

Dover Pediatrics, PLLC
 PCMH 4E - 5 Structured Health Education Programs in the Community

Program Name	Description	Address	Tel	Fax	Email/Websites
The Works	Provider referred fitness program geared to physical limitations or barriers to success in reaching fitness goals	23 Works Way Somersworth, NH 03878	603-742-2163	603-749-4907	worksmedicalwellness@wdhospital.com
On Belay	Adventure program utilizing activities, outdoor challenge courses, Indoor climbing allowing children to connect with others facing similar challenges	POB 39 Durham, NH 03824	1-866-442-3529		www.on-belay.org
Lucas' Helping Hands	Providing educational, emotional, & financial support to families and children struggling through life threatening disease, illness or disability.	heatherdonnell@anniesangels.org	603-988-6377		www.LucasHelpingHands.org
Strafford County Community Action Partnership of Strafford County	Community Resources	642 Central Ave. Dover, NH 03820	603-435-2500	603-516-8140	www.straffordcap.org
Families First	Community Health Center	100 Campus Dr. Portsmouth, NH 03801	603-422-8208		www.familiesfirstseacoast.org
NH Family Voices	Resources & Links for Families with special needs children		800-852-3345, x4525		nhfamilyvoices@nhfv.org
Next Steps, NH	Statewide organization striving to achieve positive outcomes for children & youth with special needs.	54 Old Suncook Rd. Concord, NH 03301	603-224-7005	603-224-4365	www.parentinformationcenter.org
Community Partners	Wide array of services/supports to families in Strafford County		603-516-9300		www.communitypartnersnh.org