



A Resource Toolkit 2024

***** This information is meant as a guide. No guarantee can be made as to the accuracy of the material contained in this document as information, eligibility criteria and laws may change. *****

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Nashua, NH Continuum of Care



Bridges: Domestic & Sexual Violence Support Services, 28 Concord St, Nashua, NH 03061 and 16 Elm St, Suite 2, Milford, NH 03055. 24-Hour Support Line (603-883-3044), Nashua Office (603-889-0858), Milford Office (603-672-9833). Services for victims and survivors of domestic violence, sexual assault, teen dating violence, child abuse, human trafficking, stalking, and harassment. Services include crisis intervention, emergency shelter, court advocacy, support groups, and education and outreach to anyone of any gender.

Corpus Christi Food Pantry, 3 Crown St., Nashua, NH 03060 (603-882-6372):
Food pantry and limited financial assistance. Appointment needed to determine eligibility.

Family Promise of Southern New Hampshire, PO Box 450, 3 Crown Street, Nashua, NH 03060 (603-883-7338): Guides families as they rise from homelessness to sustainable independence. Unique in the area, FPSNH serves families of all compositions, including single-fathers, two-parent families, single mothers, pregnant women, and any other type of family. FPSNH provides a residential facility where families work with Family Services comprehensive financial and housing plans and receive courses in financial literacy, parenting, and life-skills. Our focus is on protecting the family unit.

Front Door Agency, Inc., 7 Concord St., Nashua, NH 03064 (603-886-2866): Offers support and provides services to assist individuals and families transition from crisis to self-sufficiency. Assistance with back rent, utility arrearages, security deposit loans, rapid rehousing, transitional housing for single women & children, financial literacy and other basic needs. Office hours Monday-Thursday, 8:30am-4:30pm by appointment. Please contact the main office if you have questions regarding current program availability.

Gate City Bike Coop, 17b Airport Rd, Nashua, NH 03063 (603 759-9056): Provides bicycles via a voucher system through local agencies. Teaches bike maintenance. Web site: www.gatecitybikecoop.org and email: gatecitybikecoop@gmail.com. Open to the public on Mondays from 3:00 to 7:00 p.m.

Gateways Community Services, 144 Canal St Nashua NH 03064 (603-882-6333) is the state-designated area agency for Greater Nashua and a private non-profit corporation. Gateways offers dynamic programs and services to promote growth and independence for individuals who experience intellectual and developmental disabilities, acquired brain disorders, and autism, as well as older adults and veterans in need of support.
Web site: www.gatewayscs.org Hours: Monday-Friday 8:30am-4:30pm

Greater Nashua Mental Health, Administration: 100 West Pearl St., Nashua, NH 03060 (603-889-6147 or 844-245-4458 for an interpreter): Behavioral health services for all ages including individual, family, and group psychotherapy; psychopharmacology for clients engaged in therapy; crisis intervention and stabilization; case management; community support services; homeless outreach; substance use disorder services for adults and adolescents ages 12 and upward; supported employment services; and integrated primary health care services for current clients ages 16 and older. Education, information, and referral related to all aspects of behavioral health are available. No one is turned away due to lack of insurance or financial resources. Mission: Empowering all people to thrive through excellent care, community engagement, and a commitment to innovation and growth.

Greater Nashua Dental Connection, Inc., 31 Cross St., Nashua, NH 03064 (603-879-9314): Provide affordable dental services, accepts Medicaid. Appointments necessary.

Harbor Care, 77 Northeastern Blvd., Nashua, NH 03060. (603-882-3616): Harbor Care creates and provides quality housing, health care, and supportive services to individuals and families who are experiencing homelessness and/or living with behavioral health or substance use concerns. Harbor Care also operates a Safe Haven program and three residential programs for Veterans. www.harborcarenh.org

Harbor Care Clinic & Wellness Center, 45 High Street, Nashua, NH 03060. (603-821-7788):

Harbor Care's Health & Wellness Center provides high quality, professional health care services for all ages. Offerings include primary care, preventive care, oral/dental care, and behavioral health care (substance use treatment, psychiatry, and other mental health care). The Health Center uses a sliding-fee scale and turns no one away based on their ability to pay. Harbor Care also accepts Medicaid, Medicare, and most private insurance and offers an on-site pharmacy. Services are offered in English, Spanish, and Portuguese.

