

NH North Country Resources 2023

| Community Action Program | Location | Phone | Days and Hours |
|--|------------------------------|--------------|---|
| Tri-County CAP Community Action Program | 30 Exchange St, Berlin | 603-752-7001 | Mon-Fri 8am-4pm |
| Clothing | Location | Phone | Days and Hours |
| Helping Hands North | 96 Main St, Colebrook | 603-237-5891 | Tuesday- Friday 10-2pm Saturday 9 - 12pm |
| St. Vincent de Paul Society Guardian Angel Thrift Shop | 153 Grafton St, Berlin | 603-752-4844 | Tuesday- Friday 9-2pm Saturday 9 - 12pm |
| Food | Location | Phone | Days and Hours |
| All Saints Community Food Cupboard | 35 School St, Littleton | 603-444-3414 | Tuesday – Thurs 9-10am Sunday 9 - 9:45am |
| Area Churches Working Together | 55 Pleasant St, Colebrook | 603-237-8030 | Mon, Tues, Thurs 10am -2pm |
| Bethlehem Food Pantry (Little Free Pantry 24/7) | 2155 Main St, Bethlehem | 603-869-3351 | Mon 11am -4pm T & Th 8am-4pm Fri 8am-12pm |
| Community Bible Church | 593 Sullivan St, Berlin | 603-752-4315 | Thursdays 5-6pm |
| CVCC Food Pantry Bread of Life | 132 Main St, Conway | 603-447-3851 | Tuesdays 9-11:30am |
| Mother Marie Riviera at Saint Vincent de Paul Society | 153 Grafton St, Berlin | 603-752-2902 | Tues and Friday 2-3:30pm |
| Elevate Church Bridge Food Pantry | 70 Reddington St, Littleton | 603-444-6517 | M 4:30-6:30pm T 10-2pm W 10-12pm Sat 10-11am |
| Faith Bible Church | 365 Union St, Littleton | 603-444-2763 | 3 rd Saturday 9am-11am |
| Feeding Hope Food Pantry** Harvest Christian Fellowship | 219 Willow St, Berlin | 603-752-5374 | Tues – Thurs 10am – 2pm |
| Good Neighbors Food Pantry | 44 Church St, Franconia | 603-991-6017 | Tuesdays 11am-12pm |
| Good Shepard Ecumenical Food Pantry | 65 Court St, Woodsville | 603-243-0327 | Mon, T, Th, 10am - 1pm Wed 4pm – 7pm |
| Little Free pantry | 189 Main St, Littleton | 603-444-3376 | 24/7 |
| Madison Food Pantry | 53 Conway Road, Madison | 603-733-6323 | By Appointment |
| Salvation Army** | 15 Cole St, Berlin | 603-752-1644 | T & Th 9am-12pm |
| The Gibson Center | 14 Grove St, N. Conway | 603-356-3231 | Mon-Fri 8am -3:30pm |
| Trinity Church Food Pantry | 41 Nazarene Drive, Haverhill | 603-787-6177 | Tuesdays 4-6pm |
| Whitefield Food Pantry | 3 School St, Whitefield | 603-837-8849 | Thurs 3:30-5pm |
| White Mountain Community Health Center – Food Pantry | 298 Route 16, Conway | 303-447-8900 | Mon-Fri 10am – 3:30pm |
| WMCC Cabinet - Berlin | 2020 Riverside Dr, Berlin | 603-342-3050 | Mon-Thurs 7:30am-6pm Fri 7:30am-4pm |
| WMCC Cabinet - Littleton | 646 Union St, Littleton | 603-342-3094 | Mon-Thurs 7:30am-6pm Fri 7:30am-4pm |

