



CAP at a Glance

Community Action in *YOUR* neighborhood

As the
Community Action Partnership serving
Hillsborough and Rockingham Counties,
Southern New Hampshire Services supports
YOUR success and well-being through a broad
range of programs.

The Promise of Community Action

'Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.'

Increase your job skills and improve employment? Improve your education? Access to nutritional food? Credit repair and build savings? Childcare and development? Access to Community & Supportive Services?

Take a look at our listing of programs to see which might be helpful to you and your family and give us a call.

Programs	Benefit Value
○ Head Start, Early Head Start or other Childcare options	\$10,000 per Year
○ Women, Infants and Children (WIC) provides food for Children 0-5 years	\$60-\$120 per Month
○ Commodity Supplemental Food Program (CSFP) provides food for Seniors (ages 60+)	\$60 per Month
○ Energy Programs Fuel Assistance Electric Assistance	Up to \$1575 per Season Up to 76% on monthly bill
○ Employment Skills/Job Training	
○ Enrolling in ESL or HiSET Classes	
○ Budgeting, paying bills, debt reduction, credit repair, saving, financial goal setting	

Would you like more information? Call **1-800-322-1073** and ask our Receptionist to connect you to the program of interest!

Information on our programs can also be found at www.snhs.org under the Program tab.