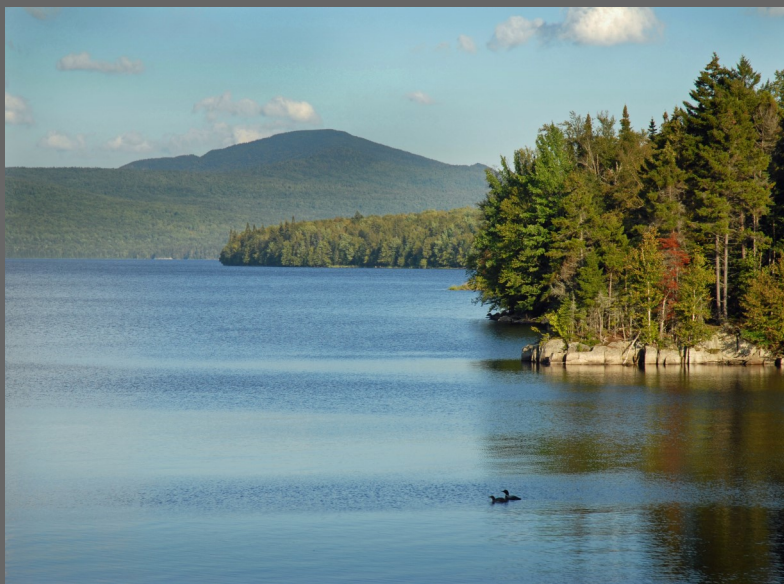


# Winnepesaukee Region Resource Guide



**PARTNERSHIP FOR  
PUBLIC HEALTH**

67 Water Street Suite 105

Laconia, NH 03246

603-528-2145

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

Addiction, substance use disorders and substance misuse continues to have a significant impact on the health of our communities. The Winnepesaukee Region Resource Guide is comprised of local and statewide services and resources that are available across the continuum of care. This guide includes services and resources in Prevention, Treatment and Recovery. It was developed by the Partnership for Public Health with support from the Partners in Community Wellness Team, a workgroup of the Winnepesaukee Public Health Council.

For more information:



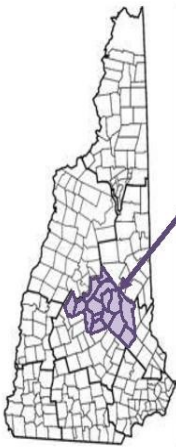
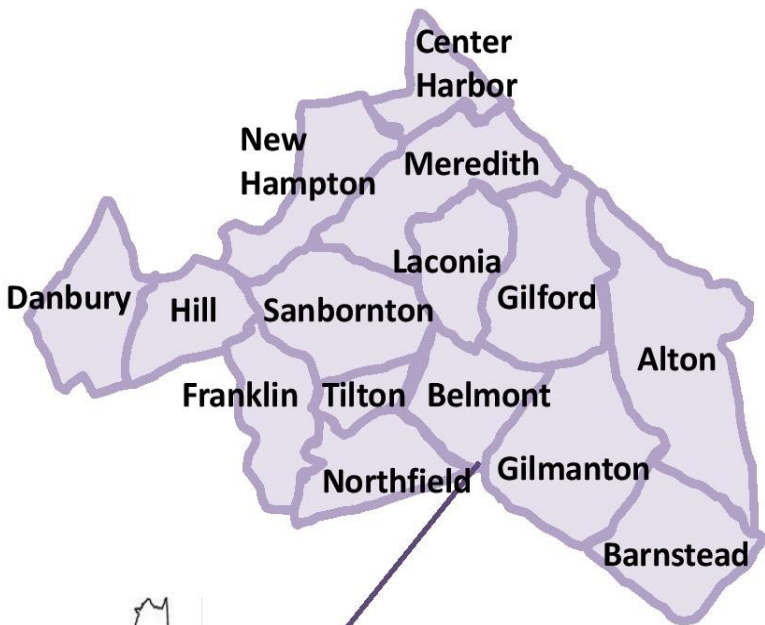
@PPHNH

or

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

The information provided in this guide is for informational purposes only. It is not an endorsement of any organization or the services they offer. While we make every effort to keep the information up to date, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, suitability or availability of any of the organizations or providers listed.

