

# FAMILY SUPPORT MEETINGS

NH Family Support Groups provide a safe and confidential environment for families of loved ones living with a substance use disorder. These groups offer parents, caregivers, and siblings a safe space to share experiences, struggles, and successes.

**You are not alone.**



**IMPORTANT:** Due to COVID-19, many Family Support Groups are not meeting in person at this time. Please contact the group facilitator, listed below, to see if the meetings are currently happening and to see if an on-line meeting is available.

## **Berlin**

### *Caregiver Support Group*

2nd & 4th Thursday of each month  
5-6pm  
117 Main St., Berlin  
Contact: Nathan 603-752-2511  
Email: nathan.morin@frc123.org

## **Brentwood**

### *One Goal Family Support Group*

2nd Wednesday of each month  
6:30-8pm  
263 NH-125 Austin House, Brentwood  
Contact: Pamela 603-785-3670  
Email: hereourcry@gmail.com  
\* Child Care available on request

## **Center Conway**

### *F.A.S.T.E.R. Family Support Group*

Every Thursday  
6:30-7:45pm  
1620 East Main St., Center Conway  
Contact: Rose 508-542-5485  
Janice 603-986-4475

## **Derry**

### *F.A.S.T.E.R. Family Support Group*

Every Wednesday  
6:30-8:00pm  
Marion Gerrish Building, Room 2A  
39 West Broadway St., Derry  
Contact: Denyce 603-247-7322

## **Dover**

### *Families Hoping and Coping*

Every Thursday  
7:00-8:30pm  
SOS Recovery Community Center  
4 Broadway St., Dover  
Contact: John 603-969-1305  
Derral or Chuck 603-340-4025  
Cindy 603-781-7232  
Email: Familieshoping@gmail.com

## **Exeter**

### *Seacoast Family Support Group*

2nd & 4th Tuesday of each month  
6:30-8pm  
First Baptist Church, 2 Spring St., Exeter  
Contact: Linda 978-578-5670  
Ann 603-731-4227

## **Farmington**

### *Circle of Hope*

1st & 3rd Wednesday of each month  
7-8:30pm  
Central Cuts Salon, 83 Central St., Farmington  
Contact: Lynn 603-817-6174  
Karen 603-755-1345  
Email: circleofhope603@yahoo.com

## **Keene**

### *Hope and Help for Families*

Every Wednesday  
6:30-8:00pm  
Keene Serenity Center  
34 Mechanic St., Keene  
Contact: Becky 603-860-0221

## **Lancaster**

### *Caregiver Support Group*

Every other Wednesday  
4:30-5:30PM  
113 Main St., Lancaster  
Contact: Nathan 603-752-2511  
nathan.morin@frc123.org

Groups are **free** and led by trained facilitators who understand the journey you and your family member are on. **Connect with them today.** Please reach out to the contact people listed above to learn more about Family Support Groups and the resources available.

**You are not alone.**

**Manchester**

*F.A.S.T.E.R. Family Support Group*

Held every Tuesday, 6:00-7:30pm  
Waypoint

464 Chestnut St., Manchester  
Contact: Susan or Patrick 603-668-4859

**Manchester**

*F.A.S.T.E.R Family Support Group*

Every Wednesday  
6:00-7:30pm  
Hope for NH Recovery Center  
293 Wilson St., Manchester  
Contact: Mary 603-533-8369  
Patty 603-858-3339

**Manchester**

*Families Sharing Without Shame*

Every Sunday  
11:00 - 12:30pm  
Farnum Center  
140 Queen City Ave., Manchester  
Contact: Donna 603-568-0533  
Email: Donna@Donna4support.com

**Nashua**

*F.A.S.T.E.R. Family Support Group*

1st & 3rd Tues. of each month  
6-7:30pm  
St. Joseph Hospital, 172 Kinsley St., Nashua  
Contact: Sue 603-351-8356  
Rose 603-882-6995

**Portsmouth**

*Families Hoping and Coping*

1st & 3rd Wed. of each month  
7:00-8:30pm  
Safe Harbor Recovery Center,  
865 Islington St., Portsmouth  
Contact: Elaine 603-315-9177  
Tim 603-703-3948

**Rochester**

*Circle Of HOPE*

2nd & 4th Tues. of each month  
7-8:30pm  
Frisbie Memorial Hospital  
11 Whitehall Rd.  
Contact: Renee 603-617-9963  
Ralph 603-617-9963

**Seabrook**

*F.A.S.T.E.R. Family Support Group*

3rd Thursday of each month  
6-7pm  
Church of Christ  
867 Lafayette Rd., Winchester  
Contact: Chucky 978-423-1222

**Walpole**

*Hope and Help for Families*

Walpole, NH  
Contact: Becky 603-860-0221

**Winchester**

*Hope for the Journey*

Every Thursday  
6:30-7:30 pm  
United Church of Winchester  
99 Main St., Winchester  
Contact: Susan 603-203-5306

*Recovery is possible,*

*Hope and support are essential.*

This group listing is not meant to be exhaustive of all support groups offered in NH.

**NH DHHS—Bureau of Drug & Alcohol Services**

8/18/2020