



The Moore Center

Family Support Advisory Council

Families Serving Families

moorecenter.org/fsc

FIND FOOD PANTRIES NEAR YOU

Food Pantry Locations for SNAP Recipients

Due to the federal government shutdown, funding for SNAP benefits will not be available in November.

Mobile food pantries and food box pickups are available.

EBT cards can still be used to access benefits issued in previous months.

Visit dhhs.nh.gov for more information, or scan the QR code below.



Department of
**HEALTH &
HUMAN SERVICES**

Please follow the link below for a list of local food pantries, to support or utilize. <https://www.foodpantries.org/ci/nh-manchester>

DHHS is working with its partners that traditionally help people who need assistance going to the grocery store to help people get to a food pantry. The New Hampshire Food Bank and its local partners are also working to help connect people with the food supply in their local communities.

For SNAP-only food pantries, please click here: [SNAP Food Pantries and Food Box Pick-up Locations \(by region\)](#) | [New Hampshire Department of Health and Human Services](#)

For More Information, please contact the Family Support Manager at 603-206-2814 at the Moore Center.

Fuel Assistance Now Open

Applications for the Community Action Program of Belknap-Merrimack Counties' [Fuel Assistance Program](#) opened October 1, offering heating cost support to eligible households throughout the winter. Income-based and at no cost to applicants, the program helps with oil, gas, electric, wood, or pellet heating bills and is paid directly to vendors or landlords. If you live outside of these counties and are in need of fuel assistance, check with your [local community action program](#) for more information.

Financial Foundations



LRCS FAMILY RESOURCE CENTER
Empowering Families

FINANCIAL FOUNDATIONS: BUILDING BLOCKS FOR SUCCESS!

Four-part series; Join us for any or all.
Thursdays 6:30-8:00pm

October 30, 2025:
Needs, Emotions, Money & How They are Connected

November 6, 2025:
Identifying & Changing our Financial Behaviors

November 13, 2025:
Turning Dreams into Goals & Plans

November 20, 2025:
Budgeting Basics

Participants can choose to attend in person at 719 N. Main St., Laconia, NH OR virtually via Zoom.
For those attending in person, dinner will be served at 6pm and on-site childcare may be available if reserved when registering.

Register at:
www.lrcs.org/parentedregistration
or use the QR Code:



Made possible with funding from:



19th Annual NH Caregiver's Conference

The Coalition of Caring Planning Committee is pleased to announce.....

The 19th ANNUAL NEW HAMPSHIRE CAREGIVER'S CONFERENCE

Caregiver's Conference * November 7, 2025

Strength, Hope, and Nobility



Keynote Speaker: Annie Kuster
Member of Congress 2013-2025

The Last Dance: Facing Alzheimer's with Love and Laughter

Friday, November 7, 2025
8:00 AM to 4:00 PM



Courtyard Marriott/Grappone Conference Center
Concord, New Hampshire

www.coalitionofcaring.org

Online Registration: <https://p2p.onecause.com/19acc>

6 Week Culinary Program



Discover the Joy of Cooking, Build Confidence,
and Find Independence in the Kitchen



6-Week Culinary Program

Designed for Teens &
Young Adults with
Developmental Disabilities

Join us for a fun, hands-on cooking experience in a supportive and inclusive environment. This 6-week program helps teens and young adults develop essential culinary skills while building confidence and independence.

Run by SSPT's Occupational Therapist & a Cooking Instructor from The Culinary Playground

Our experienced team fosters a safe, encouraging space where each participant can learn at their own pace and gain valuable life skills.



Tuesdays | Nov. 11 – Dec. 16

12:00 PM – 1:00 PM

The Culinary Playground
16 Manning St, Derry, NH

\$160/student
for the full 6-week program

Who Can Join?

- Ages 14+ with developmental disabilities
- Must be able to follow simple directions (*with or without support*)
- One (1) adult caregiver or assistant may attend with the student

Keep NH Moving

NH's One Stop Transit Resource KeepNHMoving.com

Join ABLE NH's Transportation Equity Task Force for a Lunch & Learn on navigating NH's one stop transit resource, KeepNHMoving.com. This event will include a presentation and Q&A. Attendees will receive a one-pager on all the best tips and tricks for finding the information you are looking for!

