



**MONADNOCK**  
Ledger-Transcript

YOUR GUIDE TO

# SUPPORT GROUPS & RESOURCES

OF THE MONADNOCK REGION AND BEYOND

**T**his guide was produced by Be the Change – Behavioral Health Task Force, a group of community volunteers committed to improving well-being in the Monadnock region.

Be the Change promotes awareness and provides education, support, and resources related to substance use and mental health

services in the region. We understand that navigating where to go and determining the next steps is not easy. Together, this group is working to help families and individuals facing these challenging issues.

We hope you find this publication useful and that you are able to share these local resources with family and friends.

For an online version of this guide, visit [ledgertranscript.com](http://ledgertranscript.com).

If you have questions about Be the Change or would like to get involved, please contact John Letendre at 603-354-5454, Ext. 1262378.

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## AA/NA/AL-ANON/ALATEEN

### AA – Alcoholics Anonymous

(Meeting locations or Zoom links may change on occasion. Check NHAA.net before traveling to a meeting.)

**Amherst:** Thursday, 7:30 p.m. HYBRID – Big Book Step Study Group. St. Luke Anglican Church, 3 Limbo Lane. In-person.

**Antrim:** Sunday, 8 a.m. HYBRID Home Group. In-person and online. At private residence, 82 Elm Ave.

Sunday, 6 p.m. Hillsborough As Bill Sees It Group, Avenue A Teen Center, 42 Main St.

**Bennington:** Wednesday, 7:30 p.m. End of Road Group, Town Offices, 7 School St.

**Dublin:** Wednesday, 7 p.m. Two Hats Group. Dublin Community Church, Route 101.

**Fitzwilliam:** Sunday, 7 p.m. Original Group of AA. Fitzwilliam Community Church, side door, 85 NH-119.

**Hancock:** Friday, 7:30 p.m. HYBRID – Friday Night Live Grapevine Discussion Group. Hancock Town Hall, upper level. In-person and online. 50 Main St.

**Hillsborough:** Tuesday, 7:30 p.m. Hillsborough Original Group. St. Mary's Catholic Church, 38 Church St.

Thursday, 7:30 p.m. Upholsterers Group. Smith Church UCC, 30 W. Main St.

**Jaffrey:** Monday, 6 p.m. Beginners Group. United Church of Jaffrey, Parish Hall, 54 Main St.

Friday, 7 p.m. Jaffrey Friday Night Speaker Group. United Church of Jaffrey, Parish Hall, 54 Main St.

Saturday, 7 p.m. Turn the Page Group Reality Check. 17 Turnpike Road.

**Jaffrey Center:** Wednesday, 8 p.m. Men's Step Group. First Church in Jaffrey, UCC, 14 Laban Ainsworth Way.

**Milford:** Every day, 6:30 a.m. Souhegan Sunrise Group. Episcopal Church of Our Savior, 10 Amherst St.

Sunday, 5:30 p.m. Milford Men's Let's Talk About It Group. Episcopal Church of Our Savior, 10 Amherst St.

Sunday, 7 p.m. Milford Women's Group. Episcopal Church of Our Savior, 10 Amherst St.

Monday, 10 a.m. New Hope Group. Congregational Church, 10 Union St.

Monday to Saturday, noon. Out To Lunch

Bunch Group. Unitarian Universalist Church of Milford, 20 Elm St.

Monday to Friday, 5:30 p.m. Milford No Name Group. Congregational Church, 10 Union St.

Saturday, 9 a.m. HYBRID – Solution Saturday BBSS Group.

Saturday, 6:30 p.m. Milford Beginners Group. ARCNH Center, 180 Elm St.

Saturday, 7:45 p.m. HYBRID Milford Original Group. Episcopal Church of Our Savior, In-person and online. 10 Amherst St.

**Mont Vernon:** Friday, 8 p.m. Mont Vernon Serenity Group. Congregational Church, 4 S. Main St.

**New Boston:** Tuesday, 6:30 p.m. Steps to Serenity Group. New Boston Community Church, 2 Meetinghouse Hill Road.

**New Ipswich:** Thursday, 7 p.m. New Ipswich Group, Christian Fellowship Church, 821 Turnpike Road.

**Peterborough:** Sunday, 8 a.m. Early Morning Big Book Group, Monadnock Hospital Conference Room 1, 452 Old Street Road.

Sunday, 5:30 p.m., Positive Change Beginners Group, Monadnock Community Hospital, Conference Room 1, 452 Old Street Road.

Monday/Wednesday/Friday, 7 a.m. Weekday Wake Up Group. All Saints Church, Reynolds Hall. 52 Concord St.

Monday, 7 p.m. Our Town Group. Unitarian Universalist Church Hall, 25 Main St.

Tuesday, 10:30 a.m. HYBRID – 12 Step Group. Unitarian Universalist Church. In-person and online. 25 Main St.

Tuesday, 6:30 p.m. Tuesday Night Big Book Study Group, Union Congregational Church, 33 Concord St.

Thursday, 7 p.m. ZOOM ONLY – AA Happy Thoughts Group.

Thursday, 6:30 p.m. Peterborough Original Discussion Group, Union Congregational Church, 33 Concord St.

Saturday, 9 a.m. HYBRID – EDANB Women's Group. In person and online. Monadnock Community Hospital, Conference Rooms 1, 452 Old Street Road.

Saturday, 7 p.m. Saturday Night Live Group. Monadnock Community Hospital, Conference Rooms 1, 452 Old Street Road.

Saturday, 7 p.m. ZOOM ONLY Time for Another Meeting Group

**Rindge:** Tuesday, 7 p.m. Rindge Original

Group. Petrocelli Building, Room 115, 40 University Dr.

Thursday, 7 p.m. Rindge Original Group. Petrocelli Building, Room 115, 40 University Dr.

### NA – Narcotics Anonymous

For information and zoom links, go to [gsana.org](http://gsana.org)

**Bennington:** Closer Than You Think (Hybrid). Bennington Congregational Church, intersection of routes 31 and 47. Zoom ID: 818 6577 8955, passcode: 794575.

