route 16/White Mountain Highway
Conway, NH 03818

Services: Primary care, pediatrics, prenatal care, dental services, behavioral health, substance use disorder treatment, nutrition, behavioral health, sexual and reproductive health, and teen clinic

Phone: (603) 447-8900

Fax: (833) 972-5530

Webpage:

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

Email: info@whitemountainhealth.org

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

40 Beacon St. E.
Laconia, NH 03246

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.

Phone: (603) 524-1100

Fax: (603) 528-0760

Webpage : <https://lrmhc.org/>

Hours: Monday-Thursday, 8am-7pm
Fridays, 8am-5pm

Lakes Region Mental Health Center- Plymouth

81 Highland St.
Plymouth, NH 03264

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.

Phone: (603) 524-1100

Fax: (603) 528-0760

Webpage : <https://lrmhc.org/>

Hours: Monday-Thursday, 8am-7pm
Fridays, 8am-5pm

Northern Human Services-The Mental Health Center, Conway

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.

Phone: (603) 447-2111

Fax: (603) 447-1021

Webpage : <https://northernhs.org/mental-health/>

Hours: Monday-Friday: 8am-4pm

Northern Human Services- The Mental Health Center, Wolfeboro

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.

Phone: (603) 569-1884

Fax: (603) 569-1882

Webpage : <https://northernhs.org/mental-health/>

Hours: Monday-Friday: 9am-5pm

Mental Health Services:**Alpenglow Counseling Services**

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.

Phone: (603) 348-5346

Fax:

Webpage: <https://www.alpenglowcounselingservices.com/>

Hours: Call for hours and appointments

Blue Heron Neurofeedback and Counseling – North Conway

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 office located in Littleton and Gorham.

Phone: 603-356-6400

Fax

Webpage :

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

Hours: Monday-Friday, 8am-4pm

Bridgeway Counseling

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

Phone: (603) 834-9944

Fax: (603) 584-4488

Webpage: <https://www.bridgewaytherapy.com/>

Hours: Call for hours and appointments

Children Unlimited & Family Resource Center

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

Phone (603) 447-6356

Fax (603) 447-1114

Webpage <https://www.childrenunlimitedinc.org/>

Hours: Call for hours

Granite State Behavioral Health

18 Union St.
Wolfeboro, NH 03894

Services: Psychiatric evaluations and medication management for adolescents, young adults, and adults.

Phone: (603) 515-1700

Fax: (603) 607-6472

Webpage: <https://www.granitestatebh.org/>

Hours: Monday-Friday, 8am-4pm

Call for appointments

Huggins Hospital

18 Union St.
Wolfeboro, NH 03894

Services: Outpatient counseling and social services for patients of Huggins Hospital

Phone: (603) 569-7500

Fax: (603) 515-2020

Webpage: <https://www.hugginshospital.org/>
<https://www.granitestatebh.org/>

Hours: Emergency department open 24/7
Call for hours and appointments

Maine Health Memorial Hospital- Behavioral Health Care

3073 White Mountain Highway
North Conway, NH 03860

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.

Phone: (603) 356-4907

Fax:

Webpage:
<https://www.mainehealth.org/mainehealth-memorial-hospital/care-services-mainehealth-memorial-hospital/behavioral-health-care-mainehealth-memorial-hospital>
<https://www.granitestatebh.org/>

Hours: Emergency department open 24/7
Call for hours and appointments

Maine Health Memorial Hospital- Comprehensive Addiction Medicine

4073 White Mountain Highway
North Conway, NH 03860

Services: Comprehensive addiction medicine. No referral required.

Phone: (603) 356-5472

Fax:

Webpage:
<https://www.mainehealth.org/mainehealth-memorial-hospital>
<https://www.granitestatebh.org/>

Hours: Emergency department open 24/7
Call for hours and appointments

MWV Psychological Services

81 Washington St
Conway, NH 03818

Services: Private mental health practitioners

Phone: (603) 447-2453

Fax: (603) 447-2450

Webpage: www.mwvps.com

Hours: Call for hours and appointments

North Country Peer Support Center

6 Main Street
Conway NH 03818

Services: Free peer support services

Phone: (603) 447-1765

Warmline: (866) 447-1765 (5pm-9pm every day)

Fax

Webpage: <https://www.northcountryspsa.org/>

Hours: Monday-Thursday, 8am-5pm
Friday, 8am-4pm

One Peer to Another

328 Union Ave.
Laconia, NH 03246

Services: Free peer support services

Phone: (603) 528-7742

Warmline: (800) 306-4334 (5pm-10pm every day)

Fax

Webpage: <https://onepeer.org/>

Hours: Monday-Friday, 8am-4pm

Resilience Counseling and Training Center

PO Box 1435, 2473 White Mountain Highway
North Conway, NH 03860

Services: Counseling and therapy, coaching, professional development, and training

Phone: 603-460-5774

Fax

Webpage
<https://resiliencecounselingcenter.com/>

Hours: Call for details

TERRA Equine Therapy Center

281 Odell Hill Road
Conway, NH 03813

Services: Equine assisted psychotherapy with group and individual sessions available

Phone: 603-487-6745

Fax

Webpage <https://www.terraetc.org/>

Hours: Call for details

White Horse Recovery- North Conway

2977 White Mountain Highway
North Conway, NH 03860

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.

Phone: (603) 651-1441 Ext. 1

Fax

Webpage: <https://whitehorserecovery.org/>

Hours: Monday-Friday, 9am-5pm
Evening hours available

<p>White Horse Recovery- Ossipee 68 Route 16B Center Ossipee, NH 03814</p> <p><i>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.</i></p>	<p>Phone: (603) 651-1441 Ext. 3</p> <p>Fax</p> <p>Webpage: https://whitehorserecovery.org/</p> <p>Hours: Monday, 12pm-5pm Tuesday-Thursday, 9am-5pm Friday, 12pm-8pm Evening hours available</p>
<p>White Mountain Community Health Center 298 Route 16/White Mountain Highway Conway, NH 03818</p> <p><i>Services: Primary care, pediatrics, prenatal care, dental services, behavioral health, substance use disorder treatment, nutrition, behavioral health, sexual and reproductive health, and teen clinic</i></p>	<p>Phone: (603) 447-8900</p> <p>Fax: (833) 972-5530</p> <p>Webpage : https://www.whitemountainhealth.org/ Email : info@whitemountainhealth.org</p> <p>Hours: Monday-Friday, 8am-4pm</p>

More Mental Health Resources:

- [Community Mental Health Centers](#)
- [NAMI-NH www.naminh.org](http://www.naminh.org)
- [Recovery Hub https://nhrecoveryhub.org](https://nhrecoveryhub.org)
- [Suicide Prevention Lifeline www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- [Trevor Project for LGBTQ+ Youth www.thetrevorproject.org](http://www.thetrevorproject.org)
- [Veterans Crisis Line www.veteranscrisisline.net](http://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/](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

*80 Highland St.
Laconia, NH 03246*

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

Phone 211 or (603) 934-8905

Fax

Webpage :

<https://www.concordhospital.org/locations/profile/the-doorway-at-concord-hospital-laconia/>

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

Available throughout the state

Services: In-home addiction treatment for alcohol, opioids, and other substances with both virtual and in-home visits.

