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Employment

- Granite State Independent Living (GSIL) – Education and Employment
 - GSIL is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors. GSIL offers a suite of education and employment services for its clients, including student transition services, job placement services, ticket to work employment assistance, and financial planning and disability benefits services. GSIL can help clients find local and quality jobs throughout NH and assist those currently receiving Social Security Disability benefits gain meaningful employment and earn enough to transition off of Social Security benefits.
 - Website: <https://www.gsil.org/employment-assistance/>
- Indeed
 - Indeed is a job search site where jobs from any sector are posted. You can make an account, upload your resume, contacted employers, and apply to jobs directly through Indeed. Use key words to narrow your search and enter your address to find jobs in your area.
 - Website: <https://www.indeed.com/>
- Leddy Group
 - The Leddy Group is an employment agency serving Northern New England that connects clients to suitable matches during their job search. They are known for their excellent relationship building, partnerships, and continued improvement, while finding the best fit for each individual applicant. They offer employment opportunities for legal, engineering, administrative, accounting, finance, human resources, and other fields. Locations in Bedford, NH, Concord, NH, Rutland, VT, Dover, NH, Lebanon, NH.
 - Website: <https://leddygroup.com/>
- TPI Staffing Group
 - TPI Staffing Group is a resource to help individuals of all experience levels progress in their employment search. TPI Staffing Group has four offices in Brattleboro, VT and Claremont, Keene, and Lebanon, NH.
 - Website: <http://inspiredtobehired.com/>

Food Security

- LISTEN Community Services
 - LISTEN Community Services offers a menu of services including a food pantry, community dinners, housing helpers, heating helpers, and thrift stores. LISTEN serves hearty three-course dinners on a to-go basis on Mondays-Saturdays from 5:00-5:30pm. LISTEN also has a food pantry where clients can pick up groceries or have them delivered to their home.
 - Website: <http://www.listencs.org/food-pantry>
- Sharon Food Shelf
 - A food pantry that operates out of Sharon Congressional Church and serves Sharon, Barnard, Bethel, Chelsea, Norwich, Pomfret, Strafford, South Strafford, South Royalton, West Hartford, and White River Junction.
 - Website: <https://www.sharonvtcongechurch.org/things-we-do/foodshelf/>
- Southwestern Community Services (SCS) - Food Security*
 - SCS is a community action agency that serves Cheshire and Sullivan county in the fight against poverty. SCS provides transportation, food security, and housing stabilization services to its clients. SCS's commodity supplemental food program (CSFP) provides food for income eligible seniors (age 60+) on a bi-monthly basis. SCS also operates a food pantry.
 - Website: <http://www.scsheps.org/csfp.htm>
- Upper Valley Haven - Food Shelf
 - Upper Valley Haven is a nonprofit organization dedicated to providing food, shelter, education, and problem-solving resources to its clients. The Food Shelf provides on-going, reliable access to healthy groceries once a month (including meat, dairy, and produce) and unlimited access to bread and produce to anyone in need. The Food Shelf also offers a Good Eats Program which is a meal prep program for inexpensive and creative meal options. There are no criteria to visit the Food Shelf.
 - Website: <https://uppervalleyhaven.org/programs/food-shelf/>

Housing

- Lebanon Housing Authority
 - A public housing agency servicing Lebanon, NH. Affordable, decent, safe, and sanitary housing available to income-eligible residents. 1-2 year waitlist, public housing and Section 8 housing available.
 - Website: <http://www.lebanonhousing.org/>
- LISTEN Community Services – Housing Helpers
 - LISTEN Community Services offers a menu of services including a food pantry, community dinners, housing helpers, heating helpers, and thrift stores. LISTEN provides \$500 grants for housing and rental assistance that can be accessed every 5 years. Clients must reside within their [service area](#).
 - Website: <http://www.listencs.org/housing-helpers>
- Tri-County Community Action Program (TCCAP) – Housing Relief
 - TCCAP is a multi-program agency dedicated to improving the lives and well-being of people in New Hampshire. Their housing relief fund provides short-term

rental assistance to maintain or secure permanent housing. Contingent on loss of housing or employment due to COVID. Program payments of up to \$2,500 will be made directly to the landlord or provider, and this program will end on December 30, 2020.

