



## Contact Us

**Main Office:** 270 County Farm Road, Dover, NH 03821

**General:** 603-516-8130; **Fax:** 603-516-8140

**Mailing Address:** P.O. Box 160, Dover, NH 03821-1060

**Email:** [cap@co.strafford.nh.us](mailto:cap@co.strafford.nh.us)

**Website:** [www.straffordcap.org](http://www.straffordcap.org)

**Twitter & Pinterest:** @StraffordCAP

### Food Pantries:

- Dover: 61 Locust Street, Suite 240, 603-516-8126 (M, T, W, F 9 a.m. to 3 p.m.)
- Farmington: 527 Main Street, 603-516-8191 (M, W, F 8:30 a.m. to Noon)
- Milton: 55 Industrial Way, 603-652-0990 ext. 112 (Tuesdays Noon to 4 p.m.)

Fuel and Electrical Assistance: 603-516-8126, 603-516-8191

Farmington Children's Center: 603-755-2883

Food and Nutrition Programs: 603-516-8146

Head Start and Early Head Start: 603-516-8144

Home Visiting: 603-516-8108

Homeless Outreach/Emergency Shelter: 603-516-8153

Housing Services & Homeless Prevention: 603-516-8139

### Outreach Services (including fuel and electric assistance):

- Dover: 61 Locust Street, Suite 240, 603-516-8126
- Farmington: 527 Main Street, 603-516-8191

Senior Transportation: 603-817-8207 (shopping bus for ages 60 and over)

Weatherization: 603-516-8141

Workforce Development: 603-516-8195

Workplace Success: 603-516-8137



## Head Start and Early Head Start

Head Start and Early Head Start are national programs that provide education, health, nutrition, and parent involvement services to children from eligible families in Strafford County.

**Head Start** promotes school readiness of children by providing health, educational, nutritional and other social services. We have center-based and home-based services for children ages 3-5 and their families.

In Strafford County, center-based Head Start programs are located in: Dover, Farmington, Milton, Rochester, and Somersworth.

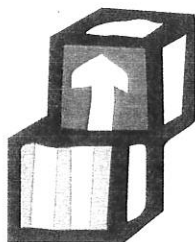
**Early Head Start** is a home-based program for families with children ages 0-3 and pregnant women. Qualified home visitors come to the family's home and provide infant and toddler activities, comprehensive health care, nutrition, education, and social services for young children and their families.

In Strafford County, Early Head Start is provided to families in Barrington, Dover, Farmington, Milton, Rochester and Somersworth.

**Who can apply:** Head Start and Early Head Start gives priority to the neediest families: those with incomes below the federal poverty guidelines; those receiving Temporary Assistance to Needy Families or Social Security Insurance; and are homeless or foster children.

**How to apply:** All families must fill out an application which includes providing income verification for either the last 12 months or the last tax year. You must also have age verification for your child, and we accept any government issued verification.

**Contact:** Call 603-516-8144 or email [headstart@co.strafford.nh.us](mailto:headstart@co.strafford.nh.us) to get started on the application process. You can also learn more at [www.straffordcap.org](http://www.straffordcap.org).





## Home Visiting Services

Our team of qualified home visitors provide support to families in their roles as their child's first and best teacher. We help local families and children by providing information on how to access resources in the community. Home visitors provide guidance and support to families on ways to help their child grow and learn through education on health, nutrition and developmentally appropriate activities.

Our staff will listen to your concerns and work as partners with families to:

- Prepare pregnant women for the birth of their babies
- Help women adjust to life with a newborn
- Perform developmental screenings on your baby
- Develop positive, attainable family goals
- Offer guidance and support to families
- Teach effective parenting skills and help set realistic family rules
- Introduce healthy ways to express anger and frustration
- Connect you with community resources

**How to apply:** Families interested in the program can contact us directly or we accept referrals from schools, medical professionals, social service agencies and the New Hampshire Division of Children, Youth & Families.

**Who can apply:** Home Visiting is a free program for low-income pregnant women and families with young children who live in Strafford County.

**Contact:** Call 603-516-8108 to learn about our home visiting programs or visit [www.straffordcap.org](http://www.straffordcap.org)



# Community Outreach Services

## Fuel Assistance

The Low Income Home Heating Program (LIHEAP) provides eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs and housing type. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. Even if you think you may not qualify, we encourage you to apply as that is the only way to know.

**To make an appointment or learn more, contact 603-516-8126 or 603-516-8191**

## Electrical Assistance

The New Hampshire Electric Assistance Program gives eligible customers a discount on their monthly electric bills depending on gross household income, household size and electricity use. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. Even if you think you may not qualify, we encourage you to apply as that is the only way to know.