Phone (603) 769-8462

Fax

Webpage : <https://www.awarerecoverycare.com/>

Hours: Call for details

REFERRAL RESOURCES – ALCOHOL & SUBSTANCE USE DISORDER

Better Life Partners

Available throughout the state

Services: Same-day medication assisted treatment and community support

Phone (866) 679-0831

Fax

Webpage : <https://betterlifepartners.com/>

Hours: Call for details

Green Mountain Treatment Center

244 High Watch Road
Effingham, NH 03882

Services: Inpatient substance use treatment center- detox, residential treatment center, partial hospitalization program, and intensive outpatient program

Phone (866) 652-8889

Fax

Webpage :
<https://www.graniterecoverycenters.com/treatment-centers/green-mountain-treatment-center/>

Hours: Open 24/7

Lakes Addiction Treatment Center

350 Court St.
Laconia, NH 03246

Services: Treatment center offering both inpatient and outpatient partial hospitalization programs and intensive outpatient programs

Phone: (603) 202-4990

Fax

Webpage: <https://sobrietycentersofnh.com/new-hampshire-addiction-treatment-facilities/lakes-addiction-treatment-center/>

Hours: Open 24/7

The Plymouth House

446 Main St.
Plymouth, NH 03264

Services: 12-step retreat and addiction treatment center. Residential inpatient program, partial hospitalization program, and extended care program.

Phone: (888) 693-1927

Fax

Webpage: <https://www.theplymouthhouse.com/>

Hours: Open 24/7

White Horse Recovery- North Conway

2977 White Mountain Highway
North Conway, NH 03860

Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; mental health services and counseling. Comprehensive secular and faith-based services.

Phone: (603) 651-1441 Ext. 1

Fax

Webpage: <https://whitehorserecovery.org/>

Hours: Monday and Thursday 9am-5pm
Tuesday 11am-7pm
Friday: 9am-12pm

White Horse Recovery- Ossipee

68 Route 16B
Center Ossipee, NH 03814

Services: Outpatient substance use disorder treatment, including individual, group, and family counseling; mental health services and counseling. Comprehensive secular and faith-based services.

Phone: (603) 651-1441 Ext. 3

Fax

Webpage: <https://whitehorserecovery.org/>

Hours: Tuesday-Friday 9am-5pm

Recovery, Support Groups & Harm Reduction

Alcoholics Anonymous NH https://nhaa.net/nh-meeting-information/	Narcotics Anonymous NH https://qsana.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

1620 East Main Street
Center Conway, NH 03813

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.

Phone: (603) 662-0668 (MWV Supports Recovery)

Fax

Webpage :
<https://www.mwvsupportsrecovery.org/>

Hours: Call for meeting times or email
jmgotter1@roadrunner.com

MWV Supports Recovery Coalition and Endeavor House

1620 East Main Street
Center Conway, NH 03813

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

Phone 603-662-0668

Fax 603-662-0669

Webpage :
<https://www.mwvsupportsrecovery.org/>

Hours Monday-Friday: 9am-5pm
Walk-ins Monday-Thursday: 10am-4pm

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

3073 White Mountain Highway
 North Conway, NH 03860

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.

Phone: (603) 356-9355

Fax

Webpage :
<https://www.mainehealth.org/Memorial-Hospital/Services/Childbirth-Family-Birthing-Center/Prenatal-Substance-Abuse-Treatment>

Hours: Call for details

White Horse Recovery- Shed North- North Conway

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.

Phone (603) 651-1441 Ext. 2

Fax

Webpage: <https://whitehorserecovery.org/>

Hours: Monday 12pm-5pm
 Tuesday-Friday 9am-5pm

White Horse Recovery- The Shed -Ossipee

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.

Phone: (603) 651-1441 Ext. 3

Fax

Webpage: <https://whitehorserecovery.org/>

Hours: Monday 12pm-5pm
 Tuesday-Friday 9am-5pm

HARM REDUCTION

MWV Supports Recovery Coalition

1620 East Main Street
Center Conway, NH 03813

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

Phone 603-662-0668

Fax 603-662-0669

Webpage :

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

Hours: Monday-Friday: 9am-5pm

Walk-ins Monday-Thursday: 10am-4pm

Navigating Recovery of the Lakes Region

102 Court Street
Laconia, NH 03246

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

Phone (603) 524-5939

Fax

Webpage :

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

Hours: Mondays, Tuesdays, Thursdays, Fridays,
9am-5pm

Wednesdays, 9am-4pm

Saturdays, 9am-1pm

NH Harm Reduction Coalition

Services available throughout the state

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.

Phone: Email at info@nhhrc.org

Fax

Webpage : <https://www.nhhrc.org/>

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

74 Main Street
Ossipee, NH 03814

Services: Tax prep assistance

Phone: (603) 539-6390

Fax

Webpage : <https://ossipee.lib.nh.us/>

Please visit <https://nhtaxhelp.org/> for updated locations

Hours: By appointment, call for details

AARP Tax Aide at Moultonborough Public Library

4 Holland Street
Moultonborough, NH 03254

Services: Tax prep assistance

Phone: (603) 476-8895

Fax

Webpage :

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

Please visit <https://nhtaxhelp.org/> for updated locations

Hours: By appointment, call for details

Castle in the clouds

455 Old Mountain Rd.
Moultonborough, NH 03254

Services: Provides space for group meetings

Phone: (603) 476-5900

Fax

Webpage : <https://www.castleinthecLOUDS.org/>

Hours: Daily, 10am-4pm

Carroll County Coalition for Public Health

1230 NH-16
Ossipee, NH 03864

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.

Phone: (603) 301-1252

**Community Health Worker Phone:
(603) 901-2015**

Fax

Webpage : <https://www.c3ph.org/>

Hours: Call for details.

Community Action Program- Belknap-Merrimack Counties

Meredith: 147 Main St.
Meredith, NH 03252

Laconia: 522 Main St.
Laconia, NH 03246

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.

Phone: Meredith: (603) 279-4096
Laconia: (603) 524-5512

Fax:

Webpage : <https://capbm.org/>

Hours:
Meredith: Tuesdays and Thursdays, 8am-4pm
Laconia: Monday-Friday, 8:30am-4:30pm

Jen's Friends Cancer Foundation

203 East Conway Road
Conway, NH 03818

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

Phone: (603) 356-5083

Fax

Webpage : <https://www.jensfriends.org/>

Hours: Call for details

Lakes Region Community Services

719 North Main Street
Laconia, NH 03246

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.

Phone (603) 524-8811

Fax

Webpage <https://www.lrcs.org/>

Hours: Call for hours

Moultonborough Lions Club

Moultonborough Function Hall
315 Old Route 109
Moultonborough, NH 03254

Services: Assistance with eyeglasses purchase and eye testing

Contact via website

Fax

Webpage <https://www.lionsclubs.org/en/start-our-approach/club-locator/details?id=14188>

Hours: Call for hours

NH EASY Gateway to Services*Local DHHS Offices:*

Conway: Laconia:
 71 Hobbs St. 65 Beacon St. West
 Conway, NH 03818 Laconia, NH 03246

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

Phone (844) 275-3447

Fax

Webpage : www.nheasy.nh.gov

Hours: NH EASY is available online from 6am until 12am (midnight) Monday through Sunday.

Northern Human Services- New Horizons, Center Conway

626 Eastman Road
 Center Conway, NH 03813

Services: Developmental disability services for adults, children, and families

Phone: (603) 356-6921

Fax: (603) 356-6310

Webpage :
<https://northernhs.org/developmental-disabilities/>

Hours: Call for details

Northern Human Services- New Horizons, Tamworth

680 White Mountain Highway, Unit 8
 Tamworth, NH 03866

Services: Developmental disability services for adults, children, and families

Phone: (603) 323-2354

Fax

Webpage :
<https://northernhs.org/developmental-disabilities/>

Hours: Call for details

Partnership for Public Health

11 Academy Square
Laconia, NH 03246

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.