**Milford:** Tuesday, 7 to 8 p.m. Free To Be Me. ARC, 180 Elm St., Suite E.

### Al-Anon/Alateen\*

For specific meeting information, Al-Anon, families and friends only, language, beginners, access for people with disabilities, and virtual meetings etc., please refer to [nhal-anon.org](http://nhal-anon.org).

\*Currently, there are no Alateen meetings within a 25-mile radius of Peterborough. A searchable list of meetings nationwide can be found at <https://nhal-anon.org>.

**Peterborough:** Monday, 7 p.m. Peterborough Monday Night. United Methodist Church, 43 Concord St.

**Bedford:** Wednesday, 10 a.m. Steps to Serenity With Love AFG. Bethany Covenant Church, 1 Covenant Way (off of NH Route 101. Enter left front door, turn left.)

Sunday, 9:30 a.m. Sunday Gratitude AFG. In-person. Old Bedford Town Hall, 70 Bedford Center Road.

**Keene:** Sunday, 5 p.m. Keene Sunday Evening AFG. Saint James Episcopal Church, 44 West St.

Monday, noon. Keep It Simple AFG. Zoom Meeting ID: 825 6820 3953, password: Keene. Dial-in: 646-876-9923, password: 480560. Email with questions or help with Zoom at [district7@nhalanon.org](mailto:district7@nhalanon.org).

Wednesday, 6 p.m. The Joy Is In The Journey AFG. Zoom only. Meeting ID: 893 2436 5228, password: Antrim. Dial-in: 646-876-9923, password: 936237. Email with questions or help with Zoom at [district7@nhalanon.org](mailto:district7@nhalanon.org).

Thursday, noon. Thursday Noontime AFG. United Church of Christ, 23 Central Square, (back door, parlor on second floor) and via Zoom. Meeting ID: 883 4409 1465, password: Keene. Dial-in: 646-876-9923, password: 174939. Email with questions or help with Zoom



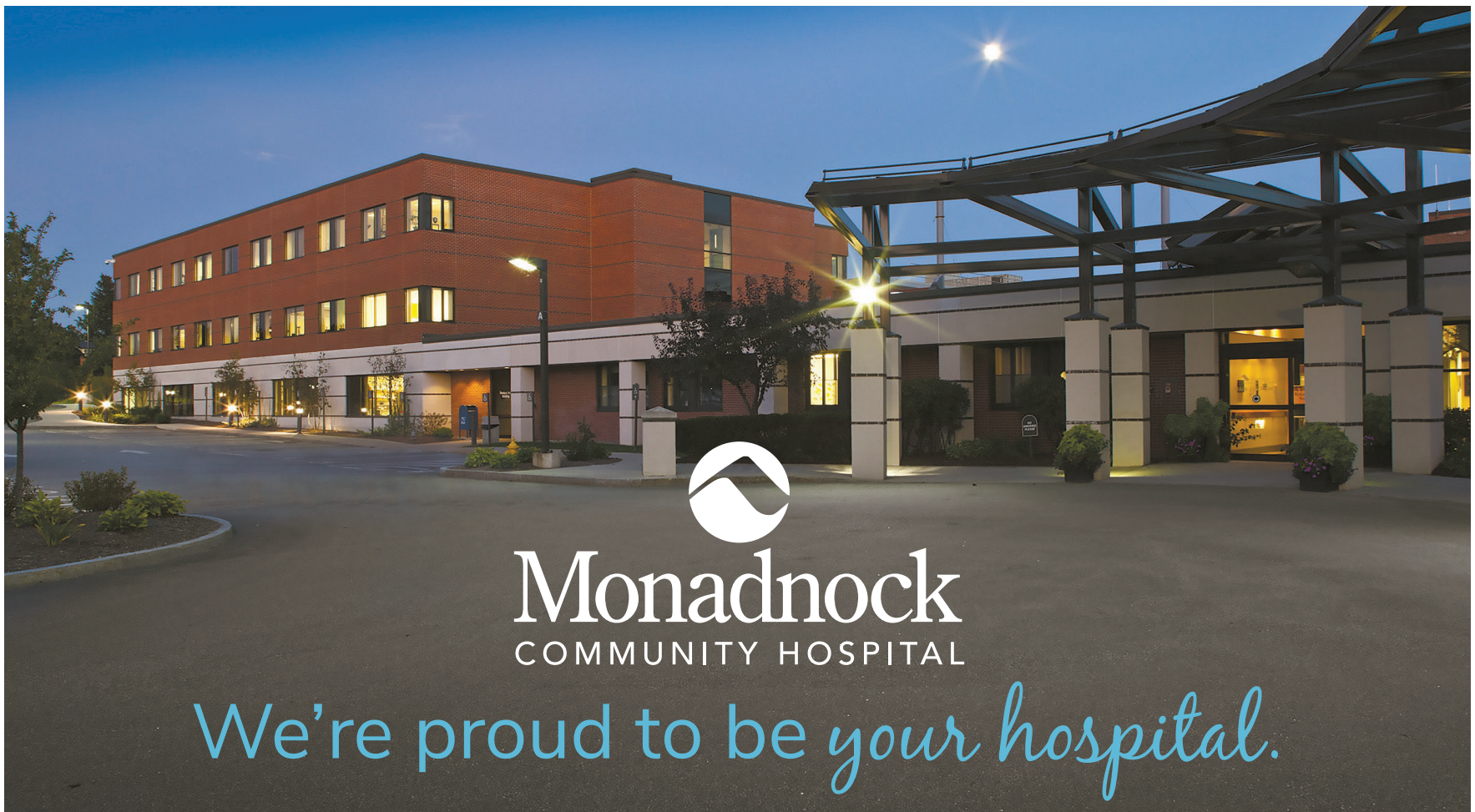
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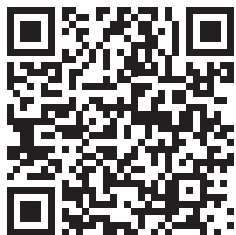
- Parent education
- Programs for children and youth
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- Register/more info on our website calendar!

