

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.
Interested in volunteering,
call 603-352-4209.



AGENCIES AND PROGRAMS RECEIVING FUNDING IN 2016

Big Brothers Big Sisters of NH

352-9536 • bbbsnh.org

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

Cheshire Housing Trust

357-7603 • 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

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

Contoocook Valley Transportation Company (CVTC)

877-428-2882 ext. 5 • 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

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

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

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

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

Keene Senior Citizens Center

352-5037 • 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

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

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

Monadnock Area Peer Support Agency

352-5093 • 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-MCPV

MCPVprevention.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.

MCPV 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

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

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

ActingOut • 357-4400 • actingoutimprov.org:

Improvisational theatre program for middle and high school students to cultivate resiliency, healthy development, and social skills.

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:

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

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

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

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

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

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

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

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

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

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

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

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