Phone: (603) 528-2145

Human Services Phone: 1-866-634-9412

Fax

Webpage : <https://www.pphnh.org/>

Hours: Monday-Friday, 8am-4pm

Tri-County CAP Energy Assistance

448 White Mountain Highway
Tamworth, NH 03817

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.

Phone: (603) 323-7400

Fax: (603) 323-7411

Webpage :

<http://www.tccap.org/services/housing-and-energy/energy-assistance-services/>

Hours: Monday-Friday, 8am-4pm

Tri-County Transit

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.

Phone: (603) 752-1741 or (888) 997-2020

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>

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

<i>The Bearcamp Center</i>	Phone: (603) 707-6119
1164 Bunker Hill Road South Tamworth, NH 03883	<div data-bbox="777 489 1383 520">Fax</div> <div data-bbox="777 527 1383 590">Webpage : https://bearcampcenter.org/</div> <div data-bbox="777 596 1383 772">Hours: Contact for hours</div>
<i>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.</i>	
<i>Breaking Bread Food Pantry and Thrift Store</i>	Phone: (603) 253-9724
80 Bean Road Entry C Moultonborough, NH 03254	<div data-bbox="777 884 1383 915">Fax</div> <div data-bbox="777 921 1383 991">Webpage : https://www.turningpointnh.com/general-1</div> <div data-bbox="777 997 1383 1136">Hours: Food pantry: Monday, Wednesday, Friday 9am-12pm, Saturday 11am-1pm Thrift store: Monday-Friday, 9am-3pm, Saturday 9am-2pm</div>
<i>Services: Food pantry and thrift store</i>	
<i>Breadbasket Food Pantry at the River Church</i>	Phone: (603) 447-6633
2600 East Main Street West Ossipee, NH 03890	<div data-bbox="777 1241 1383 1272">Fax</div> <div data-bbox="777 1278 1383 1341">Webpage : https://trcnh.org/food-pantry</div> <div data-bbox="777 1348 1383 1457">Hours: Call for food pantry hours. Community Dinner: Every fourth Tuesday of the month 5pm-6pm</div>
<i>Services: Food pantry and Community Dinner</i>	
<i>Brown Church Food Pantry and Dinner Bell</i>	Phone: (603) 447-3851
Conway Village Church 132 Main St., P.O. Box 333 Conway NH 03818	<div data-bbox="777 1562 1383 1625">Fax</div> <div data-bbox="777 1631 1383 1701">Webpage https://www.thebrownchurch.org/food-pantry/</div> <div data-bbox="777 1707 1383 1810">Hours: Food Pantry: By appointment on Tuesdays 8:30am-12pm Conway Dinner Bell: Every Monday 5pm</div>
<i>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.</i>	

Center Harbor Congregational Church

52 Main St.
PO Box 229
Center Harbor, NH 03226

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.

Phone: (603) 253-7698

Fax

Webpage: <https://www.chccucc.org/>

Hours: Call for details.
Soup Kitchen Meal Reservations: 508-523-9288
Store to Door Grocery Delivery: 603-253-1147

Community Food Center Food Pantry

678 Whittier Road
Tamworth, NH, 03886

Services: Food pantry serving residents of Tamworth and Sandwich

Phone: (603) 960-4067

Fax

Webpage :
<https://www.facebook.com/foodpantrytamworth/>

Hours: Alternating Wednesdays 11am-3pm and 4:30pm-6pm

End 68 Hours of Hunger – Wolfeboro Area

258 South Main Street
Wolfeboro, NH 03894

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.

Phone: (603) 856-1019

Fax

Webpage :
<https://www.end68hoursofhunger.org/find-your-community/new-hampshire/wolfeboro-tuftonboro-ossipee/>

Hours: Call for hours and drop off locations

FMI: OssTuftWolf@end68hoursofhunger.org

Freedom Food Pantry

First Christian Church of Freedom

12 Elm Street, PO Box 502
Freedom, NH 03836

Services: Food pantry serving the towns of Freedom, Effingham, and Ossipee.

Phone: (603) 539-6484

Fax: (603) 539-6484

Webpage :
<https://firstchristianchurchoffreedom.org/food-pantry/>

Hours: Call for hours

Journey Church Food Pantry

15 Hutchins Drive
Conway, NH 03818

Services: Food pantry

Phone (603) 447-5068

Fax

Webpage : <http://www.conwayjourney.com/>

Hours: Fridays 10am

Lakes Region Food Pantry

977 Whittier Highway
Moultonborough, NH 03254

Services: Food assistance, voucher program, cooking classes, sneaker program, Santa fund, and summer lunch program

Phone: (603) 476-5400

Fax

Webpage :
<http://www.lakesregionfoodpantry.org/>

Hours: Thursdays 11am-4pm

Life Ministries Food Pantry

264 South Main Street, PO Box 476
Wolfeboro, NH 03894

Services: Food pantry, accepts anyone who comes as long as they do not go to another food pantry.

Phone: (603) 569-0202

Fax

Webpage :
<https://lifeministriesfoodpantry.org/food-pantry>

Hours: 1st and 3rd Wednesday each month from 9am-1pm and 4pm-6pm

Madison Food Pantry

53 Conway Road
Madison, NH 03849

Services: Food pantry

Phone: (603) 733-6323

Fax

Webpage :
<https://www.themadisonchurch.org/madison-food-pantry>

Hours: Open Wednesdays and Thursdays by appointment. Emergency food appointments are also available if you need immediate assistance.

Meredith Food Pantry

147 Main St.
Meredith, NH 03253

Services: Food pantry

Phone: (603) 279-1115

Fax

Webpage:

Hours: Tuesday-Thursday, 10am-1pm

Ossipee Concerned Citizens- Moultonborough Location

139 Old Route 109
Moultonborough, NH 03254

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.

Phone: (603) 476-5110

Fax

Webpage:

<https://www.ossipeeconcernedcitizensinc.com/>

<https://occnh.org/>

Hours: Monday-Thursday 8am-2pm

Ossipee Concerned Citizens- Ossipee Location

3 Dore Street
Center Ossipee, NH 03814

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.

Phone: (603) 539-6851

Fax

Webpage:

<https://www.ossipeeconcernedcitizensinc.com/>

<https://occnh.org/>

Hours: Monday-Friday 8am-3pm

Ossipee Dinner Bell

50 Route 16B
Center Ossipee, NH 03814

Services: Free/by donation dinner

Phone: (603) 539-6003

Fax

Webpage:

<https://www.firstossipee.org/events/dinner-bell/>

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 qualify; 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
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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:

<i>Belknap House</i>	Phone: (603) 527-8097
200 Court St. Laconia, NH 03246	Fax Webpage: https://www.belknaphouse.org/
<i>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.</i>	Hours: Open 24/7
<i>The Carey House (Salvation Army)</i>	Phone: (603) 528-8086
6 Spring St. Laconia, NH 03246	Fax Webpage: https://easternusa.salvationarmy.org/northern-new-england/laconia/provide-shelter/
<i>Services: Emergency shelter</i>	Hours: Open 24/7
<i>Granite Recovery Centers- Freedom House</i>	Phone: (855) 712-7784
244 High Watch Road Effingham, NH 03882	Fax Webpage: https://www.graniterecoverycenters.com/sober-living/freedom-house/
<i>Services: Sober living facility for men in recovery after attending a primary drug rehab program</i>	Hours: See website for details

Granite Recovery Centers- Harmony House

56 Main Street
Ossipee, NH 03864

Services: Sober living facility for women in recovery after attending a primary drug rehab program

Phone: (855) 712-7784

Fax

Webpage: <https://www.graniterecoverycenters.com/sober-living/harmony-house/>

Hours: See website for details

NH Department of Housing and Urban Development (HUD)