www.harborcarenh.org

Harbor Care HIV Services, 45 High Street, Nashua, NH 03062 (603-595-8464): Comprehensive support services to people living with HIV/AIDS. All direct care services are offered in both English and Spanish (Language Line for other languages), and are free of charge to most New Hampshire community members with incomes at or below 500% of the Federal Poverty Level. www.harborcarenh.org

H.E.A.R.T.S. Peer Support of Greater Nashua Region VI, 5 Pine St. Ext. Unit 1G, Nashua, NH 03060 (603-882-8400): Fax (603)882-8700 Is an Adult Educational Wellness Center for those struggling with the daily effects of mental health challenges. Membership requirement is for adults over the age of 18 who have used publicly funded Mental Health Services in the past, present or at risk of. We are open 8 am to 5 pm Monday thru Thursday and Friday 8 am to 4 pm. The Center offers holistic support groups, educational groups, employment supports, access to computers, community resources, movies, games, social activities, we create a sense of community, and monthly field trips. We offer arranged transportation to and from the center. Peer Crisis Respite is a 2 bed-room non-medical home like environment alternative to hospitalization where people can stay with us 1 to 7 days. We are not a homeless shelter or an overflow, and we ask that folks are able to manage their own medications as needed. Contact the Respite center or phone for a pre-interview prior to your stay or call Phone # (603)-864-8769: Fax # (603) 864-8482. We have a new Pilot Program now called Step-up/Step-down. Which is a non-medical short-term transitional stay for those that might need a little more time to be successful in transitioning back into their community. This is a goal orientated program and works with your providers and support systems to insure a better chance of success. This can be anywhere from a 30 to 90 day stay living in a 3-bedroom home like environment. We require a 2-part referral process which is available on our website www.heartspsa.org and can and should be done with your provider whenever possible. Phone # (603)521-8372: Fax # (603)943-7194. We also offer a Peer Support Warm Line 1-888-306-4334 available 7 day a week from 5pm to 10pm for after-hours peer support.

Keystone Hall (Greater Nashua Council on Alcoholism), 615 Amherst St., Nashua, NH 03060 (603-881-4848): Comprehensive services for chemically dependent persons including crisis intervention, case management, transitional living, women and Men's program. Outpatient counseling at 45 High St.

Lamprey Health Care, 22 Prospect St., Nashua, NH 03060 (603-883-1626): Lamprey Health Care, Nashua Center provides comprehensive primary care services to individuals in the Greater Nashua Community regardless of their insurance status or ability to pay. These services include routine preventive and sick care, diagnostic evaluations, prenatal care, pediatric care, disease management and education for chronic illnesses, pharmacy assistance, nutrition education, case management, behavioral health services, medications for addiction treatment, and health education. Services can be accessed at the main office or Mobile Health Unit throughout the Nashua, Milford, and Deerfield areas. Lamprey is also present inside the Nashua Soup Kitchen and Shelter located at 35 Spring Street, Tuesday through Friday from 7:30am to 9:30am.

Main Street United Methodist Church, 154 Main Street, Nashua, NH 03060 (603-882-3361)

Marguerite's Place, 87 Palm St., Nashua, NH 03060 (603-598-1582): Transitional housing, on-site childcare, and case management for single mothers and their children.

Nashua Division of Public Health & Community Services, 18 Mulberry St., Nashua, NH 03060 (603-589-4560): Serves the community by maintaining the well-being of its citizens. Services are provided through a collaborative effort of Environmental Health, Community Health, and Welfare.

www.gonashua.com

Nashua Housing and Redevelopment Authority, 40 East Pearl Street, Nashua, NH 03060 (603-883-5661): Serves the community providing affordable housing for low-income elderly, non-elderly disabled, and families.

Nashua School District, Homeless Student Liaison Shelby Brown (603-966-2511): Educational based services available to students (PK-12) experiencing transition due to loss of housing, economic hardship or a similar reason. Contact the Homeless Student Liaison for more information about the McKinney-Vento Act.

