

## Keene Area Community Resources

### General Assistance

#### **The Salvation Army**

**Services:** Offers assistance through services that prioritize food, clothing, rent, energy and prescriptions. Showers are available for those who are homeless or without access to clean water from 10:00AM-1:30PM, Tuesday through Friday. On Saturdays, hot lunches are offered between 11:30AM and 12:30PM.

**Phone:** (603)352-0607

**Address:** Salvation Army Service Center – 15 Roxbury Plaza, Keene NH 03431  
Salvation Army Clothing Store – 132 Monadnock Highway #132, Swanzey NH 03446

**Hours:** Keene Service Center Open Tuesday – Friday, 9:00AM – 2:00PM  
Swanzey Clothing Store Open Monday – Saturday 10:00AM – 5:00PM

#### **Kingsbury Resource Center**

**Services:** Offers meals, clothing, washers and dryers, free computer access, phone and fax access, mail drop location, job listing board, housing listing board, referrals to other agencies, assistance with application for Food Stamps, Medicaid, Housing, and eye care, help with resumes and job attainment skills, groups for anger management tobacco cessation, life skills, etc.

**Phone:** (603)352-5197

**Address:** 122 Water Street, Keene NH 03431

**Hours:** Open daily from 7:00AM – 9:30PM  
Breakfast 7:00AM – 9:00AM  
Lunch 12:00PM – 1:00PM  
Dinner 5:00PM – 6:00PM  
Washer and Dryer – Advance Sign-up required

#### **Monadnock United Way**

**Services:** Connection to services throughout the local community. Focuses on strengthening the community through investing in youth, education, housing and hunger solutions, and financial stability.

**Phone:** (603)352-4209

**Address:** 23 Center Street, Keene NH 03431

**Hours:** N/A – No public hours listed

#### **Service Link**

**Services:** New Hampshire's Aging and Disability Resource Center, which provides services for individuals of all ages and abilities. Helps to connect people to caregivers, resources, and to understand options related to Medicare and/or Medicaid insurance. Provides referrals as needed.

**Phone:** (866)634-9412

**Address:** 25 Roxbury Street, Suite 106, Keene NH 03431

**Hours:** Monday – Friday 8:30AM – 4:30PM

## Housing/Homelessness

### **Hundred Nights Emergency Shelter**

**Services:** Provides shelter for those without a home. Open year-round, and provides pajamas for overnight wear, as well as personal care items such as toothbrushes, toothpaste, shampoo and conditioner.

**Phone:** (603)351-5197

**Address:** 122 Water Street, Keene NH 03431

**Hours:** Check in every night at 6:30PM

Everyone must be in by 9:30PM unless otherwise permitted

Lights out at 10:00PM

Wakeup call at 6:30AM

Everyone must be out by 8:00AM

### **Southwest Community Services (SCS)**

**Services:** Non-Emergency service that works with people experiencing homelessness, as well as those who are under the threat of eviction. Offers assistance programs including Housing Relief, Elderly and Low Income, WIC and Energy Assistance. Housing locations are in Winchester, Keene and Swanzey.

**Phone:** (603)352-7512

**Address:** 63 Community Way, Keene NH 03431

**Hours:** Monday – Friday 8:30AM – 4:30PM

### **211 New Hampshire**

**Services:** New Hampshire's Health and Human Services Hotline that connects people with resources such as shelter for homelessness, mental health and addiction services.

**Phone:** Dial 2-1-1 on any phone with a 603 area code

**Address:** N/A

**Hours:** 24/7/365

### **Keene Housing**

**Services:** Aims to provide and advocate for affordable housing and supportive services that strengthen and empower low- and moderate-income households in the Monadnock region. Offers multi-family properties, housing for the elderly and disabled, as well as voucher programs and community resources. Often has a waitlist for services, and is considered non-emergency housing.

**Phone:** (603) 352-6161

**Address:** 831 Court Street, Keene NH 03431

**Hours:** Monday – Friday 8:30AM – 4:30PM

### **NH Housing Finance Authority**

**Services:** Aims to promote, finance and support affordable housing and related services for the people of New Hampshire. They have both subsidized and market rate properties throughout the state. The current waitlist, as of January of 2024, is up to nine years. The organization also assists with rent and utilities.

**Phone:** (603)472-8623

**Address:** 32 Constitution Drive, Bedford NH 03110

**Hours:** Monday – Thursday 8:30AM – 5:00PM Friday 8:30AM – 4:30PM

## Health/Medical

### **Home Healthcare, Hospice and Community Services (HCS)**

**Services:** Provides services which aim to optimize functioning throughout various stages of life. HCS offers a variety of programs including Healthy Starts (for pregnant women, families and children), Medical Social Work and Outreach, Visiting Nurses, Transportation Services, Pet care assistance and Homemakers. They also offer classes focusing on health and wellness.