Manchester Field Office
275 Chestnut St., 4th Floor
Manchester, NH 03103

Services: HUD works to provide and strengthen affordable quality housing for all NH residents

Phone: (603) 666-7510

Fax

Webpage: <https://www.hud.gov/states/new-hampshire>

Hours: Call for details

NH Department of Revenue Administration

109 Pleasant St.
Concord, NH 03301

Services: Offers property tax relief for low and moderate income homeowners

Phone: (603) 230-5920

Fax

Webpage: <https://www.revenue.nh.gov/resource-center/taxpayer-assistance/low-and-moderate-income-homeowners-property-tax-relief>

Hours: Monday-Friday 8am-4:30pm

Starting Point

PO Box 1972
Conway, NH 03818

Services: Shelter and services for victims of domestic violence, sexual violence, and stalking

Phone: (603) 447-2494

24/7 Services: 800-336-3795

Fax

Webpage: <https://www.startingpointnh.org/>

Hours: Speak to an advocate 24/7

USDA Rural Development

73 Main Street
Conway, NH 03818

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

Phone: (603) 447-3318 ext. 3009

Fax: (855) 428-0331

Webpage: <https://www.rd.usda.gov/nh>

Hours: Call for hours

Way Station

15 Grove Street
North Conway, NH 03860

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.

Phone: (603) 452-7113

Fax

Webpage: www.waystationnh.org

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

36 Washington Street
Conway, NH 03818

Services: Budget-friendly hostel accommodations

Phone: (603) 662-0306

Fax

Webpage: <http://www.cohohostel.com/>

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	UUUsed 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

53 Technology Lane
Conway, NH 03818

Services: Local and long-distance non-emergency medical transportation for ambulatory seniors, adults with disabilities, and veterans. Trips based on volunteer driver availability.

Phone: (603) 356-9331

Fax: (603) 356-9322

Webpage: <https://www.carrollcountyrsvp.org/>

Hours: Rides can be scheduled on weekdays from 9am-4pm, with at least a 48-hour notice requested.

Interlakes Community Caregivers

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.

**Phone: Office: (603) 253-9275
For service: (603) 253-9100**

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

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.

Phone: (603) 752-1741 or (888) 997-2020

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

1164 Bunker Hill Road
South Tamworth, NH 03883

Services: Childcare center, summer camps, and school vacation camps, along with food services and elder initiatives.

Phone: (603) 707-6119

Fax

Webpage: <https://bearcampcenter.org/>

Hours: Contact for hours

Child Care Aware of NH (NH Connections)

88 Temple Street
Nashua, NH 03060

Services: Resources and referrals for child care, health & social services, financial assistance, children with special needs, and more.

Phone: (603) 578-1386, 1 (855) 393-1731

Fax

Webpage
<https://www.childcareaware.org/state/new-hampshire-6/>

Hours: Monday-Friday 8am-5pm

Children Unlimited & Family Resource Center

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, 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.

Phone (603) 447-6356

Fax (603) 447-1114

Webpage
<https://www.childrenunlimitedinc.org/>

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

Services: Variety of resources and programs for childcare, parenting, and childbirth

Fax

Webpage
<https://www.dhhs.nh.gov/programs-services/childcare-parenting-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

Services: Variety of resources and programs for childcare, parenting, and childbirth

Fax

Webpage
<https://www.dhhs.nh.gov/programs-services/childcare-parenting-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

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.

Fax – Intake (603) 227-7525

Webpage www.granitevna.org

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

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.

Fax

Webpage: <https://capbm.org/>

Hours: Call for details

REFERRAL RESOURCES – FAMILIES & CHILDREN

Head Start- Tamworth

448 White Mountain Highway
Tamworth, NH 03886

Services: Federally funded, family-focused child development program for children 3 to 5 that is free for income eligible households.

Phone: (603) 323-9302

Fax

Webpage:

<http://www.tccap.org/services/youth-and-families/head-start/>

Hours: Call for details

Imaginations A Child's Place

903 Whittier Highway
Moultonborough, NH 03254

Services: Daycare

Phone: (603) 476-8400

Fax

Webpage:

Hours: Call for details

Inter-Lakes Day Care Center & Nursery School

36 Lang St.
Meredith, NH 03253

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.

Phone: (603) 279-8903

Fax

Webpage: <https://www.ildcc.org/>

Hours: Monday-Friday 6:30am-4:30pm

Kidworks Learning Center

37 Reservoir Rd.
Meredith, NH 03253

Services: Provides childcare and educational programs for children.

Phone: (603) 279-6633

Fax

Webpage:

<https://www.facebook.com/kidworkslc/>

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

REFERRAL RESOURCES – FAMILIES & CHILDREN

Ossipee Concerned Citizens

3 Dore Street
Center Ossipee, NH 03814

Services: Childcare center for children ages 13 months to 12 years. Toddler, preschool, school-age, and summer programs.

Phone: (603) 539-6851

Fax

Webpage: <https://occnh.org/>

Hours: Monday-Friday: 6:30am-5pm

Pals & Paws

2 Clough St.
Meredith, NH 03253

Services: Provides childcare for ages 6 weeks to 8 years with before and after school hours as well.

Phone: (603) 937-0284

Fax

Webpage:
<https://www.facebook.com/people/Pals-Paws/100091303124396/>

Hours: Call for hours

Sandwich Children's Center

54 Maple St.
Sandwich, NH 03227

Services: Toddler, preschool, and school age programs for children ages 18 months to 3rd grade, plus summer programs.

Phone: (603) 284-7014

Fax

Webpage:
<https://www.sandwichchildrenscenter.org/>

Hours: Monday-Friday 8am-5pm

The Village Preschool

52 Main St.
Center Harbor, NH 03226

Services: Preschool for children ages 3 to 6.

Phone: (603) 455-1067

Fax

Webpage: <https://www.chccucc.org/the-village-preschool-1>

Hours: Monday, Wednesday, and Thursday
8:30am-1:30pm

Waypoint- Health Care Coordination

464 Chestnut Street (P.O. Box 448)
Manchester, NH 03105

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.

Phone (603) 518-4000

Fax (603) 668-6260

Webpage:

<https://waypointnh.org/programs/partners-in-health>

Hours: Monday-Friday: 8am-5pm

Wild Roots Early Learning Center LLC

31 Lang St.
Meredith, NH 03253

Services: Childcare center.

Phone: (603) 707-2244

Fax

Webpage:

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

Hours: N/A

Services: List of holiday resources for families in the Governor Wentworth Regional School District

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

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-person events.

Phone: (866) 542-8168

Fax:

Webpage: <https://states.aarp.org/new-hampshire/>

Hours: Monday-Friday 8am-5pm

Aging and Disability Resource Center of Belknap County

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.

Phone: (603) 528-6945

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

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.

Phone: (603) 323-2043

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

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.

Phone: (603) 271-9203

Fax:

Webpage: <https://www.dhhs.nh.gov/programs-services/adult-aging-care>

Hours: Monday-Friday 8am-4pm

Elder Abuse and Financial Exploitation Unit

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.

Phone: (603) 271-3658

To report a crime, call the Consumer Protection Hotline: 1-888-468-4454 or (603) 271-3641

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)

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.

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

Fax:

Webpage: <https://gsil.org/>

Hours: Monday-Friday 8am-5pm

Granite VNA – Wolfeboro/Southern Carroll Co.

645 South Main Street
Wolfeboro, NH 03894

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.

Phone (603) 224-4093, (800) 924-8620

Email: info@granitevna.org

Fax – Intake: (603) 227-7525

Webpage: www.granitevna.org

Hours: Our main number is available 24 hours a day, seven days a week.

