

Upper Valley Resource Guide

Mt. Sunapee
- Newbury, NH

Upper Valley Resource Guide

Welcome to the Upper Valley! We hope you find this guide helpful.

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Dartmouth-Hitchcock Health Locations

[Alice Peck Day](#)

10 Alice Peck Day Dr.
Lebanon, NH 03766
☎ 603-448-3121

[Cheshire Medical Center](#)

580 Court St.
Keene, NH 03431
☎ 603-354-5400

[Dartmouth-Hitchcock Concord](#)

253 Pleasant St.
Concord, NH 03301
☎ 603-226-2200

[Dartmouth-Hitchcock Lebanon](#)

One Medical Ctr. Dr.
Lebanon, NH 03756
☎ 603-650-5000

[Dartmouth-Hitchcock Manchester](#)

100 Hitchcock Way
Manchester, NH 03104
☎ 603-695-2500

[Dartmouth-Hitchcock Nashua](#)

2300 Southwood Dr.
Nashua, NH 03063
☎ 603-577-4000

[Dartmouth-Hitchcock Southwestern VT](#)

100 Hospital Dr.
Bennington, VT 05201
☎ 802-442-6361

[Mt. Ascutney Hospital](#)

289 County Rd.
Windsor, VT 05089
☎ 802-674-6711

[New London Hospital](#)

273 County Rd.
New London, NH 03257
☎ 603-526-5000

[Visiting Nurse and Hospice for VT and NH](#)

88 Prospect St.
White River Junction, VT 05001
☎ 888-300-8853

Apartments

[132 South Main Street](#)

132 S. Main St.
White River Junction, VT 05001
📞 603-727-9024

[241 South Main Street](#)

241 S. Main St.
White River Junction, VT 05001
📞 603-727-9024

[75 Bank Street](#)

75 Bank St.
Lebanon, NH 03766
📞 603-727-9024

[Altaria Luxury Apartments](#)

56 Alta Blvd.
Lebanon, NH 03766
📞 603-666-4518

[Emerson Place](#)

21 Spencer St.
Lebanon, NH 03766
📞 603-448-9605

[Meadowbrook Village](#)

Highland Ave.
West Lebanon, NH 03784
📞 603-298-5610

[Princeton Commons](#)

2 Winter St.
Claremont, NH 03743
📞 603-389-6760

[Timberwood Commons](#)

6 Timberwood Dr.
Lebanon, NH 03766
📞 603-727-9248

[Stone Farm](#)

42 Wolf Rd.
Lebanon, NH 03766
📞 603-448-9400

[Tree Tops](#)

69 Etna Road
Lebanon, NH 03766
📞 603-448-8808



Apartment Searches

[Apartments.com](#)

[Dartmouth College-Upper Valley Rentals](#)

[DartList](#)

[Housing Solutions Real Estate](#)

[Furnished Finder](#)

[Purcell Properties](#)

[Real Property Management](#)

[River Valley Property Management](#)

[Trulia](#)

[Vanessa Stone Realty](#)

[Wehmeyer Property Management LLC](#)

[Zillow](#)

Banks

[802 Credit Union](#)

614 N. Hartland Rd.
Hartford, VT 05001
☎ 802-295-7805

[Bank of America](#)

1 Medical Center Dr. (In DHMC)
Lebanon, NH 03756
ATM Only

[Bank of America](#)

63 S. Main St.
Hanover, NH 03755
☎ 603-643-1057

[Bar Harbor Bank & Trust](#)

68 S. Main St.
Hanover, NH 03755
☎ 603-643-3238

[Bar Harbor Bank & Trust](#)

83 Main St.
West Lebanon, NH 03784
☎ 603-298-7500

[Bar Harbor Bank & Trust](#)

200 Heater Rd.
Lebanon, NH 03766
☎ 603-448-2566

[Bar Harbor Bank & Trust](#)

106 Hanover St.
Lebanon, NH 03766
☎ 603-448-0101

[Bar Harbor Bank & Trust](#)

468 US Route 4
Enfield, NH 03748
☎ 603-632-4438

[Citizens Bank](#)

1 Interchange Dr.
West Lebanon, NH 03784
☎ 603-298-8715

[Citizens Bank](#)

44 S. Main St.
Hanover, NH 03755
☎ 603-640-1165

[Community Bank N.A.](#)

25 Ralph Lehman Dr.
White River Junction, VT 05001
☎ 802-295-2307

[Ledyard National Bank](#)

