

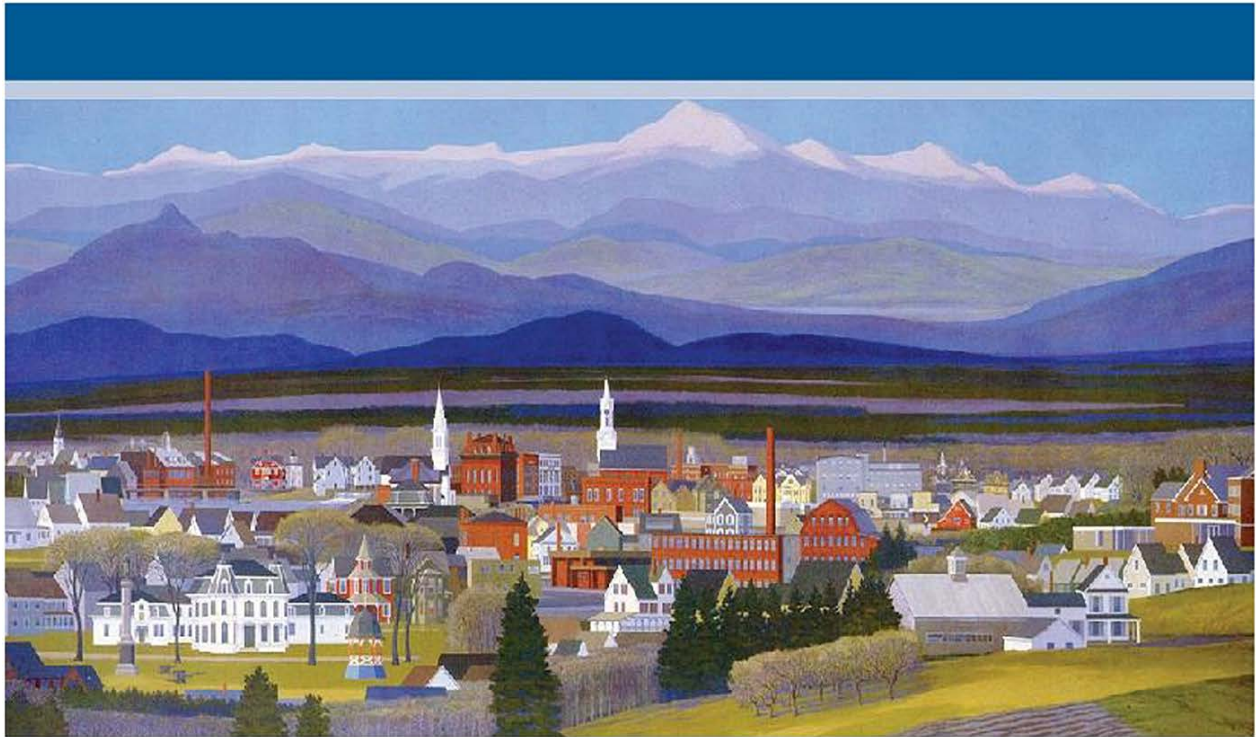
## *Appendix A: The Community Resources List*





## TABLE OF CONTENTS

SUBSTANCE ABUSE, MISUSE & OTHER ADDICTION .....	1
GENERAL SUPPORT GROUPS .....	2
LOSS & GRIEVING SUPPORT GROUPS .....	3
COMMUNITY KITCHENS .....	5
TRANSPORTATION SERVICES .....	5
VETERAN RESOURCES & SERVICES .....	7
CANCER RESOURCES & SERVICES .....	11
CHILDBIRTH EDUCATION & PARENTING RESOURCES .....	14
ADVANCE CARE PLANNING .....	20
MEDICATION ASSISTANCE .....	20



The Community Resource guide is a compilation of local and national resources available to you, including classes, support groups, services as well as a listing of online resources.

Please note information is subject to change. You may want to verify with the organization current class or support group meeting times, etc.

Last updated January 2019

## **SUBSTANCE ABUSE, MISUSE & OTHER ADDICTION**

The following support groups and services are available in Rochester and surrounding communities.

### **NH ALCOHOL AND DRUG TREATMENT LOCATOR**

A resource that provides a listing of treatment agencies and individual practitioners offering substance use disorder services, including evaluation (this is the first step to determine level of treatment needed), withdrawal management (detoxification), outpatient counseling, residential treatment, recovery supports and other services.

### **AL-ANON**

Support group meets on Wednesdays at 7:30 pm at the Trinity Anglican Church, 180 Rochester Hill Road in Rochester.

### **FOOD ADDICTS IN RECOVERY**

Group meets each Wednesday from 6:30 – 8:00 pm in the First Floor Conference Room at Frisbie Memorial Hospital. For more information call Cathy Meal at (603) 350-0646.

### **HOPE (HELPING OTHERS POSITIVE ENCOURAGEMENT)**

HOPE is a peer self-help group for families of loved ones suffering from substance abuse. HOPE's mission is to provide a safe and confidential environment for families suffering from addiction. Meetings are held the first and third Wednesday of each month from 7:00 – 8:30 pm at St. Peter's Church, 88 Central Street in Farmington. For more information contact Lynn at (603) 817-6174 or email [circlofhope603@yahoo.com](mailto:circlofhope603@yahoo.com) or Facebook/Circle of Hope.

