

SAU #2 PARENT RESOURCE GUIDE

AGENCY

CONTACT INFORMATION

Local Schools

SAU #2 Office 103 Main Street Suite 2 Meredith, NH 03253 Mary Moriarty – Superintendent Trish Temperino – Assistant Superintendent Chuck DiCecca – Special Education Director	279-7947 279-3044 (fax) 279-3144
Ashland Elementary School 16 Education Drive Ashland, NH 03217 Shannon Bartlett – Principal Carrie Sanborn – Guidance/Homeless Liaison/504 Coordinator Ellen Young – School Nurse	968-7622 968-3167 (fax)
Inter-Lakes Elementary School 21 Laker Lane Meredith, NH 03253 Jen Wrath – Principal Kay Mulcahy – Assistant Principal Teresa McCormack – School Nurse PK-6 th	279-7968 279-6344 (fax)
Inter-Lakes Middle Tier Meredith, NH 03253 Everett Bennett – Principal Kay Mulcahy – 5 th & 6 th Assistant Principal Bill Athanas – 7 th & 8 th Assistant Principal	279-7968 – 5 th & 6 th 279-5312 – 7 th & 8 th 279-5310 (fax)
Inter-Lakes High School 1 Laker Lane Meredith, NH 03253 Patti Kennelly – Principal Bill Athanas – Assistant Principal Chris Gribben – Guidance/Homeless Liaison Jodi Pendexter – School Nurse 7 th – 12 th	279-6162 279-5302 (fax) 279-5308 (guidance fax) 279-5306 (attendance)
Sandwich Central School 28 Squam Lake Road Center Sandwich, NH 03227 Jeremy Hillger – Principal Jodi Pendexter – School Nurse	284-7712 284-6104 (fax)
Inter-Lakes Community Auditorium	279-5309
I-L Curriculum Coordinator – Kathleen Hill	279-5300

Agencies for Disabilities

Bureau of Special Education NH State Dept. of Education	271-3741
Disabilities Rights Center, Inc.	225-2077
Lakes Region Community Services	536-4999 Plymouth 524-8811 Laconia
Parent Information Center	224-7005/800 232-0896
Northern Human Services - Conway	447-3347
Dept. of Health & Human Services - Concord	271-5034/800 852-3345 ext 5034
NH Department of Vocational Rehabilitation	271-3471

Community Agencies

Brain Injury Association	225-8400
CASA of New Hampshire	536-1663
Division of Children, Youth & Families (DCYF)	271-4440/800 894-5533/271-6562
Pemi Youth Center	536-7264
Pemi-Baker Community Health	536-2232
Pemi-Valley Habitat for Humanity	536-1333
Lakes Region Habitat for Humanity	279-4820
Lakes Region General Hospital - Laconia	524-3211
Franklin Regional General Hospital	934-2060
Huggins Hospital - Wolfeboro	569-7508
Speare Memorial Hospital - Plymouth	238-2225
Belknap Family Health - Meredith	279-7432
Inter-Lakes Clinical Laboratory	279-7464
Inter-Lakes Rehabilitation Services	279-7208
Visiting Nurses of Meredith & Center Harbor	279-6611
Moultonborough Visiting Nurses	476-2350
Health First - Primary Health Care for Uninsured & Medicaid	366-1070

Food Pantries, Vouchers & Meals Served

Alton Community Food Pantry	875-2273
Bristol Community Services	744-2222
Calvary Bible Church - Meredith	279-6025
Campton Area Resource Center	236-6232
Center Harbor Food Pantry	253-8008
First Fruits Food Pantry - Sanbornton	524-5996
Food Stamp Program	524-4485

Gilmanton Community Church	364-7891
Good Shepherd Lutheran - Laconia	528-1078
LR Vineyard Church Soup Kitchen	524-5895
Meals on Wheels	524-7689
Salvation Army-Friendly Kitchen	524-1834
St. Joseph Catholic Church - Belmont	267-8174
St. Vincent de Paul	524-5470
United Baptist Church	524-8775
WIC- Belknap, Coos, Grafton & Merrimack	1-800-578-2050/524-4485/536-3584
Whole Village Family Resource Center	536-3720
Ashland Community Center & Food Pantry	968-9698
Helping Hands food Pantry of Plymouth	536-1966
Plymouth Area Community Food Pantry	536-2242
New Life Church Food Pantry Ashland	968-7251

Recreation & Early Learning

Doris L. Benz Community Center-Sandwich	284-7211
Ashland Parks & Recreation	968-9209
Boys & Girls Club	528-0197
Center Harbor Parks & Recreation	455-1632
Child Care Resource & Referral	581-1579
Family Resource Center of Central NH	524-8811
Family Resource Connection	1-800-298-4621
Laconia Head Start/Early Head Start	528-5334
Meredith Community Center	279-8197
Parents & Children Together (PACT)	528-4048
Pemi Youth Center	536-7264
Ashland Community Center	968-9688
Prescott Farm Audubon Center	366-5720
Sandwich Parks and Recreation	284-6473