67 Main St.
West Lebanon, NH 03784
☎ 603-298-9444

[Ledyard National Bank](#)

42 Old Etna Rd.
Lebanon, NH 03766
☎ 603-448-2220

[Ledyard National Bank](#)

66 Benning St.
West Lebanon, NH

[Ledyard National Bank](#)

38 Main St.
Hanover, NH 03755
☎ 603-643-2244

[Ledyard National Bank](#)

50 Lebanon St.
Hanover, NH 03755
☎ 603-643-2244

[Ledyard National Bank](#)

320 Main St.
Norwich, VT 05055
☎ 802-649-2050

[Mascoma Savings Bank](#)

13 Main St.
Enfield, NH 03748
☎ 603-632-5556



[Mascoma Savings Bank](#)

67 North Park St.
Lebanon, NH 03766
☎ 603-443-8612

[Mascoma Savings Bank](#)

70 Main St.
West Lebanon, NH 03784
☎ 603-298-5933

[Mascoma Savings Bank](#)

263 Maple St.
White River Junction, VT 05001
☎ 802-295-5456

[Mascoma Savings Bank](#)

225 Lebanon St., Suite 2
Hanover, NH 03755
☎ 603-643-9829

[Mascoma Savings Bank](#)

243 Sykes Mountain Ave.
White River Junction, VT 05001
☎ 802-295-2223

[Mascoma Savings Bank](#)

80 South Main St.
Hanover, NH 03755
☎ 603-643-1537

[Mascoma Savings Bank](#)

303 Main St.
Norwich, VT 05055
☎ 802-649-1220

[Northeast Credit Union](#)

199 Heater Rd.
Lebanon, NH 03766
☎ 888-436-1847

[Service Credit Union](#)

225 Mechanic St.
Lebanon, NH 03766
☎ 800-936-7730

[Service Credit Union \(in DHMC\)](#)

1 Medical Center Dr.
Lebanon, NH 03756
☎ 800-936-7730

Cable/Internet Companies

[Xfinity](#)

[DirectTV](#)

[Dish Network](#)

[Fairpoint Communications](#)

[HughesNet](#)



Cellular Service Providers

AT&T

1 Airport Rd.
West Lebanon, NH 03784
📞 603-276-3676

Verizon Wireless

267 Plainfield Rd.
West Lebanon, NH 03784
📞 603-298-9900

US Cellular

126 Washington St.
Claremont, NH 03743
📞 603-543-1361

Verizon Wireless

63 S. Main St.
Hanover, NH 03755
📞 603-262-1806

Xfinity by Comcast

200 S. Main St., Unit 5
West Lebanon, NH 03784
📞 800-934-6489



Child Care

ABC's Child Care Center

273 County Rd.
New London, NH
📞 603-526-5242

Child Care Center Norwich

75 Montshire Rd.
Norwich, VT
📞 802-649-1403

Children's Center of the Upper Valley

178 Mechanic St.
Lebanon, NH 03766
📞 603-448-1615

Cradle & Crayon/CRREL Child Development Center

72 Lyme Rd.
Hanover, NH 03755
📞 603-646-4242

Dartmouth College Child Care Center

21 Reservoir Rd.
Hanover, NH 03755
📞 603-646-6610

DHMC Child Care Center

1 Medical Center Drive
Lebanon, NH 03756
📞 603-650-9700

FitKids Childcare at RVC

14 Lafayette St.
Lebanon, NH 03766
📞 603-643-8650 x105

Green Mountain Children's Center

90 Charlestown Rd.
Claremont, NH 03743
📞 603-543-0391

La Petite Creche

5 Summer St.
Hanover, NH 03755
📞 603-643-5051

Montessori Discovery School

22 School St.
Lebanon, NH 03766
📞 603-443-9626

[Ready Set Grow](#)

10 Royce St.
Claremont, NH 03743
☎ 603-443-9626

[Twin River Children's Center](#)

76 Seminary Hill
West Lebanon, NH 03784
☎ 603-298-7405

Churches and Places of Worship

[Aquinas House](#)

2 Occom Rdg.
Hanover, NH 03755
☎ 603-643-2154

[Church of Jesus Christ of Latter Day Saints](#)

667 Dartmouth College Hwy.
Lebanon, NH 03766
☎ 603-448-1937

[Calvary Independent Baptist Church](#)

90 Riverside Drive
Lebanon, NH 03766
☎ 603-443-9985

[Community Lutheran Church](#)