### **NARCOTICS ANONYMOUS**

Group meets on Saturdays at 7:30 pm at the First Congregational Church, 63 South Main Street in Rochester. [Click here](#) for listing of meetings throughout the state.

### **OVEREATERS ANONYMOUS**

Group meets on Thursdays from 7:15 – 8:15 pm at the First Congregational Church, 63 South Main Street in Rochester.

### **SOUTHERN NEW HAMPSHIRE ALCOHOL & DRUG ABUSE SERVICES**

Organization provides a full range of services to help people recover from addictive disorders, regardless of ability to pay. For more information call (603) 516-8160.

## GENERAL SUPPORT GROUPS

The following support groups and services are available in Rochester and surrounding communities.

### THE ALZHEIMER'S DISEASE CAREGIVER SUPPORT NETWORK

The Alzheimer's Disease Caregiver Support Network provides caregivers with a variety of resources such as education, support, and counseling. The Network is a closed group. Visit [www.facebook.com/adcsnetwork](http://www.facebook.com/adcsnetwork) for more information or to request to join the Alzheimer's Disease Caregiver Support Network.

### ALZHEIMER'S SUPPORT GROUP

Group meets on the second Thursday of the month from 10:00 am – 12:00 pm in the Carroll Room at Frisbie's Community Education & Conference Center, located on the hospital campus. For more information call Hannah Jacoby at (603) 742-7136

### BRAIN INJURY/BRAIN TUMOR SUPPORT GROUP

Group provides support to individuals with a brain injury. Meets on the fourth Thursday of the month from 6:00 – 7:30 pm at the First Congregational Church, 63 Main Street in Rochester. For more information call Ellen Edgerly at (603) 332-9891.

### THE GRANDFAMILY SUPPORT GROUP: FOR GRANDPARENTS RAISING GRANDCHILDREN

Are you one of the nearly 8,000 NH grandparents raising a grandchild or grandchildren? Join us weekly for sharing, support and information. Group meets on Mondays (beginning October 15, 2018) from 7:00 pm – 8:00 pm at The Triangle Club located at 120 Broadway Street in Dover. No registration required. For more details, call/text Paula at (603) 923-7871.

### MESOTHELIOMA CANCER ALLIANCE

The Mesothelioma Cancer Alliance is the web's most trusted information resource for individuals who have been diagnosed with mesothelioma and their families. Our mission, as a leading authority on this topic, is to continually provide relevant, timely, and factual information about asbestos exposure and its causal links to mesothelioma cancer. For more information visit [www.mesothelioma.com](http://www.mesothelioma.com)

### MESOTHELIOMA GUIDE

An advocacy organization dedicated to helping patients diagnosed with asbestos illnesses. They specialize in connecting patients with doctors and treatment options that are best suited for them. The services and resources are 100% free to patients and family members. For more information, visit the Mesothelioma Guide website at [www.mesotheliomaguide.com/mesothelioma/](http://www.mesotheliomaguide.com/mesothelioma/)

**MYASTHENIA GRAVIS SUPPORT GROUP**

If you are a patient, caregiver, family member, friend or member of the medical profession, you are invited to participate, or learn more about myasthenia gravis (MG) and/or share your experiences with MG. Group meets every third Thursday of the month at 6:30 pm in the York Room at Frisbie's Community Education and Conference Center, located on the hospital campus. To RSVP, contact Deb Correia at (603) 312-6294 or [deblcorreia@yahoo.com](mailto:deblcorreia@yahoo.com). Follow the MG support group on Facebook or visit the Myasthenia website to learn more.

**NAMI FOR FAMILIES OF THE MENTALLY ILL SUPPORT GROUP**

Group meets on the third Monday of the month from 6:30 – 8:30 pm in the First Floor Conference Room at Frisbie Memorial Hospital (does not meet in July & August). For more information call Fran Reynolds at (603) 332-1064.

**PARENTS MEETING THE CHALLENGE/NAMI-CAN**

Group meets on the second Thursday of each month from 6:30 – 8:30 pm in the First Floor Conference Room at Frisbie Memorial Hospital (No group meetings in July and August). For more information call Carol Lemelin at (603) 664-2116 (Secondary contact is Lori Foster at 603-568-7280).

**PARKINSON'S DISEASE GROUP**

Group meets on the third Thursday (beginning January, 2019) of each month from 2:00 – 3:30 pm in the Belknap Room at Frisbie's Community Education & Conference Center, located on the hospital campus. For more information contact Christie Goodwin ([c.goodwin@fmhospital.com](mailto:c.goodwin@fmhospital.com)) or Josh Vance ([j.vance@fmhospital.com](mailto:j.vance@fmhospital.com)) at (603) 330-8952.

**LOSS & GRIEVING**

The following support groups and services are available in Rochester and surrounding communities.

**GAP – GRIEVING ASSISTANCE SUPPORT GROUP**

GAP is for people in various stages of grief who have experienced the loss of a loved one. Meets on the first and third Monday of each month from 6:30 – 9:00 pm in the Belknap Room at Frisbie's Community Education & Conference Center, located on the hospital campus. For more information, or to register, call (603) 335-7777.



