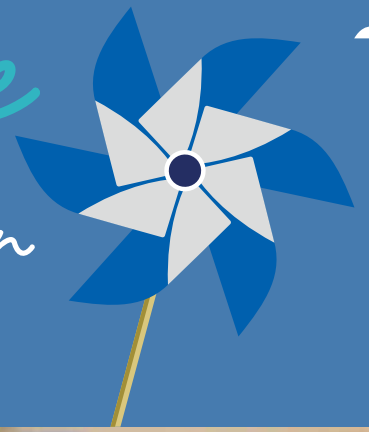


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Strengthened by Prevention



 nh children's trust



NEW HAMPSHIRE CHILDREN'S TRUST  
2025 RESOURCE GUIDE

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**Prevention is possible.** And we get there in partnership, by building supportive communities and strong families together.

“

We, as a community, create that culture. We can shape those pillars of hope through safe and supportive relationships within the family and with other children and adults; by holding space for safe and stable environments where children can live, learn and play.

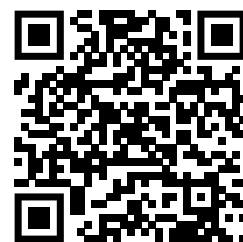
**Michelle J. Lennon**

President/CEO,  
Archways Recovery Community  
Organization & Family Resource Centers



### Exclusive Content!

Scan to hear from more Family Resource Center (FRC) leaders!



# Our President

a message from

Each **April** during **Child Abuse Prevention Month**, we're reminded of the vital role community plays in the success of families across our state. At **New Hampshire Children's Trust**, we believe that families are the **foundation of our communities** and when they are safe, strong, and supported, we all benefit. When we invest in the prevention of child abuse and neglect, we invest in stronger communities, healthier children, and a brighter future for all.



Access to supports and services—like home visiting and developmental screenings—ensures children grow at their own pace, while navigating complex systems and sectors like healthcare, housing, and education are foundational to family strength.

Parents understand their children better than anyone else. When we walk alongside parents and caregivers, we find upstream solutions to everyday obstacles, helping to build the Protective Factors that research shows strengthen families. That's the essence of **Primary Prevention—ensuring parents and caregivers have the resources they need long before challenges arise so that children can thrive.**

Real, lasting change happens when we see ourselves, our organizations, and our systems as part of a broader ecosystem of support. Every touchpoint in a family's journey—from child care to education and beyond—is an opportunity to put prevention into action.

**Join New Hampshire Children's Trust during Child Abuse Prevention Month** and beyond in shifting the narrative on **Primary Prevention**. Together, we can expand access to family support, center families in decision-making, and promote strategies that build a stronger future for all Granite Staters.

**Because we know, family is New Hampshire's best investment.**

*Christina Lachance*

**Christina Lachance**

President, New Hampshire Children's Trust

we are

# Primary Prevention: A New Hampshire Ecosystem

Adapted from PCA America's THEORY of Change

Imagine a New Hampshire where all children have what they need to thrive and prosper, and all parents have the resources and supports they need to care for their children adequately. In partnership with Prevent Child Abuse America®, New Hampshire Children's Trust is embarking on a comprehensive process to set a vision for the creation of an aligned family support ecosystem that nurtures the well-being of Granite State children and families. It is an effort that requires shared values, beliefs, and approaches, so together we can employ strategies that build prevention structures and resources. Because when parents have what they need, when they need it, all of New Hampshire prospers.

“By providing education, social connection and establishing relationships we are creating a strong sense of community. This leads families to feel like they belong. They can support and share with each other to not feel alone or that there is a solution to parenting challenges. This decreases the likelihood of child abuse and neglect, enhances, and strengthens our community.”

— JEN HUNTER, DIRECTOR OF WHOLE VILLAGE FAMILY RESOURCE CENTER

## VALUES, BELIEFS AND APPROACHES

- Equity
- Integrity
- Evidence
- Family-centered
- Transformation

## STRATEGIES

- Transform the narrative
- Center Families
- Build evidence and advocate
- Activate adaptive action
- Grow human and financial capacity

## ALIGNED AND COMPREHENSIVE PRIMARY PREVENTION ECOSYSTEM

### Shared Value For Prevention

- Mindsets
- Formal Goals

### Prevention Structures

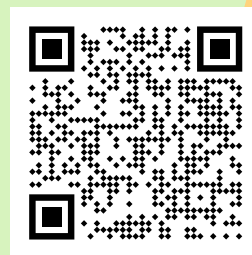
- Decision-making
- Policies and practices
- Connections