Nashua Soup Kitchen & Shelter, 2 Quincy St., Nashua, NH 03061 (603-889-7770): Services include meals, food pantry, fresh produce, emergency shelter for homeless individuals and families, case management, employment and education advocacy and Hispanic Advocacy.

New Hampshire Bureau of Elderly & Adult Services, 26 Whipple St Nashua, NH 03060 (603-883-7726): Services to help elderly and disabled adults remain at home or placement services when needed. Protective investigations for reports of abuse, neglect, self-neglect and exploitation of incapacitated adults.

New Hampshire Department of Health and Human Services, Nashua District Office, 26 Whipple St Nashua, NH 03060 (603-883-7726): Provides a comprehensive and coordinated system of services to promote and protect the health, safety and well-being of NH citizens. Directed at supporting families, strengthening communities and developing the independence and self-sufficiency of NH citizens to the extent possible. Applications for food stamps, TANF, APTD/OAA/ANB, Medicaid.

New Hampshire Division for Children, Youth and Families-Child Protective Services, 26 Whipple St Nashua, NH 03060 (603-883-7726): Services to children, youth and families experiencing child abuse or neglect.

New Hampshire Job Corps Center, 943 Dunbarton Road, Manchester, NH 03102 (603-621-9555): No cost, residential technical training and academic programs offered on state-of-the-art campus. Available to individuals age 16-24 who meet certain low-income guidelines. Highly sought industry recognized training in Advanced Manufacturing, Electrical, Facilities Maintenance, Culinary Arts, Hospitality, Security and Protective Services, Licensed Nursing Assistant, Clinical Medical Assistant, and Medical Administrative Assistant fields. High School Equivalency programs and Driver's Education included. On Center dormitory housing available to all students. Career support available to all students upon completion of Job Corps, transition support for one year after graduation. All services are offered at no cost to participants. Job Corps, Careers Begin Here.

New Hampshire Legal Assistance (NHLA), New Hampshire Legal Assistance (NHLA): provides civil (not criminal) legal services in New Hampshire to people with low income and older adults. Services are primarily related to housing, public benefits, and domestic violence. NHLA has offices in Berlin, Concord, Claremont, Manchester, and Portsmouth. People who need civil legal services should apply through the central legal aid intake center hosted at 603 Legal Aid, by calling 1-800-639-5290 (M-F, 9am to 1pm) or applying online (www.603legallaid.org, 24/7).

New Hampshire Veteran's Services (603-624-4366): Manchester VAMC Homeless Walk-In Clinic is located on the 5th floor of Manchester VAMC, 718 Smyth Rd, Manchester, NH 03104. Veterans Crisis Line: 1-800-273- 8255, press 1

Revive Recovery Resource Center, 263 Main St., Nashua, NH 03060 (888)317-8312: Revive Recovery is a peer recovery support center. The mission of Revive is to open doors and open minds for the individuals in recovery in our community and provide a wide range of services for mental, physical, and spiritual well-being. Our services include individualized Peer Recovery Support Services, Telephone Recovery Support, Volunteer, and Internship opportunities. We honor ALL PATHWAYS OF RECOVERY: 12-Step, 3 Principles,

Recovery Dharma, SMART Recovery etc. Some of our Activities/Classes offered are Yoga, Meditation, Youth Programming, Comprehensive Harm Reduction Programming, Parenting Classes, and Family Support Groups. We also offer Certified Recovery Support Worker Trainings to interested community members. We provide resource information on Substance Use Disorder treatment, health services/dental health services, food assistance programs, housing, shelter, transportation, and mental health services. For more information about Comprehensive Harm Reduction Services, please call (978)743-9636

Social Security Administration, 175 Amherst St., Nashua, NH 03064 (1-800-772-1213):

Social Security cards; maintenance of Social Security earnings records; applications for Social Security Disability, survivors, retirement benefits, Supplemental Security Income, Medicare, and Post-Entitlement actions (direct deposit, lost checks, change of address, etc.)

Southern New Hampshire Medical Center, 8 Prospect Street, Nashua, NH 03060 (603-577-2728):

Committed to stewardship and provides comprehensive medical services, many of which are exclusive to this region.