### **SEACOAST PREGNANCY AND INFANT LOSS COUNCIL**

A support group for families who have experienced a loss of a baby through miscarriage, ectopic pregnancy, stillbirth, or newborn death. Meetings are held every week for a 6-week period. The groups are facilitated by persons trained in pregnancy and infant loss. To register or for more information, contact Sarge Dillon at (603) 330-7941.

The SPILC is a collaboration of the seacoast hospitals, represented by Exeter Hospital, Frisbie Memorial Hospital, Portsmouth Regional Hospital, Wentworth-Douglass Hospital and York Hospital.

### **Online Pregnancy & Infant Loss Resources**

#### **CENTER FOR MATERNAL & INFANT HEALTH: PERINATAL LOSS: RESOURCES FOR FAMILIES**

Visit [www.mombaby.org/wp-content/uploads/2016/09/perinatal-loss-resources-for-families-1.pdf](http://www.mombaby.org/wp-content/uploads/2016/09/perinatal-loss-resources-for-families-1.pdf)

#### **AMERICAN ACADEMY OF PEDIATRICS: BEREAVEMENT RESOURCES**

Visit [www.txpeds.org/sites/txpeds.org/files/documents/berereavement-resources.pdf](http://www.txpeds.org/sites/txpeds.org/files/documents/berereavement-resources.pdf)

#### **HAND (HELPING AFTER NEONATAL DEATH)**

Online Resources and Suggested Reading. Visit [www.handonline.org/resources/](http://www.handonline.org/resources/)

#### **SHARE PREGNANCY & INFANT LOSS SUPPORT**

For more information visit [www.nationalshare.org](http://www.nationalshare.org)

#### **THE TEARS FOUNDATION**

For more information visit [www.thetearsfoundation.org](http://www.thetearsfoundation.org)

#### **HEALING HEARTS BABY LOSS COMFORT**

For more information visit [www.babylosscomfort.com](http://www.babylosscomfort.com)

#### **FIRST CANDLE: ONLINE SUPPORT GROUPS**

For more information visit [www.firstcandle.org](http://www.firstcandle.org)

#### **FIRST CANDLE: SURVIVING STILLBIRTH**

For more information visit [www.firstcandle.org](http://www.firstcandle.org)

#### **CRIBS FOR KIDS: HEALING HEARTS RESOURCE BOOK**

For more information visit [www.cribsforkids.org](http://www.cribsforkids.org)

## COMMUNITY KITCHENS

The following services are available in the greater Rochester area.

### THE COMMUNITY MEAL (ROCHESTER)

Hosted by Frisbie Memorial Hospital. The Community Meal is free and provided to residents in need on Saturdays from 4:00 – 5:00 pm at Grace Community Church, 57 Wakefield Street in Rochester. Please enter Church on parking lot side.

### TABLE OF PLENTY COMMUNITY KITCHEN

The Table of Plenty provides healthy, home-cooked meals for people having difficulty putting food on their tables. For more information visit [www.thetableofplenty.com](http://www.thetableofplenty.com). Community Kitchens are available in three communities:

- York, Maine: Tuesdays, 5-6pm at the First Parish Church, York Street
- Berwick, Maine: Wednesdays, 5-6pm at Berwick United Methodist Church, Rte. 9
- Kittery, Maine: Thursdays, 5-6pm at St. Raphael Church, Whipple Road

## TRANSPORTATION SERVICES

The following organizations provide transportation services to eligible persons (riders may need to complete application process in advance to determine eligibility). Most require at least 48 hours' notice, so plan ahead. Information is subject to change. For route information and schedules, eligibility requirements and fees, call the transportation company at the telephone number listed below. Note: Transportation services listed below are for non-emergency medical appointments. If you are experiencing a medical emergency, call 9-1-1.

### For Patients with Private Insurance

Many insurance providers offer transportation to medical appointments for its members. To find out if your insurance provider offers transportation services, call the telephone number on the back of your insurance card to speak with a customer service representative.

### Referral Services

The following organizations help people access a variety of community-based services.

#### 2-1-1 NH

Eligibility: Varies

Phone: 2-1-1 or 1-866-444-4211

Web: [www.211nh.org](http://www.211nh.org)

Cost: Varies



**TRIPLINK**

Eligibility: Varies  
 Phone: 603-834-6010  
 Web: [www.communityrides.org](http://www.communityrides.org)  
 Cost: Varies

**For General Population****COAST BUS**

Eligibility: Must be on Coast Bus route  
 Phone: 603-743-5777  
 Web: [www.coastbus.org](http://www.coastbus.org)  
 Cost: Varies

**TAXI SERVICES**

Eligibility: No restrictions  
 Phone: 603-335-4600 / 603-332-0400  
 Cost: Varies

**For Medicaid Recipients & NH Healthy Families****NH HEALTHY FAMILIES**

Eligibility: Must be a NH Healthy Families member  
 Eligibility Trip Purpose: Medical appointment  
 Phone: 1-866-769-3085  
 Web: [www.nhhealthyfamilies.com](http://www.nhhealthyfamilies.com)  
 Cost: Varies

