

Budgeting and Credit Repair

Programs are available to help you manage your money, get out of debt, build your credit and save for the future.



Get information about bank accounts, payday lending, budgeting, credit cards, loans, retirement accounts, and more.

Transportation

Whether you are looking for public transportation, transportation assistance, help buying a car or help getting your car repaired, there are programs to help you get where you need to go.



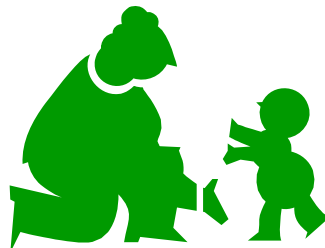
Low-Cost Healthy Foods

Hot meals, locally grown foods, canned items, coupon shopping, delicious low-cost meals and other programs can help you take care of your family when on a tight budget.



Child Development Screenings

Programs are available to evaluate your children's motor, cognitive, language, social and emotional growth, and to help them catch up if they are behind. Some programs even go to your home or child's day care. *There are no income requirements.*



Finding ways to stretch your dollar\$

Families First has trained care coordinators who can work one-on-one with you to see if you are eligible for many programs and supports, and help you get what you need to meet your goals for yourself and your family.



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Portsmouth, NH 03801
603-422-8208 ext. 125
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Do you know about all the benefits and services you could be getting?



Call one of our Care Coordinators TODAY to find out more!!

603-422-8208 ext. 125

What are some ways to stretch your dollar\$?

'Healthy Kids' Insurance

A state-funded program that provides free or low-cost health insurance for children ages birth through 18 and pregnant women in New Hampshire.



A family of four with a household income of up to \$50,000/year is likely to qualify for this support!



Prescription Help

A variety of programs exist to help offset the high cost of prescriptions for you and your family.

Available for FREE or on a sliding scale!

Child Care Scholarships



Programs that assist with the high cost of day care for your children while you work or go to school.



Income Tax Assistance

The Volunteer Income Tax Assistance program offers FREE tax assistance and e-filing and helps eligible tax filers claim the Earned Income Tax Credit. Your refund can be in your bank account in 7-12 days!

A family of four with a household income of up to \$41,646/year could be eligible for up to \$4,800 from an Earned Income Tax Credit.



Women, Infants and Children (WIC)

Offers nutritious foods, nutrition education, and counseling to pregnant women, new mothers, infants and children up to age 5.

A family of four with a household income of up to \$39,200 / year may qualify for this support!



Medical Fee Assistance

Programs that help cover the cost of uninsured medical expenses and may even be able to help with past medical bills.

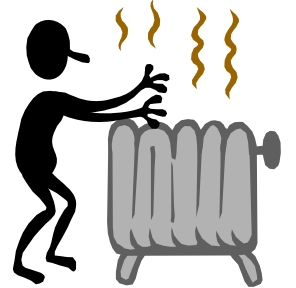
Individual Development Accounts

Trying to buy or remodel a home, start a business or go to school? Help may be available to fund your dream.

Every dollar you save will be matched 3-to-1!

Fuel Assistance

Having trouble staying warm or keeping the lights on? There are programs that can help you pay your bills no matter what your income is.



Affordable Housing

There are programs to help families find permanent, stable housing and to help families stay in their homes. No more moving from place to place!