### Prevention Resources

- Leaders and staff
- Family supports, opportunities and environments

## Aspirations for Children and Families

- Loving and secure family relationships supported by foundational life skills
- Access to formal and informal family supports
- Financial stability and economic mobility
- Mental and physical health and wellbeing across the lifespan



Read about! PCA America's Theory of Change by scanning the QR Code

2025

## Unsung Hero Profile: Celebrating extraordinary NH parents and caregivers



## Magdelene Stanley

Maggie is a dedicated mother of four who balances pursuing a doctorate in education, teaching special education, and managing her children's emotional and social needs. Despite facing discrimination, personal sacrifices, and challenges such as being separated from her husband and homeschooling during the pandemic, she remains resilient and strong.

She advocates for her children's well-being, addressing issues like bullying and healthcare needs, while ensuring they thrive academically and emotionally. Maggie creates a supportive environment where her children feel valued, teaching them empathy and resilience. She also maintains strong social connections, relying on a solid support network of family and friends.

Maggie demonstrates unwavering selflessness, balancing her own personal goals with the needs of her family. She supports others in times of difficulty, sharing meals and offering comfort to friends. Her resilience, strength, and quiet acts of service make her an exemplary role model and an unsung hero.

For more information and a list of the 2025 Unsung Heroes, visit [nhchildrenstrust.org/unsung-hero-awards](https://nhchildrenstrust.org/unsung-hero-awards)

# Aspire Together for Children and Families

Creating a Granite State where children and their caregivers can thrive requires that, together, we aspire to meet key aspects of health and well-being:

## ACCESS

Ensuring easy access to supports, such as resource navigation or parenting classes, helps families confidently navigate difficult times and develop resiliency.

## SUPPORT

Parental supports that nurture foundational life skills, like problem-solving, empathy, and emotional regulation, can foster healthy and secure relationships.



## STABILITY

When parents achieve financial stability, they alleviate stressors and create opportunities for economic mobility, allowing them to focus on the needs of their family.

## WELLBEING

Positive physical & mental health and wellbeing lay the groundwork for a resilient and thriving family unit, while also paving the way for positive contributions that extend to the wider community.

# Concrete Supports for NH Families

considerations

**Ensuring families have access to supportive programs**, services, and financial resources strengthens family resilience, enhances protective factors, and mitigates the impact of poverty on health and well-being. **Children thrive when their basic needs are met**, and they grow in safe, stable, nurturing relationships with caregivers. Parents and caregivers flourish when they can meet their children's needs and access critical material and financial supports during challenging times.

**Access to concrete supports** in times of need is 1 of the 5 protective factors that prevents neglect and helps families thrive. Concrete supports are often described as the basic necessities that all families need to support their children including: Food, Clothing, Childcare, and Healthcare.

**The Family Support Data System (FSDS)**, a statewide data collection and reporting system that tracks and evaluates outcomes and **positive impacts of NH children and families**, tells us that **NH families top 4 concrete supports needs are:**



Housing



Utilities & Fuel



Transportation



Groceries

**Children do best** when they grow with their families and remain safely connected to their family & community. Prevention strategies that reduce risk factors and build protective factors are VITAL to help families thrive and prevent child neglect and family separation.

Visit page 18 of this guide for a list of prevention resources and references.



“Family resource centers are a place where many families can find community and connection. Community can be found bringing your child to a playgroup held where families gather (i.e. local libraries), participating in a support group brought together around shared life experiences (i.e. Kinship, Foster parent) or attending a parenting series. We believe that when people feel connected to something larger than themselves, they feel supported and empowered in their lives!”

— ARDIS YAHNA, EXECUTIVE DIRECTOR OF CHILDREN UNLIMITED, INC.

we are

# NH's Ecosystem of Primary Prevention

Adapted from PCA America's THEORY of Change



An ecosystem is typically described as “healthy” when the organisms living in it are diverse, many, and stable, and the system as a whole is able to withstand and adapt to shocks or changes over time. Creating a healthy ecosystem for New Hampshire families requires specific strategies to build prevention structures into the services and systems Granite Staters use every day. We must, for example, ensure caregivers are involved in decision-making, policies, and practices that address family needs, while also fostering connections to additional supports and broad social networks.

