



Groveton/Lancaster/Whitefield Area

What to do if...

...You run out of food.

- St. Francis Xavier Food Pantry
10 State Street
Groveton, NH 03582
603-636-2486
Pantry Hours: Wednesday (9:30 AM-12:00 PM)/Thursday (1:00-3:00 PM)/ Friday (1:00-2:30 PM)
- Salvation Army
1 Church Street
Groveton, NH 03582
603-636-1049
Pantry Hours: Monday through Friday (9:00 AM-12:00 PM)
- Groveton Food Pantry
11 State Street
Groveton, NH 03582
603-636-1047
Pantry Hours: Wednesday (9:30 AM-12:00 PM)
- Christ United Methodist Church
135 Main Street
Lancaster, NH 03584
603-788-2734
Pantry Hours: Monday/Wednesday/Friday (1:00-3:00 PM)
- Lancaster Food Shelf
73 Main Street
Lancaster, NH 03584
603-788-4477
Pantry Hours: Monday through Friday (8:00 AM-4:00 PM)
- Tyler Blain House
56 Prospect Street
Lancaster, NH, 03584
603-788-2344
Emergency Food Pantry Open 24 hours a day/7 days a week

- Friends and Neighbors Food Pantry
7 Main Street
Whitefield, NH 03598
603-837-9044
Pantry Hours: Tuesday (11:00 AM-1:00 PM)/Thursday (3:00-4:30 PM)
- Community Baptist Church
27 Jefferson Road
Whitefield, NH 03598
603-837-2469
Pantry Hours: Monday (6:30-7:30 PM)/1st and 2nd Friday of the month (8:30-9:30 AM)

To Apply for SNAP benefits: NH Department of Health and Human Services
603-271-9700 or Toll Free: 800-852-3345 ext. 9700
www.nheasy.gov

...You have no place to stay.

- Homeless Intervention Services
Coos County, NH
603-788-2683
- Tyler Blain House
56 Prospect St, Lancaster, NH, 03584
603-788-2344
Families and individuals

...You have no electricity.

- Groveton Town Office
19 Main Street
Groveton, NH, 03582
603-636-6098
- Lancaster Town Office
25 Main Street
Lancaster, NH, 03584
603-788-2114
- Whitefield Town Office
56 Littleton Road
Whitefield, NH, 03598
603-837-9871
- **TCCAP Energy Assistance Services**
53 Main St
Berlin, NH 03570
603-752-3248 ext. 1

Outreach days held at the Lancaster town Hall, 25 Main Street and in Colebrook at the Head Start, 53 Park Street. Please call 603-752-3248 for dates and times.

...You are struggling with legal issues.

- New Hampshire Legal Aid
Legal Advice & Referral Center
48 South Main St.
Concord, NH 03301
800-639-5290
- New Hampshire Legal Assistance
117 North State Street
Concord, NH 03301
603-228-0432
- The Pro Bono Program of the New Hampshire Bar Association
2 Pillsbury Street, Suite 300
Concord, NH 03301
603-224-6942

...You need health insurance.

- NH Department of Health and Human Services
Healthcare.gov
Phone: 1-800-318-2596 Assistor help: 1-855-899-9600
www.healthcare.gov
www.nheasy.nh.gov
(The direct Medicaid enrollment website)

...You need a ride.

- North Country Transit
31 Pleasant St
Berlin NH 03570
1-888-997-2020 or 603-752-1741
www.tricountycaptransit.weebly.com
Serving most areas
Accepting Medicaid and Medicare
To schedule Transport: Medicaid: 1-844-259-4780
NH Healthy Families: 1-866-769-3085
Well Sense: 1-855-739-4775

...You need money for child care.

- NH Department of Health and Human Services
603-271-9700 or Toll Free: 800-852-3345 ext. 9700
www.nheasy.gov

...You need housing.

- Lancaster Housing Authority
c/o Berlin Housing Authority
10 Serenity Circle Berlin, NH 03570
603-752-4240 or 603-788-4636

- AHEAD Property Management
262 Cottage Street
Littleton, NH, 03561
603-444-1377

...**You need access to a computer.**

- Northumberland Public Library
31 State Street
Groveton, NH 03582
603-636-2066
- Jefferson Public Library
Jefferson, NH 03583
603-586-7791
- Weeks Memorial Library
128 Main Street
Lancaster, NH 03584
- Whitefield Public Library
8 Lancaster Road
Whitefield, NH 03598
603-837-2030

...**You need internet access.**

- Dunkin Donuts
196 Main Street
Lancaster, NH, 03584
- McDonald's Restaurant
238 Main Street
Lancaster, NH, 03584

...**You need clothing.**

- Groveton Thrift Shop
19 State St.
Groveton, NH, 03582
603-636-2026
- Second Time Around
73 Main Street
Lancaster, NH, 03584
603-788-4477
- New to You Consignments
199 Main Street
Lancaster, NH, 03584
603-788-3377

- Partners in Health
25 Main Street
Lancaster, NH, 03584
603-788-4172
- Friends and Neighbors Thrift
6 King Square
Whitefield, NH 03598
603-837-9044
- Our Corner Store
4 Main St
Whitefield, NH 03598
(603) 837-8877

...You need heat.

- **TCCAP Energy Assistance Services**
Emergency Fuel Assistance Available
53 Main St
Berlin, NH 03570
603-752-3248 ext. 1
Outreach days held at the Lancaster Town Hall, 25 Main Street and in Colebrook at the Head Start, 53 Park Street. Please call 603-752-3248 for dates and times.

...You need a doctor.

- Ammonoosuc Community Health Services
14 King's Square
Whitefield, NH, 03598
603-837-2333
- Weeks Medical Center
Offices located in: Lancaster, Groveton, Whitfield and North Stratford.
Physician and Provider Appointments: 603-788-5095

...You need help navigating recovery.

- The Doorway Programs
2-1-1
- Community Health Worker/Recovery Coach
North Country Health Consortium
Wellness and Recovery Model (WARM)
603-259-1729

...You have other needs.

- New Hampshire 2-1-1
Toll Free: 1-866-444-4211
www.211nh.org