

Community Resources

(updated Feb 2020)

Included Below:

Family Supports

Parks and Facilities

Counseling Agencies

Counselors and Therapists

FAMILY SUPPORTS

2-1-1 - 24 Hour Information and Referral Hotline

Alton Community Services Center – Food Pantry 603-875-2273

Alton Fire Department – RR 140, Alton, NH 03809, 603-524-2386 (dispatch), 603-875- 0222

Alton Town Hall – Holiday Assistance/Emergency Funds – 603-875-0203

Alton Police Department – Depot Road, Alton NH 03809, 603-875-3752

Alton Parks and Recreation – 603-875-0109

Belknap County Family Mediation Laconia NH 603-527-0200

Belknap County Restorative Justice 34 County Drive, Laconia NH, Brian Loanes, Executive Director, bloanes@belknapcounty.org, 603-527-5493

http://nhcourtdiversion.org/wp-content/uploads/2016/08/SP_BELKNAP.pdf

Belknap County Sheriff Department – 42 County Drive, Laconia, NH 03246 – 603-527- 5454

Center for Eating Disorder Mgmt. Bedford 472-2846 Dover742-0047

Community Action Program (CAP) – Fuel Assistance – Laconia NH – 603-524-5512

Community Church – 20 Church St., Alton NH 03809 – 603-875-1622 (home); 603- 875-5561 St.

InsureKidsNow.gov - offers expanded health insurance for children 18 and under via the Children's Health Insurance Program (CHIP). Dial [1-877-KIDS-NOW](tel:1-877-KIDS-NOW) to find out if you qualify and start the application process.

Katherine Drexel Church – Coat Room – Clothing - 40 Hidden Springs Rd., Alton NH 03809 – 603-569- 5276/603-875-2548

Lakes Region Community Services (LRCS): Various resources including but not limited to Family Resource Center, Elder Services, Support to individuals with developmental disabilities or acquired brain disorders, Step Ahead Program: 719 North Main Street Laconia, NH 03246 (603) 524-8811 ; 258 Highland Street Plymouth, NH 03264 (603) 536-4999

National Suicide Prevention Lifeline – 800-273-8255

NH Department of Health and Human Services – Food Stamps, Medical Assistance, Cash Assistance <https://www.dhhs.nh.gov> (844) 275-3447 Toll Free - 844-ASK-DHHS - Client Services Hotline

NHkidventures.com – Offers playgroups and activities through Alton Park and Rec

NH Lions Eye Clinic – Eye exams and glasses for those in need - N.H. Association for the Blind 25 Walker St Concord, NH 03301 Robert Addario / 603-227-9255

Partnership for Prescription Assistance - PPARX.org offers assistance with finding free or low-cost medication from a host of major drug companies

School Smiles – Alton Central School in-house dental program – contact School Nurse, April Elliott 603-875-7500 for more information

School Nurse - April Elliott 603-875-7500 – has some funding for medical needs for students

Step Ahead Program & Home Visiting program (a part of LRCS)– For families with children under age 18, needing parenting support and young pregnant women needing education and guidance - Erin Pettengill at 603-581-1571, erin.pettengill@lracs.org

State Disaster Behavioral Health Team – 800-852-3792

Upswing (conflict resolution for families) Laconia 603-524-6618

Whole Heart Healing Arts – Meredith, NH 603-279-8860 Kathryn Cranford, ND, NHCM: Naturopathic Family Medicine

PARKS AND FACILITIES

- **Alton Bay Community Center**, 58 Mt. Major Hwy (Rte 11): renovated historic building
- **Railroad Square Park**, adjacent to the Alton Bay Community Center: waterfront park, swim dock, seasonal lifeguard, benches, picnic tables, boat launch ramp, boat docks
- **Land Bandstand**, located in Railroad Square Park: summer concerts and town events
- **Alton Town Beach**, East Side Drive (Rte 28A): raised beach, covered picnic area, swimming, seasonal lifeguard
- **Harmony Park**, adjacent to Alton Town Beach: covered picnic table, fishing