- Website: <https://www.capnh.org/>
- Upper Valley Haven – Shelters
 - Upper Valley Haven is a nonprofit organization dedicated to providing food, shelter, education, and problem-solving resources to its clients. Upper Valley Haven operates three shelters (Hixon House Adult Shelter, Byrne House Family Shelter, Seasonal Shelter) that accommodate families with children, adults without children, and emergency shelter during cold weather months for adults only.
 - Website: <https://uppervalleyhaven.org/shelter/>
- VT Housing Authority – VSHA Rental Assistance Programs
 - The Vermont State Housing Authority provides many housing opportunities and services for many Vermonters, from senior citizens, young families, those who are homeless, and those with special needs. Some of these services include various rental assistance programs, Section 8 assistance, and low-to-moderate income housing. This program is available for all Vermonters.
 - Website: <https://www.vsha.org/>

Medical Services

- Dartmouth-Hitchcock Epilepsy Center
 - D-H Epilepsy Center’s website is an important resource for navigating medical care at D-H. The site contains information about seizures, epilepsy, epilepsy evaluations, epilepsy treatments, clinical trials, the HOBSCOTCH program, and contact information for the department.
 - Website: <https://www.dartmouth-hitchcock.org/epilepsy.html>
- Good Neighbor Clinic
 - Good Neighbor Clinic is a nonprofit health care facility providing free medical and dental care to uninsured and underinsured adult residents of the Upper Valley living within 30 miles of the clinic.
 - Website: <https://goodneighborhealthclinic.org/>
- United Health Care Complete Access
 - United Health Care Complete Access is an online resource to explore the various insurance options to those in need, and helps find what may be the best fit. Information about Medicare and Medicaid plans, as well as individual health insurance through the Health Insurance Marketplace under the Affordable Care Act.
 - Website: <https://www.uhc.com/individual-and-family/health-insurance-new-hampshire>

Mental Health Services

- Substance Abuse and Mental Health Services Administration (SAMHSA)

- SAMHSA operates a behavioral health treatment locator, which is a confidential and anonymous source of information for individuals seeking treatment facilities in the US.
 - Website: <https://findtreatment.samhsa.gov/locator>
- National Alliance on Mental Illness (NAMI) New Hampshire
 - NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing education, support, and advocacy to people affected by mental illness and suicide. NAMI New Hampshire offers an info & resource line, support groups, suicide prevention, and education.
 - Website: <http://www.naminh.org>
- New Hampshire Mental Health Counselors Association
 - Website: https://www.nhnhca.org/content.aspx?page_id=154&club_id=46276
- West Central Behavioral Health (WCBH)
 - WCBH is a nonprofit community mental health care provider serving the Upper Valley and Sullivan County. WCBH offers many additional resources, programs, and services to care for individual's behavioral and mental health, regardless of their ability to pay. WCBH has locations in Lebanon, Claremont, and Newport.
 - Website: <https://www.wcbh.org/>

Miscellaneous Services

- Granite State Independent Living – Disability Support
 - GSIL is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors. GSIL is committed to improving access and opportunity for people with disabilities through disability rights and advocacy, home access modification, transportation services, spinal cord injury association of NH, and services for veterans.
 - Website: <https://www.gsil.org/disability-support/>
- LISTEN Community Services – Heating Helpers
 - LISTEN Community Services offers a menu of services including a food pantry, community dinners, housing helpers, heating helpers, and thrift stores. LISTEN can help pay for a minimum fuel delivery (\$400) to prevent a disconnection once every 12 months. Clients must reside within their [service area](#).
 - Website: <http://www.listencs.org/heating-helpers>
- LISTEN Community Services – Thrift Stores
 - LISTEN Community Services offers a menu of services including a food pantry, community dinners, housing helpers, heating helpers, and thrift stores. LISTEN operates three thrift stores in Lebanon, White River Junction, and Canaan. Vouchers are available if you contact a LISTEN counselor at (603) 448-4553.
 - Website: <http://www.listencs.org/thrift-stores>
- PathWays of the River Valley
 - PathWays is a nonprofit organization serving disabled people in Sullivan and Lower Grafton County. PathWays provides employment services, homecare provider, and clinical services for people of all ages.
 - Website: <https://pathwaysnh.org/>
- Tri-County Community Action Program (TCCAP) – Utility Assistance

