For adults in temporary or unstable housing

- Medical care
- Referrals to dental care, substance misuse treatment and psychiatric care
- Medications (no narcotics)
- Help applying for Medicaid, housing, and other benefits
- Call 1-888-922-0005 to confirm sites and schedule.

Families First
support for families...health care for all
FamiliesFirstSeacoast.org 603-766-9220
Offering health and dental care, parent/family groups, and individualized family support
MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS
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Dover, 8:30 AM-12:30 PM | Portsmouth, 11 AM-1 PM | Exeter, 12-2 PM | Portsmouth, 8:30-11 AM | Portsmouth, 1-3:30 PM
Strafford County Court | Seacoast Community Church | St. Vincent dePaul | Cross Roads House (inside) | Margeson Apartments
259 County Farm Rd. | 397 Lafayette Road | 53 Lincoln Street | 600 Lafayette Road | 245 Middle Street
**Portsmouth, 2-4:30 PM**
Cross Roads House (inside) | **Seabrook, 3-5 PM**
600 Lafayette Road | Trinity Church Parish House | Salvation Army | **Dover, 3-5 PM**
| 29 Main Street | 10 Olde Farm Lane | **Community Action Partnership** | 577 Central Avenue

- Medicaid, Medicare and other insurance accepted.
  If you’re uninsured, services are charged based on your ability to pay.
- Reach us: 603-766-9220 (Sally, Karen, Rebecca & Sam)
- Reach a nurse, 24/7: 603-422-8208 (listen to prompts)

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**ASK US ABOUT OUR DENTAL CLINICS**
Offered some Thursday mornings in Portsmouth and some Friday mornings in Exeter. Call Rebecca for more information

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To confirm Mobile Health sites & schedule call: 1-888-922-0005 (or 766-9220 from the Portsmouth area).