

Local Resources

*Families First-support for families.....health care for all. Parenting & Family Programs, for more information visit www.familiesfirstseacoast.org

*Stepping Stones. A Bereavement Program for Children and Teens.www.manchestervna.org

*DC4K-Divorce support for kids. www.DC4K.org.Deployment Support Information available at www.militaryonesource.com or at 1-800-342-9647

*Seacoast Hospice Offering Grief Support Groups. Groups offered include, healing after suicide, grieving parent, young widow & widower, senior widow & widower and general grief support groups. www.seacoasthospice.org.

*Dial 2-1-1 in New Hampshire for information you may need concerning non-emergency issues.....

Child care resources

Clothing and thrift shops

Food shelves and nutrition programs

Housing-homeless prevention

Parenting programs

Utility assistance

Youth and family services