Interlakes Community Caregivers

60 Whittier Highway
Moultonborough, NH 03254

Services: Provides rides, errands, phone checks, and community resources

Phone (603) 253-9275

Fax

Webpage: <https://interlakescares.org/>

Hours: Monday-Friday: 9am-3pm

Lakes Region VNA

186 Waukewan Street
Meredith, NH 03253

214 Lake Street
Bristol, NH 03222

Services: Visiting nurses, hospice care, rehab therapy, private duty care, and grief support

Phone (603) 279-6611

Fax: 844-412-7881

Webpage: www.granitevna.org

Hours: Monday-Friday 8am-4pm, provides after hours call service 24/7

Moultonborough Recreation Department Adult Programs

10 Holland St.
Moultonborough, NH 03254

Services: Recreation programs for adults

Phone (603) 476-8868

Fax

Webpage: <https://www.moultonboroughnh.gov/222/Adult-Programs>

Hours: Visit website or call for more details

Mountain View Nursing Home

93 Water Village Road
Ossipee, NH 03864

Services: Skilled nursing facility

Phone: (603) 539-7511

Fax: (603) 539-4233

Webpage: <https://www.carrollcountynh.gov/205/Mountain-View-Community>

Hours: Monday-Friday: 7am-4pm

NH Care Path

Available throughout NH

Services: Connects people to services and resources for aging, disability, independent living, counseling, financial planning, mental health, transportation, and more.

Phone: (866) 634-9412

Fax:

Webpage: www.nhcarepath.org

Hours: Monday-Friday 8am-4:30pm

NH Consumer Sourcebook

Online resource

Services: The Sourcebook by the NH DOJ educates consumers and provides general information about the laws that apply to a variety of consumer transactions.

Phone: (603) 271-3658

Fax:

Webpage: <https://www.doj.nh.gov/citizens/consumer-protection-antitrust-bureau/nh-consumer-sourcebook>

Hours: See website for details

Long-term Care Ombudsman (OLTC)

Brown Building, 129 Pleasant St.
Concord, NH 03301

Services: Receives, services, investigates, and resolves complaints or problems concerning residents of long-term health care facilities.

Phone: (603) 271-4375 or (800) 442-5640

Fax:

Webpage: <https://www.dhhs.nh.gov/about-dhhs/long-term-care-ombudsman>

Hours: Monday-Friday 8am-4pm

Ossipee Concerned Citizens- Moultonborough Location

139 Old Route 109
Moultonborough, NH 03254

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.

Phone: (603) 476-5110

Fax

Webpage: <https://www.ossipeeconcernedcitizensinc.com/>
<https://occnh.org/>

Hours: Monday-Thursday 8am-2pm

Ossipee Concerned Citizens- Ossipee Location

3 Dore Street
Center Ossipee, NH 03814

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.

Phone: (603) 539-6851

Fax

Webpage:

<https://www.ossipeeconcernedcitizensinc.com/>
<https://occnh.org/>

Hours: Monday-Friday 8am-3pm

Quality Care Home Health & Hospice

12 Main Street
PO Box 32
Center Harbor, NH 03226

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.

Phone (603) 707-9655

Fax: (603) 619-6814

Webpage: <https://qualitycarehh.com/>

Hours: Please call 24/7

REAP- Referral, Education, Assistance, and Prevention Program

Available throughout the state

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.

Phone: 1-866-634-9412

Fax:

Webpage: <https://smhc-nh.org/our-services/older-adult-services-reap/>

Hours: Call for hours and appointments

Silver Lake Landing

1420 Village Road Route 113
Madison, NH 03849

Services: Low income/subsidized independent housing for seniors (age 62+)

Phone: (603) 356-3231

Fax: (603) 356-0100

Webpage: <https://www.gibsoncenter.org/silver-lake-landing/>

Hours: Call for details

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine

1529 White Mountain Highway
North Conway, NH 03860

Services: Skilled nursing care, rehabilitation services (including physical, occupational, and speech therapy), long term care, hospice, palliative care, and support groups

Phone: (603) 356-7006

Fax: (603) 356-8134

Webpage: <https://www.vnhch.org/>

Hours: Monday-Friday, 8am-5pm

WellnessLink

11 Academy Square
Laconia, NH 03246

Services: Provides no-cost information and coordination designed to support your wellbeing, and to protect your physical, mental, and emotional health.

Phone: (866) 452-1693

Fax:

Webpage: <https://wellnesslinknh.org/>

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>

<p><i>Carroll County Veterans Coalition</i></p> <p>1230 NH-16 Ossipee, NH 03864</p> <p><i>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.</i></p>	<p>Phone: (603) 301-1252 ext. 305</p> <p>Fax</p> <p>Webpage: https://www.carrollcountyveteranscoalition.org/</p> <p>Hours: Call for details</p>
<p><i>Conway VA Community Based Outpatient Clinic</i></p> <p>71 Hobbs Street, Third Floor Conway, NH 03818</p> <p><i>Services: Primary care, women’s health services, mental health care, social work, laboratory, and pathology</i></p>	<p>Phone: (800) 892-8384 x3199 Mental Health Clinic: (603) 624-4366 x3199</p> <p>Fax</p> <p>Webpage: https://www.va.gov/manchester-health-care/locations/conway-va-clinic/</p> <p>Hours: Monday-Friday, 8am-4:30pm</p>
<p><i>Clear Path for Veterans New England</i></p> <p>84 Antietam St. Devens, MA 01434</p> <p><i>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.</i></p>	<p>Phone: (978) 384-8800</p> <p>Fax</p> <p>Webpage: https://www.clearpathne.org/</p> <p>Hours: Monday-Friday, 8am-4:00pm</p>

REFERRAL RESOURCES – SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES

Military OneSource

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

Phone: (800) 296-6300
NH Office: (603) 225-1215

Fax (603) 225-1257

Webpage <https://www.militaryonesource.mil/>

Hours: Available 24/7

NH Division of Veterans Services

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.

Phone: (800) 622-9230
603-624-9230

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

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.

Phone: (603) 225-1200
TDD Access: Relay NH 1-800-735-2964

Fax

Webpage <https://www.dmavs.nh.gov/veterans-services>

Hours: Call for details

Tilton VA Community Based Outpatient Clinic

630 West Main St., Suite 400
Tilton, NH 03276

Services: Primary care, nutrition counseling, laboratory services, and more

Phone: (603) 624-4366 x3199
Mental Health Clinic: (603) 624-4366 x3199

Fax

Webpage: <https://www.va.gov/manchester-health-care/locations/tilton-va-clinic/>

Hours: Monday-Friday, 7:30am-4:30pm

REFERRAL RESOURCES – SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES

Veterans Inc.

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.

Phone: (800) 482-2565

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

223 East Main Street
Conway, NH 03818

Services: Pet adoption, pet food pantry, seniors and senior pets' program, temporary pet housing for those in crisis situations, pet surrender, and animal hospital

Phone: (603) 447-5955

Fax

Webpage: <https://www.conwayhumane.org/>

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

11 Old Route 28
Ossipee, NH 03864

Services: Pet adoption, pet food pantry, low-cost pet crates and carriers, and pet surrender

Phone: (603) 539-1077

Fax: (603) 539-1012

Webpage: <https://lrhs.net/>

Hours: Tuesday-Saturday, 11am-4pm

New Hampshire Humane Society

1305 Meredith Center Road
Laconia, NH 03246

Services: Pet adoption, pet food pantry, low-cost pet crates and carriers, and pet surrender

Phone: (603) 524-3252

Fax:

Webpage: <https://www.nhhumane.org/>

Hours: Sunday-Wednesday, by appointment only
Thursday-Saturday, walk-ins welcome, 12pm-4pm

Rozzie May Animal Alliance Low Cost Spay/Neuter Clinic

54 Hobbs Street
Conway, NH 03818

Services: Low cost spay & neutering for cats and dogs.

