

What can we do for you?

[Employment, Training & Scholarships](#)

[Family, Housing & Financial Services](#)

[Volunteer & Community Service Opportunities](#)

[News & Events](#)

[Other Resources](#)

# YOUTH VOICES



## Welcome to New Hampshire Youth Voices

Developed by the NH Youth Council, the Youth Voices website is **by youth for youth**, providing easy access to information about assistance available for youth throughout New Hampshire.

Here you'll find links to many services including employment, education, volunteering and family services.



**OUR VISION:**

*All youth will have the knowledge and skills they need to compete in the marketplace of ideas, reach their full potential, succeed as productive workers and citizens, and achieve economic self-sufficiency.*



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[Employment Training & Scholarships](#)

[Family, Housing & Financial Services](#)

[Volunteer & Community Service Opportunities](#)

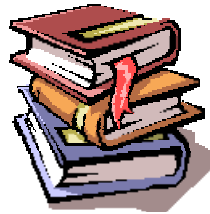
[News & Events](#)

[Other Resources](#)

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## Employment, Training & Scholarship Information

It's time to think about your future! On this page you'll find links to information about career exploration, fast-growing occupations, labor laws and finding a training program or a job. Jump right in!

Employment & Training:

[NH Works/One Stop Careers Centers](#)-always worth the trip, NH Works/One Stop Career Centers are located around the state. Counselors are available to work with participants to assess their skills and abilities and develop an individualized employment plan. It's through that employment plan that employment related activities and support services are made available to participants, either through the New Hampshire Employment Program, or other community services. New Hampshire Works/One Stop Career Centers are located in Berlin, Claremont, Concord, Conway, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Portsmouth, Salem and Somersworth.

See a list of [New Hampshire Community Technical Colleges](#) to explore the many programs of study they offer.

Look [here](#) for information on Adult Basic Information and GED testing.

[Job Corps](#) sites located throughout New England offer no-cost training and education to America's youth ages 16 through 24. Students typically live on campus and earn their high school diploma or GED while learning career skills in one of more

than 60 occupational areas offered.

Check out the New Hampshire Department of Education [WIA Title I Youth page](#) for a list of programs available to both in-school and out-of-school youth.

NHWorks [NSCITE](#) is another source for information about training and education.

You'll find links to information about apprenticeships and training at the [The United States Department of Labor in the 21<sup>st</sup> Century](#) web site. Be sure to check out the [Career Voyages](#) link.

[The Job Hunters Bible web site](#) offers free career and vocational tests. If you're not sure what you'd like to be when "you grow up", start here.

Check out [About.com's career planning pages](#) – you'll find career information including exploring occupations and workplace survival.

### **Scholarship Information:**

The [Free Application for Federal Student Aid \(FAFSA\)](#) can be your first stop in your search for student aid.

[The Mapping Your Future](#) website offers information about planning a career, selecting a school and getting financial aid.

The [CollegeBoard](#) web site allows you to search for scholarships.

### **Youth Labor Laws:**

[Youth Rules!](#) - Every year, millions of teens work in part-time or summer jobs. YouthRules want to help you have a safe and rewarding work experience. Federal and State rules regarding young workers strike a balance between ensuring sufficient time for educational opportunities and allowing appropriate work experiences. The resources on this web site will help you understand [what hours you can work](#), [what jobs you can work](#)

and how you can help [prevent workplace injuries](#).

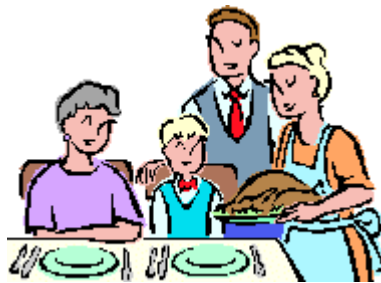
[NH Department of Labor Youth Employment page](#) – Questions about employment in NH? Find your answers here.

[NH Works Labor Laws page](#) – offers a summary of major labor laws as well as NH laws and statutes.



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### Family, Housing & Financial Services

They say that life is what happens while you're making other plans. On this page, you'll find links to services that can help you find services you may need while you make those plans.

Housing:

[New Hampshire Housing Finance Authority](#) is a public benefit corporation whose mission is to promote, finance and support safe, affordable and needed housing and related services for New Hampshire families, individuals and communities. In addition, New Hampshire Housing seeks to contribute to, support and sustain the economic development of the State, its communities and neighborhoods by providing financial support for the development of housing opportunities for all people.

New Hampshire Housing Finance Authority also provides [rental assistance](#) and a searchable [state-wide service directory](#).