**MEDICAID TRANSPORTATION PROGRAM**

Eligibility: Must be a NH Medicaid recipient  
 Eligibility Trip Purpose: Medical appointment  
 Phone: 1-844-259-4780  
 Web: [www.dhhs.nh.gov](http://www.dhhs.nh.gov)  
 Cost: Varies

**WELL SENSE**

Eligibility: Must be a Well Sense Health Plan member  
 Eligibility Trip Purpose: Medical appointment  
 Phone: 1-855-739-4775  
 Web: [www.wellsense.org](http://www.wellsense.org)  
 Cost: Varies

## **Other**

### **ROAD TO RECOVERY (AMERICAN CANCER SOCIETY)**

Eligibility: For cancer patients

Eligibility Trip Purpose: Medical appointment

Phone: 1-800-227-2345

Web: [www.cancer.org](http://www.cancer.org)

Cost: Free

## **VETERAN RESOURCES & SERVICES**

Please note, information is subject to change. For more information, please call the organization's number provided below or visit their website.

### **Integrative / Wellness Services**

#### **ACUPUNCTURE FOR PTSD**

Acupuncture for Veterans is free. Classes are held at 95 South Main Street, 3rd Floor in downtown Rochester. Drop in any week. No registration necessary. Please bring military ID. Call (603) FMH-VETS (364-8387) for class updates or cancellations and schedule changes. Held on Wednesdays 10am – 12pm (last class at 11:30am; 30-minute session)

#### **ALAN ROSE MASSAGE THERAPY**

Free massage for Veterans. Will travel to homes to provide services. For more information, call (603) 455-8183 or email [arosemassage@yahoo.com](mailto:arosemassage@yahoo.com)

### **Assistive Services for Hared of Hearing**

#### **NORTHEAST DEAF AND HARD OF HEARING SERVICES (NDHHS)**

Serves the deaf and hard of hearing community through empowerment, education, and advocacy for equal access and opportunity. For more information, visit the NDHHS website at [www.ndhhs.org](http://www.ndhhs.org)

### **Behavioral Health / Substance Misuse**

#### **FARNUM CENTER**

The Farnum Center is a clinical, comprehensive alcohol and other drug treatment facility. For more information, call (917) 797-6714 or visit [www.farnumcenter.org](http://www.farnumcenter.org)

### **MENTAL HEALTH CENTER OF GREATER MANCHESTER**

The Mental Health Center of Greater Manchester offers highly-accessible mental health counseling services and programs for individuals and families aimed at putting you on a path to wellness. You deserve to live well, feel capable in the face of challenges, and achieve your true potential. For more information, visit [www.mhcgcm.org](http://www.mhcgcm.org)

### **NH NATIONAL GUARD SUICIDE PREVENTION AND RESILIENCE PROGRAM**

Contact Dana Osborne (603-892-4355 or by email at [Dana.r.osborne.mil@mail.mil](mailto:Dana.r.osborne.mil@mail.mil)) or Dale Garrow (603-227-1450 or by email at [Dale.e.garrow.ctr@mail.mil](mailto:Dale.e.garrow.ctr@mail.mil)).

### **VET CENTERS**

Provides readjustment counseling services. Services include:

- Individual and group counseling for Veterans, service members and their families
- Family counseling for military related issues
- Military sexual trauma counseling
- Substance abuse assessment
- VBA benefits explanation and referrals as needed

Locations in Keene, Manchester and Berlin N.H. For more information, call (603) 668-7060. Vet Center Call Center (24/7): 1-877-WAR-VETS (927-8387)

### **VETERAN & FIRST RESPONDER HEALTHCARE**

Works with Veterans and first responder needs in the areas of mental health, trauma, and substance misuse. For more information, call (603) 865-1769.

### **Veterans with Disabilities**

#### **BUILDING DREAMS FOR MARINES**

Building Dreams for Marines is an all volunteer organization that assists former Marines and Navy corpsman with life-changing disabilities. They renovate bathrooms and kitchens for handicap accessibility, widen hallways and doorways, and install wheelchair lifts and ramps at no cost to the Veteran. For more information, visit [www.bdfm.org](http://www.bdfm.org)

#### **CAMP RESILIENCE**

Camp Resilience provides sustained, comprehensive programs to help wounded warriors recover their physical, mental and emotional well-being. For more information, call (603) 528-2920 or visit [www.prli.us](http://www.prli.us)

## **Housing / Homelessness**

### **NATIONAL CENTER OF HOMELESSNESS AMONG VETERANS**

The National Center on Homelessness among Veterans (the Center) works to promote recovery-oriented care for Veterans who are homeless or at-risk for homelessness by developing and disseminating evidence-based policies, programs, and best practices. For more information, visit the national Center of Homelessness among Veterans website at [www.va.gov](http://www.va.gov)

### **LIBERTY HOUSE**

Transitional housing for homeless Veterans. Provides housing for three months to a year (zero tolerance alcohol and drugs). Offers assistance in finding employment. For more information, call (603) 669-0761.

### **VA HOMEFRONT**

Provides toll-free (1-877-424-3838), 24/7 access to trained counselors for local resources and assistance.