96 Main St
Enfield, NH 03748
☎ 603-632-5812

[Canaan Assembly Of God](#)

1162 US Route 4
Canaan, NH 03741
☎ 603-523-4870

[Congregation Shir Shalom](#)

1680 West Woodstock Rd.
Woodstock, VT 05091
☎ 802-457-4840

[Canaan United Methodist Church](#)

Us Route 4
Canaan, NH 03741
☎ 603-523-7980

[Dartmouth Hillel/Hillel Roth Center For Jewish Life](#)

5 Occom Rdg.
Hanover, NH 03755
☎ 603-646-0410

[Chabad at Dartmouth](#)

19 Allen St
Hanover, NH 03755
☎ 603-643-9821

[Dartmouth-Hitchcock Chapel](#)

Level 3, by Norris Cotton Cancer Center
Lebanon, NH 03756
☎ 603-650-7939

[Christ Redeemer Church](#)

Hanover High School
Hanover, NH 03755
☎ 603-643-5588

[Enfield United Methodist Church](#)

314 NH Route 4
Enfield, NH 03748
☎ 603-632-5030

[Christian Science Reading Room](#)

1 School St
Hanover, NH 03755
☎ 603-643-3919

[Episcopal Church of St Andrews](#)

52 Gould Rd.
New London, NH 03257
☎ 603-526-6344

[Church Of Christ at Dartmouth College](#)

40 College St, Suite 1
Hanover, NH 03755
☎ 603-643-3150

[First Baptist Church of Etna & Hanover Center](#)

195 Etna Rd.
Etna, NH 03750
☎ 603-643-2618

[First Baptist Church](#)

11 School St.
Lebanon, NH 03766
☎ 603-448-5618

[First Baptist Church of New London](#)

461 Main St.
New London, NH 03257
☎ 603-526-6511

[First Church-Christ Scientist](#)

1 School St.
Hanover, NH 03755
☎ 603-643-3919

[First Church-Christ Scientist](#)

71 River St.
Woodstock, VT 05091

[First Congregational Church of Hanover Ctr.](#)

Parade Ground Rd.
Etna, NH 03750
☎ 603-643-2618

[First Congregational Church of Lebanon](#)

10 S. Park St.
Lebanon, NH 03766
☎ 603-448-4281

[First Congregational Church of Woodstock](#)

36 Elm St.
Woodstock, VT 05091
☎ 802-457-9818

[Friends Meeting Hanover](#)

43 Lebanon St.
Hanover, NH 03755
☎ 603-643-4138

[Grantham United Methodist Church](#)

418 Rte. 10 S.
Grantham, NH 03753
☎ 603-863-7824

[Greater Hartford United Church Of Christ](#)

1721 Maple St.
Hartford, VT 05047
☎ 802-295-9635

[Hindu Temple at Dartmouth College](#)

29 College St.
Hanover, NH 03755
☎ 603-646-3780

[Holy Resurrection Orthodox Church](#)

99 Sullivan St.
Claremont, NH 03743
☎ 603-542-6273

[Islamic Society of Vermont](#)

400 Swift Street S.
Burlington, VT 05401
☎ 802-655-6711

[Jehovah's Witnesses](#)

57 Daisy Hill Rd.
Lebanon, NH 03766
☎ 603-448-0700

[Karme-Choling Buddhist Meditation Center](#)

369 Patneaude Ln.
Barnet, VT 05821
☎ 802-633-2384

[Crosspoint Church Assembly of God](#)

45 Buckingham Pl.
Lebanon, NH 03766
☎ 603-448-3333

[Lebanon United Methodist Church](#)

18 School St.
Lebanon, NH 03766
☎ 603-448-5478

[Living Waters Bible Church](#)

48 Wescott Rd.
Enfield, NH 03748
☎ 603-443-3400

[Lyme Congregational Church](#)

1 Dorchester Rd.
Lyme, NH 03768
☎ 603-795-2850

[Meriden Congregational Church](#)

5 Mitchell Dr.
Meriden, NH 03770
☎ 603-469-3235

[Methodist Church](#)

106 Gates St.
White River Junction, VT 05001
☎ 802-295-7091

[Mindfulness Practice Center \(Open Door\)](#)

18 North Main St.
White River Junction, VT 05001
☎ 802-478-4346

[Muslim Prayer Room at Dartmouth College](#)

Within North Fairbanks Hall
Hanover, NH 03755
☎ 603-646-3780

[North Universalist Congregation of the Upper Valley](#)