Phone: (603) 447-1373

Email: rozziemayaa@gmail.com

Webpage: <http://rozziemayanimalalliance.org/>

Hours: By appointment
<http://rozziemayanimalalliance.org/clinic-registration/>

EDUCATION

SAU 9- Conway / Mount Washington Valley Area

SAU 9

176A Main Street
Conway, NH 03818

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.

Phone: (603) 447-8368

Fax: (603) 447-8497

Webpage: <https://www.sau9.org/>

Hours: Call for hours

Kennett High School

409 Eagle's Way
North Conway, NH 03860

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

Phone: (603) 356-4343

Fax: (603) 356-4391

Webpage:
<https://sau9khs.ss12.sharpschool.com/>

Hours: Monday-Friday 7am-3pm

SAU 13- Freedom, Madison, and Tamworth

SAU 13

881 Tamworth Road
Tamworth, NH 03886

Services: Educational services for students in Freedom, Madison, and Tamworth

Phone: (603) 323-5088

Fax: (603) 323-5093

Webpage: <https://www.sau13.org/>

Hours: Monday-Friday 8am-4pm

Summer hours: Monday-Friday 8am-3pm

Freedom Elementary School

40 Loon Lake Road
Freedom, NH 03836

Services: Public School K-6

Phone: (603) 539-2077

Fax: (603) 539-5782

Webpage: <https://www.freedomelschool.com/>

Hours: Monday-Friday 9am-3:30pm

Madison Elementary School

2069 Village Road
Madison, NH 03849

Services: Public School K-6 and preschool

Phone: (603) 367-4642

Fax: (603) 367-8784

Webpage: <https://sites.google.com/a/mes-nh.com/madison-elementary-school/>

Hours: Call for hours

Kenneth A. Brett School

881 Tamworth Road
Tamworth, NH 03886

Services: Public School K-8

Phone: (603) 323-7271

Fax: (603) 323-7454

Webpage:

<https://sites.google.com/tamworth.k12.nh.us/welcome-ka-brett-school/home>

Hours: Monday-Friday 9am-3:30pm

SAU 45- Moultonborough**SAU 45**

25 Blake Road
Moultonborough, NH 03254

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.

Phone: (603) 476-5247

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>

Hours: Call for hours

Moultonborough Central School

916 Whittier Highway
Moultonborough, NH 03254

Services: Public School Pre K-5

Phone: (603) 476-5535

Fax: (603) 476-2409

Webpage: <https://mcs.sau45.org/>

Hours: Monday-Friday 7:30am-4pm

Moultonborough Academy

25 Blake Road
Moultonborough, NH 03254

Public School Grades 6-8 (middle level) and 9-12

Phone: (603) 476-5517

Fax: (603) 476-5153

Webpage: <https://ma-hs.sau45.org/>

Hours: Monday-Friday 7am-4pm

SAU 49 – Governor Wentworth Regional School District**SAU 49**

140 Pine Hill Road
Wolfeboro Falls, NH 03896

Services: Educational services for students in Brookfield, Effingham, Middleton, New Durham, Ossipee, Wolfeboro, and Tuftonboro

Phone: (603) 569-1658

Fax: (603) 569-6983

Webpage: <https://www.gwrsd.org/>

Hours: Monday-Friday 8am-4:30pm

Carpenter Elementary School

102 South Main Street
Wolfeboro, NH 03894

Services: Public School, K-3

Phone: (603) 569-3457

Fax: (603) 569-8111

Webpage: <https://carpenterschool.org>

Hours: Call for hours

Crescent Lake School

75 McManus Road
Wolfeboro, NH 03894

Services: Public school grades 4-6

Phone: (603) 569-0223

Fax: (603) 569-4839

Webpage: <https://www.crescentlakeschool.org/>

Hours: Call for hours

Effingham Elementary School

6 Partridge Cove Road
Effingham, NH 03882

Services: Public school K-6

Phone: (603) 539-6032

Fax: (603) 539-6032

Webpage:
<https://www.effinghamelementary.org/>

Hours: Call for hours

Ossipee Central School

68 Main Street
Center Ossipee, NH 03814

Services: Public school K-6

Phone: (603) 539-4589

Fax: (603) 539-4390

Webpage:
<https://www.ossipeecentralschool.org/>

Hours: Call for hours

Tuftonboro Central School

205 Middle Road
Tuftonboro, NH 03816

Services: Public school K-6

Phone: (603) 569-2050

Fax: (603) 569-8276

Webpage:
<https://www.tuftonborocentralschool.org/>

Hours: Call for hours

Kingswood Regional Middle School

404 South Main Street
Wolfeboro, NH 03894

Services: Public school, grades 7-8

Phone: (603) 569-3689

Fax: (603) 569-8113

Webpage: <https://www.kingswoodms.org/>

Hours: Monday-Friday 7am-2:45pm

Kingswood Regional High School

396 South Main Street
Wolfeboro, NH 03994

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.

Phone: (603) 569-2055

Fax: (603) 569-8104

Webpage: <https://www.kingswoodms.org/>
School Social Worker:
<https://www.kingswoodhighschool.org/our-school/krhs-counseling-center>

Hours: Call for hours

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

103 Main Street
Meredith, NH 03253

Services: Educational services for students in Meredith, Center Harbor, Sandwich, and Ashland

Phone: (603) 279-7947

Fax:

Webpage: <https://www.interlakes.org/>

Hours: Call for hours

Sandwich Central School

28 Squam Lake Road
Sandwich, NH 03227

Services: Public school K-6

Phone: (603) 284-7712

Fax: (603) 284-6104

Webpage: <https://scs.interlakes.org/>

Hours: Call for hours

Private / Charter /Alternative Education / Adult Education /Post-Secondary***Brewster Academy***

80 Academy Drive
Wolfeboro NH 03894

Services: A college preparatory boarding school in Wolfeboro, N.H.

Phone: (603) 569-1600

Fax: (603) 569-7199

Webpage: www.brewsteracademy.org

Hours: Call for hours

Carroll County Adult Education – Carroll Academy**Phone: (603) 323-5100**

680 White Mountain Highway
Tamworth, NH 03886

Fax

Webpage

<https://carrollcountyadulthoodeducation.com/>

Services: HiSET, High School Credit Recovery, High School Equivalency, English as a Second Language, Citizenship, Hospitality, College Accuplacer exam prep, Tutoring

Hours: Tuesday – Thursday, 8:00am – 4:00pm

Cornerstone Christian Academy**Phone: (603) 539-8636**

129 Route 28
Ossipee, NH 03864

Fax

Webpage: www.cornerstoneabc.org

Services: Not for profit independent school, preschool to Grade 8

Hours: Monday-Friday, 8am-4:30pm

Virtual Learning Academy Charter School**Phone: 603-778-2500**

30 Linden Street
Exeter, NH 03833

Fax: 866-651-5038

Webpage www.vlacs.org

Services: K-12 Online NH Public Charter School; Online Adult Education for HS Diploma, College Prep, Language Learning, Continuing Education.