## **Medical / Health Care**

### **MANCHESTER VA MEDICAL CENTER**

Manchester VA Medical Center provides healthcare services to Veterans. For more information, visit the Manchester VA Medical Center website at [manchesterva.gov](http://manchesterva.gov)

### **MESOTHELIOMA CANCER ALLIANCE**

The Mesothelioma Cancer Alliance is the web's most trusted information resource for individuals who have been diagnosed with mesothelioma and their families. Our mission, as a leading authority on this topic, is to continually provide relevant, timely, and factual information about asbestos exposure and its causal links to mesothelioma cancer. For more information visit [www.mesothelioma.com](http://www.mesothelioma.com)

### **MESOTHELIOMA GUIDE**

An advocacy organization dedicated to helping patients diagnosed with asbestos illnesses. They specialize in connecting patients with doctors and treatment options that are best suited for them. The services and resources are 100% free to patients and family members. For more information, visit the Mesothelioma Guide website at [www.mesotheliomaguide.com/mesothelioma/](http://www.mesotheliomaguide.com/mesothelioma/)

## **Hotline**

### **VETERANS CRISIS LINE**

Confidential help for Veterans and their families. Provides assistance with housing, employment, health care services, education and other Veteran benefits. Call 1-800-273-8255.

## **Care Coordination**

### **CARE COORDINATION PROGRAM – NEW HAMPSHIRE**

The Care Coordination Program – New Hampshire (CCP-NH) assists Veterans and their families who live, work or serve in N.H. by connecting Veterans to local resources. Call the Intake Line at 1-888-989-9924 or visit the CCP-NH website at [www.ccpnh.com](http://www.ccpnh.com)

## **Family Supports**

### **DEPARTMENT OF HEALTH & HUMAN SERVICES, CHILD SUPPORT DIVISION (DCSS)**

DCSS works with Veterans and military service members to address outstanding child support issues, such as paternity establishment, support order establishment and Review & Adjustment services. DCSS offers a team of staff who can help, many of whom are Veterans themselves. For more information call (603) 271-4745 or visit [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

## **Veteran Organizations**

### **THE AMERICAN LEGION DEPARTMENT OF NH VETERANS SERVICE OFFICE**

The mission of the New Hampshire State Office of Veterans Services is to assist veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations. For more information, visit the NH State Office of Veterans Services website at [www.legion.org/veteransbenefits/newhampshire](http://www.legion.org/veteransbenefits/newhampshire)

### **AMERICAN RED CROSS**

For a listing of services available to the Armed Forces visit the NH – VT American Red Cross website at [www.redcross.org](http://www.redcross.org)

### **EASTERSEALS NH MILITARY & VETERANS SERVICES**

Easterseals Military & Veterans Services, in partnership with Veterans Count, responds rapidly, efficiently and effectively to the unmet needs of Service Members, Veterans, and their Families to ensure that they can thrive in their communities. For more information, visit [www.easterseals.com](http://www.easterseals.com)

### **VETERANS OF FOREIGN WARS (VFW)**

The VFW provides support to Veterans and their families before, during and after deployment with a wide range of FREE programs and services. For more information, visit [www.vfw.org](http://www.vfw.org)

### **Other**

#### **CHRIS' PETS FOR VETS**

Manchester, Salem, and Dover Human Societies have funding for Veterans to adopt any pet from the shelter, free of cost. Bring a copy of your DD-214. For more information, visit the Chris' Pets for Vets at [www.anniesangels.org](http://www.anniesangels.org)

## **CANCER RESOURCES & SERVICES**

The following list of resources is made available to help our patient community access more easily cancer-related information. Please note, information is subject to change.

### **National & General Cancer Resources**

#### **AMERICAN CANCER SOCIETY**

A comprehensive resource that includes detailed information on cancer prevention, treatment and support services. For more information visit [www.cancer.org](http://www.cancer.org)

#### **AMERICAN SOCIETY OF CLINICAL ONCOLOGY**

A patient information website maintained by oncology professionals. For more information visit [www.cancer.net](http://www.cancer.net)

#### **AMERICAN SOCIETY OF RADIATION ONCOLOGY**

A site with information about radiation therapy. Individuals can search by cancer type and read cancer survivor stories. For more information visit [www.rtanswers.org](http://www.rtanswers.org)



**NATIONAL COALITION FOR CANCER SURVIVORSHIP**

A survivor-led advocacy group. For more information visit [www.canceradvocacy.org](http://www.canceradvocacy.org)

**CANCERCARE**

A site with information about free support services, including counseling support groups, education, and financial assistance to individuals affected by cancer. For more information visit [www.cancercare.org](http://www.cancercare.org)

**LANCE ARMSTRONG FOUNDATION**

The Foundation provides free cancer support to anyone fighting cancer. Nutrition and fitness information is available also. For more information visit [www.livestrong.org](http://www.livestrong.org)

**LEUKEMIA & LYMPHOMA SOCIETY**

A resource that provides phone support and educational materials related to blood-related cancers.

**NATIONAL CANCER INSTITUTE**

Learn about the latest initiatives in cancer research, prevention and treatments for all types of cancer. There is also a database of clinical trials searchable by disease or geographical location.