Southern New Hampshire Rescue Mission, Emergency Shelter available to men at the Mercy House located at 40 Chestnut St., Nashua, NH 03060 (603-889-3421). Emergency Shelter available to women at the Hope Center located at 36 Tolles St., Nashua, NH 03064 (603-521-7127). We offer longer term programs for women and men seeking to discover faith and life in Christ according to God's Will in matters of health, employment, and housing. We offer a community wide Gift Center every other Tuesday including a Food Pantry and Clothing center; call 603-889-3421 for an appointment. Community meals are served daily at 40 Chestnut Street. Please see www.hope4nashua.org for more information.

Southern New Hampshire Services, 134 Allds St. Nashua, NH 03060 (603-889-3440): Community Action Agency for Hillsborough and Rockingham County providing social services programs and advocacy activities to low-income youth, elderly and other specialized populations through Rapid Re-Housing, Senior Housing and Housing for Homeless Women with no children, Head Start, WIC, Weatherization, Energy Assistance, Summer Youth Feeding, and Child Care.

St. Joseph Hospital, 172 Kinsley Street, Nashua, NH 03060 (603-882-3000): A caring, progressive, comprehensive 200 bed not-for-profit health care facility serving southern New Hampshire and dedicated to the prevention of disease and care of the sick, with special concern for the poor.

Stepping Stones, 3 Pine Street Extension, Nashua NH 03060, (603)787-3016: Is a drop-in center for homeless, unaccompanied youth up to the age of 25. We offer services during the day, including meeting basic needs such as showers, laundry, food, Wi-Fi, and clothes. We also work with our youth to help them gain housing, jobs, school/college, and other goals our youth might have. www.steppingstonesnh.org

United Way of Greater Nashua – Operates daily pop up food pantries in partnership with the Nashua Soup Kitchen and Shelter; United Way operates weekly food drives and hygiene drives to support local pantries; we also operate a volunteer-based school tutoring program and provide delivery of pantry foods for homebound individuals; United Way also support homeless youth through it Youth Homelessness Fund and distributes laptops and technology to low-income individuals; United Way provides free tax preparation through its VITA program; United Way of Greater Nashua – info@unitedwaynashua.org – 603-882-4011

Waypoint's Nashua Family Resource Center, 60 Main St, Suite 240, Nashua, NH

03060 NashuaFRC@waypointnh.org (603-518-4211): Where individuals and families can come for resources, services, support, supplies, connections, advocacy, professional staff, and opportunities: Home visiting (where we come to you); Support & education groups & classes; Playgroups and library; Grandparent / kinship navigators; Multi-cultural supports (through our Home Visiting Programs), with interpreters; Help with parenting and early childhood development; Help during pregnancy; Assistance navigating community resources with housing, healthcare, education, employment, utilities, transportation, childcare and Basic needs relief (food, diapers & basic necessities).

Youth Council of Nashua, 112 West Pearl St., Nashua, NH 03060 (603-889-1090): Serves children, teens, and families struggling with sexual abuse, physical abuse, neglect, substance abuse, behavioral difficulties and parenting stress through counseling, diversion and crisis services.

EMERGENCIES – DIAL 911

Homeless Services for the Greater Nashua Region – dial 1-844-800-9911 for COORDINATED ENTRY Intake, Assessment and Referral.

“New Hampshire 211” – 1-866-444-4211 or dial 2-1-1.

www.211nh.org

Coordinated Entry is a centralized intake program developed to streamline access to homeless services. *Anyone experiencing homelessness* is directed to contact the local Coordinated Entry system (**1-844-800-9911**) for assessment and referral to appropriate and available programs/services.

The State of New Hampshire Bureau of Homeless & Housing Services has been working with NH 2-1-1 on the development of a state-wide Coordinated Entry process. *People experiencing homelessness outside of the Greater Nashua Region or who may be calling after normal business hours* are directed to contact **2-1-1** for assessment and referral to appropriate and available programs/services.