**Phone:** (603)352-2253

**Address:** 312 Marlboro Street, Keene NH 03431

**Hours:** Monday – Friday 8:00AM – 4:30PM

### **Pregnancy Resource Center of the Monadnock Region**

**Services:** Provides information and options to women who are facing unplanned or difficult pregnancies. Services are free of charge, and include ultrasound testing, options counseling, parenting classes, abortion recovery support, and material aid.

**Phone:** (603)538-6460

**Address:** 100 Washington Street, Keene NH 03431

**Hours:** Monday – Thursday 12:00PM – 4:00PM

### **Community Volunteer Transportation Company**

**Services:** Volunteers provide transportation to people within the Monadnock Region, when public transportation is not a feasible option. The company primarily provides rides to essential medical appointments and other such necessities. Transportation is offered for no fee.

**Phone:** (603)821-0659

**Address:** 375 Jaffrey Road, Suite 3, Peterborough NH 03458

**Hours:** N/A

## Mental Health

### **Monadnock Peer Support**

**Services:** Aims to empower members to be less dependent upon traditional mental health care, and to foster an environment that is supportive and inclusive. Offers support groups about topics

such as depression, anxiety, and trauma, and also offers respite (temporary housing for mental health stabilization) on site. All programs are free and do not require insurance.

**Phone:** (603)352-5093

**Warmline (support for mental health) phone:** (603)352-5094

**Address:** 24 Vernon Street, Keene NH 03431

**Hours:** Monday – Friday 9:00AM – 6:30PM

### **Keene Serenity Center:**

**Services:** Offers treatment options for addiction, such as recovery coaching, harm reduction resources, and support groups. Narcan kits are also available for distribution. The organization works to end stigma surrounding substance abuse, and fosters leadership within the recovery community.

**Phone:** (603)283-5015

**Address:** 24 Vernon Street, Keene NH 03431

**Hours:** Monday – Friday 9:00AM – 5:00PM

### **Monadnock Family Services:**

**Services:** Provides mental health services to children and adults, and also provides emergency/crisis psychological services. Offers programs that address parent education, youth development, family support, elder care, substance abuse prevention and treatment, and individual and group therapy options.

**Phone:** (603)357-4400

**Address:** 40 Avon Street, Keene NH 03431

**Hours:** Monday – Friday 8:30AM – 4:30PM

### **The Doorway at Cheshire Medical Center**

**Services:** Offers support for individuals struggling with opioid or other substance use disorders. Provides counseling, prevention, and medication services.

**Phone:** Call 2-1-1 on any phone with a 603 area code.

**Address:** 24 Railroad Street, Keene NH 03431

**Hours:** Monday – Friday 8:00AM – 5:00PM

## Food

### **St. Vincent De Paul Food Pantry**

**Services:** Distributes non-perishable food to anyone who needs assistance on a weekly basis.

**Phone:** (603)762-2508

**Address:** St. Bernard's Church, 173 Main Street, Keene NH 03431

**Hours:** Tuesday 1:00PM-2:00PM; Wednesday 6:30PM-7:30PM; Thursday 6:30PM-7:30PM

### **The Community Kitchen**

**Services:** Provides hot take-out dinner, take-out lunches, and boxes of food for those who need assistance. Also offers access to a food pantry.

**Phone:** (603)352-3200

**Address:** 37 Mechanic Street, Keene NH 03431

**Hours:** Dinners: Monday – Friday 5:00PM – 6:20PM

Lunches: Sunday 11:00AM – 12:00PM

Drive-through pantry: Wednesday 12:30PM – 5:30PM

Walk-through pantry: 11:30AM – 4:00PM

## Veterans

### **Department of Veteran’s Affairs**

**Services:** Offers services such as housing, healthcare, benefits and mental health support to Veterans.

**Phone:** (800)827-1000

**Address:** 718 Smyth Road, Manchester NH 03104

**Hours:** Monday – Friday 8:30AM – 4:00PM

## Domestic Violence

### **Monadnock Center for Violence Prevention**

**Services:** Aims to end interpersonal violence in all forms, through prevention, education, community engagement and collaboration. Offers crisis services, prevention, emergency shelter, safety planning and advocacy. Offers support to people actively facing domestic violence, as well as to survivors.

**Phone:** (603)352-3782

**24-Hour Crisis Phone:** (800)799-7233

**Address:** 12 Court Street #103, Keene NH 03431

**Hours:** Monday – Friday 8:00AM – 4:00PM

## Disabilities

### **Monadnock Developmental Services**

**Services:** Provides individuals with developmental disabilities with the resources to live as independently as possible in their own communities. Offers support with employment, residence and other services. The agency strives to work towards inclusion, by providing support to children and adults.

**Phone:** (603)352-1304

**Address:** 121 Railroad Street, Keene NH 03431

**Hours:** Monday – Friday 8:00AM - 4:30PM