**NATIONAL LYMPEDEMA NETWORK**

A site with information about lymphedema and available resources. For more information visit [www.lls.org](http://www.lls.org)

**SUSAN G. KOMEN FOR THE CURE**

An organization that provides research funding to find the causes and cures of breast cancer, advocates and addresses disparities in breast cancer across populations, and provides useful information for patients. For more information visit [www5.komen.org](http://www5.komen.org)

**US TOO**

A site with resources and information on the latest treatments for men with prostate cancer. For more information visit [www.ustoo.org](http://www.ustoo.org)

**VOICES OF MAMMOSITE**

A network and stories of women treated with MammoSite®. For more information visit [www.voicesofmammosite.com](http://www.voicesofmammosite.com)

**NEW HAMPSHIRE BREAST CANCER COALITION**

This organization provides education, political activism assistance, and advocacy in the fight against breast cancer. For more information visit [www.nhbcc.org](http://www.nhbcc.org)

**BETTY J. BORRY BREAST CANCER RETREATS**

This organization provides adventure-based retreats for women of all ages and stages of breast cancer with the goal of moving beyond surviving to thriving. For more information visit [www.bjbbreastcancerretreats.org](http://www.bjbbreastcancerretreats.org)

**PROSTATE CANCER COALITION OF NEW HAMPSHIRE**

This site provides information and links to other sites about prostate cancer. For more information visit [www.pccnh.org](http://www.pccnh.org)

**ON BELAY**

A unique adventure-based support program for children/teens, 10-18 years of age living with a loved one's cancer diagnosis or other life-changing illness. For more information visit [www.on-belay.org](http://www.on-belay.org)

**Nutrition & Healthy Eating Resources****AMERICAN DIETETIC ASSOCIATION**

A site for all ages with information on health improvement through diet and lifestyle changes. For more information visit [www.eatright.org](http://www.eatright.org)

**AMERICAN INSTITUTE FOR CANCER RESEARCH**

This organization provides free literature and updates on research findings related to diet, lifestyle and survivorship, with health-promoting recipes. For more information visit [www.aicr.org](http://www.aicr.org)

**DIANA DYER, MS, RD**

Diana Dyer is a three-time cancer survivor. She shares her story and provides nutrition information and resources. For more information visit [www.cancerrd.com](http://www.cancerrd.com)

**NUTRITION RESOURCE**

A site with information about healthy eating and includes a section of healthy recipes. For more information visit [www.nutritionresource.com](http://www.nutritionresource.com)

### **Wigs, Hats, Turbans & Breast Prostheses**

We highly recommend that you consult with your hairstylist who may have other suggestions for you.

#### **AMERICAN CANCER SOCIETY WIG BANK**

Free restyled and donated wigs. In New Hampshire call (800) 227-2345 and in Maine call (800) 464-3102.

#### **AMERICAN CANCER SOCIETY TENDER LOVING CARE CATALOG**

Provides wigs, other hair loss products (plus how-to information), as well as mastectomy products for purchase.

#### **ANNE'S WIG SHOPPE**

The Mall at Granite Square, 105 Lafayette Road, B-3, Hampton Falls, NH, (603) 929-2006

#### **A SPECIAL PLACE**

Wigs, breast prostheses, scarves, bathing suits, fittings, compression stockings. Call for an appointment. 750 Central Ave., Dover, NH, (603) 749-4602

#### **POSITIVE ENERGY SALON & BOUTIQUE**

Wigs, hats, scarves and breast prostheses. 117 Water St. #9, Exeter, NH, (603) 778-3060

#### **BELLA INTIMATES**

Bra-fitting specialists, intimate apparel. 150 Lafayette Rd., Rye, NH, (603) 964-7775

#### **NEW ENGLAND HAIR ILLUSIONS, INC.**

Specializes in hair loss and post-breast surgery needs. Pondview Square, Unit 16, Middlesex Road, Tyngsboro, MA, (978) 883-5242

## **CHILDBIRTH EDUCATION & PARENTING RESOURCES**

### **BABY MASSAGE**

Learn how to soothe your baby with baby massage, calm a colicky baby, help your baby sleep longer, while encouraging bonding between you and your baby. For more information, or for class dates, call Frisbie at (603) 335-8180.

### **CAR SEAT SAFETY INFORMATION CLASS**

Learn about how to purchase, install and use infant car seats. Class participants will also be offered contact information to schedule a personal car seat check. For more information, call Frisbie at (603) 335-8180.

**EXPECTING MULTIPLES, GESTATION BIRTH & ADOPTION**

We recommend calling for information between the 24th and 28th week of pregnancy. For more information, or to register, call Frisbie at (603) 335-8180 or (603) 330-7941.

**NEWBORN BABY & MOMS / DADS GROUP**

We provide continuing support, encouragement, and advice to new moms and dads of newborns (up to 8 months of age). A board certified Lactation Consultant/RN will answer your questions and address areas of concern. Discussion topics include breastfeeding challenges, caring for your newborn, coping strategies, and more. Pregnant moms are also invited to attend. Parents with toddlers are encouraged to bring quiet toys/books for their child's entertainment. Guest speakers include pediatricians, dietitians, dental hygienist, experienced moms, and more! This group meets every Wednesday from 10am – 12pm at Frisbie's Conference Center.

