Prevention Education Treatment Recovery Assistance

RESOURCES FOR LITTLETON AREA

Daily Needs » Family Support

Below is a list of resource for the Littleton Area area. Contact us for one-on-one support/guidance at 603-259-1729 Mon-Fri: 8am-4:30pm.

Doula Connect (North Country Health Consortium)

Address: 260 Cottage St. Suite C, Littleton, NH 03561
Primary Phone: (603) 259-4459
Contact Name: Rebecca Hill-Larsen
Website: https://www.nchcnh.org/CHW.php?xpage=98
Services:
Free doula services and resource connection ranging from prenatal, birth and up to 1 year postpartum. Self-referrals are accepted. Must live in Coos/Grafton area and be 18 years or older.

WOMB Initiative

Address: 74 Cottage St. , Littleton, NH 03561
Primary Phone: (877) 357-9662
Website: https://www.wombinitiative.org/
Services:
Doula directory, birth classes, Mom's groups

Family Connections Center

Address: 138 East Milan Road, Berlin, NH 03570
Primary Phone: 603-752-0397
Website: https://www.corrections.nh.gov/resident-relations/family-support
Services:
A program of the NH Department of Corrections

Family Resource Center: Family Support Programs

Address: 123 Main Street, Gorham, NH 03581
Primary Phone: 603-466-5190
Website: http://www.frc123.org
Services:
Programs Overview:

- Healthy Families America is a nationally recognized program for Prenatal to Age 3 focusing on prenatal care, successful birth and infant weight, parent-child interaction, strong relationships and optimal childhood development outcomes.
- Positive Solutions for Families provides a Parenting Workshop to offer tips through effective evidence-based strategies to help with communication
- Toddler Time: Where parents and toddlers come together to play, learn new parenting tips and connect with one another.
- Children in the Middle is a program is to help parents who are separated or divorced by teaching them skills
- Community Based Voluntary Services is a preventative program that helps families stabilize and create a plan on how to grow in the future.