**To make an appointment or learn more, contact 603-516-8126 or 603-516-8191**

**\*\*Note:** Households can apply for and receive both fuel and electrical assistance, if eligible

## Food and Nutrition

We operate emergency food pantries to provide short-term supplies of food to eligible households, and we also operate a Summer Food Service Program to provide children age 18 and under free meals when school is out.

## Pantry Locations and Hours:

Farmington Outreach Emergency Pantry  
527 Main Street  
603-516-8191

Monday, Wednesday, Friday 8:30 a.m. to Noon

Milton Emergency Pantry  
55 Industrial Way (side entrance)  
603-652-0990 ext. 112  
Mondays 12:30 to 4:30 p.m.

Dover Outreach Emergency Pantry  
603-516-8126  
Monday-Friday 9 a.m. to 3 p.m.  
61 Locust Street, McConnell Center

## Senior Transportation

Our wheelchair-accessible bus provides door-to-door, low-cost transportation to anyone **age 60 and over**, and the requested fare is \$2 per roundtrip. The program operates Mondays, Tuesdays, Thursdays and Fridays, and the majority of the rides are to grocery, discount, clothing, area malls and shopping plazas.

**To schedule a ride, contact 603-817-8207**



# Homeless & Housing Services

## Housing Services

We assist income-eligible clients to help keep their current housing or obtain housing. Assistance can include first month's rent, back rent, some vehicle repairs and utility assistance. In addition, we administer the state's Housing Security Deposit program, which is a guarantee certificate to the landlord and a loan to the client for a security deposit. The amount of assistance depends upon the client's immediate need and the availability of funding. The program is designed to be used if a client is unable to receive assistance through other sources.

**For more information, contact 603-516-8139**

## Weatherization

For eligible clients, our state-certified Weatherization employees perform an energy audit on the client's home. If approved, a trained work crew may make improvements that can include: installing insulation, installation of carbon monoxide and fire detectors and weather stripping as funding is available.

**For more information, contact 603-516-8141**

## Homeless Outreach

The Homeless Outreach and Intervention Program offers aggressive outreach and intervention services to the unsheltered homeless throughout the county. This program, which is part of a state-wide initiative, is designed to help the homeless get into emergency shelter, provide referrals and get connected to other emergency services.

**For more information, contact 603-516-8153**



# Training & Employment Services

## Workforce Development

This federally funded program focuses on helping unemployed people get jobs and, if appropriate, provides training for in-demand occupations through NH Works offices around the state. Activities to assist the unemployed include help with resume writing, interviewing and assessment of previous abilities and skill levels to match the customer with an appropriate occupational goal. On the job training options with local employers are also explored.

There are three eligibility categories: Economically disadvantaged; laid-off workers collecting unemployment; or laid-off workers from companies that receive State Rapid Response Services. Contact your Workforce Investment Act councillor to make an appointment to learn if you are eligible for the program. We are an equal opportunity provider and employer.

**Contact: 603-516-8195 or 603-742-3600**

## Workplace Success

The Workplace Success program was started in 2006 to provide job skills training and volunteer placement for the New Hampshire Employment Program. Clients in this program are trying to re-enter the workforce while supporting their families and are receiving Temporary Assistance for Needy Families (TANF).

The program provides classroom and computer training as part of its Service Bureau activities. Additionally, the program staff provides clients with volunteer job placements throughout Strafford County and provides support and liaison services.

Workplace Success also administers On-The-Job Training contracts for employers who decide to hire these volunteers, and these contracts can provide up to \$3,500 per employee in training reimbursements. We are an equal opportunity provider and employer.

Eligible clients must be receiving TANF benefits and participation is by referral only from the New Hampshire Employment Program.

**Contact: 603-516-8137**





## Our Programs

### Child and Family Services

**Home Visiting:** Provides services to pregnant women, new mothers and families in crisis with regular home visits, educational support, connections to resources and other support. Contact: 603-516-8108

**Head Start and Early Head Start:** Provide early education and preschool for children up to age 5 to get them ready for school. We also serve pregnant mothers and children up to age 3 in their homes. Contact: 603-516-8144

**Childcare:** Farmington Children's Center provides child care and Head Start education services to children age 6 weeks to school age from 6:30 a.m. to 5:30 p.m. daily, including vacations and during the summer. Private payment is accepted or state scholarships are available. Contact: 603-755-2883

### Community Outreach Services

**Fuel Assistance:** The Low Income Home Heating Program (LIHEAP) provides certified eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs and housing type. Contact: 603-516-8126