9 Vose Farm Road, Suite 115, Peterborough, NH | [www.rivercenternh.org](http://www.rivercenternh.org) | (603) 924-6800





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## Medical Services

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- Laboratory Services
- OB/GYN & Birthing Care
- Oncology
- Orthopedics
- Primary Care
- Rehabilitation & Wellness
- Rheumatology
- Surgical Services
- and MORE!

at [district7@nhalanon.org](mailto:district7@nhalanon.org).

**Manchester:** Monday, 6:30 p.m. Just For Today AFG. Faithbridge Church, 301 S. Main St. Meeting will NOT be held if Manchester schools are canceled due to inclement weather.

Thursday, 7 p.m. Thursday Night Fellowship and Friends AFG. Zoom only. Meeting ID: NHALAnonD10, password: 478186. Dial-in: 701-802-5298, access code: 478186.

Friday, 6:30 p.m. Cal Literature AFG. 695 Mast Road. (Look for a green "695" sign with several business names on it. Take the driveway between Bartlett Elementary and Dance Visions – behind the white house. Last unit of the building, far left, park only in the back of the building. There is a rear entrance.

**Nashua:** Thursday, 7 p.m. Nashua Thursday Night AFG. United Way, 20 Broad St. Newcomers enter through the back door; meeting is downstairs in the room at the end of the hall. Meeting will not be held if Nashua schools are closed due to weather.

Friday, 7 p.m. Friday Night Focus AFG. Zoom only. Meeting ID: 759 1937 6449, password: 395137. Dial-in: 301-715-8592.

Saturday, 9 a.m. Steps On Saturday AFG. Literature meeting (How Al-Anon Works) Zoom only. Meeting ID: 996 4800 3572, password: 315974.

## All – Recovery Groups

Wednesday, 6:30 p.m. Friends and Family Group. Location has changed temporarily due to construction. Please call Becky for location: 603-860-0221

## BRAIN INJURY SUPPORT

**Keene:** BIANH Keene Brain Injury Support Group. Third Sunday of the Month, 1:30-3 p.m. Southwest Community Services, 49 Community Way. Call 603-225-8400 for information.

**Peterborough:** BIANH Peterborough Brain Injury Support Group. First Tuesday of the month, 6:00-7:30 p.m. Monadnock Community Hospital, 452 Old Street Road. Call 603-225-8400 for information.

## BEREAVEMENT SUPPORT

**Keene:** Short-term, six-week Grief Support Series is held throughout the year. Groups meet on Wednesdays, 5-6 PM at the Keene HCS office. Call 603-352-2253 for information. Pre-registration is required.

GRASP – Grief and Loss Group (4th Sundays) – Addiction Recovery Coalition of NH, Milford. Contact [rmurphy@arcnh.org](mailto:rmurphy@arcnh.org) or (603) 316-8093 for information. Pre-registration is required.

## CAREGIVER SUPPORT

**Keene:** Every Wednesday, 1 – 2 p.m. at HCS Keene. a peer-to-peer group for and by those living with the role of caregiver. Contact [supportgroups@hcsservices.org](mailto:supportgroups@hcsservices.org) or 603-352-2253.

**Peterborough:** Kinship Navigation, for caregivers such as grandparents or other family members and friends raising children. The River Center. Call 603-924-6800, or visit [rivercenternh.org/kinship\\_navigation.html](http://rivercenternh.org/kinship_navigation.html)

## ELDER CARE

FCP Live-In: Servicing all of New England, 877-

887-2273, [liveinhomecare.com](http://liveinhomecare.com)

## MENTAL HEALTH SUPPORT

**Monadnock Peer Support Groups:** 30+ support groups weekly. For a complete listing of support groups, visit [monadnockpsa.org/events](http://monadnockpsa.org/events) or call 603-352-5093.

**NAMI Support Groups:** Offered by the National Alliance for Mental Illness. Visit [naminh.org/support-groups](http://naminh.org/support-groups) for a list of all support groups, or call (800) 242-6264 or email [info@NAMINH.org](mailto:info@NAMINH.org).

**Connected Families of NH:** Mental health support for families and children age 0 -to 21. Locations in Keene and Claremont. 603-357-1738. [connectedfamiliesnh.com](http://connectedfamiliesnh.com).

## PARENTING SUPPORT

**Antrim:** Better Beginnings Parent/Child Group (birth to 5 years). The Grapevine Family & Community Resource Center. Monday, Tuesday, Wednesday and Friday, 9:30 to 11:30 a.m., September through June. [grapevინeh.org](http://grapevინeh.org), 603-588-2620.

Better Beginnings for Babies. The Grapevine Family & Community Resource Center. Thursday, 9:30 to 11 a.m., September through June. [grapevინeh.org](http://grapevინeh.org), 603-588-2620.

**Peterborough:** The River Center. Free groups for parents, caregivers and families. 9 Vose Farm Road. [rivercenternh.org](http://rivercenternh.org), 603-924-6800.

## BEHAVIORAL HEALTH COUNSELING SERVICES

**Keene:** Anew Behavioral Health. 100 Emerald

**MATS**

Monadnock Area Transitional Shelter



To inquire about transitional shelter space at **MATS**, call the office at **603-924-5033** or email us at [info@matsnh.org](mailto:info@matsnh.org)

At MATS, our mission is to empower individuals experiencing homelessness by providing safe housing, compassionate support, and vital referral services. We are dedicated to raising community awareness about the realities of homelessness and advocating for lasting solutions that foster dignity, stability, and hope.

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



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**[cathedralofthepines.org](http://cathedralofthepines.org)**

St. Suite D, (866) 534-2639, and 372 West St. 603-338-003. anewbh.com.

Antioch Psychological Services Center. 40 Avon St. antioch.edu/centers-institutes/psychological-services-center, 603-352-1024.

Community Improvement Associates. 160 Emerald St. cianh.com, 603-352-1016.

Monadnock Peer Support. 32 Washington St. Monday through Friday, 9 a.m. to 6 p.m. monadnockpsa.org, 603-352-5093.