- TCCAP is a multi-program agency dedicated to improving the lives and well-being of people in New Hampshire. TCCAP operates energy assistance (fuel, electric) and weatherization services.
- Website: <http://www.tccap.org/services/housing-and-energy/energy-assistance-services/>
- Upper Valley Haven - Education Services
 - Upper Valley Haven is a nonprofit organization dedicated to providing food, shelter, education, and problem-solving resources to its clients. Upper Valley Haven operates educational programs for both adults and children.
 - Website: <https://uppervalleyhaven.org/programs/adult-learning/>
 - Website: <https://uppervalleyhaven.org/programs/childrens-education-programs-and-activities/>

Recreation & Wellness

- Art Therapist Locator – American Art Therapy Association (AATA)
 - The AATA is a nonprofit organization dedicated to the growth and development of the art therapy profession. Their locator tool can be used to find art therapists near you.
 - Website: <https://arttherapy.org/art-therapist-locator/>
- Cardigan Mountain State Park
 - Cardigan Mountain State Park spans 5,655 acres and is an excellent area for hiking. There are many hiking trails that are available to a variety of abilities. At the summit of Mount Cardigan there are views of peaks in both Maine and Vermont!
 - Website: <https://www.nhstateparks.org/visit/state-parks/cardigan-mountain-state-park>
- Carter Community Building Association
 - The CCBA's Witherell Recreation Center offers access to pools and seasonal athletic courts for either public use during scheduled hours, or structured programs like adult volleyball leagues and swim lessons.
 - Website: <https://joinccbba.org/>
- Colburn Park
 - Colburn Park is an ADA accessible park with a bandstand for performers, benches and greenspace. It is nearby the Lebanon Public Library and other public resources.
 - Website: <https://lebanonnh.gov/Facilities/Facility/Details/Colburn-Park-Lebanon-Green-1>
- Mascoma Lake Campground
 - A campground located on Mascoma Lake with amenities that vary depending on tent site or cabin rental. There is swimming and fishing at the campground and there are several hiking trails nearby.
 - Website: <http://www.mascomalake.com/>
- Mascoma River Greenway
 - This 4-mile trail stretches from Lebanon to West Lebanon and is accessible for both biking and walking, allowing for easy travel and recreation between these two towns and connect their restaurants, schools and public spaces.

- Website: <https://mascomagreenway.com/about/>
- Mighty Yoga
 - Yoga studio offering in-person and virtual classes for yogis of all levels and experience. Locations in Hanover and Lebanon, NH.
 - Website: <http://www.mightyyoganh.com/>
- Music Therapist Locator – American Music Therapy Association
 - Use this tool to find a music therapist in your local area by emailing the address below or using the online directory on the website.
 - Website: <https://www.musictherapy.org/about/find/>
- Northern Rail Trail/Mascoma River Greenway
 - The Northern Rail Trail is a disused railroad that has been converted into paths for walking, biking, and some winter. It spans from Lebanon to Franklin, NH and is open all four seasons.
 - Website: <https://www.nhstateparks.org/visit/recreational-rail-trails/northern-recreational-rail-trail>
- Open Door Integrative Wellness
 - Open Door aims to serve individuals and groups by providing optimal wellness programming including tai chi, karate, yoga, qi gong, nutrition, acupuncture, and meditation.
 - Website: <https://www.opendoorworkshop.com/>
- Quechee State Park
 - This state park in Hartford, VT offers beautiful views of the Quechee gorge, as well as access to camping, hiking, and other opportunities for recreation.
 - Website: <https://vtstateparks.com/quechee.html>
- Riverside Park Pavilion & Skatepark
 - The Riverside Community Park in Lebanon, NH has a skatepark and accessible path along the water. There are also volleyball nets, picnic tables, and a playground.
 - Website: <https://lebanonnh.gov/facilities/facility/details/riversideparkpavilionskatepark-5>
- Shambhala Center of White River
 - Shambhala Center offers meditation instruction and practice to individuals of all abilities.
 - Website: <https://whiteriver.shambhala.org/what-we-offer/>
- Upper Valley Music Center
 - The Upper Valley Music Center offers a wide variety of classes including chamber music, juneberry, suzuki, theory/history, orchestra, and summer camps.
 - Website: <https://uvmusic.org/programs/classes>
- Upper Valley Zen Center
 - The Upper Valley Zen Center is dedicated to the study and practice of Zen Buddhism and offers daily Zazen sessions, study groups, and group meditations.
 - Website: <http://www.uvzc.org/>
- Wonderwell Mountain Refuge
 - Wonderwell is a Buddhist meditation and retreat center dedicated to mindfulness, wisdom, and compassion. Wonderwell offers group and solo retreats.
 - Website: <https://www.wonderwellrefuge.org/>

