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Prevention Education Treatment Recovery Assistance

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# RESOURCES FOR LANCASTER AREA

## Daily Needs » Family Support

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

### Family Resource Center

**Address:** 123 Main Street, Gorham, NH 03581

**Primary Phone:** 603-466-5190

**Website:** <http://www.frc123.org>

**Services:**

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.

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**Services:**

Positive Solutions for Families provides a Parenting Workshop to offer tips through effective evidence-based strategies to help with communication

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**Services:**

Toddler Time: Where parents and toddlers come together to play, learn new parenting tips and connect with one another.

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**Services:**

Children in the Middle is a program is to help parents who are separated or divorced by teaching them skills

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Community Based Voluntary Services is a preventative program that helps families stabilize and create a plan on how to grow in the future.

### **Northern Human Services: Family-Centered Early Supports and Services**

**Address:** 87 Washington Street, Conway, NH 03818

**Primary Phone:** 603-447-8339

**Contact Name:** Shanon Smith

**Website:** <http://www.northernhs.org>

**Services:**

Early supports and services: provides support services in Whitefield and Lancaster