Keene Area Warmline. 603-543-1388 or 888-582-0920. Sunday through Thursday and Saturday, 4 to 9 p.m.; Friday, 4 to 8 p.m.

MAPS Counseling Services. 23 Central Square. mapsnh.org, 603-355-2244.

Monadnock Family Services. 64 Main St. mfs.org, 603-357-4400.

**Nashua:** H.E.A.R.T.S Peer Support Center. 5 Pine St. Extension. hearts-psa.org, 603-882-8400.

**Peterborough:** MAPS Counseling Services. 174 Concord St. mapsnh.org, 603-924-2240.

Monadnock Family Services. 9 Vose Farm Road. mfs.org, 603-924-7236.

Monadnock Behavioral Health Services. 458 Old Street Road. monadnockcommunityhospital.com/services/behavioral-health-services, 603-924-4690.

Peterborough Clinical Associates. 70 Main St. peterboroughclinical.com, 603-924-7462.

**Claremont:** Stepping Stone and Next Step Peer Support. 132 Pleasant St. Monday through Friday. steppingstonenextstep.org, 603-488-6941 or 888-582-0920.

Warmline: 603-543-1388. Sunday through

Thursday and Saturday, 4 to 9 p.m.; Friday, 4 to 8 p.m.

## METHADONE TREATMENT FACILITIES

**Swanzy:** Keene Metro Treatment Center. 1076 W. Swanzy Road. New patients: 877-284-7074. Existing patients: 603-358-0050. newseason.com.

**Manchester:** Manchester Comprehensive Treatment Center. 20 Market St. ctcpprograms.com, 877-337-0413.

New Season Manchester Metro Treatment Center. 228 Maple St. newseason.com, 603-622-5005.

New Season Manchester West Treatment Center. 865 Second St. newseason.com, 603-397-0970.

**Concord:** Concord Metro Treatment Center. 100 Hall St. newseason.com, 603-229-4260.

## SUBSTANCE USE TREATMENT

**Antrim:** Sobriety Centers of New Hampshire — Antrim House. 55 Main St. sobrietycenter-sofnh.com, 603-202-4990.

**Bedford:** Aware Recovery Care. 15 Constitution Dr. awarerecoverycare.com, 603-769-8462.

**Dublin:** Avenues Recovery Center at Dublin. 3 Pierce Road. avenuesrecovery.com, 603-369-6898.

**Keene:** Community Improvement Associates. 160 Emerald St. cianh.com, 603-352-1016.

Groups Recover Together. 12 Kingsbury St. joingroups.com, 603-518-6725.

MAPS NH. 23 Central Square. mapsnh.org,

603-355-2244.

Mothers in Recovery. cheshiremed.org/pregnancy-birth/mothers-recovery, 603-354-5440.

**Lebanon:** Headrest. headrest.org, 603-488-4872.

**Manchester:** Dismas Home of NH. 102 Fourth St. dismashomenh.org, 603-782-3004.

Better Life Partners. betterlifepartners.com, 866-679-0831.

**Nashua:** Keystone Hall. harborcarenh.org, 603-821-7788.

**Peterborough:** MAPS NH. 174 Concord St. mapsnh.org, 603-924-2240.

**Rochester:** Bonfire Recovery. bonfirerecovery.com, 833-692-9142.

**Statewide:** The Doorway. Dial 211. thedoorway.nh.gov.

**Brattleboro, Vt.:** Brattleboro Retreat. brattlebororetreat.org, 802-258-3700.

**Franklin and Manchester:** Farnum Center. farnumcenter.org, 603-207-2434.

**Effingham and Derry:** Green Mountain Treatment Center. graniterecoverycenters.com, 855-712-7784.

**Dover:** Southeastern NH Alcohol and Drug Abuse Services. 272 County Farm Road. senhs.org, 603-516-9300.

## TOBACCO CESSATION

**Statewide:** NH Statewide Tobacco Helpline. 1-800-QUIT-NOW (784-8669). quitnownh.org.

## PREVENTION RESOURCES

**Keene and Jaffrey:** MCVP Crisis & Prevention Center. 12 Court St., Suite 103, Keene, 603-352-



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3782; Monadnock Unity Building, 45 Knight St., Suite 21, Jaffrey, 603-209-4015. mcvprevention.org.

**Jaffrey:** Reality Check. 17 Turnpike Road, 603-532-9888. realitycheckknow.org.

**Keene:** City of Keene Youth Services. 312 Washington St., 603-357-9811. keenenh.gov/youthservices.

**Monadnock region:** Monadnock Youth Coalition. 603-352-6002. monadnockyouthcoalition.org/about-myc.

**Winchester:** A.C.C.E.S.S. Winchester. 21 Durkee St., 603-392-0257. access-winchester.com.

## COMMUNITY RESOURCES

**Antrim:** Grapevine Family and Community Resource Center. 4 Aiken St., 603-588-2620. grapevinenh.org.

**Keene:** Healthy Monadnock Alliance. 580 Court St., 603-354-5460. healthymonadnockalliance.org.

City of Keene Youth Services. 312 Washington St., 603-357-9811. keenenh.gov/youthservices.

Community Kitchen. 37 Mechanic St., 603-352-3200. thecommunitykitchen.org.

Monadnock United Way. 23 Center St., 603-352-4209. muw.org.

Salvation Army. 15 Roxbury Plaza, 603-352-6007. nne.salvationarmy.org/keene.

**Keene and Claremont:** Southwestern Community Services. 63 Community Way, Keene, 603-352-7512; 31 Pleasant St., PMB 4, Claremont, 603-542-9528. scshelps.org.

Connected Families of NH: Mental health sup-

port for families and children age 0 -to 21. 603-357-1738. connectedfamiliesnh.com.

**Manchester:** Southern NH Services Inc. 40 Pine St., 603-924-9601. snhs.org.

River Center. 9 Vose Farm Road, Suite 115, 603-924-6800. rivercenternh.org.