## Strategies:



TRANSFORMING THE NARRATIVE



PLACING FAMILIES AT THE CENTER



BUILDING EVIDENCE AND EDUCATIONAL MATERIALS



GROWING HUMAN AND FINANCIAL CAPACITY

## Prevention Structures:



DECISION-MAKING



POLICIES & PRACTICE



CONNECTIONS

“Investing in prevention leads to healthier children, stronger families, and more resilient communities, ultimately breaking cycles of trauma and ensuring a brighter future for all.”

– TANISHA JOHNSON, FAMILY SERVICES DIRECTOR AT COMMUNITY ACTION PARTNERSHIP OF STRAFFORD COUNTY



# Powered by HOPE Strengthened by PREVENTION Family Resource Centers



“Leading a family resource center, the most important thing to me in what we bring as a support to families is fundamentally just meeting parents and family’s needs with where they are at. If they need food, diapers, hygiene products, we consistently have that available in our pantry and will make other efforts to acquire basic need tangibles that are requested. If they need a safe and free place to bring their children to play, we offer this daily in our play space. If they need a place where they can learn and garner support from other parents in a variety of topics, our parent support groups will continue to grow and evolve to meet that need. If they need an educational program for their child, we have a preschool ready to teach and support their growth academically socially and developmentally. We will continue to elicit feedback through our parent advisory committee on what families in our community need and work together to support meeting those needs.”

**Melissa LaRocque, MSCJ**  
Executive Director, Salem Family Resources

“In a supportive community, preventing child abuse and neglect involves providing resources, education, and safe spaces for children. Already in my short time at TRC I am humbled by the volunteer faces I see at the office every day. We clocked a total of 2000 volunteer hours for 2024!

Thanks to our supporters The River Center provides many free opportunities for parents and grandparents to learn about child rearing, to get the relief from daily stresses even if it is just joining us with the kids for a walk outside, doing crafts, learning new games, music and song. Our dedicated staff is amazing and hold many playgroups.

We also help with financial stress by helping families that are in crisis pay an electric bill, for example through our partnering fuel assistance program. We and our volunteers help families fill out their taxes through our VITA program. We even have a volunteer run Wood Bank where they can access free wood!”



**Odette Butler**  
Executive Director, The River Center



Learn more and contact your local Family Resource Center at [www.fsnh.org](http://www.fsnh.org)

## RESILIENCE

Trains and families have a lot in common. Like members of a family, each train car is unique, and they are all joined together by **STABLE BONDS**. These strong bonds pull the group up when the going gets tough. To reach the top of Crawford Notch, the Mountaineer must also have a resilient engine. Families have engines too! And the family engine can be made stronger and more resilient with practice.

Which track will lead you to the mountaintop?

START HERE



To engage your RESILIENCE engine, remember to bring plenty of encouragement, a few deep breaths, and a handful of laughter to make it to the top!

# SAVE THE DATE!

**NH Gives** is June 10th to 11th! Join us for New Hampshire's largest day-of-giving!

We all have a role to play in preventing child abuse and neglect. Learn more and GIVE at: [www.nhgives.org/organizations/nhct](http://www.nhgives.org/organizations/nhct)

# NH GIVES



#NHGives #PoweredbyHope



*Bringing together the diverse leadership of family resource centers and family support programs under the common vision of establishing a statewide network of family support practice throughout the Granite State.*

Learn more and contact your local Family Resource Center at [www.fsnh.org](http://www.fsnh.org)

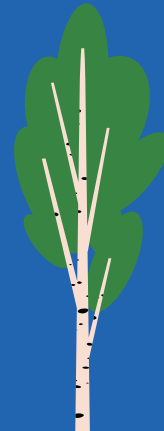


get involved

# Become an Ambassador

**PRIMARY PREVENTION** is a community effort. When parents and caregivers have access to resources, children thrive, families are stronger and more resilient, and New Hampshire prospers.

**Powered by Hope:**  
Strengthened by Prevention



## Ways to Celebrate Prevention Month!



### FOLLOW US

Follow our Facebook, Instagram, LinkedIn, Tiktok and YouTube pages—like and share our posts!



### CONNECT WITH FAMILIES

Send an email to your contact list about what Prevention means to you and how we can all get involved!



### DOWNLOAD OUR GUIDE

Download the 2025 Prevention Month Resource Guide. Explore all the resources!



### PARTNER WITH US

Contact us to see what opportunities are available to improve individual, family, and community health and well-being.



