

Program Benefits

- A Safe, Sober Environment
- Case Management Services
- Meals Served Monday – Friday
- Peer Supports
- Free Laundry Facilities
50 Lowell & 142 Central
- Centrally Located
- Low Cost – 30% of Income
50 Lowell Street
- \$145 - \$175 per week
140/142 Central Street



Helping Hands Outreach Center was established over 25 years ago by local Christians led to show God’s love in practical ways to help men recovering from substance use issues. We address the “Opioid Crisis” in South-Central N.H by providing low-cost, safe, sober housing at our facility on Lowell Street in Manchester.

Transitional Living is available at our 140/142 Central Street location where we now have 28 units for men to live in their own room, including 12

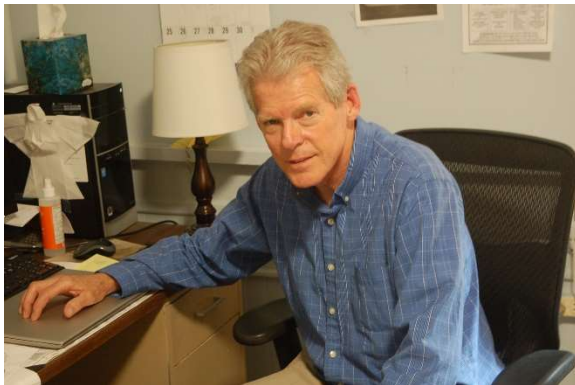
additional units opened on the first floor in January 2023. These rooms are designed for those with limited mobility including wheelchair bound residents. (\$145-\$175 per week).



Executive Director Larry Nice has more than 25 years of experience helping men re-enter society. Our Chaplain Dr. Tim Lanigan is a Certified Life Coach. Case Manager, Fran Raudonis has over 40 years of experience helping men and women with their recovery.



Helping Hands offers recovering men the supports of housing, food, peer support, laundry facilities, and dinner, which is served Monday through Friday. There is a computer room for job searching and a common room with cable television.



Executive Director: Larry Nice



Located across from the Red Arrow Diner and one block away from Manchester's Elm Street, this is a convenient site for men who are starting to live their lives again. Many meetings, churches, and services in the area are within walking distance.

Apply Now at:

<http://helpinghandsmanchesternh.com>



Helping homeless men, motivated to live sober, responsible lives.



**50 Lowell Street
Manchester, NH 03101
603-623-8778**