Employment, Financial Assistance & Legal Advocacy

CCCS: Credit Counseling Services	224-6593
Greater Lakes Child Advocacy Center	524-5497
NH Employment Security	524-3960/536-3720
NH Legal Services	1-800-639-5290
Youth Services Bureau	524-9457
Community Action Program – Belknap County	279-4096 – Meredith Office 225-3295 – Concord Office

Tri-County Cap – Carroll & Grafton County	443-6100
Identity Theft Hotline	1-877-ID-THEFT (438-4338)
Town of Meredith Welfare/General Assistance	279-4538 www.meredithnh.org
Town of Center Harbor Welfare/General Assistance	253-4561 ctrhtownoffice@metrocast.net
Town of Sandwich Welfare/General Assistance	284-7701 http://townsandwich.nh.us/
Town of Ashland Welfare/General Assistance	968-4432 www.ashland.nh.gov
New Hampshire Vocational Rehabilitation	271-3471

Education

Carroll County Adult Education	356-7242
Laconia Adult Education	524-5712

Libraries & Story Time

Ashland Town Library	968-7928
Center Harbor – James E. Nichols Memorial	253-6950
Meredith Public Library	279-4303
Sandwich – Samuel H. Wentworth	284-6665
Plymouth – Pease Public Library	536-2616

Playgroups

Giggles and Grins	524-8811
Pemi Youth Center	536-7264

Mental Health, Counseling, Family Education & Support

Care Net Pregnancy Center of the Lakes Region	Laconia	528-3121
Child & Family Services of New Hampshire	Laconia	524-5835
Family Resource Center of Central NH	Laconia	524-8811
Genesis Behavioral Health	Laconia	524-1100
Horizons Counseling Center (Drugs/Alcohol/Co-occurring Mental Health)	Laconia	524-8005
New Hampshire Catholic Charities	Laconia	528-3035

Partners in Health	Laconia	524-8444
The Compassionate Friends	Madison	662-6746
Ashland Family & Play Therapy Center	Plymouth	536-1933
Deer Creek Psychological Associates – VT	Claremont	802 785-2902
Linda Hassan	Plymouth	536-9010
Elizabeth Lachapelle, PhD	Plymouth	536-5223
Mid-State Health Center	Plymouth	536-4000
NAMI NH		225-5359/800 242-6264
Janice Quintal PhD	Plymouth	536-4787
Sherry Akers - ACSW – Eating Disorders	Concord	226-1999
Steve Arvin - ARNP – Medication 12 yrs & up	Concord	224-0863
Eileen Barry – ARNP - ADHD & Mood Disorders	Conway	447-6339
Matthew Beyer – Child, Adolescent & Family	Plymouth	287-4184
Karen Bianco – LICSW – Child, Teen & Family	Gilford	524-5776
Birch Tree Counseling	Laconia	524-0777
Linda Brewer – MLADC – Alcohol & Drug	Meredith	393-6292
Steve Catalano – MSW – Children & Adolescents	Gilford	528-3116
Holly Cedarstrom – MSW – Adults Only	Meredith	279-8209
Center for Integrative Medicine – Eating Disorders	Concord	228-7600
Judith Coleman – Eating Disorders/Trauma	Concord	219-0066
Cornerstone Counseling – Child & Family	Concord	228-3862
Dorothy Derepelian – LCMHC – Play Therapy	Meredith	279-8169
Jennifer Heath – LPC, Med	Meredith	524-7117
Nathan Brody Chemical Dependency	Laconia	706-0336/524-8005
Northern NH Mental Health Services	Wolfeboro/Conway	569-1884/447-2111
David Parisi – MLADC – Alcohol & Drug	Gilford	528-6060
Erica Peck – Genesis child, adolescent, family	Plymouth	536-1118
Nancy Sheridan	Wolfeboro	730-2999
Scott Schinaman, Psychologist – all ages		238-3149
Joan St. Jean – ARNP – Adults	Laconia	279-3937
Anne Marie Tessier – MSW – Adolescents	Concord	225-2985
Lianne Tiggert – PhD – GLBT youth	Concord	224-1162
The Counseling Center		883-0005
Tucker Counseling Center – Alcohol & Drug		286-9584
Laurie Vachon – LICSW – Child, Teens, Adults		651-5069
Lois Hurley, LCMHC – Adults and Teens over 16	Meredith	219-1839
Edwin Goodall PhD	Gilford	496-7955
Rob McCoul PsyD teens, adults	Gilford	527-0868
Hammond Brown	Laconia	326-6755