### WEAR BLUE

Friday April 4 is Wear Blue Day! Wear BLUE for Prevention. Take a picture to help raise awareness of Primary Prevention!



### REVIEW OUR RESOURCES

Download our social media calendar and assets and share them on your feeds!



### LISTEN TO OUR PODCAST

Tune into our archived podcast, NH Family Now and share it with your friends!



### DONATE

Make a gift to NHCT at [nhchildrenstrust.org/donate](https://nhchildrenstrust.org/donate)

Download our social media assets, Resource Guide, Parent Activity Calendar, #UNselfie template and more at [nhchildrenstrust.org/prevention](https://nhchildrenstrust.org/prevention)

### HAVE QUESTIONS?

Contact us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org)

# Wear Blue Day!

Friday, April 4th



## RAISE AWARENESS!

Share a photo of yourself on **April 4th** using the hashtag **#WearBlueDay2025**

Share it with us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) or tag us [@nhchildrenstrust](https://www.instagram.com/nhchildrenstrust)

things to share

# 10 Hopeful Gifts for Families

## Rooted in the Protective Factors Framework

By incorporating the Protective Factors framework, these gifts are not only thoughtful but help build a family's capacity to thrive, enhancing resilience, social connections, and emotional well-being.

**1 ENCOURAGEMENT.** Parenting can be overwhelming, but having a supportive network makes all the difference. Offering positive reinforcement, recognizing efforts, and showing belief in a parent's abilities fosters resilience and builds **Parental Resilience**.

**2 HANDS.** Lending a helping hand can take on many forms—whether it's offering a home-cooked meal, providing childcare, or assisting with transportation. These acts show a commitment to **Social Connections**, helping families feel less isolated.

**3 GROCERIES.** Providing groceries can relieve the financial burden many families face. By addressing basic needs, this gift helps families strengthen their **Concrete Supports in Times of Need**, ensuring their immediate necessities are met.

**4 DIAPERS.** A case of diapers can make all the difference for parents with infants. Supporting their physical needs reduces stress, allowing families to focus on **Social-Emotional Competence of Children**, ensuring the child's well-being and emotional development are prioritized.

**5 Connection.** Everyone needs a support system. Offering a listening ear, sending a thoughtful text, or making a phone call strengthens **Social Connections**. When caregivers feel connected, they are more equipped to handle challenges and pass along these skills to their children.

**6 Community.** Families often aren't aware of the resources available to them in their community. By introducing them to local support networks, like parenting groups or Family Resource Centers, you're helping strengthen **Knowledge of Parenting and Child Development**, promoting informed decision-making and empowerment.

**7 Support.** Every family deserves to have their needs met. Offering a donation of food, clothing, or providing transportation helps ensure **Concrete Supports in Times of Need**, making it easier for families to stay on track during difficult times.

**8 Fun.** Arranging time for parents or caregivers to relax and recharge strengthens **Social-Emotional Competence of Children** by helping parents model self-care and stress management. This allows caregivers to return to their role feeling restored and more able to meet their children's emotional needs.

**9 Voice.** Be an advocate for families in your community. Stand up for those who might not have a voice, sharing knowledge of available resources and speaking out on behalf of families. This promotes **Parental Resilience** and empowers families to advocate for themselves.

**10 Hope.** Lastly, offering hope—whether through words, deeds, or presence—helps families believe in brighter days ahead. This is a fundamental part of **Parental Resilience**, reminding families that challenges are temporary, and with support, they can navigate any situation.

# Strengthening My Family

- ✓ **My family has access to basic needs.** *Concrete support in times of need.*
- ✓ **I will continue to have courage during stress or after a crisis.** *Parental Resilience.*
- ✓ **I know my child's needs as they grow and develop.** *Knowledge of Parenting & Child Development*
- ✓ **I have friendships with people who support me and my parenting.** *Social Connections*
- ✓ **My child feels loved, has a sense of belonging, and can get along with others.** *Social & Emotional Competence of Children*



Draw a picture of your home or family below. What makes it strong and successful?

## Pinwheels for Prevention

Planting a Pinwheel Garden during April's Child Abuse Prevention Month provides a unique opportunity to start a conversation around the role we all play in Prevention—individuals, organizations, and communities. When parents and caregivers have what they need, when they need, before problems arise, children in their care thrive and all of New Hampshire prospers. Because we all know Family is New Hampshire's Best Investment!