Homeless Outreach Resources

- Coordinated Entry (homeless assistance) **1-844-800-9911**
- NH RESOURCES & HOMELESS ASSISTANCE - call **2-1-1**
- Greater Nashua Continuum of Care outreach e-mail:
gncoc_info@nashua-coc.org

Food Resources of Greater Nashua

FOOD PANTRIES/MEALS/PROGRAMS - NASHUA

Nashua Soup Kitchen & Shelter 2 Quincy St. 889-7770

Food Boxes: given out Monday, Wednesday – Friday 11 AM to 2:45, Tuesday, 5:30pm to

7:30pm. Fruits & Vegetables between 12:00pm-2:45pm.

Food pantry on the third Sunday of every month from 2:00pm – 4:00pm (in partnership with Main Street United Methodist Church).

Meals Served:

Nashua Soup Kitchen Breakfast: Mon-Fri 7-8am, Dinner: Monday – Saturday

4:00pm to 6 :00pm, and Sunday 12:00pm to 1:30pm. Other times available as

needed – please call.

Corpus Christi Food Pantry 3 Crown St. 882-6372

Monday and Wednesday in the morning, Tuesday, and Thursday in the afternoon. Please call for an appointment.

Grace Lutheran Church 130 Spit Brook Road, Nashua, NH 03062 888-7579

Second Thursday of the month from 6:00pm to 8:00pm.

Salvation Army 1 Montgomery Ave 889-5151/883-7841

Monday-Friday, 9:00am-12:00pm. Available monthly-*bring proof of residence.*

Southern NH Services 134 Allds St., Nashua 889-3440 / (877) 211-0723

WIC- for pregnant women, families with kids up to 5 yrs. old.

Commodity Foods – supplemental food for people over 60.

Summer Food Program - Breakfast and lunch for youth up to age 18 provided when school is out for the summer. *List of sites available from SNHS in early June.*

Southern NH Rescue Mission 40 Chestnut St. 889-3421

Breakfast: Monday to Friday 7:00 AM

 Sat & Sun 8:00 AM

Lunch: Mon, Wednesday to Friday 12:00 PM

Dinner: Saturday and Sunday 5:00 PM

Gift Center: Clothing Every other Tuesday from 10 am - 2pm by appointment only.

 Food Pantry Every other Tuesday from 10am- 2pm by appointment only.

Tolles St Mission 52 Whitney St. (corner of Tolles St.) 880-4984

Food Pantry is open four days per week - Mondays and Thursdays from 12:00 to 2:00pm:

Tuesdays and Wednesdays from 10:30 to 12:30pm.

Unitarian Universalist Church 58 Lowell St. 882-1091

Community Dinner: Third Sunday of each month from 5:00pm to 6:00pm.

New Hampshire Food Bank SNAP Application Assistance Help Line: 1-877-347-7627

Financial Assistance & Information

Catholic Charities NH, 3 Crown St., Nashua 889-9431

Financial assistance with disconnect notices for electricity and gas. Financial literacy, goal setting, and advocacy. (English and Spanish)

Corpus Christi, 3 Crown St., Nashua 598-1641

Financial assistance with rent, utilities, local bus transportation, etc. Appointment is needed to determine eligibility for assistance.

Front Door Agency, 7 Concord St., Nashua 886-2866

Security Deposit loans, rent and utility assistance, transportation assistance.
Office hours Monday-Thursday 8:30-4:30 by appointment.

Main Street United Methodist Church, 154 Main St., Nashua 882-3361

Prescription funds are sent monthly to the pharmacy at Harbor Care Clinic and coordinated by pharmacists. 2) Church members assist new families arriving through refugee resettlement agencies by coordinating resources and basic household goods. 3) Requests for financial assistance will be considered on a case-by-case basis, as resources permit.

Nashua Soup Kitchen & Shelter, 2 Quincy St., Nashua 889-7770

Loan help with rent, mortgage, or utility (eviction notice or shutoff notice for gas, electric, oil or propane) to prevent homelessness. Loan assistance of \$75 - \$100 as it is available. Not available for rooming houses unless there is residency for over a year.

Some assistance available for job/education-related costs for homeless persons.

NH Department of Health and Human Services, 3 Pine St. Ext., Nashua 883-7726

Emergency funds for TANF recipients, childcare funding, food stamps, health insurance, disability benefits, etc.

Salvation Army, 1 Montgomery Ave., Nashua 889-5151

Financial Assistance for back rent and utilities. Additional emergency funding is available as resources permits. Appointments needed.