**Breastfeeding Classes & Resources**

Breastfeeding provides many benefits to both babies and moms. We encourage all new moms to breastfeed their newborn baby.

**PRENATAL BREASTFEEDING CLASS**

We strongly recommend you take this class before the birth of your baby to learn the advantages of breastfeeding, the importance of breastfeeding exclusively and breastfeeding soon after the baby is born, how to breastfeed successfully, how to continue breastfeeding once returning home and to work, the importance of rest, and much more. Your support person is encouraged to attend. Plan to take this class between the 32nd and 36th week of pregnancy. For more information, call Frisbie at (603) 335-8180.

**Online Resources****YOUR GUIDE TO BREASTFEEDING**

A comprehensive resource that explains the importance of breastfeeding, provides tips on how to breastfeed successfully, describes the nutritional aspects of breastmilk and the benefits to baby, and much more. To download, visit [www.womenshealth.gov/files/documents/your-guide-to-breastfeeding.pdf](http://www.womenshealth.gov/files/documents/your-guide-to-breastfeeding.pdf)

**KELLYMOM**

This site provides information on breastfeeding and parenting. Visit [www.kellymom.com](http://www.kellymom.com)

**TEXT4BABY**

A free service that text messages you personalized messages with information on a variety of topics. Visit [www.text4baby.org](http://www.text4baby.org)

**AMERICAN ACADEMY OF PEDIATRICS**

Numerous publications and links to information for families on breastfeeding. For more information visit <https://patiented.solutions.aap.org/handouts.aspx#b>

**NH DHHS BREASTFEEDING PROMOTION AND SUPPORT**

Breastfeeding promotion and support resources, including information about the New Hampshire Public Health Breastfeeding Initiatives, WIC Breastfeeding Peer Counselor Program, Worksite Breastfeeding Support, and much more. For more information visit [www.dhhs.nh.gov/dphs/nhp/wic/breastfeeding.htm](http://www.dhhs.nh.gov/dphs/nhp/wic/breastfeeding.htm)

**BREASTMILK EVERY OUNCE COUNTS**

A comprehensive site featuring education materials, blogs, testimonials, and more. For more information, visit [www.breastmilkcounts.com](http://www.breastmilkcounts.com)

**ZIPMILK**

A site that provides listings of breastfeeding resources sorted by Zip Code. For more information, visit [www.zipmilk.org](http://www.zipmilk.org)

**LACTMED**

A searchable drugs and lactation database that contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. For more information visit [www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

**LELECHE LEAGUE**

Breastfeeding help, information about breastfeeding and the law, find resources for health care providers and more. For more information visit [www.llli.org/](http://www.llli.org/)

**MEDELA BREASTFEEDING TIPS & TOOLS**

Medela's Breastfeeding University is a collection of online courses and videos designed to help prepare expectant and existing mothers, fathers and even grandparents for the experience of breastfeeding. For more information visit [www.medelabreastfeedingus.com/breastfeeding-guide](http://www.medelabreastfeedingus.com/breastfeeding-guide)

**LACTATION EDUCATION RESOURCES**

A site that provides various downloadable breastfeeding information. For more information visit [www.lactationtraining.com](http://www.lactationtraining.com)

**BREASTFEEDING AFTER SURGICAL BREAST REDUCTION**

This website provides information and support to mothers who wish to breastfeed after breast or nipple surgery, and their friends and family. For more information visit [www.bfar.org](http://www.bfar.org)

**MOTHER'S MILK BANK NORTHEAST**

Provides donated, pasteurized human milk to babies in fragile health throughout the Northeastern United States. For more information visit [www.milkbankne.org](http://www.milkbankne.org)

**ACOG BREASTFEEDING YOUR BABY**

Frequently Asked Questions about breastfeeding. For more information visit [www.acog.org](http://www.acog.org)

**BIOLOGICAL NURTURING LAID-BACK BREASTFEEDING FOR MOTHERS**

A site with resources on breastfeeding techniques. For more information [www.geddesproduction.com/breast-feeding-laid-back.php](http://www.geddesproduction.com/breast-feeding-laid-back.php)

**Breastfeeding Videos & Online Resources**

Below are links to various educational breastfeeding videos for moms to view.

**BREASTFEEDING MADE SIMPLE (Animated latch video)**

<http://breastfeedingmadesimple.com/challenges/latch-videos/>

**BREASTFEEDING MADE SIMPLE (Common breastfeeding challenges)**

<http://breastfeedingmadesimple.com/challenges/>

**BREASTFEEDING MADE SIMPLE (Seven natural breastfeeding laws)**

<http://breastfeedingmadesimple.com/7-natural-laws/>

**STANFORD UNIVERSITY BREASTFEEDING VIDEOS**

<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

**WOMENSHEALTH.GOV****BREASTMILKSOLUTIONS.COM****Newborn Care Online Resources****HEALTHY CHILDREN**

Comprehensive site featuring topics on bathing and skin care, breastfeeding, sleep safety and sleep patterns, feeding and nutrition and much more. For more information visit [www.healthychildren.org](http://www.healthychildren.org)