# *Winnepesaukee Public Health Region*



**PARTNERSHIP FOR  
PUBLIC HEALTH**

67 Water Street, Suite 105  
Laconia, NH 03246  
603-528-2145  
[www.lrp-ph.org](http://www.lrp-ph.org)

January 14, 2016

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## FREE STATEWIDE RESOURCES- Crisis, Intervention and Referral Services

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The NH Alcohol and Drug Treatment Locator is a website directory where visitors can locate alcohol and drug treatment service providers in New Hampshire who offer assessments, withdrawal management, outpatient counseling, residential treatment, recovery supports and other services. Visit: <http://nhtreatment.org/>



The NH Statewide Addiction Crisis Line (1-844-711-HELP (4357)) is a free, anonymous service that helps connect individuals to critical services.

The Crisis Line's staff are trained to provide support and advice to callers when they are experiencing an alcohol, drug use or addiction-related crisis.



2-1-1 is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. Visitors to 211's website can search its online database of community services that contains information for over 1,800 health and human service providers and 4,500 service locations.



The National Suicide Prevention Lifeline is 1800-273-TALK (8255). Available 24/7. Suicide is preventable. With help comes hope.

## Winnepesaukee Region Community Prevention-Based Coalitions

### Franklin Mayor's Drug Taskforce:



**Email:** [taskforceinfo@franklinnh.org](mailto:taskforceinfo@franklinnh.org)

To learn more check out:

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

### Stand Up Laconia: Clare Persson



**Email:** [perssonclare@gmail.com](mailto:perssonclare@gmail.com)

Coalition meets the 4th Thursday of each month at the Huot Technical Center in Laconia

### Gilford Together: Serene Eastman



**Email:** [Serene.Eastman@doc.nh.gov](mailto:Serene.Eastman@doc.nh.gov)

Coalition meets the 3rd Tuesday of each month at the Gilford Community Church

### It Takes a Community: Darcy Ess



**Email:** [darcyess@yahoo.com](mailto:darcyess@yahoo.com)

Coalition meets the 2nd Wednesday of each month at the Corner Meeting House in Belmont

## Winnepesaukee Region Public Safety

In the Event of an Emergency Always Dial 911

### **Police:**

Danbury PD: 603-768-5568

Hill PD: 603-934-3949

New Hampton PD: 603-524-8585

Sanbornton PD: 603-286-4323

Franklin PD: 603-934-2535

Tilton PD: 603-286-4442

Northfield PD: 603-286-8982

Meredith PD: 603-279-4561

Laconia PD: 603-524-5252

Belmont PD: 603-267-8350

Gilford PD: 603-527-4743

Gilmanton PD: 603-267-7401

Alton PD: 603-875-3752

Barnstead PD: 603-269-8100

### **Fire:**

Danbury FD: 603-768-36-52

Hill FD: 603-934-5350

New Hampton FD: 603-744-2735

Sanbornton FD: 603-286-4819

Franklin FD: 603-934-2205

Tilton/Northfield FD:

603-286-4781

Meredith FD: 603-279-6061

Laconia FD: 603-524-6881

Belmont FD: 603-267-8333

Gilford FD: 603-527-4758

Gilmanton FD: 603-364-2500

Alton FD: 603-569-1197

Barnstead FR: 603-269-4121



American Association of Poison Control Centers:

1-800-222-1222

**Winnepesaukee Region Public School Districts**

SAU 30: Laconia School District 603-524-5710

SAU 18: Franklin/Hill School District 603-934-3108

SAU 2: Interlakes School District 603-279-7947

SAU 73: Gilford School District 603-527-9215

SAU 79: Gilmanton School District 603-364-5681

SAU 80: Belmont School District 603-267-9223

SAU 72 Alton School District 603-875-7890

SAU 86: Barnstead School District 603-435-1510

SAU 59: Winnisquam School District 603-286-4116

SAU 4 Newfound Area School District 603-744-5555

The services offered in each district will vary. To get more information regarding student/family supports within the schools, contact your local SAU.