Show your support for strong families and safe children this Prevention Month by planting a Pinwheel Garden. Contact [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) for details.



# Family Activity Calendar

join us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
<p><b>Gear up for April's Prevention Month by connecting with us on social media!</b></p> <p><a href="#">f</a> <a href="#">@</a> <a href="#">in</a> <a href="#">d</a> <a href="#">v</a></p>	<p><b>CAP MONTH KICK-OFF!</b> Download the 2025 Prevention Resource Guide and share the content with friends, family, and colleagues!</p>	<p><b>ARTSY THURSDAY is HERE:</b> Create a bird feeder! Use peanut butter, birdseed, and a toilet paper roll. Roll the paper in peanut butter, and coat with seeds! Hang outside for the birds to enjoy!</p>	<p><b>WEAR BLUE DAY!</b> Send a picture of you or your family to: <a href="mailto:communications@nhchildrenstrust.org">communications@nhchildrenstrust.org</a></p>	<p><b>LIFT UP</b> a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see that they are doing a great job!</p>	<p><b>WEAR BLUE DAY!</b> Send a picture of you or your family to: <a href="mailto:communications@nhchildrenstrust.org">communications@nhchildrenstrust.org</a></p>	<p><b>LIFT UP</b> a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see that they are doing a great job!</p>
6	7	8	9	10	11	12
<p>It's the <b>WEEK OF THE YOUNG CHILD!</b> Visit <a href="http://naeyc.org">naeyc.org</a> to learn more about NAEYC's initiatives.</p>	<p>Listen to an episode of the NH Family NOW podcast, a conversation about strong families across NHI! <a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p><b>Decision-Making—Kids' Choice:</b> Tonight, your kids get to pick a family fun activity. A family walk? Building a fort? Maybe a game of uno?</p>	<p>It's <b>TIME TO BAKE!</b> Gather up some simple supplies and try a baking session that teaches math conversations and calculations!</p>	<p><b>ARTSY THURSDAY is HERE:</b> Create nature collages! Gather leaves, flowers, and twigs, then glue them onto paper to make beautiful Earth-inspired artwork. Get creative!</p>	<p>HELP US celebrate the Week of the Young Child with Brain Building Basics from VROOM! <b>CLICK HERE!</b></p>	<p>Changing the Narrative—Movie Night: Encanto! Note the ways Mirabel writes her own story! How does your family do the same?</p>
13	14	15	16	17	18	19
<p>Read a picture book with your child, paying special attention to expressions. Talk about what they mean and why they might be happening.</p>	<p>Does your child like to pretend? Pretend a flower is growing on their nose. Describe what it looks like. Then pretend to grab it! Now have your child try!</p>	<p>STORY TIME! Start a story with the first thing you see. Begin with "Once upon a time, there was a..." Ask your child to continue the story. And the sillier the better!</p>	<p><b>STORY TIME!</b> Start a story with the first thing you see. Begin with "Once upon a time, there was a..." Ask your child to continue the story. And the sillier the better!</p>	<p><b>ARTSY THURSDAY is HERE:</b> Create a recycled collage! Use old magazines, newspapers, and scrap paper to cut out shapes and images, then glue them into a masterpiece.</p>	<p>Go sightseeing in your home! Walk with your child and point out objects. Describe an item let them touch it. Ask, "Do you feel the lamp shade? It is rough. Is it smooth?"</p>	<p><b>SOCK PUPPETS!</b> Encourage your child to find a pair of old socks you can turn into puppets. Use the puppets to have a conversation about what you might like to do today!</p>
20	22	22	23	24	25	26
<p>Familiarize yourself with the resources in your community. Find your local Family Resource Center (FRC) at <a href="http://fshn.org">fshn.org</a>.</p>	<p>Listen to an episode of the NH Family NOW podcast, a conversation about strong families across NHI! <a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p>Celebrate Earth Day with a nature scavenger hunt! Head outside with your family to find leaves, rocks, animal tracks, and more. Snap photos or collect items to create a nature collage!</p>	<p>Arrange a <b>PLAYDATE!</b> Invite the kids (and caregivers) over to play or make plans to go for an outing together.</p>	<p><b>ARTSY THURSDAY is HERE:</b> Rock painting! Find smooth stones, paint them with fun designs or positive messages, and turn them into little works of art to share or keep.</p>	<p>Show a small act of kindness to a friend, colleague, or neighbor, like buying them coffee or helping unload groceries!</p>	<p>It's <b>STORY TIME!</b> Make up tonight's story! This one takes you on an adventure with a brave little bunny who discovers a magical forest full of friendly creatures. Make sure to do lots of funny voices!</p>
27	28	29	30	1	2	3
<p>Find organizations involved in anti-racism efforts, preferably led by people of color, and help uplift their voices and ideas.</p>	<p>VROOM can also help parents and caregivers with <b>CHALLENGING MOMENTS!</b> Find strategies that build foundational skills: <a href="http://tinyurl.com/0-to-5-Challenging-Moments">tinyurl.com/0-to-5-Challenging-Moments</a></p>	<p>Watch the <b>Moments of Joy</b> video on our social feeds, featuring Granite State families! Share it with your network. <a href="https://tinyurl.com/NHCTJoy">https://tinyurl.com/NHCTJoy</a></p>	<p>Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you admire about them!</p>	<p><b>Stay engaged with us online as we continue to build together!</b></p>		