**Swanzy:** Salvation Army Store. 132 Monadnock Highway.

## FOOD BANKS

**Greenfield:** Greenfield Food Pantry. 12 Depot Road, 603-547-3626. greenfield-church.org/food-pantry.

**Hillsborough:** Hillsboro District Food Pantry. 7 Church St., 603-464-4080. hillsborofoodpantry.wordpress.com.

**Jaffrey:** United Church of Jaffrey Food Pantry. 54 Main St., 603-532-7047. unitedchurchofjaffrey.org.

**Keene:** Keene Community Kitchen. 37 Mechanic St., 603-352-3200. thecommunitykitchen.org.

St. Vincent de Paul. 173 Main St., 603-762-2508. svdpkeene.org.

**Milford:** SHARE Outreach. 1 Columbus Ave., 603-673-9898. sharenh.org.

**Peterborough:** Peterborough Food Pantry. 52 Concord St., 603-924-3008. pfoodpantry.org.

**Rindge:** Rindge Food Pantry. 1102 NH-119. 603-899-5031. rindgefoodpantry.org.

**Troy:** Helping Hand Center. 1 Depot St., 603-242-3007.

**Wilton:** Open Cupboard Food Pantry, 6 Burns Hill Rd. 603-654-2635.

## FOR PARENTS AND KIDS

**Antrim:** Avenue A Teen and Community Center. 42 Main St., 603-588-2620. avenueatc.org.

**Keene and Jaffrey:** MCVP Crisis & Prevention Center. 12 Court St., Suite 103, Keene, 603-352-3782; Monadnock Unity Building, 45 Knight St., Suite 21, Jaffrey, 603-209-4015. mcvprevention.org.

**Keene:** Keene Family YMCA. 200 Summit Road, 603-352-6002. keeneymca.org.

**Keene and Claremont:** Connected Families of NH: Mental health support for families and children. 603-357-1738. connectedfamiliesnh.com.

**Milford:** Boys and Girls Club of Souhegan Valley. 56 Mont Vernon St., 603-672-1002. svbgc.org.

**Peterborough:** Peterborough Town Library. 2 Concord St., 603-924-8040. peterboroughtownlibrary.org.

River Center. 9 Vose Farm Road, Suite 115, 603-924-6800. rivercenternh.org. FACT Book: rivercenternh.org/fact-book.html.

**Stratham:** Big Brothers Big Sisters. 3 Portsmouth Ave., No. 2, 603-430-1140. bbbsnh.org.

**Watertown, Mass.:** Parent Helping Parents Resource. 108 Water St., 617-926-5008. parentshelpingparents.org.

**Winchendon, Mass.:** Clark Memorial YMCA. 155 Central St., 978-297-9622. theclarkymca.org.

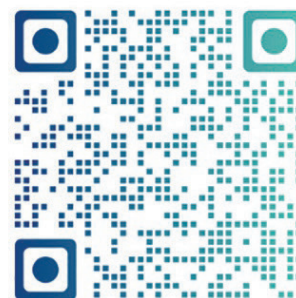
## YOUTH RESOURCES

**National:** Youth.gov. youth.gov.

**Hillsborough and Cheshire counties:** UNH



## Honoring All Pathways to Recovery



### WHO WE'RE HERE FOR

- Peers in recovery or struggling with Substance Use Disorder (addiction)
- Family members and friends of peers seeking addiction recovery
- Potential Recovery Coaches
- The community at large, including people who want to help by volunteering or donating

### WHAT WE OFFER

- One-on-one peer recovery coaching support
- Support Groups - AA, NA, HA, All Recovery and other groups
- Overdose Identification and Prevention (Narcan training)
- Social activities that nurture peer support, music, movies and more
- Harm Reduction Support and supplies including Safe Syringe Program (SSP)
- Road to Recovery - Free Transportation for recovery related rides, for people seeking or in recovery

NE-486145

Cooperative Extension 4-H Clubs. Hillsborough County, 603-641-6060; Cheshire County, 603-352-4550. [extension.unh.edu/new-hampshire-4-h](http://extension.unh.edu/new-hampshire-4-h).

**Hillsborough:** Teen Center & Youth Services. 7 School St., 603-464-7985. [town.hillsborough.nh.us/youth-services](http://town.hillsborough.nh.us/youth-services).

## Head Start Centers

**Claremont:** Head Start Center. 6 Kinney Place, 603-719-4304.

**Jaffrey:** Head Start Center. 35 Oak St., PO Box 462, 603-719-4335.

**Keene:** Head Start Center. 64 Dunbar St., PO Box 603, 603-719-4176.

**Newport:** Head Start Center. 360 Sunapee St., Ice House Plaza, 603-719-4360.

**Swanzy:** Head Start Center. 37 West St., PO Box 601, West Swanzy, 603-719-4371.

**More information:** [scshelps.org/head-start-contact](http://scshelps.org/head-start-contact).

## RECREATION DEPARTMENTS/LIBRARIES

**Alstead:** Shedd-Porter Memorial Library. 3 Main St., 603-835-6661.

**Antrim:** Antrim Recreation Department. 12 School St., 603-588-3121. [antrimnh.org/parks-recreation](http://antrimnh.org/parks-recreation).

James A. Tuttle Library. 45 Main St., 603-588-6786. [antrimnh.org/james-tuttle-library](http://antrimnh.org/james-tuttle-library).

**Bennington:** Bennington Recreation Department. 7 School St., 603-588-2189. [townofbennington.com/recreation](http://townofbennington.com/recreation).

G.E.P. Dodge Library. 2 Main St., 603-588-6585. [dodgeliibrary.com](http://dodgeliibrary.com).

**Chesterfield:** Chesterfield Parks & Recreation. 490 Route 63, 603-313-1416. [chesterfield.nh.gov/parks-recreation](http://chesterfield.nh.gov/parks-recreation).

Chesterfield Public Library. 524 Route 63, 603-363-4621. [chesterfieldlibrary.org](http://chesterfieldlibrary.org).

**Deering:** Deering Parks & Recreation. 762 Deering Center Road, 603-464-3248. [deering.nh.us/parks-and-recreation](http://deering.nh.us/parks-and-recreation).

Deering Public Library. 762 Deering Center Road, 603-464-5138. [deeringpubliclibrary.blogspot.com](http://deeringpubliclibrary.blogspot.com).