## Youth and Family Services

### Family Resource Center of the Lakes Region

(603) 528-0391

719 Main St. Laconia

### Greater Tilton Area Family Resource Center

(603) 286-4255

291 Main St. Suite #3 Tilton

### Youth Assistance Program

(603) 286-8577

291 Main St., Suite 5 Tilton

### Appalachian Mountain Teen Project

(603) 569-5510

85 Bay St. Wolfeboro (serving youth in Alton,  
Gilford & Laconia)

### Boys & Girls Club of the Lakes Region

(603) 528-0197

876 N. Main St. Laconia

### Child & Family Services

(603) 524-5835

719 N. Main St. Laconia

### Family Planning & Prenatal

Community Action Program

(603) 524-5453

121 Belmont Rd. Laconia



Project RENEW New Beginnings-Without Violence & Abuse

(603) 528-6511

Franklin Head Start/Early Head Start

(603) 934-2161

Bessie Rowell Community Center

12 Rowell Dr. Franklin

Laconia Head Start

(603) 524-7050

121 Belmont Rd Laconia

Merrimack County Juvenile Diversion Program

82 Elkins St., Franklin

(603) 934-1015

Belknap County Juvenile Diversion Program

34 County Drive

Laconia, NH 03246

(603) 524-9457

R.E.S.P.E.C.T (Resources to Educate, Support, and Protect Every Community Teen)

Franklin Family Planning

(603)934-4905

841 Central St. Franklin

University of NH Co-op Extension Service

(603) 527-5475

36 County Drive Laconia

(603) 796-2151

315 Daniel Webster Highway

Merrimack County

Boscawen, NH

[www.extension.unh.edu](http://www.extension.unh.edu)

Parenting Plus

1-800-640-6486

Parenting Education Classes for parents of children and adolescents

(603) 934-4144

[jdavis@sau18.org](mailto:jdavis@sau18.org)

Circle of Parents

(603) 934-4885

841 Central Street Franklin

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

## Winnepesaukee Region Parks & Rec

### Alton Parks & Recreation

A.V.A.S. Park

(603) 875-0109

328 Main St. Alton

### Barnstead Parks & Recreation

(603) 269-4071 ext. 8

barnsteadparksandrec@gmail.com

### Belmont Parks & Recreation

(603) 267-1865

14 Mill St. Belmont

### Center Harbor Parks & Recreation

(603) 455-1632

chparksandrec@metrocast.net

### Danbury Community Center

(603) 768-3424

15 High St. Danbury

### Franklin Parks and Recreation

Bessie Rowell Community Center

(603) 934-2118

12 Rowell Dr. Franklin

### Gilford Youth Center

(603) 524-6978

19 Potter Hill Rd. Gilford

Gilford Parks & Recreation

(603) 527-4722

47 Cherry Valley Rd. Gilford

Laconia Parks and Recreation

(603) 524-0521

306 Union Ave. Laconia

Meredith Parks & Recreation

Meredith Community Center

(603) 279-8197

1 Circle Dr. Meredith

Sanbornton Recreation Department

(603) 286-2659

16 Hunkins Pond Rd. Sanbornton

Tilton-Northfield Pines Community Center

(603) 286-8653

61 Summer St. Northfield

**Winnepesaukee Region Public Libraries**

**Alton (603) 875-2550**

**Barnstead (603) 269-3900**

**Belmont (603) 267-8331**

**Center Harbor (603) 253-6950**

**Danbury (603) 768-3765**

**Franklin (603) 934-2911**

**Gilford (603) 524-6042**

**Gilmanton (603) 364-2400**

**Hill (603) 934-9712**

**Laconia: (603) 524-4775**

**Meredith (603) 279-4303**

**New Hampton (603) 744-8061**

**Northfield /Tilton (603) 286-8971**

**Sanbornton (603) 286-8288**

**The programs and resources available at local libraries will vary. Call or  
inquire within to learn more.**

Prevention Enforcement Treatment Program

Laconia Police Department

Officer: Eric Adams

Cell:603-832-8323

Recovery Program Laconia Fire Department

Fire Fighter: Brian Keys

Cell:

BELKNAP COUNTY RESTORATIVE JUSTICE ADULT COURT  
DIVERSION

64 Court Street

Laconia, NH 03246

Phone (603) 527-5493

Belknap County Adult Recovery Court Program

Recovery Court is a 3-phase intervention program followed by a period of reduced supervision and recovery support. It is designed for adults who have pled guilty to non-violent offenses and who are having difficulty abstaining from the use of alcohol and other drugs.