**HOW TO KEEP YOUR SLEEPING BABY SAFE**

For more information visit [www.healthychildren.org](http://www.healthychildren.org)

**HOW TO PREPARE POWDERED INFANT FORMULA IN CARE SETTINGS**

Visit [www.who.int/foodsafety/publications/micro/PIF\\_Care\\_en.pdf](http://www.who.int/foodsafety/publications/micro/PIF_Care_en.pdf)



**CAR SEAT SAFETY TIPS**

For more information visit [www.safekids.org](http://www.safekids.org)

**WHAT IS THE PERIOD OF PURPLE CRYING?**

Visit [www.purplecrying.info/what-is-the-period-of-purple-crying.php](http://www.purplecrying.info/what-is-the-period-of-purple-crying.php)

**HOW TO KEEP YOUR BREAST PUMP KIT CLEAN**

Visit [www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf](http://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf)

**FORMULA & FEEDING PREPARATION**

Visit [www.motherbabysummit.com/wp-content/uploads/formula-feeding-basics.pdf](http://www.motherbabysummit.com/wp-content/uploads/formula-feeding-basics.pdf)

**SAFE SLEEP FOR YOUR BABY**

Visit [www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/NICHD\\_Safe\\_to\\_Sleep\\_brochure.pdf](http://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/NICHD_Safe_to_Sleep_brochure.pdf)

**Pregnancy & Infant Loss****PREGNANCY & INFANT LOSS SUPPORT GROUP**

This group is for families who have experienced the loss of an infant. You are welcome to attend no matter how long it has been since your loss. You may choose to talk or to just listen. The group is facilitated by a Registered Nurse and a Perinatal Care Coordinator. Each month will focus on a different topic.

Meetings are held on the last Monday of each month from 5:00 – 6:00 PM at Frisbie's Community Education and Conference Center. To register, call: Lindsay Ginter at (603) 994-7449; Liza Hutton at (603) 994-7635; or Frisbie's Women and Children's department at (603) 335-8180.

**SEACOAST PREGNANCY & INFANT LOSS COUNCIL**

A support group for families who have experienced a loss of a baby through miscarriage, ectopic pregnancy, stillbirth, or newborn death. Meetings are held every week for a 6-week period. The groups are facilitated by persons trained in pregnancy and infant loss. To register or for more information, contact Sarge Dillon at (603) 330-7941.

The SPILC is a collaboration of the seacoast hospitals, represented by Exeter Hospital, Frisbie Memorial Hospital, Portsmouth Regional Hospital, Wentworth-Douglass Hospital and York Hospital.

**Online Pregnancy & Infant Loss Resources****CENTER FOR MATERNAL & INFANT HEALTH: PERINATAL LOSS: RESOURCES FOR FAMILIES**

Visit [www.mombaby.org/wp-content/uploads/2016/09/perinatal-loss-resources-for-families-1.pdf](http://www.mombaby.org/wp-content/uploads/2016/09/perinatal-loss-resources-for-families-1.pdf)

**AMERICAN ACADEMY OF PEDIATRICS: BEREAVEMENT RESOURCES**

Visit [www.txpeds.org/sites/txpeds.org/files/documents/beravement-resources.pdf](http://www.txpeds.org/sites/txpeds.org/files/documents/beravement-resources.pdf)

**HAND (HELPING AFTER NEONATAL DEATH)**

Online Resources and Suggested Reading. Visit [www.handonline.org/resources/](http://www.handonline.org/resources/)

**SHARE PREGNANCY & INFANT LOSS SUPPORT**

For more information visit [www.nationalshare.org](http://www.nationalshare.org)

**THE TEARS FOUNDATION**

For more information visit [www.thetearsfoundation.org](http://www.thetearsfoundation.org)

**HEALING HEARTS BABY LOSS COMFORT**

For more information visit [www.babylosscomfort.com](http://www.babylosscomfort.com)

**FIRST CANDLE: ONLINE SUPPORT GROUPS**

For more information visit [www.firstcandle.org](http://www.firstcandle.org)

**FIRST CANDLE: SURVIVING STILLBIRTH**

For more information visit [www.firstcandle.org](http://www.firstcandle.org)

**CRIBS FOR KIDS: HEALING HEARTS RESOURCE BOOK**

For more information visit [www.cribsforkids.org](http://www.cribsforkids.org)

## **ADVANCE CARE PLANNING**

### **FOUNDATION FOR HEALTHY COMMUNITIES**

You will find information to help you complete an advance directive based on requirements under NH law. Also there is information to assist a person who is making health care decisions for another person and an explanation about Portable Do Not Resuscitate (P-DNR) medical orders and Provider Orders for Life Sustaining Treatment (POLST) in NH. For more information visit [www.healthynh.com](http://www.healthynh.com)

## **MEDICATION ASSISTANCE**

### **FOUNDATION FOR HEALTHY COMMUNITIES**

The Medication Bridge Program helps eligible uninsured and underinsured patients of all ages obtain the medications they need directly from the pharmaceutical companies through their Patient Assistance Programs. For more information about eligibility requirements, visit [www.healthynh.com](http://www.healthynh.com)