Southern NH Services, 134 Allds St., Nashua 889-3440

Fuel Assistance Program, emergency assistance, other assistance programs.

City of Nashua *Welfare Department, 18 Mulberry St., Nashua 589-4555

The Welfare Department provides interim assistance for low-income residents through a voucher system. Assistance is available with rent, food, utilities, and medications. Each applicant will be interviewed confidentially to review household circumstances and eligibility for assistance. You must apply in person. No appointments are given over the phone.

***Each city/town in NH has a municipal welfare department – call your town hall or 2-1-1 for the phone number/contact information for your municipal welfare office.**

Transportation Resources of Greater Nashua



REGIONAL COORDINATION COUNCIL

For Community Transportation

Safe, accessible & affordable mobility for all

The Greater Nashua Regional Coordination Council for Community Transportation (RCC 7) – *under the auspices of the State Coordinating Council (SCC) for Community Transportation, the RCC 7 seeks to improve transportation services for all residents in need of assistance including older adults, persons with disabilities, veterans, low-income individuals, and other vulnerable people.*

Bus Service:

Fixed Route Bus Service, Nashua Transit System

The Nashua Transit System's fixed route bus service operates throughout the City of Nashua, with 10 weekday daytime routes, two weekday nighttime routes and eight routes offering service on Saturdays. NTS does not operate on Sundays. The NTS Transit Center is a hub all city buses, service information, passes, tickets and route maps and schedules. All NTS buses are 100% ADA accessible. NTS offers free travel training for anyone who is interested in learning how to ride the city bus. For more information and to contact NTS:

Phone: 603-880-0100

Website: www.ridebigblue.com

Email: ntsfeedback@nashuanh.gov

Transit Center: 30 Elm St., Nashua, NH 03060

Administrative Offices: 11 Riverside St., Nashua, NH 0306

Souhegan Valley Rides, Souhegan Valley Transportation Collaborative, SVTC

P.O. Box 753

Hollis, NH 03049

Information: (603) 860 1202

Scheduling: (603) 880 0100 x 2

www.SouheganValleyRides.org

Serving: Amherst, Brookline, Hollis, Milford, Mont Vernon, and Wilton

Manchester Transit Authority

110 Elm Street

Manchester, NH 03101

(603) 623 8801

(From the Nashua Transit Center, service to downtown Manchester, the Airport,

connections to Concord, and Laconia.

Schedule Info: www.mtabus.org

Boston Express Bus

Route.3 – Exit 8 Nashua, NH, service to South Station and Logan Airport in Boston, MA

(603) 845 1999 www.bostonexpressbus.com

Volunteer Driver Programs:

The Caregivers ~ A Program of Catholic Charities

700 East Industrial Park Drive

Manchester, NH 03109

Call: (603) 622 4948

Serving: Greater Manchester area & Amherst, Hollis, Hudson, Litchfield, Merrimack, Milford, and Nashua

Community Volunteer Transportation Company - CTVC

375 Jaffrey Road, Suite 3

Peterborough, NH 03458

Call: (877) 428 2882

Serving: Mason

Greater Salem Caregivers

44 Millville Street

Salem, NH 03079

Call: (603) 898 2850

Serving: Pelham

Other Transportation Services

Bicycles

Gate City Bike Coop

No cost bikes for those who are eligible.

www.gatecitybikecoop.org

(603) 759 9056

Ride Share

CommuteSmartNH

www.commutesmartnh.org

Medicaid Transportation

www.dhhs.nh.gov 844 275 3447 x 8

Mobility Management, located at the Nashua Regional Planning Commission, the Mobility Manager provides information about transportation services to individuals and case managers. Please call, 603 417 6571 or email donnam@nashuarpc.org

Ride Share

CommuteSmartNH

www.commutesmartnh.org

Taxi Services

SK Taxi – (603) 882 5155, Milford Taxi – (603) 672 3344

Transportation Directory, to view the 2024 Transportation Directory for a more comprehensive view of regional transportation services, please visit the [Community Transportation Service Provider Lookup Tool](#) or utilize the QR code below:



United Way of Greater Nashua – provides volunteer-based food delivery services to homebound clients for local pantry clients. www.unitedwaynashua.org