

**WHEN YOU GIVE** THROUGH MONADNOCK UNITED WAY...  
WE CAN FUND THE PROGRAMS...  
THAT WILL **HELP CHANGE LIVES!**



**Monadnock United Way**  
Donate online anytime at [muw.org](http://muw.org).  
Interested in volunteering,  
call 603-352-4209.



## AGENCIES AND PROGRAMS RECEIVING FUNDING IN 2016

### **Big Brothers Big Sisters of NH**

352-9536 • [bbbsnh.org](http://bbbsnh.org)

Volunteer screening, training and mentor matching for children who are at risk and face adversity.

### **Cheshire Housing Trust**

357-7603 • [cheshirehousingtrust.org](http://cheshirehousingtrust.org)

Counseling and resident support on a wide range of housing issues to help lower-income individuals and families to obtain and maintain their housing.

### **Community Kitchen Pantry Program**

352-3200 • [thecommunitykitchen.org](http://thecommunitykitchen.org)

Take home food boxes, cooking, budgeting classes, nutritional education, and advocacy for low- to moderate-income individuals and families.

### **Community Volunteer Transportation Company (CVTC)**

877-428-2882 ext. 5 • [cvtc-nh.org](http://cvtc-nh.org)

Rides to medical appointments and other needed destinations for seniors and people with disabilities.

### **Granite State Children's Alliance**

603-352-0413 • [cac-nh.org](http://cac-nh.org)

Provides services to victims of child abuse including helping to break the cycle of abuse by improving prosecution rates and prevention education.

### **Home Healthcare Hospice & Community Services (HCS)**

800-541-4145 • 352-2253 • [HCSservices.org](http://HCSservices.org)

**Castle Center Life Enrichment Day Program:** Provides a caring, supervised environment to promote the independence and quality of life for adults with complex health conditions as well as those who just need a little support.

**Friendly Bus:** Specialized, assisted door-to-door transportation services for the elderly and adults with disabilities in Keene and the surrounding communities.

**Healthy Starts Program:** Providing support and education to pregnant women and parenting families who are experiencing the stressors of poverty, social isolation, and other psychosocial issues.

**Meals on Wheels:** Daily safety check and delivery of a hot, nutritious meal to homebound elderly and disabled adults.

### **Hundred Nights, Inc.**

352-5197 • [hundrednightsinc.org](http://hundrednightsinc.org)

**Be Well Clinic:** Collaboration between Hundred Nights and Dartmouth-Hitchcock Keene for a once-a-week free clinic at the Hundred Nights Shelter.

**Cold Weather Shelter:** Emergency shelter on the 100 potentially coldest nights of the year.

**Open Doors Resource Center:** Daily space that provides the homeless population with access to a phone/fax, computer, AIDS education and testing, washer and dryer, food, mail-drop location, nutritionist, and GED prep.

### **Keene Day Care Center, Inc.**

352-2129 • [keenedaycarecenter.org](http://keenedaycarecenter.org)

Childcare scholarships for children from low- to moderate-income families to access educational and developmental services.

### **Keene Senior Citizens Center**

352-5037 • [thekeeneseniorcenter.org](http://thekeeneseniorcenter.org)

Fitness programs, activities and events for social interaction, financial information services, and educational opportunities for people over 50 in the Monadnock Region.

### **MAPS Counseling Services**

355-2244 or 924-2240 • [mapsnh.org](http://mapsnh.org)

**Chronic Pain and Cancer:** Support groups for individuals and their families/caretakers living with cancer and chronic pain.

**Client Fund:** Counseling services for low- to moderate-income individuals and families that are uninsured or under-insured.

### **Mayhew**

744-6131 • [mayhew.org](http://mayhew.org)

Tuition-free residential summer experience and regular school mentoring for at-risk boys.

### **Monadnock Area Peer Support Agency**

352-5093 • [monadnockpsa.org](http://monadnockpsa.org)

Peer run support/recovery for adults in need of mental health services. Nightly telephone call-in support through the Warm Line.

### **Monadnock Center for Violence Prevention**

352-3782, 209-4015, or 888-511-MCVP

[MCVPprevention.org](http://MCVPprevention.org)

**Child Sexual Abuse Prevention Program:** Training for early learning educators, child care professionals, and parents.

**Healthy Relationships Workshops/Teen Relationship**

**Violence Prevention Program:** Workshops for tweens and teens to develop skills to build healthy relationships.

Introduce early warning signs of abusive behavior and familiarize students with local and national resources.

**MCVP Shelter/ For Now House:** Emergency shelter for women and children fleeing domestic violence, sexual violence, and stalking. Provides weekly education and self-improvement sessions for residents.

### **Monadnock Community Early Learning Center**

532-6021 • [mcelc.org](http://mcelc.org)

Scholarships for quality childcare and educational opportunities for young children and their families who meet income guidelines.

### **Monadnock Developmental Services, Partners in Health Program**

352-1304 • [mds-nh.org](http://mds-nh.org)

Respite and family coordination services for families who have children birth to 21 years with a diagnosed chronic health condition.