[Employment Training & Scholarships](#)

[Family, Housing & Financial Services](#)

[Volunteer & Community Service Opportunities](#)

[News & Events](#)

[Other Resources](#)

## **Medical, Dental & Support**

[The Division of Family Assistance](#) administers programs and services for eligible NH residents providing financial, medical and food & nutritional assistance, help with child care costs, and emergency help to obtain and keep safe housing. Family Assistance staff determine initial and continuing eligibility, the amount of benefits and deliver benefits using federal and NH guidelines and policies.

[New Futures](#) is a nonprofit, nonpartisan advocacy organization working to reduce underage alcohol problems and increase access to treatment in New Hampshire through leadership and policy development.

[NH Family Voices](#) advocates for families And friends speaking on behalf of Children with Special Health Care Needs.

Find another comprehensive list of services (especially health services) at the [Health Services - Crisis](#) website.

Pregnancy help center information can be found [here](#).

### **Prescriptions**

[Drug Assistant](#) may be able to find assistance in paying for your prescription drugs.

[NH Medication Bridge](#) is an initiative to help low-income persons access needed medications from pharmaceutical companies.

The NH Department of Health and Human Services maintains a [list of prescription drug assistance](#).

### **Financial:**

The [Temporary Assistance for Needy Families Program \(TANF\)](#) provides cash assistance to families with dependent children through either the Family Assistance Program (FAP) or the New Hampshire Employment Program (NHEP). To qualify, the dependent children must lack parental support or care due to death, continued absence or because one or both parents in a two-parent home are disabled, unemployed or working less

than 100 hours a month.

The NH Department of Health & Human Services also maintains a list of services available to [teens ages 13-18](#) and to [young adults ages 19-21](#).

Often, people start to feel like their bills control them. [Consumer Credit Counseling service \(CCCS\)](#) shows you how to take charge of your money. Face-to-face, online, or over the telephone, we provide confidential counseling and assistance to families and individuals needing guidance in managing their money, use of credit and debt repayment.

The Fair Credit Reporting Act (FCRA) requires each of the nationwide consumer reporting companies – Equifax, Experian, and TransUnion – to provide you with a free copy of your credit report, at your request, once every 12 months. In this age of identity theft, it's a good idea to know what's on your credit reports. The [Federal Trade Commission \(FTC\)](#) provides access to those reports.

#### **Legal:**

[New Hampshire Legal Assistance](#) is a non-profit law firm offering free legal services to seniors and eligible low-income persons.

[Affordable Legal Help](#) is a commercial site that offers legal help on-line.

#### **Transportation:**

[The American Public Transportation Association's](#) NH page offers information about public transportation throughout the state.

The [Cooperative Alliance for Seacoast Transportation \(COAST\)](#) has proudly served the seacoast region of New Hampshire (Rockingham and Strafford Counties) and Berwick, Maine, with affordable, safe transportation since 1981. In that time, COAST has carried over 7.5 million passengers and traveled over five million miles.



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VOICES

[Employment, Training & Scholarships](#)

[Family, Housing & Financial Services](#)

[Volunteer & Community Service Opportunities](#)

[News & Events](#)

[Other Resources](#)

## Volunteer & Community Service Opportunities

[New Hampshire Public Television](#) (PBS) maintains a list of volunteer opportunities.

At [Volunteer NH](#) you can find a list of organizations needing volunteers.

[NH.com](#) has volunteer listings throughout the state.

Want to start volunteering? There are thousands of ways to help out. [Volunteer Match](#) not only has a listing of volunteers needed, but also offers advice for those who do volunteer or would like to start.

[Life Wise Community](#) offer many projects for those wanting to perform community service.



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VOICES

[Employment, Training &](#)

[Scholarships](#)

[Family,  
Housing &  
Financial  
Services](#)

[Volunteer &  
Community  
Service  
Opportunities](#)

[News &  
Events](#)

[Other  
Resources](#)



## News & Events

[The Union Leader](#) is a statewide newspaper.

In Concord, there's the [Concord Monitor](#).

On the seacoast, there is the [Portsmouth Herald](#) and [Foster's Daily Democrat](#).

[The Sentinel](#) is Keene's Newspaper.

In Laconia there's the [Citizen](#).

Nashua's newspaper is the [Telegraph](#).

An extensive list of NH news organizations can be found [here](#)

Many news organizations post their contents to the World Wide Web. In addition to newspapers, you can hear newscasts and see up to the minute information at sites such as [MSNBC](#) and [CNN](#).



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[Employment,  
Training &  
Scholarships](#)

[Family,  
Housing &  
Financial  
Services](#)

[Volunteer &  
Community  
Service  
Opportunities](#)

[News &  
Events](#)

[Other  
Resources](#)



## Other Resources

[NH Help Line](#) is an on-line database which includes a list of many services available in New Hampshire.

If you need assistance in paying your electric bill, you may be able to get help through [Community Actions Agencies](#). You may get help with Fuel Assistance, Neighbor Helping Neighbor, and the Electric Assistance Program