**Dublin:** Dublin Recreation Committee. 603-563-8544. [townofdublin.org/departments/recreation-committee](http://townofdublin.org/departments/recreation-committee).

Dublin Public Library. 1114 Main St., 603-563-8658. [dublinnhpubliclibrary.org](http://dublinnhpubliclibrary.org).

**Fitzwilliam:** Fitzwilliam Parks and Recreation. 13 Templeton Turnpike, 603-585-7270. [fitzwilliam-nh.gov](http://fitzwilliam-nh.gov).

Fitzwilliam Public Library. 11 Templeton Turnpike, 603-585-6503. [fitzlib.org](http://fitzlib.org).

**Frances town:** Recreation Commission. 27 Main St. #2, 603-547-3469. [frances-townnh.org/recreation-commission](http://frances-townnh.org/recreation-commission).

George Holmes Bixby Memorial Library. 52 Main St., 603-547-2730. [frances-townnh.org/bixby-library](http://frances-townnh.org/bixby-library).

**Gilsum:** Gilsum Recreation Commission. 650 Route 10, 603-357-0320. [gilsum-nh.gov/recreation-commission](http://gilsum-nh.gov/recreation-commission).

Gilsum Public Library. 650 Route 10, 603-357-0320.

**Greenfield:** Greenfield Parks & Recreation Department. 7 Sawmill Road, 603-547-3442. [greenfield-nh.gov/parks-recreation](http://greenfield-nh.gov/parks-recreation).

Stephenson Memorial Library. 761 Forest Road, 603-547-2790. [greenfieldnh.gov/stephenson-memorial-library](http://greenfieldnh.gov/stephenson-memorial-library).

**Greenville:** Department of Parks & Recreation. 15 Adams Road, 603-878-4674. [greenvil-lenh.org/parks-recreation](http://greenvil-lenh.org/parks-recreation).

Chamberlin Free Public Library. 46 Main St., 603-878-1105. [chamberlinlibrary.org](http://chamberlinlibrary.org).

**Hancock:** Recreation Committee. [recreation-hancock@gmail.com](mailto:recreation-hancock@gmail.com).  [Hancock.nh.org/recreation-committee](http:// Hancock.nh.org/recreation-committee).

Hancock Town Library. 25 Main St., 603-525-4411.  [Hancock.nh.org/library](http:// Hancock.nh.org/library).

**Harrisville:** Harrisville Public Library. 7 Canal St., 603-827-2918.

**Hillsborough:** Hillsborough Parks & Recreation. 603-464-7985.  [Hillsboroughnh.org/parks-and-recreation](http:// Hillsboroughnh.org/parks-and-recreation).

Fuller Public Library. 29 School St., 603-464-3595.  [fullerlibrary.info](http:// fullerlibrary.info).

**Hinsdale:** Hinsdale Parks & Recreation. 11 Main St., 603-336-5710.  [town.hinsdale.nh.us](http:// town.hinsdale.nh.us).

Hinsdale Public Library. 122 Brattleboro Road, 603-336-5713.

**Jaffrey:** Jaffrey Recreation Department. 31 Howard Hill Road, 603-532-7863.  [townofjaffrey.com/recreation](http:// townofjaffrey.com/recreation).

Jaffrey Public Library. 38 Main St., 603-532-7301.  [townofjaffrey.com/jaffrey-public-library](http:// townofjaffrey.com/jaffrey-public-library).

**Keene:** Keene Family YMCA. 200 Summit Road, 603-352-6002.  [keeneymca.org](http:// keeneymca.org).



### Know Us Before You Need Us

Delivering quality, compassionate care for all ages and at all stages of life - wherever in southwestern NH you call home!

#### The HCS Family of Services

- Visiting Nurses
- Rehabilitation Therapies
- Hospice at HCS
- Family Support Services
- Foot Clinics
- Meals on Wheels & Friendly Meals



#### Questions about services?

Stop by **Walk-In Wednesdays**, every Wednesday, 1-3 PM at the Keene and Peterborough offices

(603) 352-2253 | [info@HCSservices.org](mailto:info@HCSservices.org) | [www.HCSservices.org](http://www.HCSservices.org)

## CAREGIVER SUPPORT GROUP

A peer-to-peer support group for and by those living with the role of caregiver.

HCS nursing and social work staff serve as facilitators.



Every Wednesday  
1 - 2 PM

and

Every Thursday  
11 AM - 12 PM

HCS Keene, 312 Marlboro St

Advance registration is required for first-time attendees.

Please contact [supportgroups@HCSservices.org](mailto:supportgroups@HCSservices.org) or call 603-352-2253



(603) 352-2253 | [info@HCSservices.org](mailto:info@HCSservices.org) | [www.HCSservices.org](http://www.HCSservices.org)

# Becoming a **Trauma-Responsive Organization**

Trauma-responsive organizations understand that previous experiences of adversity can influence how employees engage at work. They actively respond through effective leadership, policies, and practices to foster a supportive environment where all employees can thrive. Trauma Responsive Monadnock is committed to transforming the way we work across the Monadnock region. Are you ready to join us?



## **Getting Started**

Build awareness and establish foundations, aligning leadership and assessing their current practices.

## **Building Consistency**

Move from awareness to intentional action through intentional policies and procedures changes

## **Embedding the Approach**

Embed trauma-responsive principles into strategy, finances, and operations



**TRAUMA RESPONSIVE  
MONADNOCK**

For more information, scan the QR code or visit: [traumaresponsivemonadnock.org](http://traumaresponsivemonadnock.org)

Keene Recreation Department. 312 Washington St., 603-357-9829. [keenenh.gov/parks-trails-recreation](http://keenenh.gov/parks-trails-recreation).

Keene Public Library. 60 Winter St., 603-352-0157. [keenenh.gov/keene-public-library](http://keenenh.gov/keene-public-library).

**Lyndeborough/Wilton:** Wilton-Lyndeborough Youth Center. 475 Forest Road, Wilton, 603-654-5600. [town.lyndeborough.nh.us/recreation](http://town.lyndeborough.nh.us/recreation).