### **Monadnock Family Services**

357-4400 • [mfs.org](http://mfs.org)

**Acute Care Services:** Assessment, support, diagnosis, and referrals for urgent mental health care. For 24/7 Emergency Services call 357-4400. For Intake Services (9am-5pm weekdays) call 357-4000 (Keene Office) or 924-7236 (Eastern Region Office).

**All R Kids (ARK) Supervised Visitation Center • 532-2426:**

Provides a safe, neutral environment for court ordered supervised visitation.

### **Family Time Early Intervention and Prevention Program**

357-4400: Provides trained-educators to visit families and children at risk. Supports parents as effective advocates for their families' needs.

**Monadnock Adult Care Center • 532-2427:** Structured

programming, transportation, and access to on-site medical services for adults who need medical and/or other forms of professional supervision during weekdays.

### **Monadnock RSVP Volunteer Center**

357-6893 or 924-7350 • [MonadnockVolunteerCenter.org](http://MonadnockVolunteerCenter.org)

Mobilizes the skills and talents of seniors in meeting the needs of nonprofit agencies, public institutions, and local programs.

### **Monadnock Substance Abuse Services • 357-4400:**

Outpatient evaluation, treatment, education, prevention, and outreach for adolescents and adults.

### **NH Legal Assistance**

800-562-3994 • [nhla.org](http://nhla.org)

Free civil legal services related to housing, income and health care benefits, domestic violence relief, elder rights, and exploitation of low-income individuals and the elderly.

### **NH Pro Bono Referral System**

603-224-5387 • [nhbar.org](http://nhbar.org)

Coordinates and leverages the free legal services of volunteer attorneys to help meet the basic legal needs of low-income families and individuals.

### **The Orchard School & Community Center**

835-2495 • [theorchardschool.org](http://theorchardschool.org)

**Early Education Child Care:** Tuition assistance for income-eligible families for high quality childcare for children ages 2-6.

### **Open Doors, School Age After Care and Vacation Camps:**

Outdoor and indoor learning opportunities that are designed to require careful listening, teamwork, and a sense of personal responsibility. Runs after-school and for full days during school vacations.

**Summer Day Camps:** Culturally and artistically rich farm-and-forest based programming for students 6-16 years old.

### **Rise for baby and family**

357-1395 • [riseforbabyandfamily.org](http://riseforbabyandfamily.org)

Early identification, intervention, family centered support, advocacy, and inclusive play groups for infants and toddlers birth to three years of age who are exhibiting a developmental delay or disability.

**The River Center: Family and Community Resource Center**  
924-6800 • [rivercenter.us](http://rivercenter.us)

**Early Home Support:** Bimonthly home visits, assessment, transportation, support, and education for prenatal babies through their first birthday and beyond.

**Employment Resource Center:** Coaching and group workshops for job search techniques, interviewing skills, resume preparation, and completing online or print job applications.

**Parenting Programs:** Family support programs, parenting workshops, and focus groups.

### **Samaritans, Inc.**

357-5510 • [samaritansnh.org](http://samaritansnh.org)

Provides suicide prevention, intervention, and post-vention services through support groups, a 24/7 anonymous and confidential hotline, community education, and outreach.

### **Southern New Hampshire Services**

800-322-1073 • [snhs.org](http://snhs.org)

**Hillsboro Child Development Center • 464-3136:** A child development program that provides tuition scholarships for accessible comprehensive services for children and families in need in the Greater Hillsboro area.

### **Western Hillsborough County Family Support Program**

924-9601: Provide low-income people with the tools to become more self-sufficient and to assist low-income families or individuals receiving services in reaching a certain level of stability and achieving their potential.

### **Southwestern Community Services (SCS)**

352-7512 • [SCShelps.org](http://SCShelps.org)

**Fuel Assistance Program:** Fuel assistance to income-eligible households in Cheshire County.

**Housing Stabilization Services:** Provides emergency homeless shelter, housing stabilization, and homeless prevention services for individuals or families who are homeless or at imminent risk of becoming homeless.

**New Hope New Horizons:** Provides employment, daycare, outreach, and community residential support for adults who have a developmental or an acquired disability.

**Weatherization Assistance Programs:** Installation of energy efficiency improvements for low-income families.

**Women, Infants, and Children (WIC):** Provides no-cost supplemental food, health care referrals, and nutritional education to the income eligible pregnant women and families with children up to age 5.

### **Walpole Village School**

756-4246 • [www.walpolevillageschool.org](http://www.walpolevillageschool.org)

Tuition assistance for preschool, kindergarten, and before/after-school care for children of families who meet income guidelines.

### **Winchester Learning Center**

239-7347 • [winchesterlearningcenter.org](http://winchesterlearningcenter.org)

Tuition assistance for early child care and pre-school for children whose families meet income guidelines.

### **2-1-1 New Hampshire**

Dial: 211 • [211nh.org](http://211nh.org)

The number to dial that connects callers, at no cost, to information about critical health and human services available in their community.