**OUTPATIENT/COUSELING TREATMENT**

A&D Recovery Counseling

603-998-7337

Laconia, NH

[www.nhladccounseling.com](http://www.nhladccounseling.com)

Borderline Counseling Services

603-581-9196

Laconia, NH

Chrysalis Recovery Center, LLC

603-998-4210

Franklin, NH

[www.chrysalisrecovery.com](http://www.chrysalisrecovery.com)

David Parisi, LICSW, MLADC

603-528-6060

Gilford, NH

[www.daveparisi.com](http://www.daveparisi.com)

Genesis Behavioral Health Center

603-524-1100

Laconia, NH

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

Horizon's Counseling Center

603-524-8005

603-706-0336

Gilford, NH

[horizonscounseling@horizonsnh.org](mailto:horizonscounseling@horizonsnh.org)

Linda Brewer, LICSW, MLADC

603-393-6292

Meredith, NH

Patricia Tucker, LADC

603-286-9584

Tilton, NH

Serendipity Counseling

603-860-1319

Tilton, NH

SKY Counseling Services

603-722-8354

Laconia, NH

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



**INTENSIVE OUTPATIENT TREATMENT:**

Concord Hospital, Substance Use Services

603-227-7000

Concord, NH

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

Horizons Counseling Center: Nathan Brody Program at Horizons

603-524-8005

603-706-0336

Gilford, NH

[horizonscounseling@horizonsnh.org](mailto:horizonscounseling@horizonsnh.org)

**RESIDENTIAL TREATMENT:**

Easter Seals Farnum Center

603-662-3020

Manchester, NH

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

Greater Nashua Council on Alcoholism

Keystone Hall

603-881-4848

Nashua, NH

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

Headrest

603-448-4872

Lebanon, NH

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

Phoenix House, Dublin Center

603-563-8501

Dublin, NH

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

Ray's House Farnum North

1-888-840-4243

Franklin, NH

Phoenix House, Keene Center

603-358-4041

Keene, NH

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

Serenity Place  
603-625-6980  
Manchester, NH  
[www.serenityplace.org](http://www.serenityplace.org)

Tri-County Community Action Program, Inc.  
Friendship House  
603-869-2210  
Bethlehem, NH  
[www.tcap.org](http://www.tcap.org)

**TRANSITIONAL LIVING:**

Cornerstone House for Men  
Northfield, NH  
[www.cornerstonehouseformen.com](http://www.cornerstonehouseformen.com)

The Butterfly House  
108 Academy Street  
Laconia, NH 03246  
603-527-8682 or 802-272-7570  
[butterflyhouseforwomen@gmail.com](mailto:butterflyhouseforwomen@gmail.com)

### **Groups: recover together**

61 Beacon Street

Suite 4

Laconia, New Hampshire 03246

Call Intake Coordinator

(844) 402-3213

### **Riverbank House**

96 Church Street

Laconia, NH 03246

(603) 505-7912

Navigating Recovery of the Lakes Region

Open Monday-Friday 9am to 5pm

Walk –In's Welcome and Encouraged!



635 Main Street, Suite 303

Laconia, NH 03246

603-409-7228

WEEKLY SCHEDULE OF MEETINGS & PROGRAMS

**MONDAY**

Creative Recovery @ 10am

Yoga @ 5:30pm

**TUESDAY**

NA Meeting @ 7:30am

**WEDNESDAY**

SMART Recovery Meeting @ 6pm

**THURSDAY**

NA Meeting @ noon

**FRIDAY**

NA Meeting @ 7:00pm

## Hope for NH Recovery



**NOW OPEN WEEKDAYS 9 AM - 5 PM**

**175 Central Street**

**Franklin, NH 03235**

**603.934.1496**

### **WEEKLY MEETINGS**

#### **Monday:**

- 10:00-10:30 am - Coffee Talk for Members
- 12:00- 1:00 pm - All Recovery Meeting
- 3:00- 4:00 pm - Arts in Recovery
- 4:00- 5:00 pm - Guitar Basics
- 7:00-9:00 pm - Men's Big Book Study