**Lyndeborough:** J.A. Tarbell Library. 136 Forest Road, 603-654-6790.

**Marlborough:** Marlborough Recreation. 603-400-9474. [marlboroughnh.org/recreation](http://marlboroughnh.org/recreation).

Frost Free Library. 28 Jaffrey Road, 603-876-4479.

**Marlow:** Marlow Parks and Recreation. 167 NH Route 123, 603-446-2245. [marlownh.gov/parksrec](http://marlownh.gov/parksrec).

Marlow Public Library. 12 Church St., 603-446-3466.

**Mason:** Mason Public Library. 16 Darling Hill Road, 603-878-3867.

**Nelson:** Olivia Rodham Memorial Library. 1 Nelson Common Road, 603-847-3214.

**New Ipswich:** New Ipswich Parks & Recreation Department. 603-732-6724. [newipswichnh.gov/parks-and-recreation](http://newipswichnh.gov/parks-and-recreation).

New Ipswich Library. 6 Main St., 603-878-4644. [newipswichlibrary.org](http://newipswichlibrary.org).

**Peterborough:** Peterborough Recreation Department. 64 Union St., 603-924-8080. [peterboroughnh.myrec.com](http://peterboroughnh.myrec.com).

Peterborough Town Library. 2 Concord St., 603-924-8040. [peterboroughtownlibrary.org](http://peterboroughtownlibrary.org).

**Richmond:** Richmond Parks & Recreation

Commission. 603-239-4232. [richmond.nh.gov](http://richmond.nh.gov).

Richmond Library. 105 Old Homestead Highway, 603-239-4232.

**Rindge:** Rindge Recreation Department. 283 Wellington Road, 603-899-6847. [rindgenh.org/recreation-department](http://rindgenh.org/recreation-department).

Ingalls Memorial Library. 203 Main St., 603-899-3303. [ingallslibrary.com](http://ingallslibrary.com).

**Stoddard:** Davis Public Library. 1391 Route 123 North, 603-446-6251.

**Sullivan:** Sullivan Public Library. 436 Centre St., 603-847-3458.

**Surry:** Surry Recreation Committee. 1 Village Road, 603-357-5210. [surry.nh.gov/surry-old-home-day](http://surry.nh.gov/surry-old-home-day).

Reed Free Library. 1 Village Road, 603-352-3075.

**Swanzy:** Swanzy Recreation Department. 603-209-2927. [swanzy.nh.gov/government/recreation\\_department.php](http://swanzy.nh.gov/government/recreation_department.php).

**West Swanzy:** Stratton Free Library. 9 Main St., 603-352-9391.

**Swanzy:** Mt. Caesar Union Library. 628 Old Homestead Highway, 603-357-0456.

**Temple:** Temple Recreation Commission. 603-878-2536. [templenh.gov/recreation-commission](http://templenh.gov/recreation-commission).

Mansfield Public Library. 5 Main St., 603-878-3100.

**Troy:** Troy Recreation Committee. 61 South St., 603-313-2243. [troy-nh.us](http://troy-nh.us).

Gay-Kimball Library. 10 S. Main St., 603-242-7743. [troylibrary.us](http://troylibrary.us).

**Milford:** Recreation Department. 1 Union Square, 603-249-0625. [milford.nh.gov/recre](http://milford.nh.gov/recre)

ation.

Wadleigh Memorial Library. 49 Nashua Road, 603-249-0645. [wadleighlibrary.org](http://wadleighlibrary.org).

**Walpole:** Walpole Recreation Department. 603-756-3496. [walpolenh.us/recreation](http://walpolenh.us/recreation).

Walpole Town Library. 48 Main St., 603-756-9806.

**Westmoreland:** Westmoreland Town Library. 33 S. Village Road, 603-399-7750.

**Wilton:** Wilton Parks & Recreation. [wiltonnh.gov/government/departments/parks\\_recreation](http://wiltonnh.gov/government/departments/parks_recreation).

Wilton Public & Gregg Free Library. 7 Forest Road, 603-654-3674.

**Winchester:** Conant Public Library. 111 Main St., 603-239-4431.

## AGENCIES, HELPFUL WEBSITES

**Peterborough:** Community Volunteer Transportation Company (CVTC). 375 Jaffrey Road, 603-821-0569. [cvtc-nh.org](http://cvtc-nh.org).

**Antrim:** Grapevine. 4 Aiken St., 603-588-2620. [grapevinenah.org](http://grapevinenah.org).

**Jaffrey:** Monadnock Adult Care Center. 22 North St., 603-532-2427. [mfs.org/adult-day-program](http://mfs.org/adult-day-program).

Reality Check. 17 Turnpike Road, 603-532-9888. [realitychecknow.org/help-resources](http://realitychecknow.org/help-resources).

Shelter From the Storm. 603-532-8222. [shelterfromthestormnh.org](http://shelterfromthestormnh.org).

**Keene:** Youth Services. 312 Washington St., 603-357-9811. [keenenh.gov/youth-services](http://keenenh.gov/youth-services).

Home Healthcare, Hospice and Community Services. 312 Marlboro St., 603-352-2253. [hc-services.org](http://hc-services.org).



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Extraordinary  
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[cedarcrestcenter.org](http://cedarcrestcenter.org)



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Contact us at 603-371-0809 or  
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## Monadnock at Home

A Program of Catholic Charities NH

[monadnockathome.org](http://monadnockathome.org)

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**Keene:** Youth Services. 312 Washington St., 603-357-9811. [keenenh.gov/youth-services](http://keenenh.gov/youth-services).

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**Monadnock at Home**

A Program of Catholic Charities NH

[monadnockathome.org](http://monadnockathome.org)

Hundred Nights Emergency Shelter & Resource Center, 122 Water St. Keene, 603-903-0995. hundrednightsinc.org.

Keene Community Education Adult Learning, 227 Maple Ave., 603-357-9070. keenecommunityed.org.

MCVP Crisis & Prevention Center, 12 Court St., Suite 103, 603-352-3782. mcvprevention.org.