7 Church St.
Woodstock, VT 05091
☎ 802-457-2557

[Norwich Congregation Church](#)

15 Church St.
Norwich, VT 05055
☎ 802-649-1433

[Olivet Baptist Church](#)

44 Maple St.
West Lebanon, NH 03784
☎ 603-298-5639

[Our Lady of Fatima Parish](#)

724 Main St.
New London, NH 03257
☎ 603-526-4484

[Our Savior Lutheran Church](#)

5 Summer St.
Hanover, NH 03755
☎ 603-643-3703

[Plainfield Seventh Day Adventist Church](#)

1050 Route 12A
Plainfield, NH 03781
☎ 603-675-2455

[Praise Chapel Christian Outreach Training Center](#)

1615 Maple St.
Hartford, VT 05047
☎ 802-295-5738

[Providence Presbyterian Church](#)

99 Maple St.
Lebanon, NH 03766
☎ 603-790-8165

[Riverbank Church](#)

246 Holiday Dr., Suite 3
White River Junction, VT 05001
☎ 603-359-6063

[Riverbank Church](#)

345 Washington St.
Claremont, NH 03743
☎ 603-359-6063

[Rollins Chapel at Dartmouth College](#)

29 College St.
Hanover, NH 03755
☎ 603-646-3780

[Sacred Heart Parish](#)

2 Hough St.
Lebanon, NH 03766
☎ 603-448-1262

[Shambala Meditation Center](#)

158 South Main St.
White River Junction, VT 05001
☎ 802-296-6225

[Shrine of Our Lady-La Salette](#)

410 NH Route 4A
Enfield, NH 03748
☎ 603-632-7087

[St. Anthony Parish](#)

15 Church St.
White River Junction, VT 05001
☎ 802-295-2225

[St. Barnabas Church](#)

262 Main St.
Norwich, VT 05055
☎ 802-649-1923

[St. Denis Rectory](#)

8 Sanborn Rd.
Hanover, NH 03755
☎ 603-643-2166

[St. Helena Parish](#)

36 Shaker Hill Rd.
Enfield, NH 03748
☎ 603-632-4263

[St. Mary's Mission](#)

US Rte. 4
Canaan, NH 03741
☎ 603-632-4263

[St. Paul's Episcopal Church](#)

749 Hartford Ave.
Hartford, VT 05047
☎ 802-295-5415

[St. Thomas Episcopal Church](#)

9 W Wheelock St.
Hanover, NH 03755
☎ 603-643-4155

[The Heart of the Valley Mindfulness Practice Center](#)

75 Beaver Meadow Rd.
Norwich, VT 05055

[The Tucker Meditation Room at Dartmouth College](#)

Cemetery Lane, Tucker Center
Hanover, NH 03755
☎ 603-646-3780

[Trinity Anglican Church](#)

851 Fairview Terrace
White River Junction, VT 05001
☎ 603-866-2169

[Trinity Baptist Church](#)

428 N. Main St.
West Lebanon, NH 03784
☎ 603-643-2848

[Union Church](#)

Route 4A
Enfield Center, NH 03748
☎ 603-632-4776

[Unitarian Universalist Congregation](#)

320 Us Route 5 S.
Norwich, VT 05055
☎ 802-649-8828

[United Church of Thetford](#)

5470 Route 5
North Thetford, VT 05054
☎ 802-333-4429

[United Congregational Church](#)

617 NH Route 10
Orford, NH 03777
☎ 603-353-4364

[United Methodist Church](#)

165 Main St.
Windsor, VT 05089
☎ 802-674-3443

[Upper Valley Zen Center](#)

58 Bridge St.
White River Junction, VT 05001
☎ 603-448-4877

[Valley Bible Church](#)

851 Fairview Ter.
White River Junction, VT 05001
☎ 802-295-5000

[Valley Insight Meditation Society](#)

16 Green St.
Lebanon, NH 03766
☎ 802-649-7062

[Wellspring Worship Center](#)

407 N. Main St.
West Lebanon, NH 03784
☎ 603-643-2700

[West Lebanon Congregational Church](#)

18 Maple St.
West Lebanon, NH 03784
☎ 603-298-8096

Clothing Stores

[37 Central Clothiers](#)

43 Main St., #2
Hanover, NH 03755
☎ 603-277-9147

[Clay's](#)

Powerhouse Mall, 8 Glen Rd.
West Lebanon, NH 03784
☎ 603-298-6045

[Country Kids Clothing](#)