#### **Tuesday:**

- 10:00- 10:30 am - Coffee Talk for Members
- 11:00- 12:00 pm - Reiki for Recovery
- 12:00-1:00 pm - All Recovery Meeting
- 1:00-2:00 pm - Al-Anon Family group
- 2:45-3:45 pm - Alateen

#### **Wednesday:**

- 9:00-10:00 am - Yoga in Recovery (Last Wed monthly)
- 10:00-10:30 am - Coffee Talk for Members
- 10:30-11:30 am - Life Skills
- 12: 00-1:00 pm - All Recovery Meeting
- 1:00-1:45 pm - Walking for Recovery
- 2:00-3:00 pm - Karaoke for You
- 6:15-7:15 pm - Al-Anon

#### **Thursday:**

- 10:00-10:30 am - Coffee Talk for Members
- 10:30-11:30 am - Creative Woodworking
- 12:00-1:00 pm - All Recovery Meeting
- 1:00-2:00 pm - Reflections of Life in the Spirit
- 6:00-8:00 pm - Setting Boundaries with Those We Love

#### **Friday:**

- 10:00-10:30 am - Coffee Talk for Members
- 11:00-12:00 pm - Guitar Basics
- 12:00-1:00 pm - All Recovery Meeting
- 1:30-3:00 pm - Soar Women's Group
- 3:00-4:30 pm - Music in Recovery! Open Jam

#### **Saturday:**

- 5:00-6:00pm - Health Realization- The 3 Principles

#### **Sunday:**

- 6:30-7:45 pm - NA Meeting
- 8:00-9:15 pm - HA Meeting "Lakes Region Group"

## Sober Threads

A Peer Recovery Support Program of  
the Greater Tilton Area Family Resource Center



**603-286-4255**

TRS is a free service that provides weekly phone calls to people in recovery from alcohol and/or drug addiction.

Trained TRS callers “check in” and ask how people are doing managing their recovery. All callers are trained to provide support, encouragement and information about recovery resources. TRS helps reduce relapse and enhances the recovery experience.

Telephone Recovery Support (TRS); an innovative, peer to peer, recovery support service developed by the Connecticut Community for Addiction Recovery (CCAR), in which our center is well trained.

### **Al-Anon Family Groups**

Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings.

<http://www.al-anon.alateen.org/home>

### **Alcoholics Anonymous**

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

<http://www.aa.org>

### **Narcotics Anonymous**

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol.

<http://www.naws.org>



# Celebrate Recovery

Fridays, 7-9p Laconia, NH



"Celebrate Recovery is a Christ-centered recovery program based on 8 Recovery Principles found in the Beatitudes of the Bible and the Christ-Centered 12-Steps. By working the Christ-Centered Steps and applying their Biblical Principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others."

LifeQuest Church

115 Court St,

Laconia, NH 03246.

Fridays from 7pm to 9pm

## Winnepesaukee Region Support Groups

### **Winnepesaukee Survivors of Suicide Loss**

Meets on the 3rd Wednesday of each month

Belmont, NH 03220

To join call Stacey: 603-512-2208

### **FASTER Parent Support Group**

(Families Advocating Substance Treatment, Education & Recovery)

Meets on the 2nd & 4th Thursday of each month 6pm to 7:30pm

Laconia Police Department

126 New Salem Street

Laconia, NH 03246

Call Nancy: 603-293-0960

## Resources

### **National Alliance on Mental Illness (NAMI NH)**

85 North State Street

Concord, NH 03301

603-225-5359

### **ServiceLink**

#### **Aging & Disability Resource Center**

1-866-634-9412

[Servicelink.nh.gov](http://Servicelink.nh.gov)

### **REAP (Referral, Education, Assistance, and Prevention Program)**

Call 1-866-634-9412

### **Office of Consumer and Family Affairs, NH DHHS Bureau of Mental Health Services**

Call 1-800-852-3345 X5045

