

Quick Guide to Local Community Supports



Food

Upper Valley Haven

Food Shelf: Monday-Friday 9am-3pm
Take-Out Meals: Monday-Friday 9am-10am

LISTEN

Food Pantry: Monday-Friday 10am-4pm
Community Dinners (take out): Monday-Saturday 5-5:30pm, WRJ location

Claremont Soup Kitchen

Take Out Meals:
Breakfast 9:30 - 10:30am Monday - Friday
Lunch 12:00 - 1:00pm Monday - Friday
Dinner 4:00 - 5:00 Every Day of the Week

Food Pantry: Monday-Friday 9am-1pm
 By appointment only; accommodations available

Housing

Upper Valley Haven

Call for information

Southwestern Community Services

Call for information

Family & Child Support

TLC (NH)

Family Support Services, Free Diapers, Virtual Support

The Family Place (VT)

Family Support Services, Child care financial assistance, Virtual Support

Good Beginnings

Free infant items (diapers, wipes, formula), Virtual Support

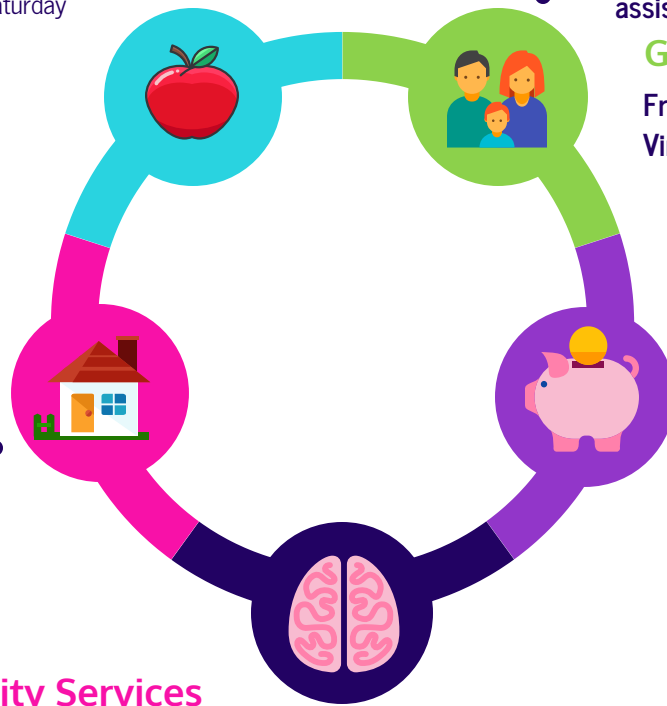
Women's Health Resource Center

Family Support, Free Diapers, Feminine Hygiene Products, Virtual Class Options

Bill assistance

LISTEN

Call for more information



General Info & Mental Health & Addiction Recovery

NH & VT 211

Dial 2-1-1 for updated information

Contact Information

Claremont Soup Kitchen
 53 Central St, Claremont, NH
 (603) 543-3290

LISTEN Community Services
 60 Hanover St, Lebanon, NH
 (603) 448-4553

The Family Place
 319 US-5, Norwich, VT
 (802) 649-3268

The Upper Valley Haven
 713 Hartford Ave, WRJ, VT
 (802) 295-6500

Good Beginnings
 93 Main St, West Lebanon, NH
 603) 298-9524

Southwestern Community Services
 96-102 Main Street
 Claremont, NH
 (603) 542-9528

TLC Family Resource Center
 109 Pleasant St, Claremont, NH
 (603) 542-1848

Women's Health Resource Center
 9 Hanover St, Lebanon, NH
 (603) 650-2600