

SEPTEMBER 2021

**Family-Centered  
Early Supports &  
Services Monthly  
Newsletter for  
Families**



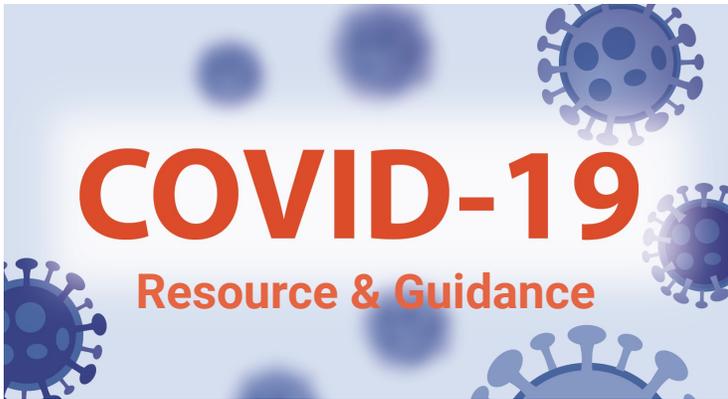
Preparing for school is always a bit stressful, but the COVID era makes it especially tricky. Read on for some great kid-friendly meditation apps to help bring calm before the storm.

“Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple.”

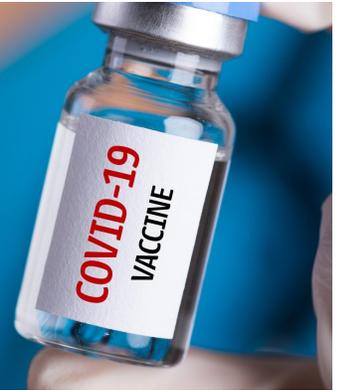
— J.K. Rowling  
*Harry Potter and  
the Deathly Hallows*



# COVID-19 RESOURCES



Learn more about the COVID vaccine, and if you qualify!



## FOOD, HOUSING, TRANSPORTATION

### NH Food Access Map

COVID-19 has both increased the need for food resources, and created an environment in which they are more difficult to obtain. This map is for those in need of resources, as well as those looking to support sites with donations and volunteerism. Please share the [NH Food Access Map](#) with those who can benefit.



### [Food for Children](#)

Saturday 9 am, parking lot of the JFK Coliseum in Manchester, NH.



For more information about upcoming drive thru mobile food pantries, [click here](#).



NHLA offers clients high quality civil legal services to address the legal problems that affect their daily survival and most basic needs. To learn more, visit <https://www.nhla.org/>. Apply for help online at [www.nhlegalaid.org](http://www.nhlegalaid.org)



[Apply](#) for the federal Housing Choice Voucher Program



[Healthy Families](#)  
[Medicaid Transportation Line](#)

## ADDITIONAL RESOURCES

Apply for Assistance, Medicaid, or Unemployment

**2.1.1**

Get Connected. Get Help.  
An Initiative of Granite United Way

Call 211 or go [online](#) for resources for NH residents, as well as information related to COVID.



Apply for [fuel](#) and [electric](#) assistance and more at SNHS.



The MTA is pleased to partner with the Town of Goffstown to provide curb to curb transportation to residents of Goffstown.

The free service is available Monday through Friday between the hours of 9:00 AM and 2:00 PM. For more information [click here](#).



[The Manchester Diaper Pantry](#) provides diapers and wipes at no cost to families in need on the 1st and 3rd Saturday of each month.

# FAMILY RESOURCES

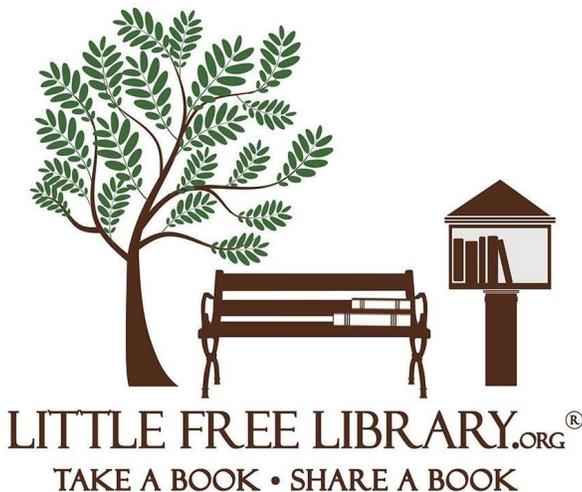


[NH Catholic Charities](#) offers counseling



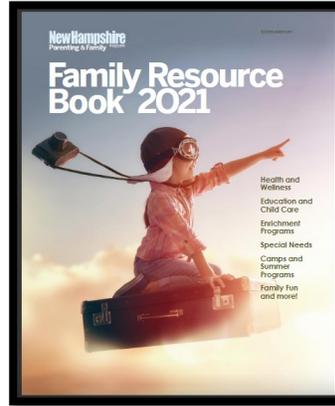
[NH Family Voices](#) provides free, confidential services to families and professionals caring for children with chronic conditions and/or

Learn about [Child Development](#) in a variety of languages.



2021 Family Resource Book

[Click to visit](#)



NH Parenting Stepping Stones  
[Click to visit](#)

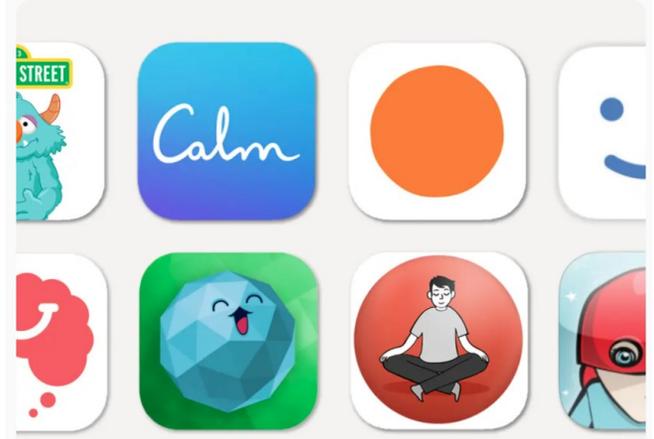


Providing child care, early learning and afterschool [resources and referrals](#) for families, providers and communities.



Are you a parent trying to balance way more during COVID? A front line worker who could use some love? A person who's lost income and is trying to figure out how to put dinner on the table? Whatever the reason: kindness is for everyone. Let a neighbor deliver a home-cooked lasagna or main dish to your family one night through [Lasagna Love](#).

# GET MENTAL HEALTHY



Mindfulness apps and activities to relieve the stress of back to school!

Click the images to learn more...

## 10 Mindfulness Activities



Pathway 2 SUCCESS [www.thepathway2success.com](http://www.thepathway2success.com)

## THINGS TO DO

- Too hot? Raining? Here are [some ideas!](#)
- Check out [Wheels & Wings 2021](#), Nashua Airport, 9/25/21, 10 am – 2 pm
- Grab a bite at [the Wagon Wheels](#) food truck, Griffin Park, 10/9/21, 8 am
- Enjoy a nice treat after the beach at this decadent [candy and ice cream shop](#)
- Explore your [local farmer's market](#)
- Enjoy outdoor dining at [these local restaurants](#)
- Explore the [SEE Science Museum](#)

