

# NH Peer Support Agencies

October 1, 2019

## REGION 1 – North Country

### The Alternative Life Center

6 Main Street  
PO Box 241  
Conway NH 03818-0241

Director: Laura Mekinova  
Assistant Director: Joanne Hill  
Team Leader: Dee Palmer  
Crisis Respite Team Leader: Nichole Schiller  
Outreach: Jodi Collins

Tel: (603) 447-1765  
Fax: (603) 447-1765 (same as tel.)  
E-Mail: [alcenters@gmail.com](mailto:alcenters@gmail.com)

Warmline: (866 447-1765 (5 pm to 9 pm, 7 days per week)  
Crisis Respite: 603 447-1765  
Website: [www.alcenters.org](http://www.alcenters.org)

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### The Haven

27 Lombard Street  
Colebrook, NH 03576

Director: Laura Mekinova  
Assistant Director/Team Leader: Joanne Hill

Telephone: (603) 237-4353  
E-Mail: [colebrookhaven@gmail.com](mailto:colebrookhaven@gmail.com)

Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  
Crisis Respite: 603 447-1765  
Website: <http://www.alcenters.org>

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### Littleton Peer Support

122 Saranac St.  
Littleton, NH 03561

Director: Laura Mekinova  
Team Leader: Kevin Rodwell  
Outreach: Suzanne Hartlett

Telephone: (603) 444-5344  
E-Mail: [littletonpsc@gmail.com](mailto:littletonpsc@gmail.com)

Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  
Crisis Respite: 603 447-1765  
Website: [www.alcenters.org](http://www.alcenters.org)

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### Serenity Steps

567 Main Street  
Berlin, NH 03896

Director: Laura Mekinova  
Team Leader: Ellen Tavino

Telephone: (603) 752-8111  
E-Mail: [serenitystepspsc@gmail.com](mailto:serenitystepspsc@gmail.com)

Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  
Crisis Respite: 603 447-1765  
Website: [www.alcenters.org](http://www.alcenters.org)

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## REGION 2 – Upper Valley & River Valley Area

### Stepping Stone

108 Pleasant Street  
Claremont, NH 03743

Director: Susan E. Seidler  
E-Mail: [Susan.Seidler@steppingstonenextstep.org](mailto:Susan.Seidler@steppingstonenextstep.org)  
Finance & Operations Manager: Tiffany DeGraff  
E-Mail: [tiffany.degraff@steppingstonenextstep.org](mailto:tiffany.degraff@steppingstonenextstep.org)  
Support Coordinator: Shanon Pyatt  
E-Mail: [shanon.pyatt@steppingstonenextstep.org](mailto:shanon.pyatt@steppingstonenextstep.org)  
Respite Coordinator: Kim Metcalfe  
E-Mail: [kim.metcalfe@steppingstonenextstep.org](mailto:kim.metcalfe@steppingstonenextstep.org)

Telephone: (603) 543-1388 or (888) 582-0920  
Fax: (603) 543-0131

Warmline: (888) 582-0920 (4 pm to 9 pm, 7 days per week)  
WarmlineClaremont Area: (603) 543-1388 (same times as above)  
Crisis Respite: (888) 582-0920 or (603) 543-1388  
Website: [www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

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### Next Step

109 Bank Street  
Lebanon, NH 03766

Director: Susan E. Seidler  
E-Mail: [Susan.Seidler@steppingstonenextstep.org](mailto:Susan.Seidler@steppingstonenextstep.org)  
Finance & Operations Manager: Tiffany DeGraff  
E-Mail: [tiffany.degraff@steppingstonenextstep.org](mailto:tiffany.degraff@steppingstonenextstep.org)  
Support Coordinator: Shanon Pyatt  
E-Mail: [shanon.pyatt@steppingstonenextstep.org](mailto:shanon.pyatt@steppingstonenextstep.org)  
Respite Coordinator: Kim Metcalfe  
E-Mail: [kim.metcalfe@steppingstonenextstep.org](mailto:kim.metcalfe@steppingstonenextstep.org)

Telephone: (603) 448-6941  
Fax: (603) 448-0702

Warmline: (888) 582-0920 (4 pm to 9 pm, 7 days per week)  
Crisis Respite: (888) 582-0920 or (603) 543-1388  
Website: [www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

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# NH Peer Support Agencies

## **REGION 3 – Lakes Region Area**

### **Lakes Region Consumer Advisory Board**

#### **“CornerBridge”**

328 Union Avenue  
PO Box 304  
Laconia NH 03247-0304

Director: Patricia Fancy

E-Mail: [lrcab1@metrocast.net](mailto:lrcab1@metrocast.net)

Program Director: Kristy Jones

E-Mail: [cornerbridge1@atlanticbnn.net](mailto:cornerbridge1@atlanticbnn.net)

Tel: (603) 528-7742

Fax: 603-524-0801

Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)

Website: [www.nhcornerbridge.info](http://www.nhcornerbridge.info)

### **Plymouth Area Pemi Valley Outreach**

Plymouth, NH 03264

Director: Patricia Fancy

E-Mail: [lrcab1@metrocast.net](mailto:lrcab1@metrocast.net)

Program Director: Cindy Robinson

E-Mail: [cindy.pemioutreach@gmail.com](mailto:cindy.pemioutreach@gmail.com)