Alternatives Building Blocks for Life	Laconia	528-7728
Elsa Johnson, LCMHC, MLADC	Concord	254-7087
Susan B. Palmer, Children, Adolescents, Adults, Families		546-6178 Office 998-6486 Mobile

Crisis Information

Emergency Services	911
NH Homeless Hotline	211
New Beginnings, Women's Crisis Center	528-6511
Poison Information Center	1-800-222-1212
Reporting Adult Abuse or Neglect	1-800-949-0470
Reporting Child Abuse or Neglect	1-800-894-5533
Substance Abuse	524-8005
Voices Against Violence	536-3423/536-1659 (24 hr)
Genesis Behavioral Health Emergency Services	524-1100 Laconia 536-1118 Plymouth
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Teenline Hotline 24/7 anonymous	1-800-639-6095

Fuel, Transportation & Housing

Salvation Army Carey House	528-8086
Community Action Program Meredith	524-5512/536-8222 279-4096
Ashland	968-3560
Tamworth	323-7400/1-888-842-3835
Laconia Area Community Land Trust	524-0747
Laconia Housing Authority	524-2112/1-800-439-7247
Homeless Outreach	524-0381/444-0184
NH Homeless Hotline	1-800-852-3345 x9196
Open Arms	524-4580/1-888-759-0939
PSNH	524-5512/536-8222
St. Vincent de Paul (Gas vouchers)	524-5470
Winnepesaukee Transit	528-2496
Weatherization Assistance Program	271-6359
Bridge House – Plymouth	536-7631
Lakes Region Habitat for Humanity	279-4820

Child & Family Services of NH	640-6486
NH Department of Health & Human Services-DHHS	852-3345
Nafi North (Concord) Transition Housing/Shelter for Mental Health Issues	271-5878 (Age Restriction 18+)
Families in Transition (Concord) Transition Housing/Shelter for Homeless Individuals/Families	641-9441

Clothing & Material Assistance

Bristol Community Services	744-2222
Goodwill Store	527-1362
Salvation Army	524-1834
St. Vincent de Paul	524-5470
Plymouth Area Community Closet	536-1101

Volunteer Opportunities

Lakes Region Community Services	524-8811
Lakes Region United Way	524-6864
Lakes Region Volunteer	528-6569
Parents & Children Together (PACT)	528-4048
CHMM Community Caregivers	253-9275

State Resources & Information and Referrals

211 NH	211
Family Resource Center of Central NH	524-8811
NH Division of Health and Human Services	524-4485
HealthLink	527-7171
ServiceLink Resource Center	528-6945
UNH Cooperative Extension	527-5475/536-3720
NH Smokers Helpline to Quit	1-800-Try-to-STOP (879-8678)

Medical, Dental & Vision

Community Health and Hospice	524-8444
Division of Health & Human Services	1-800-942-4321
Donated Dental Services	1-800-292-1241
Health First Family Care Center	366-1070
HealthLink	527-7171
Healthy Kids	1-877-464-2447
New Hampshire Medicaid	1-800-852-3345
NH Medication Bridge Program	225-0900
Vision USA	1-800-365-8295

NH Prescription Drug Card	www.nhrxcard.com
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Other Resources

Afford-a-Phone	1-888-225-5322
Communities for Alcohol & Drug Free Youth (CADY, Inc.)	536-9793
Craigslist NH	http://nh.craigslist.org
Freecycle	www.freecycle.org
Partners in Prevention	528-2145
SafeLink	www.safelinkwireless.com

Support Groups

Central NH Foster & Adoptive Parent Support Group	Beth Maltzie b maltzie@gmail.com
Individual Smoking Cessation Counseling (LRGH)	524-3211 X3541
LRGH Holistic Health Center – Smoking Cessation	524-9261
The New Hampshire Smokers' Helpline	1-800-879-8678 www.trytostop.org
Breastfeeding Support Group (LRGH)	524-3211 X3707
Car Seat Safety Checks	Lakes Region – 527-2948 Three Rivers Region – 934-2060 X8369
Pool & Fitness Exercise Programs (Hillside Medical Park)	524-2852 (Gilford)
Wellness Center Exercise Programs	
Community Wellness Center (Laconia)	527-9355
Winnepesaukee Wellness Center (Center Harbor)	253-1839
National Alliance on Mental Illness (Laconia)	Theresa Eichhorn 707-0888 Amy Tremblay 520-9791
Lyme 411 (Lyme Disease)	888-596-5698 info@lyme411.org Lyme 411 Yahoo Group
Lakes Region Brain Injury Support Group	225-8400
Traumatic Brain Injury Support Group	Helen Robinson 279-3926 Summer months 744-0522
NH Catholic Charities (Mutual Groups) Laconia	669-3030
Speare Memorial Hospital (Mutual Groups) Plymouth	536-1120
Central NH VNA & Hospice Laconia	524-8444 800-244-8549
Child & Family Services Laconia	524-5835