

## Community Resources

**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](mailto:bloanes@belknapcounty.org), 603-527-5493  
[http://nhcourtdiversion.org/wp-content/uploads/2016/08/SP\\_BELKNAP.pdf](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 Dover 742-0047

**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 (see contact information below)

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](http://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](mailto: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

### **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 Blis, 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 Laconia 509-9379
- Bernier, Estelle Alton 347-8246
- Bianco, Karen LICSW- Bianco Child & Family Svcs 524-5776
- Blodgett, Victoria Sandwich 284-6823
- Brewer, Linda Laconia 764-7584
- Cameron, James Ossipee 539-1700
- Catalano, Stephen Gilford 528-3116
- Clause, Holly Wolfeboro 786-7092 x1223
- Derapelian, Dorothy Meredith 279-8169
- Dorley, Robert (Drug & Alcohol Counselor) Laconia 379-6691
- Ellito, Ruth (Specializes in Eating Disorders) Concord 556-2897
- Goodall, Edwin Concord 496-7955
- Hlasny, Robert Gilford 528-6106
- Inzer, Whit LICSW Rochester 332-5222
- Lyons, Lynn (Specializes in Anxiety) <http://www.lynnlyonsnh.com>
- McCoul, Rob Gilford 513-1598 x103
- Mott, Pamela Gilford 603-336-3369
- Schmidt, Stephen Concord 226-1976
- Seeman, Stephen Rochester 332-8782
- Smith, Paul Tilton 547-9315
- Vachon, Laurie Wolfeboro 651-5069
- Van Patten, Pilar LMFT Great Bay Mental Health - Dover/Somersworth 742-9200
- Wheeler, Cynthia Laconia 522-7977
- Whetstone, Albert Laconia 455-4097
- Whotherspoon, Lisabeth Rochester 994-0114 - Teen and Adolescent