Monadnock Family Services, 64 Main St., 603-357-4400. mfstst.org.

Monadnock Peer Support, 24 Vernon St., 603-352-5093. monadnockpsa.org.

Monadnock United Way, 23 Center St., 603-352-4209. muw.org.

Project Home, 22 Middle St. projecthomenh.org.

Southwestern Community Services, 63 Community Way, 603-352-7512. scshelps.org.

The Doorway, 24 Railroad St. Dial 211. cheshiremed.org/community-programs/doorway.

**Peterborough and Keene:** Monadnock Developmental Services, 12 Depot St., No. 2A, Peterborough; 121 Railroad St., Keene. 603-352-1304. mds-nh.org.

**Peterborough:** Monadnock Area Transitional Shelter (MATS), 603-924-5033. matsnh.org.

Transportation Company, 375 Jaffrey Road, 877-428-2882. cvtc-nh.org.

Monadnock Worksource, 9 Vose Farm Road, Suite 150, 603-924-3326. monadnockworksource.org.

River Center, 9 Vose Farm Road, Suite 115, 603-924-6800. rivercenternh.org.

**Monadnock region:** Monadnock at Home.

603-371-0809. monadnockathome.org.

**Concord:** Parent Information Center, 54 Old Suncook Road, 603-224-7005. picnh.org.

603 Legal Aid, 93 N. State St., Suite 200, 603-224-3333. 603legalaid.org.

**Statewide:** Suicide & Crisis Lifeline, Dial 988. NH Legal Assistance, 800-562-3174. nhla.org.

## VETERANS RESOURCES

**National:** Veterans Crisis Line, Dial 988, press 1; text 838255; or veteranscrisisline.net/chat.

VA Programs to End Homelessness, va.gov/homeless.

Vet Center Call Center, 877-WAR-VETS (927-8387).

Veterans Inc, veteransinc.org.

**Statewide:** NH Department of Military Affairs and Veteran Services, dmavs.nh.gov.

NH State Office of Veterans Services, nh.gov/nhveterans.

Veterans Service Officer, 603-352-1904.

NH Veterans Council, 800-622-9230. nh.gov/nhveterans/aboutus/council.htm.

Office of Veterans Services, 603-624-9230.

NH Works Veterans Program, 603-352-1904.

Veterans Recovery, 603-801-1494.

Veterans Transportation, 603-472-8899.

Veterans Prescriptions, 603-892-8384.

American Legion Service Officer, 603-222-5784 or 603-856-8951.

Disabled American Veterans (DAV), dav.org/. Clear Path for Veterans, clearpathne.org.

Veterans Count – Easter Seals, Mental health services for veterans, 603-315-4354.

ForgeVFR – Veterans and First Responders

Mental Health Counseling, 888-224-7312.

**Keene:** Keene Vet Center, 640 Marlboro Road (Route 101), 603-358-4950.

VA Community Based Outpatient Clinic (CBOC), 603-358-4900.

Ruck-Up Veteran Outpost, ruck-up.org/. **Manchester:** Readiness Center (Armory), 1059 Canal St., 603-624-9230, Ext. 301.

Manchester VA Medical Center, 718 Smyth Road, 603-624-4366 or 800-892-8384. manchester.va.gov.

VA Women's Services, 603-624-4366, Ext. 203199.

VA Care Coordinator, 603-624-4366, Ext. 202524.

Homeless Veterans Coordinator, 603-624-4366, Ext. 203622.

Mental Health Scheduling, 603-624-4366, Ext. 203199.

Primary Care Scheduling, 603-624-4366, Ext. 3199.

Liberty House, helping homeless veterans, libertyhousenh.org/

**Nashua:** Readiness Center (Armory), 54 Daniel Webster Highway, 603-624-9230, Ext. 301.

**Concord:** Readiness Center (Armory), 1 Minuteman Way, 603-624-9230, Ext. 301.

**Hooksett:** Manchester Vet Center, 1461 Hooksett Road, Building B7, 603-668-7060.

**Rindge:** Cathedral of the Pines, 10 Hale Hill Road, (603) 899-3300, cathedralofthepines.org/

**Tilton:** Veterans Home, 603-286-4412.

**White River Junction, Vt.:** White River Junction Vet Center, 118 Prospect St., Suite 100, 802-295-2908.



## When Traditional Settings Aren't Enough.

Specialized day and residential education for children and young adults with complex autism and developmental disabilities.



Day & Residential Programs



Ages 5-22



Individualized Education & Supports



Safe, Structured, Caring Environment



(603) 547-3311



www.sevenhills.org/shnh



## Why Youth Mental Health First Aid?

Youth Mental Health First Aid provides training on how to identify, understand, and respond to the signs of mental health and substance use challenges in children and adolescents aged 12 to 18. Any adult can benefit from learning how to support the young people in their lives.



of youth with major depression do not receive any mental health treatment.



of all mental illnesses begin by age 14, and 75% by the mid-20s.

Host a free (subject to availability of funds) training session at your organization or workplace. Contact Samantha Grisson-Hill at [shill@keene-yymca.org](mailto:shill@keene-yymca.org) for more information.



# *Where caring is a way of life*



**At Scott-Farrar, we proudly carry forward our 116 year tradition of caring for local seniors of the Monadnock Region. Some of the great benefits of calling Scott-Farrar home include:**

- **Hearty home-cooked meals and restaurant style dining**
- **A dedicated team of caregivers onsite 24/7**
- **A full activities calendar including yoga, book club, singing group, gardening club, happy hour, lunch outings, and more**
- **Fitness center, Library, Café, Auditorium and other onsite amenities**
- **Onsite Physical, Occupational and Speech Therapy services**
- **Spacious, private apartments**
- **Free local transportation to medical appointments**

**Contact Jennifer today to schedule a tour and learn more about Scott-Farrar!**



**Non-profit 501 (c) (3) Charitable Organization**  
**Independent Living | Assisted Living | Memory Care**  
**603-924-3691 | [jennifer.boyd@scott-farrar.com](mailto:jennifer.boyd@scott-farrar.com)**