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

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

Phone: (603) 356-7242

Fax

Webpage:

<https://carrollcountyadulthoodeducation.com/>

Hours: Monday-Friday, 9am-4pm

Lakes Region Community College

379 Belmont Rd.
Laconia, NH 03246

Services: Community college with workforce training

Phone: (603) 524-3207

Fax

Webpage: <https://www.lrcc.edu/>

Hours: Monday-Friday, 8am-5PM

Meredith Village Savings Bank - Meredith

24 NH-25
Meredith, NH 03253

71 NH-104
Meredith, NH 03253

Services: Free training on fraud awareness, financial literacy, and employment reviews

Phone: (603) 279-7986, (603) 279-5274

Fax:

Webpage: <https://www.mvsb.com/>

Hours: Monday-Wednesday, 9am-4pm
Thursday-Friday, 9am-5pm
Saturday, 8:30am-12pm

Meredith Village Savings Bank – Moultonborough

991 NH-25
Moultonborough, NH 03254

28 NH-25
Moultonborough, NH 03254

Services: Free training on fraud awareness, financial literacy, and employment reviews

Phone: (603) 476-2300, (603) 253-7303

Fax:

Webpage: <https://www.mvsb.com/>

Hours: Monday-Wednesday, 9am-4pm
Thursday-Friday, 9am-5pm
Saturday, 8:30am-12pm

NH Bureau of Vocational Rehabilitation

40 Pine Street
Manchester, NH 03103

Services: Assistance for people with disabilities with preparing for, obtaining, and succeeding in meaningful careers

Phone: (603) 752-2271

Fax: (603) 752-5940

Webpage: <https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation>

Hours: Call for details

NH Employment Security (NHES)- Conway

518 White Mountain Highway
Conway, NH 03818

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

Phone: (603) 447-5924

Fax: (603) 447-5985

Webpage:
<https://www.nhes.nh.gov/locations/conway.htm>
<https://www.nhworks.org/>

Hours: Monday-Friday, 8am-4:30pm

NH Employment Security (NHES)- Laconia

426 Union Ave. Suite 3
Laconia, NH 03246

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

Phone: (603) 524-3960

Fax: (603) 524-3963

Webpage: <https://www.nhworks.org/>

Hours: Monday-Friday, 8am-4:30pm

NH WIOA Adult Worker Program

40 Pine Street
Manchester, NH 03103

Services: Professional career counseling and access to a wide range of employment and training related services, including tuition assistance and support services.

Phone: Conway: (603) 447-5924

Laconia: (603) 524-3960

Fax:

Webpage:
<https://www.nhes.nh.gov/services/job-seekers/WIOAAdultWorkerProgramNewHampshireEmploymentSecurity.htm>

Hours: Monday-Friday, 8:30am-4:30pm

PUBLIC LIBRARIES

Chocorua Public Library

PO Box 128, 25 Deer Hill Rd
Chocorua, NH 03817

Services: Public Library

Phone (603) 323-8610

Fax

Webpage <https://www.chocorualibrary.org/>

Hours: Sundays, 1pm-5pm
Mondays, 1pm-7pm
Wednesdays, 9am-3pm
Thursdays, 11am-5pm

Cook Memorial Library

92 Main Street
Tamworth, NH 03886

Services: Public library

Phone (603) 323-8510

Fax

Webpage <https://tamworthlibrary.org/>

Hours: Mondays and Fridays, 10am-5pm
Tuesdays and Wednesdays, 10am-8pm
Saturdays, 10am-2pm

Freedom Public Library

PO Box 159, 38 Old Portland Rd
Freedom, NH 03836

Services: Public Library

Phone: (603) 539-5176

Fax

Webpage <https://www.freedompubliclibrary.org/>

Hours: Tuesdays and Thursdays, 2pm-7pm
Wednesdays, 10am-2pm
Fridays, 12pm-5pm
Saturdays, 10am-1pm

The James E. Nichols Memorial Library- Center Harbor

33 Plymouth St.
Center Harbor, NH 03226

Services: Public Library

Phone (603) 253-6950

Fax

Webpage <https://centerharborlibrary.org/>

Hours:
Mondays, Thursdays, Fridays, 10am-4pm
Tuesdays, 12pm-6pm
Saturdays, 9am-12pm

Madison Public Library

PO Box 240, 1895 Village Road
Madison, NH 03849

Services: Public library

Phone (603) 367-8545

Fax

Webpage <https://madisonlibrary-nh.org/WP/>

Hours: Mondays and Fridays, 9am-5pm
Tuesdays, 12pm-5pm
Wednesdays and Thursdays, 2pm-6pm
Saturdays, 9am-1pm

Meredith Library

91 Main St.
Meredith, NH 03253

Services: Public Library

Phone (603) 279-4303

Fax

Webpage <https://centerharborlibrary.org/>

Hours:
Tuesdays, Wednesdays, Thursdays, 9am-8pm
Fridays, 9am-5pm
Saturdays, 9am-2pm

Moultonborough Public Library

4 Holland Street
Moultonborough, NH 03254

Services: Public library

Phone (603) 476-8895

Fax

Webpage
<https://www.moultonboroughlibrary.org/>

Hours:
Mondays, Wednesdays, and Fridays, 9am-5pm
Tuesdays and Thursdays, 9am-7pm
Saturdays, 9am-1pm

Ossipee Public Library

74 Main Street
Center Ossipee, NH 03814

Services: Public library

Phone: (603) 539-6390

Fax

Webpage: <https://www.ossipeelibrary.org/>

Hours: Mondays, 10am-5:30pm
Tuesdays and Fridays, 10am-5pm
Thursdays, 10am-6pm
Saturdays, 9am-1pm

Samuel H. Wentworth Library

35 Main Street
Center Sandwich, NH 03227

Services: Public library

Phone (603) 284-6665

Fax: (603) 284-9226

Webpage: <https://www.sandwichnh.org/departments/library/index.php>

Hours: Monday-Wednesday, 12pm-5:30pm
Thursday-Friday, 10am-5pm
Saturday: 10am-12:30pm

Tuftonboro Free Library

221 Middle Road (Route 109A)
Center Tuftonboro, NH 03816

Services: Public library

Phone: (603) 569-4256

Fax: (603) 569-5885

Webpage: <https://www.tuftonborolibrary.org/>

Hours: Tuesday-Friday 10am-6pm
Saturday & Sunday 10am-2pm

Wolfeboro Public Library

259 South Main St.
Wolfeboro, NH 03894

Services: Public library

Phone: (603) 569-2428

Fax:

Webpage: <https://wolfeborolibrary.org/>

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

93 North State St., Suite 200
Concord, NH 03301

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.

Phone: 1-800-639-5290 or (603) 224-3333

Fax:

Webpage: <https://www.603legalaid.org/>

Hours: Monday-Thursday, 9am-12:30pm

Belknap County Department of Corrections

76 County Dr.
Laconia, NH 03246

Services: Department of Corrections

Phone: (603) 539-2282

Fax

Webpage:
<https://www.belknapcounty.gov/corrections>

Hours: 24/7

Carroll County Department of Corrections

50 Country Farm Road
Ossipee, NH 03864

Services: Department of Corrections

Phone: (603) 539-2282

Fax

Webpage:
<https://www.carrollcountynh.gov/160/Department-of-Corrections>

Hours: 24/7

Child Advocacy Center – Belknap County

95 Water St.
Laconia, NH 03246

Services: Provides forensic interviews and case management, and partners with local and state-based professionals who are dedicated to protecting your children and grandchildren.

Phone: 603-524-5497

Fax:

Webpage” <https://cac-nh.org/for-caregivers/cac-belknap-county/>

Hours: Call for hours

Child Advocacy Center – Carroll County

PO Box 948, 56 Union Street
Wolfeboro, NH 03894

Auxiliary Location

85 Main Street
Conway, NH 03818

Services: Provides forensic interviews and case management, and partners with local and state-based professionals who are dedicated to protecting your children and grandchildren.