- **Levey Park**, West side of Rte 11, ¼ mile south of Rte 11 and 28A intersection: ten-acre woodland, trails, picnic area, scenic view, bird watching, cross country skiing, snowshoeing
- **Jones Field**, Letter S Road: baseball fields, softball field, playground, swings, picnic tables, fishing, canoe/kayak launch
- **Liberty Tree Park**, 65 and 67 Frank C. Gilman Hwy (Rte 140 behind Central Fire Station): tennis courts, basketball courts, sand volleyball court, skateboard park, slide and swings, picnic tables, canoe/kayak launch
- **B&M Railroad Park**, 13 Depot Street (behind Town Hall): toddler playground, wetlands boardwalk, horseshoe pit, walking trail, picnic area, historic train buildings and caboose
- **Ginny Douglas Park**, Main St. at Old Wolfeboro Road: gazebo, flower gardens, walking trail
- **Mt. Major**, West side of Mt. Major Hwy (Rte 11) in West Alton: part of the Belknap Mountain range, summit elevation is 1785', hiking, view from summit, snowmobile trails
- **Riley Road Beach**, Rte 11N at Riley Rd in West Alton: access to Lake Winnepesaukee for swimming, deck
- **Roberts Cove Road Beach**, Roberts Cove Rd. off Rte 28N: access to Lake Winnepesaukee for swimming
- **Mike Burke Trail**, Avery Hill Rd at Alton Mtn Rd: hiking, snowshoeing, wildlife
- **Knight's Pond Conservation Area**, Rines Rd off Rte 28N in East Alton: 3.6 mile loop trail, pond, hiking, canoe/kayak access, fishing, snowshoeing, wildlife
- **Trask Swamp and Fort Point Wood Conservation Area**, Fort Point Road off Chestnut Cove Rd: hiking, snowshoeing, wildlife
- **Gilman Pond Conservation Area**, Gilman's Corner Rd off Rte 28N in East Alton: hiking trails and walking paths, fishing, canoe/kayak access
- **Cotton-Hurd Brook Woodland Preserve**, Chestnut Cove Rd off Rte 28N: trails, streams, rock caves, stone walls, shaded woodlands, brooks
- **Halfmoon Lake**, Suncook Valley Rd (Rte 28S): boat launch, fishing

COUNSELING AGENCIES

- Atlantic Behavioral Medicine Dover 513-1598
- Capital Valley Counseling Assoc. Concord 228-7300
- Child and Family Services Laconia 524-5835 *Reduced Fees, Grants for adolescents*
- Cornerstone Family Resources Concord 228-3862
- The Center for Trauma Intervention, LLC – Ann Bliss, Executive Director – 603-431-1191 (Harbor Newmarket Counseling, Portsmouth) – After Hours Pager – 603-385-5798. ablisslcmhc@gmail.com; www.anncbliss.com
- Horizons Counseling Center Gilford 524-8005 *Substance Abuse Issues*
- Genesis Behavior Health – (available 24/7) – 111 Church St. Laconia/ 771 N. Main St. Laconia, NH 03246 – 603-524-1100
- Mill House Counseling Center Dover 742-1373
- Riverbend Children's Services – PO Box 2-32 – 603-228-0547/603-228-1551 62
- Salmon Falls Behavioral Health Rochester 335-2444
- Warren Street Family Counseling – 33 Warren Street, Concord NH 03301 – 603-226-1999

COUNSELORS AND THERAPISTS

- Berg, Jacqueline: Gilford 387-1523
- Bianco, Karen LICSW- Bianco Child & Family Svcs: 524-5776
- Brewer, Linda: Laconia 393-6292
- Cameron, James: Wolfeboro 539-1700
- Catalano, Stephen: Gilford 528-3116
- Chrysalis Counseling Center: Concord, Franklin, Manchester 998-4210
- Clause, Holly: Wolfeboro 569-5818
- Derapelian, Dorothy: Meredith 279-8169
- Elliot, Ruth (Specializes in Eating Disorders): Concord 556-2897
- Hlasny, Robert: Gilford 528-6106
- Lyons, Lynn (Specializes in Anxiety) <http://www.lynnlyonsnh.com>
- McCoul, Rob: Gilford 527-0868
- Mott, Pamela: Alton 603-336-3369
- Palmer, Danielle: Center Harbor 883-0005
- Schmidt, Stephen: Concord 226-1976
- Smith, Paul: Tilton 226-6609
- Thibodeau, Estelle: Alton 941-4878
- Vachon, Laurie: Wolfeboro 651-5069
- Van Patten, Pilar LMFT Great Bay Mental Health: Dover/Somersworth 742-9200
- Wheeler, Cynthia: Laconia 253-2202
- Whetstone, Albert (Teen and Adolescent): Rochester 455-4097
- Wotherspoon, Lisabeth: Rochester 994-0114