

**Dover Pediatrics, PLLC**

PCMH 4E - 5 Structured Health Education Programs in the Community

<b>Program Name</b>	<b>Description</b>	<b>Address</b>	<b>Tel</b>	<b>Fax</b>
<b>The Works</b>	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
<b>On Belay</b>	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	
<b>Lucas' Helping Hands Strafford County</b>	Providing educational, emotional, & financial support to families and children struggling through life threatening disease, illness or disability.	<a href="mailto:heatherdonnell@anniesangel.org">heatherdonnell@anniesangel.org</a>	603-988-6377	
<b>Community Action Partnership of Strafford County</b>	Community Resources	642 Central Ave. Dover, NH 03820	603-435-2500	603-516-8140
<b>Families First</b>	Community Health Center	100 Campus Dr. Portsmouth, NH 03801	603-422-8208	
<b>NH Family Voices</b>	Resources & Links for Families with special needs children		800-852-3345, x4525	
<b>Next Steps, NH</b>	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
<b>Community Partners</b>	Wide array of services/supports to families in Strafford County		603-516-9300	

Email
<a href="mailto:worksmedicalwellenss@wdhospital.com">worksmedicalwellenss@wdhospital.com</a>
<a href="http://www.on-belay.org">www.on-belay.org</a>
<a href="http://www.LucasHelpingHands.org">www.LucasHelpingHands.org</a>
<a href="http://www.straffordcap.org">www.straffordcap.org</a>
<a href="http://www.familiesfirstseacoast.org">www.familiesfirstseacoast.org</a>
<a href="mailto:nhfamillyvoices@nhfv.org">nhfamillyvoices@nhfv.org</a>
<a href="http://www.parentinformationcenter.org">www.parentinformationcenter.org</a>
<a href="http://www.communitypartnersnh.org">www.communitypartnersnh.org</a>