## Businesses That Build Family

### Why businesses should prioritize children and families:

Investing in family-friendly policies helps improve workforce productivity and a company's ability to attract, motivate and retain employees. Family-friendly policies benefit employers, families and communities. Investing in families will have a powerful impact on our community's future success and prosperity.

### What can New Hampshire businesses do to help build strong families?



**Support your employees through family friendly policies**



**Provide flexible work arrangements** to employees



**Advocate for policy change** at the local, state, and national level



**Connect employees to their local Family Resource Centers**



**Amplify** our shared vision for building **strong NH families** through social media



**Offer Employee Assistance Programs (EAPs)** to provide resources



### Are you a Business that Builds Family Resilience?

- **HOST** the Community Resilience Tree!
- **WATCH** this short film: [bit.ly/ResilienceTree](http://bit.ly/ResilienceTree)
- **CONTACT** us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org).

# Primary Prevention Resources

For a complete list of resources and links go to: [www.nhchildrenstrust.org/prevention](http://www.nhchildrenstrust.org/prevention)

## STRENGTHENING FAMILIES

Strengthening Families Framework: Bringing the Protective Factors to Life

Strengthening Families: Increasing positive outcomes for children and families. Center for the Study of Social Policy.

Balancing Adverse Childhood Experiences (ACEs) With HOPE: New insights into the role of positive experience on child and family development. (2017). Casey Family Programs.

Disrupting the Link Between Poverty and Child Welfare Involvement through Policy, Practice" (2024) Chapin Hall

## ECONOMIC AND CONCRETE SUPPORTS

Transforming Child Welfare Systems: How Do Economic Supports Benefit Families and Communities? (2025). Casey Family Programs.

PROVIDING ECONOMIC AND CONCRETE SUPPORT TO INCREASE EFFECTIVENESS OF EVIDENCE-BASED SERVICES" (2024) Chapin Hall

An Evidence-based Service for Child Welfare Prevention-Implications for Family First and Systems Change. (2023). Chapin Hall at the University of Chicago.

Policy Inventory: State Levers to Impact Family Economic Security. (2022). Alliance for Early Success.

## KINSHIP & GRANDFAMILIES

Strong Families: What supports can benefit kinship caregivers in families affected by substance use disorder. (2024). Casey Family Programs.

Building Resilience: Supporting Grandfamilies Mental Health & Wellness (2023). Generations United.

## REFERENCES

Child Welfare Information Gateway. (n.d.). Prevention.

Generations United. (2021). Reinforcing a strong foundation: Equitable supports for basic needs of grandfamilies.

Generations United. (2018). Raising the Children of the Opioid Epidemic: Solutions and Support for GrandFamilies.

Monadnock United Way. Impact Monadnock.

Sege, R., Bethell, C., Linkenbach, J., Jones, J., Klika, B. & Pecora, P.J. (2017). Balancing adverse childhood experiences with HOPE: New insights into the role of positive experience on child and family development. The Medical Foundation.

Weiner, D.A., Anderson, C., & Thomas, K. (2021). System transformation to support child and family well-being: The central role of economic and concrete supports. Chapin Hall at the University of Chicago.