Self-Management Programs

- Managing Epilepsy Well (MEW) Network
 - The MEW Network is a team of people across the US who care about epilepsy and their caregivers, made up of members from US universities, community-based organizations, and the Centers for Disease Control and Prevention. The network promotes epilepsy self-management research and strives to improve quality of life for people with epilepsy.
 - Website: <https://managingepilepsywell.org/>
- Project UPLIFT
 - Project UPLIFT is a self-management program designed to empower people with epilepsy to improve their mental health through mindfulness and cognitive-behavioral skills. UPLIFT consists of 8 group phone sessions over an 8-week period, and has been found to increase knowledge and skills, decrease symptoms of depression, and prevent major depressive disorder.
 - Email: MEWprograms@hitchcock.org
 - Website: <https://managingepilepsywell.org/uplift>
- HOBSCOTCH
 - HOBSCOTCH is a self-management program designed to address memory and attention problems in adults with epilepsy. HOBSCOTCH consists of 8 one-on-one sessions delivered over 8 weeks (primarily over the phone, 1 in-person/virtual), and has been found to improve quality of life and objective cognition.
 - Email: MEWprograms@hitchcock.org
 - Website: <https://managingepilepsywell.org/hobscotch>

Senior Services

- Caleb Interfaith Volunteer Caregivers (CIVC)
 - CIVC is a nonprofit organization with the mission to increase access to healthcare, independent living, and reducing isolation of seniors through transportation and visitation. CIVC offers services many services including friendly visits, transportation, light housekeeping/yardwork, commodity food delivery, and telephone reassurance. Clients must be 60+ years of age and live in the service area of Whitefield, Lancaster, Dalton, Jefferson, Groveton, Bethlehem, Littleton, or Twin Mountain.
 - Website: <http://www.calebcaregivers.org/services/>
- Grafton County Senior Citizens Council, Inc. (GCSCC)
 - GCSCC is a nonprofit organization that operates 8 senior centers in Grafton County (Haverhill, Linwood, Littleton, Mascoma, Newfound, Orford, Plymouth, Upper Valley) with the mission of developing, strengthening, and providing programs and services that support the health, dignity, and independence of seniors and adults with disabilities. GCSCC provides home-delivered meals, outreach and counseling, transportation, educational programs, chore help, and telephone reassurance.
 - Website: <http://www.gcsc.org/>
- Granite State Independent Living – Senior

- GSIL is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors. GSIL offers personalized care solutions for independent living including in-home care services, support for family, friends, & caregivers, in-home recovery services, and nursing facility transition services.
 - Website: <https://www.gsil.org/home-care/>
- 360□ SHS
 - 360□ SHS is a nonprofit organization dedicated to serving the needs of seniors in Southern New Hampshire. 360□ SHS provides a transportation program for seniors including rides to medical appointments. Areas served in Grafton County include Ashland.
 - Website: www.seniorshelpingseniorsnh.com
- Tri-County Community Action Program (TCCAP) – Senior Services
 - TCCAP is a multi-program agency dedicated to improving the lives and well-being of people in New Hampshire. TCCAP operates a suite of senior-specific services including: energy assistance, senior meals of Coos County & Berlin Senior Center, RSVP, ServiceLink Aging & Disability Resource Center, and Cornerstone Housing North, Inc.
 - Website: <http://www.tccap.org/services/seniors/r-s-v-p-volunteer-resource-center/>