**Electric Assistance:** The New Hampshire Electric Assistance Program gives eligible customers a discount on their monthly electric bills depending on gross household income, household size and electricity use. Contact: 603-516-8126

**Food and Nutrition:** We operate food pantries to provide short-term supplies of food to eligible households. We administer the delivery of commodity food in Strafford County through the federal Temporary Emergency Food Assistance program. Also, we operate a Summer Food Service Program to provide children age 18 and under free meals. Contact: 603-516-8146

**Senior Transportation:** Provides door-to-door, low-cost transportation to grocery stores and shops to anyone age 60 and over, and the vehicle is wheelchair accessible. Contact: 603-817-8207

### Housing and Weatherization

**Homeless Outreach and Emergency Shelter:** The Homeless Outreach and Intervention Program provides aggressive outreach and intervention services to the unsheltered homeless throughout the county. Call 603-516-8153

**Housing Services:** We assist income-eligible clients to retain or obtain housing that can include first month's rent, back rent and utility assistance. The Housing Security Deposit program is a state assistance program in the form of a guarantee certificate to the landlord and a loan to the client. Contact: 603-516-8139

**Weatherization:** We perform an energy audit on eligible client's home and may make improvements to reduce the overall dependency on fuel assistance. Contact: 603-516-8141

### Training and Employment

**Workplace Success:** Provides job-skill training and volunteer placement for the New Hampshire Employment Program with clients who are receiving Temporary Assistance for Needy Families (TANF). Contact: 603-516-8137

**Workforce Development:** A federally funded program focusing on helping unemployed people find jobs and can provide training for in-demand occupations through New Hampshire Works offices. Contact: 603-516-8195 or 603-742-3600



## How to Donate

As a private, nonprofit agency, Community Action Partnership of Strafford County relies on the kindness and generosity of individuals, groups, businesses, foundations and government entities to help us fulfil our mission. Each donation helps us serve low-income families, children and elderly in Strafford County.

These gifts help people like Rachel, a young woman who was able to find a safe place to live, receive food, supplies, emotional support and critical health services through our agency's home visiting program. Donations also help support our food pantries in Farmington, Dover and Milton and supplement our fuel and electric assistance programs, which serve thousands of households every year.

You can donate directly to the Community Action Partnership with your credit card through our secure PayPal account ([www.straffordcap.org/donate](http://www.straffordcap.org/donate)) Or you can show your support by sending a check or money order to: Community Action Partnership of Strafford County, P.O. Box 160, Dover, NH 03821-0160. All donations are tax deductible.





## About Us

### **Our Mission**

To educate, advocate and assist people in Strafford County to help meet their basic needs and promote self-sufficiency.

### **Our Vision**

We are working to eliminate poverty in Strafford County

### **Our Values**

Compassion, Education, Self-sufficiency, Transparency, Accountability, Teamwork, Client Focus and Professionalism

### **History of Community Action**

Community Action organizations put power in the hands of impoverished and struggling people, providing local direction so that citizens can decide how to best meet the needs of their community. The Community Action Program dates back to 1964, when it was included in the Economic Opportunity Act under President Lyndon Johnson's War on Poverty. Since then, more than 1,000 Community Action Agencies (CAAs) have been founded in the United States, serving more than 99% of counties. There are five CAAs in New Hampshire.

Community Action promotes self-sufficiency and supports individuals and families striving to become economically secure while investing in the future of their local communities. This national network of 1060 agencies, funded in part by the Community Services Block Grant (CSBG), serves approximately 7 million families, totaling 16 million low-income persons each year.

### **Community Action in Strafford County, New Hampshire**

Community Action Partnership of Strafford County is a 501(c)(3) private non-profit organization established in 1965. We work with community, state and federal partners to assist more than 10,000 people each year, and the majority of program participants have extremely low incomes (below 75 percent of the federal poverty threshold). Our mission is to assist these clients to become or remain financially and socially independent through a variety of coordinated programs addressing food, housing, education, transportation, employment and job training, child care and utility assistance. CAP maintains its outreach capacity by operating offices in Dover, Farmington and Rochester and Head Start Centers in Dover, Farmington, Milton, Rochester and Somersworth. Additionally, we operate emergency food pantries in Dover, Farmington and Milton.

CAP of Strafford County has 130 employees and a \$10 million operating budget. We are funded by federal, state and local funds. The agency also receives United Way grants, foundation and charitable grant funds, fees for service, private business donations and donations from individuals. In 2011, the national Community Action network leveraged \$6.63 from state, local, and private sources, including the value of volunteer hours, for every \$1 of federal Community Services Block Grant money.