# Community Resources to Support Families



## NH GOVERNMENT RESOURCES

- NH Department of Education - [education.nh.gov](http://education.nh.gov)
- NH Department of Health & Human Services - [dhhs.nh.gov](http://dhhs.nh.gov)
- NH Division for Children, Youth & Families  
[dhhs.nh.gov/dcyf](http://dhhs.nh.gov/dcyf)
- NH Office of the Child Advocate  
[childadvocate.nh.gov](http://childadvocate.nh.gov)
- NH Easy - [NHeasy.nh.gov](http://NHeasy.nh.gov)
- NH Department of Energy - [energy.nh.gov](http://energy.nh.gov)

## ECONOMIC & CONCRETE SUPPORTS

- Community Action Partnership of NH - [capnh.org](http://capnh.org)
- Service Link - [servicelink.nh.gov](http://servicelink.nh.gov)
- New Hampshire Food Bank - [nhfoodbank.org](http://nhfoodbank.org)
- Families in Transition - [fitnh.org](http://fitnh.org)
- NH Care Path - [nhcarepath.dhhs.nh.gov](http://nhcarepath.dhhs.nh.gov)
- NH Fiscal Policy Institute - [nhfpi.org](http://nhfpi.org)

## HOUSING RESOURCES

- NH 211 - [nh211.org](http://nh211.org)
- CATCH Housing - [catchhousing.org](http://catchhousing.org)
- New Hampshire Housing - [nhhfa.org](http://nhhfa.org)

## PARENTING RESOURCES

- Family Support NH - [fsnh.org](http://fsnh.org)
- Parent Information Center - [picnh.org](http://picnh.org)
- Nami NH - [www.naminh.org](http://www.naminh.org)
- NH Family Voices - [nhfv.org](http://nhfv.org)
- NH Connections - [nh-connections.org](http://nh-connections.org)
- NAMI NH - [www.naminh.org](http://www.naminh.org)

## ADVOCACY

- CASA of NH - [casanh.org](http://casanh.org)
- New Futures - [new-futures.org](http://new-futures.org)
- Disability Rights Center NH - [drcnh.org](http://drcnh.org)
- NH Legal Assistance - [www.nhla.org](http://www.nhla.org)
- Office of the Child Advocate - [childadvocate.nh.gov](http://childadvocate.nh.gov)

## GRANDFAMILY SPECIFIC RESOURCES

- Kinship Navigator Program - [fsnh.org/family-support](http://fsnh.org/family-support)
- Generations United - [gu.org](http://gu.org)
- GrandFamilies.org - [grandfamilies.org](http://grandfamilies.org)
- Step Up Parents - [stepupparents.net](http://stepupparents.net)

## NEW AMERICAN RESOURCES

- Building Community in NH - [bcinnh.org](http://bcinnh.org)
- Overcomers Refugee Services - [overcomersnh.org](http://overcomersnh.org)
- Ascentria Care Alliance - [ascentria.org](http://ascentria.org)
- The Language Bank - [thelanguagebank.org](http://thelanguagebank.org)

## FAMILY FRIENDLY WORKPLACE RESOURCES

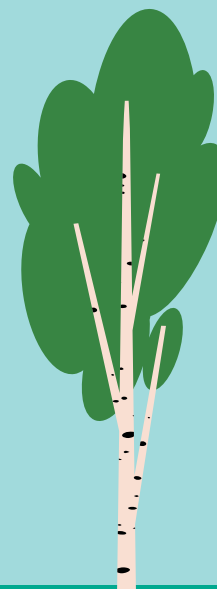
- NH Women's Foundation - [nhwomensfoundation.org](http://nhwomensfoundation.org)
- NH Breastfeeding Task Force - [nhbreastfeedingtaskforce.org](http://nhbreastfeedingtaskforce.org)
- The Best Place for Working Parents  
[bestplace4workingparents.com/new-hampshire](http://bestplace4workingparents.com/new-hampshire)

“ Preventing abuse and neglect promotes healthier outcomes for children, both in the short and long term. Children who experience abuse or neglect may face developmental delays, mental health challenges, and difficulties in school. By focusing on prevention, we can reduce the long-term impact of trauma, improve overall family



well-being, and break cycles of abuse, leading to stronger, more resilient communities. ”

– RACHEL KOWALSKY,  
CARE MANAGER AT THE  
FAMILY RESOURCE CENTER AT HCS



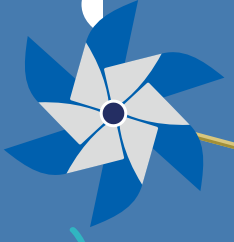
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