

Boys & Girls Club of Greater Nashua Community Resource Packet



Updated: April 2020



**BOYS & GIRLS CLUB
OF GREATER NASHUA**

Dear Club members and families,

Our Boys & Girls Club of Greater Nashua's Community Resource Packet is an easy-to use directory that offers a variety of resources, community agencies and services available in the community to help address the basic needs of our Club members and their families. As Nashua and surrounding communities continue to evolve and grow, our Community Resource Packet will adapt to reflect the growth in the city.

Please share this Community Resource Packet with friends and family! If you would like to reach out directly to the Boys & Girls Club of Greater Nashua for more details or additional information, please use the following contact information:

Boys & Girls Club of Greater Nashua

One Positive Place, Nashua, NH 03060

(603) 883-0523

www.bgcn.com

email: **hello@bgcn.com**



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

Call 211 or go to 211nh.org to connect to community resources in your area.

Electronic Resources to Help You Talk to Your Child About Coronavirus

Talking with Children About Coronavirus Disease 2019

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Talking to Children About COVID-19

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

Just For Kids: A Comic Exploring the New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

PBS Kids: How to Talk to Your Kids About Coronavirus

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook

Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

Brain Pop Video About the Coronavirus

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77)

How to Talk to Kids About the Coronavirus

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

Resources to Help You Talk to Your Kids About COVID-19

<https://blackwellcounselors.weebly.com/>

The Yucky Bug by Julia Cook

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

2020 State of NH Emergency Orders Relating to COVID-19

<https://www.governor.nh.gov/news-media/emergency-orders/>

Financial Assistance

Front Door Agency

7 Concord Street, Nashua, NH. 03064

Phone: (603) 886-2866

<https://www.frontdooragency.org/>

Nashua Welfare Department

18 Mulberry Street, Nashua, NH 03060

Phone: (603) 589-4555

<https://www.nashuanh.gov/>

Southern New Hampshire Services

134 Allds Street, Nashua, NH 03060

Phone: (603) 889-3440

<https://www.snhs.org/programs/energy-programs/low-income-home-energy/>

New Hampshire Employment Security

6 Townsend West, Nashua, NH 03063

Phone: (800) 852-3400

<https://www.nhes.nh.gov/>

NH Department of Health & Human Services

26 Whipple Street, Nashua, NH 03060

Phone: (603) 883-7726

<https://nheasy.nh.gov>

Low Income Internet Service

Internet Essentials by Comcast

Phone: (855) 846-8376

<https://apply.internetessentials.com>

Spectrum Internet Assist

Phone: (855) 243-8892

<https://www.spectrum.net/support/internet/coronavirus-covid-19-educational-internet-offer>

Local Nutritional Resources and Services

Packed Meals Offered at School Locations

Available on Mondays, Wednesdays and Fridays from 11am-2pm

(Available for children under the age of 18 years old)

Pennichuck Middle School*

Ledge Street Elementary*

Amherst Street Elementary*

Mt. Pleasant Elementary*

Dr. Crisp Elementary School*

Fairgrounds Elementary*

New Searles Elementary

Broad Street Elementary

Sunset Heights Elementary

Elm Street Middle School

* The schools denoted as well as Major Drive will also have fresh produce and frozen meals on **Fridays** provided by the Nashua Soup Kitchen & Shelter.

Bus Routes for School Breakfast and Lunch Delivery

Available on Mondays, Wednesdays and Fridays

11:45am-12:15pm - Hillock Drive near West Hollis St.

12:30pm -1pm - River Pines Blvd at Oak Grove

1:15pm -1:45pm - Country Side Drive near Cape Ave

2:00pm - 2:30pm - Main Dunstable Elementary

Community Organizations

Boys & Girls Club of Greater Nashua

One Positive Place, Nashua, NH 03060

Please contact for information on nutritional resources available

Phone: 603-883-0523

Email: hello@bgcn.com

End 68 Hours of Hunger

Distributing food bags on Mondays at their regular school locations.

Nashua Pal

52 Ash Street, Nashua, NH 03060

Please contact to schedule a pantry appointment

Phone: 603-594-3733

Email: youthsafehaven@nashuapal.com

Corpus Christi Food Pantry

3 Crown Street, Nashua, NH 03060

Phone: (603) 882-6372 or (603) 598-1641)

Monday and Wednesday from 10am-1pm by appt: food, produce, eggs, milk, frozen meat

Local Nutritional Resources and Services (continued)

Nashua Soup Kitchen & Shelter

2 Quincy Street, Nashua, NH 03060

Food Pantry: Monday - Friday from 1pm - 3pm

Bagged breakfast available: Monday – Friday from 8:30am - 9:30am

Bagged dinner available: Monday-Saturday from 4pm-6pm & Sundays from 12pm - 1:30pm

Southern NH Services

134 Allds Street, Nashua, NH 03060

Phone: (603) 889-3440

<https://www.snh.org/2-pages/914-covid-19-updates>

WIC, senior meals, assistance

Salvation Army

1 Montgomery Ave, Nashua, NH 03060

Phone: (603) 889-5151

Monday-Friday from 9am-12pm: Food bags are available for pick up

Tolles Street Mission

52 Whitney Street, Nashua, NH 03064

Phone: (703) 880-4984

Monday and Tuesday from 12pm-2pm: Food Pantry available

Meals on Wheels

Phone: (603) 424-9967

Provides food bags at community dining sites and delivering additional meals to clients

(Please call to find out food bag availability or qualify for home delivery)

<https://www.mealsonwheelsnh.org/referral-form>

Caregivers Caring Cupboard

Phone: (603) 622-4948

Free groceries delivered to clients.

(Please call or visit website to become a client)

<https://www.caregiversnh.org/clients/index.html>

For all Nashua food pantry locations download:

Greater Nashua Food Council App on Google Play and Apple App Store



Social and Emotional Wellness Learning Resources

Supporting your Children's Social, Emotional, and Mental Health During COVID-19 Pandemic

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgl5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

Mindfulness Websites/Activities

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

Coping Skills Resources

https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html

Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehHHSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Videos for Sleep, Meditation and Relaxation

<https://app.www.calm.com/meditate>

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>