Powerhouse Mall, 8 Glen Rd.
West Lebanon, NH 03784
☎ 603-790-8168

[Dartmouth Co-op](#)

21 South Main St.
Hanover, NH 03755
☎ 603-643-3100

[Eastern Mountain Sports](#)

Powerhouse Mall, 8 Glen Rd.
West Lebanon, NH 03784
☎ 603-298-7716

[Famous Footwear](#)

250 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-6762

[Farm-Way Inc.](#)

286 Waits River Rd.
Bradford, VT 05033
☎ 800-222-9316

[FatFace](#)

23 S. Main St.
Hanover, NH 03755
☎ 603-277-2184

[Gap Outlet](#)

250 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-7163

[Gear Again](#)

93 S. Main St.
White River Junction, VT 05001
☎ 802-299-5679



[Griff & Company Boutique](#)

Powerhouse Mall, 8 Glen Rd.
West Lebanon, NH 03784
☎ 603-738-9593

[Hubert's Family Outfitters](#)

410 Miracle Mile
Lebanon, NH 03766
☎ 603-448-6551

[Indigo](#)

22 S. Main St.
Hanover, NH 03755
☎ 603-643-3343

[J. Crew](#)

20 South Main St.
Hanover, NH 03755
☎ 603-643-5082

[J. McLaughlin](#)

33 S. Main St.
Hanover, NH 03755
☎ 603-653-8084

[Kohl's](#)

250 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-6780

[L.L. Bean](#)

Powerhouse Mall, 8 Glen Rd.
West Lebanon, NH 03784
☎ 877-996-2463

[LISTEN Thrift Store](#)

387 Miracle Mile
Lebanon, NH 03766
☎ 603-448-2510

[Maurice's](#)

250 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-3391

[Old Navy](#)

250 N. Plainfield Rd.
West Lebanon, NH 03784
☎ 603-790-8336

[Omer and Bob's Sportshop](#)

20 Hanover St.
Lebanon, NH 03766
☎ 603-448-3522

[Revolution](#)

26 North Main St.
White River Jct., VT
☎ 802-295-6487

[Rylee Anne's Boutique](#)

44 Main St.
Hanover, NH 03755
☎ 603-277-2137

[Sierra](#)

200 S. Main St.
West Lebanon, NH 03784
☎ 603-298-7356

[Super Shoes](#)

184 S. Main St.
West Lebanon, NH 03784
☎ 603-298-8317

[Target](#)

200 S. Main St.
West Lebanon, NH 03784
☎ 603-276-4316

[T.J. Maxx](#)

200 S. Main St.
West Lebanon, NH 03784
☎ 603-298-8733

[Talbots](#)

7 Lebanon St.
Hanover, NH 03755
☎ 603-643-1600

[The Collection](#)

25 South Main St.
White River Jct., VT 05001
☎ 802-291-9959

[The Pink Alligator](#)

1 Glen Rd. Plaza
West Lebanon, NH 03784
☎ 603-790-8436

[Traditionally Trendy](#)

32 S. Main St.
Hanover, NH 03755
☎ 603-643-5008

[Uplifting Thrifting](#)

102 Railroad Row
White River Junction, VT 05001
☎ 802-427-7183



Computer Stores

[Best Buy](#)

274 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-7353

[NHVT Computer Services, LLC](#)

3 High St.
Lebanon, NH 03766
☎ 603-448-2110

[Staples](#)

254 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-5260

[Systems Plus](#)

390 Miracle Mile, Suite 2
Lebanon, NH 03766
☎ 603-643-5800

Crisis Resources

[National Suicide Prevention Lifeline](#) 📞 800-273-TALK (8255)

The Lifeline provides 24/7; free and confidential support for people in distress, prevention and crisis resources.

[National Sexual Assault \(RAINN\) Hotline](#) 📞 800.656.HOPE (4673)

The National Sexual Assault Hotline is a safe, confidential service. When you call the hotline, only the first six numbers of the phone number are used to route the call, and your complete phone number is never stored in the system.

[National Domestic Violence Hotline](#) 📞 800-799-7233

Reach advocates 24/7/365 to get support. No names, no fees, and no judgment. Just help.

[Love is Respect](#) 📞 866-331-9474

National dating abuse helpline.

