

Social Service Agencies Serving Fremont

AMERICAN RED CROSS – NH HEADQUARTERS

2 Maitland Street
Concord NH 03301
Phone: 800 464 6692 or 603 228 7171
www.redcross.org/nh

AREA HOMECARE & FAMILY SERVICES INC

1320 Woodbury Avenue ~ The Ballard Building
Portsmouth NH 03801
Phone: 603 436 9059 Fax: 603 334 6681
Email: gmccollester@areahomecare.org

CHILD AND FAMILY SERVICES

464 Chestnut Street (PO Box 448)
Manchester NH 03105
(603) 518 4000 (800) 640 6486
www.cfsnh.org

CHILD ADVOCACY CENTER OF ROCKINGHAM COUNTY

100 Campus Drive Suite 11
Portsmouth NH 03801
(603) 422-8240

43B Birch Street
Derry NH 03038
www.cacnh.org
Email: cacrc@communitycampus.org

CASA of NH

PO Box 1327
Manchester NH 03105
(800) 626 0622
www.casanh.org.

GREAT BAY SERVICES

2061 Woodbury Avenue
Newington NH 03801
(603) 436 2014
www.Greatbayservices.org

HAVEN

(Formerly A Safe Place & Sexual
Assault Support Services)
20 International Drive Suite 300
Portsmouth NH 03801
24-hour hotline 603 994 SAFE (7233)
Main Office: 603 436 4107
www.haven.org
info@havennh.org

LAMPREY HEALTH CARE

Administrative Offices
207 South Main Street
Newmarket NH 03857
(603) 659 2494

Raymond Center
128 Route 27

Raymond NH 03077
(603) 895 3351

www.lampreyhealth.org

NEW HAMPSHIRE SPCA

104 Portsmouth Avenue
PO Box 196
Stratham NH 03885-0196
(603) 772 2921
www.nhspca.org

RETIRED AND SENIOR VOLUNTEER PROGRAM

The Friends Program
202 North State Street
Concord NH 03301
(603) 228 1193
Website: www.friendsprogram.org

RICHIE MCFARLAND CHILDREN'S CENTER

11 Sandy Point Road
Stratham NH 03885-2121
(603) 778 8193
www.richiemcfarland.org

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ROCKINGHAM COMMUNITY ACTION & SOUTHERN NH SERVICES

Outreach Program – Jedediah Brown Homestead
55 Prescott Road
Raymond NH 03077-2644
(603) 895 2303

SNHS OFFICE / RCA OUTREACH

4 Cutts Street
Portsmouth NH 03801
603 431 2911

Fuel Assistance (603) 436 6896
or (800) 639 3896
W I C (603) 778 1834

ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM

106 North Road
Brentwood NH 03833
(603) 679 2201
DPerou@RNMOW.org

SEACOAST MENTAL HEALTH

30 Prospect Avenue
Exeter NH 03833
(603) 772 2710
www.smhc-nh.org



*Great Blue Heron
in Fremont*

Photo Courtesy of Bob Meade

The heron is a migratory bird found in NH with long legs and neck, a long, straight bill (average of eight inches, sharp and pointed), short tail and unwebbed feet. The foot has four long, clawed toes – three forward and one behind. The middle toe has been adapted for grooming and preening.

In flight, the neck is held in a curve the shape of an “S.” Herons often have a feather headdress that grows into long, fancy plumes at breeding time.

Most species wait patiently, standing completely still and then spear their prey with their bills.

*Though herons are occasionally confused with cranes, their habits are quite distinct. The Great Blue is doing well in NH. With a wingspan of 42-60 inches, and at 48 inches tall, the Great Blue Heron (*Ardea herodias*) is one of the state’s largest birds and certainly the largest wader.*

*Information excerpted from New
Hampshire Wildlife Magazine Article
“HERON”*

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Written by Bob Meade*