This Family Support Group Meeting Guide provides a listing of family support meetings across NH. For statewide referrals and information, dial 211 or visit nhtreatment.org or nhrecoveryhub.org

“...To join individuals, families and communities in reducing the misuse of alcohol and drugs thereby increasing opportunities for citizens to achieve health and independence.”

NHBDDS Mission
This Family Support Meeting Guide provides a listing of meetings across NH. This is not intended to be an exhaustive list.

For a comprehensive list of treatment and recovery support services across the state, please visit: nhtreatment.org or nhrecoveryhub.org.

New Hampshire’s vibrant peer recovery support services (PRSS) are flourishing across the state. The state’s recovery community is building bridges and saving lives and families play an important role in this. Family support groups, a type of PRSS, provide critical support and education to families of individuals with substance misuse issues and substance use disorders (SUDs). Family support groups allow families to share their experiences in a safe and confidential setting that encourages empathy, and a sense of community and assist families to be more effective in responding to their loved one’s roles.

Substance use disorders (SUDs) are highly preventable and treatable, and the state is implementing a comprehensive and lasting response to address this epidemic.

To receive an electronic version of this guide or the Prevention or Treatment or Recovery Resource Guides, please visit: dhhs.nh.gov/drcbs/bdas/guide.htm or e-mail Kristy McDonald at: Kristy.McDonald@dhhs.nh.gov.

Disclaimer: We have provided, to the best of our ability, the most accurate information that we have. Names and addresses sometimes change, so please contact Kristy McDonald at 603-271-4972 or email: Kristy.McDonald@dhhs.nh.gov with any new information.

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org

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 an on-line option is available. Look for the computer image to find on-line groups listed on this resource.

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org
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Family Support Group Meetings by Location

NORTH COUNTRY

BERLIN
Caregiver Support Group
2nd & 4th Thursday of each month
5 - 6 pm
117 Main St., Berlin
Contact Nathan: 603.752.2511
Email: nathan.morin@frc123.org

LANCASTER
Caregiver Support Group
Every other Wednesday
4:30 - 5:30 pm
113 Main St., Lancaster
Contact Nathan: 603.752.2511
Email: nathan.morin@frc123.org

SOUTH CENTRAL NH

DERRY
Every Wednesday
6:30 - 8:00 pm
Marion Gerrish Build., Room 2A
39 W. Broadway, St., Derry
Contact Denyce: 603.247.7322

CARROLL COUNTY

CENTER CONWAY
Every Thursday
6:30 - 7:45 pm
1620 E. Main St., Ctr. Conway
Contact Rose: 508.542.5485
Janice: 603.986-4457

GREATER MANCHESTER

MANCHESTER
Every Tuesday
6 - 7 pm
Waypoint
464 Chestnut St., Manchester
Contact Susan or Patrick: 603.668.4859

Every Wednesday
6:30 - 7:30 pm
Hope for NH Recovery Center
293 Wilson St., Manchester
Contact Mary: 603.533.8369
Patty: 603.858.3339

GREATER MANCHESTER CONT.
Families Sharing Without Shame
Every Sunday
11 am - 12:30 pm
Farnum Center
140 Queen City Ave., Manchester
Contact Donna: 603.568.0533
Email: Donna@Donna4support.com

SEACOST

BRENTWOOD
One Goal Family Support Group
2nd Wednesday of each month
6:30 - 8 pm
263 NH-125 Austin House, Brentwood
Contact Pamela: 603.785.3670
Email: hereourcery@gmail.com
*childcare available upon request

EXETER
Seacoast Family Support Group
2nd & 4th Tuesday of each month
6:30 - 8 pm
First Baptist Church
2 Spring St., Exeter
Contact Linda: 978.578.5670
Ann: 603-731-4227

PORTSMOUTH
Families Hoping and Coping
1st & 3rd Wednesday of each month
7 - 8:30 pm
Safe Harbor Recovery Center
865 Islington St., Portsmouth
Contact Elaine: 603.315.9177
Tina: 603.703.3948

SEABROOK
3rd Thursday of each month
6 - 7 pm
Church of Christ
867 Lafayette Rd., Seabrook

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.

GREATER NASHUA

NASHUA
1st & 3rd Thursday of each month
6 - 7:30 pm
St. Joseph Hospital
172 Kinsley St., Nashua
Contact Sue: 603.351.8356
Rose: 603.882.6995

GREATER MONADNOCK

JAFFREY
Addiction & Lostt Support Group
1st Thursday of each month
5:30 - 7 pm
Revive Recovery Center
263 Main St., Jaffrey
Contact Traci: 603.417.3433
Email: traciw@theprocessrecoverycenter.com

KEENE
Hope and Help for Families
Every Wednesday
6:30 - 8 pm
Keene Serenity Center
34 Mechanic St., Keene
Contact Becky: 603.860.0221

WALPOLE
Hope and Help for Families
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

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org