Tel: (603) 412-7050

Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)

Website: [www.nhcornerbridge.info](http://www.nhcornerbridge.info)

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## **REGION 4 – Central Region**

### **Lakes Region Consumer Advisory Board**

#### **“Concord Peer Support Site”**

55 School Street  
Concord NH 03301

Director: Patricia Fancy

E-Mail: [lrcab1@metrocast.net](mailto:lrcab1@metrocast.net)

Program Director: Donna Mailhot-Dornhofer

E-Mail: [cornerbridge@comcast.net](mailto:cornerbridge@comcast.net)

Office: (603) 224-0083

Tel: (603) 224-0894 (1<sup>st</sup> floor)

E-Mail: [cornerbridge@comcast.net](mailto:cornerbridge@comcast.net)

Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)

Website: [www.nhcornerbridge.info](http://www.nhcornerbridge.info)

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## **REGION 5 – Monadnock Region**

### **Monadnock Area Peer Support Agency**

64 Beaver Street  
PO Box 258  
Keene NH 03431

Director: Peter Starkey

E-Mail: [pstarkey@monadnockpsa.org](mailto:pstarkey@monadnockpsa.org)

Program Director: Jude Grophear

E-Mail: [jgrophear@monadnockpsa.org](mailto:jgrophear@monadnockpsa.org)

Administrative Coordinator: Jim McLaughlin

E-Mail: [jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@monadnockpsa.org)

Peer Respite Manager: Doug Robertson E-Mail:

[drobertson@monadnockpsa.org](mailto:drobertson@monadnockpsa.org)

Office: (603) 352-5093

Fax: (603) 355-8211

Toll Free: (866) 352-5093

Warmline: (866) 352-5093 (5 pm to 10 pm, 7 day per week)

Crisis Respite: (603) 352-5093 or (866) 352-5094

Website: [www.monadnockpsa.org](http://www.monadnockpsa.org)

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## **REGION 6 – Southern NH Area**

### **HEARTS Peer Support Center of Greater Nashua Region 6**

5 Pine Street Extension, Suite 1-G

PO Box 1564

Nashua NH 03061-1564

Director: Ken Lewis

E-Mail: [kenl-hearts@comcast.net](mailto:kenl-hearts@comcast.net)

Assistant Director: Tom Doucette

E-Mail: [tomd-hearts@comcast.net](mailto:tomd-hearts@comcast.net)

Crisis Respite Team Leader: Cheryl Thibodeau

E-Mail: [Cherylt-hearts@comcast.net](mailto:Cherylt-hearts@comcast.net)

Tel: (603) 882-8400

Fax: (603) 882-8700

Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)

Crisis Respite: (603) 864-8769

Website: [www.heartpsa.org](http://www.heartpsa.org)

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# NH Peer Support Agencies

## **REGION 7 – Hillsborough County Area**

### **On The Road To Wellness - MANCHESTER**

377 South Willow Street, Suite B2-4  
Manchester NH 03103

Director: David Blacksmith

E-Mail: [david.b@otrtw.org](mailto:david.b@otrtw.org)

Program Director: Shelby Hedlund

E-Mail: [Shelby.h@otrtw.org](mailto:Shelby.h@otrtw.org)

Tel: (603) 623-4523

Fax: (603) 623-2873

E-Mail: [Manchester@otrtw.org](mailto:Manchester@otrtw.org)

Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)

Website: [www.otrtw.org](http://www.otrtw.org)

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## **REGION 10 – Southeastern Area**

### **On The Road To Wellness - DERRY**

45 S. Main Street  
Derry NH 03038

Director: David Blacksmith

E-Mail: [david.b@otrtw.org](mailto:david.b@otrtw.org)

Program Director: Shelby Hedlund

E-Mail: [Shelby.h@otrtw.org](mailto:Shelby.h@otrtw.org)

Tel: (603) 552-3177

Fax: (603) 552-3179

E-Mail: [Derry@otrtw.org](mailto:Derry@otrtw.org)

Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)

Website: [www.otrtw.org](http://www.otrtw.org)

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## **REGION 8 – Seacoast Area**

### **Connections Peer Support Center**

544 Islington Street  
Portsmouth NH 03801

Director: Greg Burdwood

E-Mail: [greg@connectionspeersupport.org](mailto:greg@connectionspeersupport.org)

Administrative Services Director: Tina Dulac

E-Mail: [tina@connectionspeersupport.org](mailto:tina@connectionspeersupport.org)

Program Coordinator: Nina Jenssen

E-Mail: [nina@connectionspeersupport.org](mailto:nina@connectionspeersupport.org)

Tel: (603) 427-6966

Fax: (603) 373-6519

Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)

Website: [www.connectionspeersupport.org](http://www.connectionspeersupport.org)

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## **REGION 9 – Strafford County Area**

### **Tri-City Consumers' Action Co-operative**

55 Summer Street  
Rochester NH 03867-1929

Director: Martha Hewitt

E-Mail: [tricitycoop@metrocast.net](mailto:tricitycoop@metrocast.net)

Program Coordinator: Cathy Allen

E-Mail: [programc@metrocast.net](mailto:programc@metrocast.net)

Office: (603) 948-1036

Tel: (603) 948-1043

Fax: (603) 948-1047

Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)

Website: [www.tricitycoop.org](http://www.tricitycoop.org)

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