Phone: 603-569-9840

Fax: 603-569-9848

Webpage <https://carrollcountycac.org/>

Hours: Call for hours

NH 3rd Circuit Court, Family Division, Conway

Physical
35 East Conway Road
Center Conway, NH 03813
Mailing
PO Box 448
Conway, NH 03818

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](#).

Phone 1-855-212-1234, 603-415-0162

Fax

Webpage https://www.courts.nh.gov/your-visit/find-court/carroll-county-family-divisions#north_carroll

Hours: Monday - Friday, 8:00am to 4:00pm

NH 3rd Circuit Court, Family Division, Ossipee

Carroll County Courthouse
95 Water Village Road, Box 4
Ossipee, NH 03864

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](#).

Phone 1-855-212-1234, 603-415-0162

Fax

Webpage https://www.courts.nh.gov/your-visit/find-court/carroll-county-family-divisions#north_carroll

Hours: Monday - Friday, 8:00am to 4:00pm

NH 4th Circuit Court, Family Division, Laconia

26 Academy St.
Laconia, NH 03246

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](#).

Phone 1-855-212-1234, 603-415-0162

Fax

Webpage <https://www.courts.nh.gov/your-visit/find-court/belknap-county-family-division#Laconia>

Hours: Monday - Friday, 8:00am to 4:00pm

NH Legal Assistance

Located throughout NH

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.

Phone: 1-800-562-3174

Fax:

Webpage: <https://www.nhla.org/>

Hours: 8:30am-5pm

Victim Assistance Advocacy Program – Carroll County

95 Water Street, Box 2
Ossipee, NH 03864

Services: Information, guidance, and support to victims of crime and their families as they find themselves involved with the criminal justice process.

Phone: (603) 539-7476

Fax: 603-539-2160

Webpage <https://www.carrollcountynh.gov/158/Victim-Witness-Program>

Hours: Monday – Friday, 8:30am – 4:30pm

Victim Witness Services- Belknap County

Belknap County Attorney's Office
64 Court St.
Laconia, NH 03246

Services: Information, guidance, and support to victims of crime and their families as they find themselves involved with the criminal justice process.

Phone: (603) 527-5440

Fax: 603-539-2160

Webpage: <https://www.belknapcounty.gov/county-attorney/pages/victim-witness-services>

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

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

Phone: (603) 527-5400

Fax: (603) 527-5409

Webpage: <https://www.belknapcounty.gov/>

Hours: Monday-Friday, 8am-4pm

Carroll County Administrative Offices

95 Water Village Road
Ossipee, NH 03864

Services: Administrative offices- Commissioner's
Office, Attorney's Office, Registry of Deeds, and
Superior Court

Phone: (603) 539-7751

Fax

Webpage: <https://www.carrollcountynh.gov/>

Hours: See website for details

NH Department of Health and Human Services Conway District Office

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

Phone: (603) 447-3841

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

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

Phone: (603) 524-4485

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

1864 White Mountain Highway
Tamworth, NH 03886

Services: Division of Motor Vehicles

Phone: (603) 227-4000

Fax

Webpage: <https://www.dmv.nh.gov/>

Hours: Monday-Friday 8am-4:30pm

NH Employment Security – Conway

518 White Mountain Highway
Conway, NH 03818

Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation

Phone: (603) 447-5924

Fax: (603) 447-5985

Webpage:

<https://www.nhes.nh.gov/locations/conway.htm>

Hours: Monday-Friday 8am-4:30pm

NH Employment Security (NHES)- Laconia

426 Union Ave. Suite 3
Laconia, NH 03246

Services: Employment Security office- Job and Information Centers, career services, and Unemployment Compensation.

Phone: (603) 524-3960

Fax: (603) 524-3963

Webpage:

<https://www.nhes.nh.gov/locations/laconia.htm>

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

PO Box 116
Sandwich, NH 03227

Services: Business group for Sandwich

Phone: (603) 524-5531

Fax

Webpage: <https://www.discoversandwich.com/>

Hours: Call for details

Greater Ossipee Chamber of Commerce

2206A NH-16
Center Ossipee, NH 03814

Services: Business network for Ossipee, Effingham, Madison, Sandwich, Tamworth, and Freedom.

Phone: (603) 651-1600

Fax

Webpage: <https://www.ossipeevalley.org/>

Hours: See website for details

Lakes Region Chamber of Commerce

383 S. Main St.
Laconia, NH 03246

Services: Business network for over 30 communities, including Center Harbor, Laconia, Meredith, Moultonborough, Sandwich, Tamworth, Tuftonboro, Wolfboro, and more.

Phone: (603) 524-5531

Fax

Webpage: <https://www.lakesregionchamber.org/>

Hours: Monday-Friday, 9am-3pm

Meredith Area Chamber of Commerce

272 Daniel Webster Highway
PO Box 732
Meredith, NH 03253

Services: Business network for Ashland, Center Harbor, Holderness, Meredith, Moultonborough, Sandwich, New Hampton, Tamworth, and beyond

Phone: (603) 279-6121

Fax

Webpage: <https://meredithareachamber.com/>

Hours: Mondays, Tuesdays, and Thursdays, 8am-2:30pm

REFERRAL RESOURCES – BUSINESS COMMUNITY

Mount Washington Valley Chamber of Commerce

2473 White Mountain Highway

North Conway, NH 03860

Services: Business network for Mount Washington Valley.

Phone: (877) 948-6867

Fax

Webpage: <https://www.visitmwv.com/>

Hours: Monday-Friday 9AM-5PM

Wolfeboro Area Chamber of Commerce

32 Central Avenue

Wolfeboro, NH 03894

Services: Business network for Wolfeboro and Lake Winnepesaukee areas.

Phone: (603) 569-2200

Fax

Webpage: <https://www.wolfeborochamber.com/>

Hours: Daily 10am-3pm

FAITH BASED ORGANIZATIONS

Catholic Charities NH

100 William Loeb Dr. Unit 3
Manchester, NH 03109

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.

Phone: (603) 669-3030

Fax

Webpage: <https://www.cc-nh.org/>

Hours: Monday-Friday, 8:30am-4:30pm

Center Harbor Congregational Church

52 Main St.
PO Box 229
Center Harbor, NH 03226

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.

Phone: (603) 253-7698

Fax

Webpage: <https://www.chccucc.org/>

Hours: Call for details.
Soup Kitchen Meal Reservations: 508-523-9288
Store to Door Grocery Delivery: 603-253-1147

Moultonboro United Methodist Church

1018 Whittier Highway
PO Box 188
Moultonborough, NH 03254

Services: United Methodist Church. Outreach Program provides support to those who qualify, coordinates efforts with Moultonborough Town Welfare Director, and other agencies.

Phone: (603) 476-5152

Fax

Webpage: <https://moultonboroumc.org/>

Hours: Call for details.

St. Andrew's-in-the-Valley Episcopal Church

678 Whittier Rd.
PO Box 436
Tamworth, NH 03886

Services: Episcopal Church. Provides the Community Food Center of Tamworth and Sandwich Food Pantry.

Phone: (603) 323-8515

Fax

Webpage: <https://standrewsinthevalley.org/>

Hours: Call for details.
Food pantry is open on every other Wednesday, 11am-3pm and 4:30pm-6pm.

Turning Point Christian Fellowship

72 Whittier Highway
Moultonborough, NH 03254

Services: Non-Denominational Church. Provides the Breaking Bread Food Pantry and Thrift Store.

Phone: (603) 393-4843

Fax

Webpage: <https://www.turningpointnh.com/>

Hours: Call for details.
Food pantry: Monday, Wednesday, Friday 9am-12pm, Saturday 11am-1pm
Thrift store: Monday-Friday, 9am-3pm, Saturday 9am-2pm