Social Services

- Department of Human Services, City of Lebanon
 - Individuals struggling with meeting basic needs can apply for housing, food, utility, or medication assistance. Must be residents of Lebanon, NH.
 - Website: <https://lebanonnh.gov/412/Human-Services>
- New Hampshire Department of Administrative Services - Americans with Disabilities Act (ADA)
 - The Americans with Disabilities Act of 1990 (ADA) provides legal rights to individuals with disabilities. This includes equal employment opportunities and reasonable accommodations in “all aspects of employment.” Site includes ADA PowerPoint presentation, ADA reasonable accommodations policy, and forms to request reasonable accommodations.
 - Website: <https://das.nh.gov/hr/ada.aspx>
- New Hampshire Rx Assistance Programs
 - This site provides information about several prescription assistance programs including NH Medicaid, NH Rx Card, NH CHIP, NH Medication Bridge Program, and NH ServiceLink Resource Center. All are available at a free or reduced cost for clients.
 - Website: <https://www.staterxplans.us/new-hampshire.html>
- SSI/SSDI Services in NH
 - Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) information on the federal government’s website. Site includes a directory for local offices, disability determination services, and the office of hearings operations in New Hampshire. Additional online services include reviewing your information (earnings history, estimate retirement benefits, check application

status), applying for benefits, updating personal information, and ordering replacement Social Security or Medicare cards.

- Website: <https://www.ssa.gov/boston/NH.htm>

Transportation

- Advance Transit
 - Advance Transit is a free transportation service serving Norwich, Hanover, West Lebanon, Lebanon, and White River Junction. Access AT is an ADA complementary paratransit service is shared ride, curb-to-curb transportation service. Advance Transit's ACCESS AT offers this service to individuals with disabilities who are unable, because of their disability, to use fixed route buses. Application for the ACCESS AT program available [here](#).
 - Website: <https://advancetransit.com/>
 - Website: <https://advancetransit.com/access-at/>
- Easterseals New Hampshire
 - Easterseals New Hampshire operates a special transit service providing door-to-door service with passenger assistance available for seniors and individuals with special needs and disabilities. Easterseals has locations across the state of New Hampshire including Belmont, Concord, Franklin, Gilmanton Iron Works, Keene, Lancaster, Lebanon, Manchester, Rochester, Salem, and Stratham.
 - Website: <https://www.easterseals.com/nh/our-programs/transportation/>
- Granite State Independent Living – Transportation
 - GSIL offers a suite of transportation resources for people with disabilities including wheelchair van transportation, travel reimbursement, non-emergent medical transportation, ADA para-transit application assistance.
 - Website: <https://www.gsil.org/disability-support/transportation-services/>
- New Hampshire Medicaid Transportation
 - NH Medicaid Transportation offers a non-emergency transportation program that offers rides or help paying for gasoline for travel to Medicaid-covered services.
 - Phone: (844) 259-4780 for NH Medicaid recipients who are covered by the state's fee-for-service program; (603) 271-4344 (Medicaid client services)
 - Medicaid members in one of the Managed Care Organizations must call their Plan's phone number listed [here](#).
 - Website: <https://www.dhhs.nh.gov/ombp/medicaid/transportation/index.htm#:~:text=How%20do%20I%20request%20a,%3A%20844-259-4780>
 - Website to apply: <https://www.dhhs.nh.gov/dfa/apply.htm>
- Southwestern Community Services (SCS) - Transportation
 - SCS is a community action agency that serves Cheshire and Sullivan county in the fight against poverty. SCS provides transportation, food security, and housing stabilization services to its clients. The SCS transportation program is a shared bus service that follows a specific [route](#), but route deviation is also available in Charlestown, Claremont, and Newport. There is also Dial-A-Ride available in Claremont and the volunteer driver program operates throughout Sullivan County.
 - Website: <http://www.scshepls.org/transportation.htm>

- Tri-County Community Action Program (TCCAP) - Transportation
 - TCCAP is a multi-program agency dedicated to improving the lives and well-being of people in New Hampshire. TCCAP operates a public transportation organization servicing elder, disabled, low-income, and general public transportation in Coos, Carroll, and Northern Grafton Counties. TCCAP provides door to door service, Littleton Regional Healthcare Care-A-Van, Tri-Town flex route, Berlin/Gorham flex route, long distance medical non-emergency program, and Medicaid transportation.
 - Website: <http://www.tccap.org/services/transportation/>