ABLENH
DISABILITY JUSTICE ADVOCATES



Featured Speakers

Steve Workman, Director of Transport New Hampshire
Teri Palmer, Statewide Mobility Manager
Ben Herbert, Regional Mobility Manager, Region 8



Mark your calendars for:

November 21, 12-1 PM

Zoom Meeting ID 843 8946 0204
<https://us02web.zoom.us/j/84389460204>

Save Image
and Press or
Scan to Join



Contact: creighton@ablenh.org

Website: ablenh.org

Instagram: [@able.nh](https://www.instagram.com/able.nh)

X: [@ablenh1](https://twitter.com/ablenh1)

Upcoming Children's Holiday Fair at Saint Anselm College



JOIN US FOR THE
34TH ANNUAL



CHILDREN'S HOLIDAY FAIR

SATURDAY, NOVEMBER 22
11 AM - 2 PM

CARR CENTER | SAINT ANSELM COLLEGE

**HOLIDAY CRAFTS, GAMES, FOOD &
MORE - ALL FREE!**

Children must be accompanied by an adult

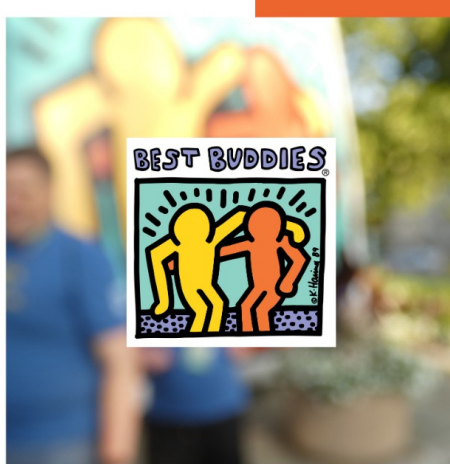


For More Information Contact
Meelia Center for Community
Engagement:
meeliacenter@anselm.edu
(603) 641-7108

Lead with *inclusion*:
Best Buddies

Best Buddies at Saint Anselm College

Lead with
inclusion.



Best Buddies is a global nonprofit that provides opportunities for individuals with intellectual and developmental disabilities and Saint Anselm College is proud to be a part of their mission. Here on campus and in our local community we aim to foster meaningful friendships, shape leaders, and give everyone a space where they belong.



JOIN OUR MISSION: 
BESTBUDDIES@ANSELM.EDU
BESTBUDDIES.ORG/FRIENDSHIP

The Best Buddies Chapter at Saint Anselm College provides an opportunity for members of the community with IDD, ages 18-29, to join monthly inclusive events at St A's, and for those interested in being matched with a buddy, there is an opportunity for one-to-one friendships! Izabel Korbet is this year's Chapter President! Izabel is an outstanding Best Buddies leader who is a current member of the BBNH Advisory Board, an alumnus of the National Young Leader's Council, and was Chapter President of her high school chapter at John Stark Regional High School. We are excited that the St A's chapter has Izabel leading the chapter to new heights this year!

Night to Shine - A Prom Experience



Save the Date! February 13th is the ✨Night to Shine✨, a prom experience centered around celebrating individuals with special needs, hosted at the **Manchester Outpost** in partnership with the **Tim Tebow Foundation**. This joyful night will be filled with love, laughter, and dancing as our honored guests experience a red-carpet entrance❤️, are crowned kings and queens👑, and much more. We can't wait to create lasting memories and share God's love in an extraordinary way.

 **February 13th**

Registration is now open!

[Events](#) — [One Church](#)

Mark your calendars for the Family Support Conference



Whether you're a parent, grandparent, caregiver, or professional, we know how important the early years are—and how overwhelming it can sometimes feel when you're just starting your journey. There's a lot of information coming your way, and we hope this issue helps make things a little easier to navigate.

Inside, you'll find helpful tools, inspiring stories, and many resources. We're highlighting two exciting ways that families can get involved in shaping how early childhood programs and systems work in New Hampshire.

At the heart of all we do is a deep commitment to supporting families, children, and the professionals who work with them. If you ever have a question, need help finding resources, or just want to talk something through, please remember that you can call us anytime. Our support is always free and confidential. We're here for you—every step of the way.

[Visit Us Online!](#)

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