

My Community Resources

The following is a list of services and support that can help you and your family.



Use this QR code to get the website links for these supports listed below.

NH Family Resource Centers (FRCs)

FRCs offer parenting classes, child care, and after-school help. They also offer playgroups and support groups for new parents, and help you find other services and programs.

Insurance

Visit NH Easy (nheasy.nh.gov) to get insurance for you and your baby if you do not yet have it. You also can apply for other help here, including cash, nutrition programs, and child care.

Women, Infants & Children Nutrition Program (WIC)

WIC provides healthy food and tips on what to eat and how to breastfeed your baby. WIC provides food packages for those who are breastfeeding and formula for those formula-feeding their babies. Open to people who are pregnant, and those who care for children under 5. You can sign up by going to a WIC clinic (found at www.signupWIC.com), or calling the State WIC Agency at 1-800-942-4321.

Home Visiting

Home visiting programs can be very helpful for pregnant people and parents of a newborn. They can:

- make sure you and your baby are still healthy after you go home from the hospital,
- offer tips on how to be and stay healthy,
- provide support for you after giving birth and as a new parent, and
- can find other help if it is needed.

Temporary Assistance For Needy Families (TANF)

Program that gives cash each month to families with children who qualify.