| Health General | Location | Phone | Days and Hours |
|---|---|--------------|--------------------------------|
| Ammonoosuc Community Health | 25 Mt Eustis Rd, Littleton | 603-444-2464 | Mon-Fri 8-5pm Sat 9-4pm |
| Ammonoosuc Community Health Services | 14 King Square, Whitefield | 603-837-2333 | Mon-Fri 8-5pm Sat 9-4pm |
| Androscoggin Valley Hospital | 35 Page Hill Rd, Berlin | 603-752-2200 | 24/7 |
| Convenient MD Urgent Care | 551 Meadow St, Littleton | 603-761-3600 | Daily 8am-8pm |
| Coos County Family Health Services | 133 Pleasant St, Berlin | 603-342-0215 | Mon-Fri 8-5pm |
| Coos County Family Health Services | 59 Page Hill Rd, Berlin | 603-752-2900 | Mon-Fri 8-5pm Sat-Sun 8-4pm |
| Coos County Family Health Services | 2 Broadway Ave, Gorham | 603-466-2741 | Mon-Fri 8-5pm |
| Cottage Hospital | 90 Swiftwater Rd, Woodsville | 603-747-9000 | 24/7 |
| Granite United Way | 961 Main St, Berlin | 603-752-3343 | Mon-Fri 9-5pm |
| Littleton Regional Hospital | 600 St Johnsbury Rd, Littleton | 800-464-7731 | 24/7 |
| Memorial Hospital | 3073 White Mountain Highway, North Conway | 603-356-5461 | 24/7 |
| Response | Hotline | 866-662-4220 | 24/7 |
| Response - Berlin Sexual and Domestic Violence | 54 Willow St, Berlin | 603-752-5679 | Mon-Fri 9-5pm |
| Response – Lancaster Sexual and Domestic Violence | 278 Main St, Lancaster | 603-788-8195 | Mon-Fri 9-5pm |
| Response – Colebrook Sexual and Domestic Violence | 120 Main St, Suite 5C | 603-237-5384 | Mon-Fri 9-5pm |
| Weeks Medical Center | 173 Middle St, Lancaster | 603-788-4911 | Mon-Fri 8am-5pm |
| Weeks Medical Center | 8 Clover Lane, Whitefield | 603-837-9005 | Mon-Fri 8am-5pm |
| Weeks Medical Center | 47 Church St, Groveton | 603-636-1101 | Mon-Fri 8am-5pm |

| Health Mental | Location | Phone | Days and Hours |
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| Bettermynd | bettermynd.com | bettermynd.com | 24/7 |
| Center for New Beginnings | 229 Cottage St, Littleton | 603-444-6465 | By Appointment |
| Northern Human Services | 3 12 th St Berlin | 306-752-7404 | Mon – Fri 8:30-5pm |
| Northern Human Services | 25 West Main St, Conway | 603-447-2111 | Mon – Fri 8:30-5pm |
| Northern Human Services | 55 Colby St, Colebrook | 603-237-4955 | Mon – Fri 8:30-5pm |
| Suicide Prevention Hotline | No office location | 800-273-8255 or 988 | 24/7 |
| White Mountain Mental Health | 29 Maple St, Littleton | 603-444-5358 | Mon – Fri 8:30-5pm |
| WMCC College Counselor | 2020 Riverside Dr, Berlin 646 Union St, Littleton | 603-342-3058 603-342-3058 | M, T, Th 10am-3pm Wed 10am-3pm |

| Health Substance/Addiction | Location | Phone | Day and Hours |
|-------------------------------|--|------------------------------|-----------------------------------|
| North Country Serenity Center | 45 Union St, Littleton | 603-444-1300 | Mon-Fri 9am-5pm |
| Serenity Steps | 567 Main St, Berlin | 603-215-6404 | Mon-Fri 9am – 6pm |
| The Doorway at AVH | 7 Page Hill Rd, Berlin | 603-342-5000 | Mon-Fri 8am – 5pm |
| The Friendship House | 2957 Main St, Bethlehem | 603-932-7692 | 24/7 |
| White Horse Recovery | 2977 White Mountain Highway, N. Conway | 603-651-1441 | Mon-Fri 9am – 5pm |
| White Mountains Recovery | 669 Union St, Littleton | 603-726-1352 | 24/7 |
| WMCC College Counselor | 2020 Riverside Dr, Berlin 646 Union St, Littleton | 603-342-3058 603-342-3058 | M, T, Th 10am-3pm Wed 10am-3pm |

| Housing | Location | Phone | Days and Hours |
|--|----------------------------|--------------|--|
| AHEAD – Affordable Housing Education and Development | 161 W. Main St, Littleton | 603-444-1377 | Mon – Fri 8am-4:30pm |
| Berlin City Office | 168 Main St, Berlin | 603-752-2120 | Mon – Fri 8:30am-4pm <i>Closed 12pm-1pm</i> |
| Berlin Housing Authority | 10 Serenity Circle, Berlin | 603-752-4240 | Mon – Fri 8am-4:30pm <i>Closed 12pm-1pm</i> |
| New England Family Housing Info@nefamilyhousing.com | Berlin | 603-744-3551 | No Office Hours |
| REMAX / Northern Edge Property Management | 232 Glen Ave, Berlin | 603-752-0003 | Mon – Sat 9am – 5pm |