[Substance Abuse and Mental Health Services Administration](#) 📞 800-662-HELP

Confidential, free, 24/365 information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

[NH Statewide Addiction Crisis Line](#) 📞 844-711-HELP (4357)

Confidential, 24/7, judgement free. Trained counselors available to listen and help individuals struggling with addiction or substance use take the next steps that are right for them.

[Poison Control](#) 📞 800-222-1222

Poison Control Centers provide poison expertise and treatment advice by phone. Poison centers are staffed by pharmacists, physicians, nurses and poison information providers who are toxicology specialists.

[West Central Behavioral Health](#) 📞 833-710-6477

New Hampshire community-based, mental health organization serving the needs of individuals and families which offers a wide range of specialized services for individuals struggling with emotional, behavioral or addictive disorders.

[Health Care & Rehabilitation Services of Southeastern Vermont](#) (HCRS) 📞 800-622-4235

The HCRS Crisis Team is staffed with special trained mental health professionals available whom can speak with individuals in crisis 24 hours/day via phone or can meet individuals in their offices, hospital ER or other settings.

[The Doorway](#) 📞 603-653-1860

The Doorway at DHMC is part of a statewide initiative to address the growing opioid crisis. DHMC serves as a hub for Western New Hampshire. If you or someone you know is experiencing an addiction related crisis, call 211 now (24/7).

[Headrest](#) 📞 603-448-4872

A non-profit organization with a mission to assist those affected by substance use disorder, experiencing a crisis, or in need of support by providing effective programs and treatments

[H.A.L.O.](#) 📞 603-523-8804

HALO provides individual, group and family therapy as well as coordination of care for psychiatric and medication services.

[Alcoholics Anonymous](#) 📞 800-593-3330

NH Area Assembly

Various locations/meetings in the Sullivan and Grafton County area

WISE

☎ 866-348-WISE (9473)

WISE provides advocacy, crisis services, and community education to those affected by domestic and sexual violence and stalking throughout the Upper Valley region of New Hampshire and Vermont..

Department Stores

Home Goods

248 N. Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-2118

TJ Maxx

200 S. Main St.
West Lebanon, NH 03784
☎ 603-298-8733

Target

200 S. Main St.
West Lebanon, NH 03784
☎ 603-276-4316

Walmart

285 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-5014



D-H Institutional Resources & Support

Graduate Medical Education

☎ 603-650-5748

- The GME Office is a safe place where residents/fellows can seek help with various needs including academic counseling, coaching and mentoring.

Live Well/Work Well (LWWW)

☎ 603-650-5950

- Resources/services that motivate, encourage, and promote healthy lifestyles and foster resilience including: Health Risk and Wellness Assessment, MindStrength mindfulness training, health and lifestyle coaching, diet and nutrition resources, fitness rooms, onsite fitness classes and more!

[Employee Assistance Program](#)

☎ 603-650-5819

dhmc.eap@hitchcock.org

- Confidential and free counseling services which include up to six in-person visits/year and 24/7 telephonic counseling.

[Lactation Rooms](#)

A Lactation Room for residents, fellows and medical students is available in the Geisel School of Medicine call room hall. Please reach out to gme.office@hitchcock.org for hallway access and a code to the lactation room door.

Features:

- 2 pumps to use with your own tubing
- Mini fridge for milk storage
- Microwave
- 2 computers with chairs and desk space
- Comfortable chair
- Storage cubbies for pumps (coming soon)

Residents and fellows may also access the multiple Mamava pods (code 8008).

[Chaplaincy Department](#)

☎ 603-650-7939

- The chaplaincy provides personal support, crisis intervention, spiritual care and guidance, short-term counseling and liaison with local religious communities.
- The chapel is a place of public workshop and private meditation and is open 24 hours a day to patients, visitors, and staff. Located on Level 3 by the Norris Cotton Cancer Center.

[Employee Care Express](#)

☎ Nurse Triage: 603-653-3850

For immediate concerns, you can get walk-in care at the following locations and times:

4L Employee Care Express: 6:00am to 2:00pm, Monday-Friday

3M General Internal Medicine Walk-In Clinic: 2:00 to 8:00pm, Monday-Friday and 8:00am to noon on Saturdays

[Dartmouth-Hitchcock's Employee Primary Care](#)

☎ General Internal Medicine: 603-650-9500

☎ Pediatrics: 603-653-9663

☎ Heater Road Primary Care: 603-650-4000

- Dartmouth-Hitchcock's employee primary care offers comprehensive health care services, including preventive medicine, chronic disease management, same day access, care coordination and minor surgical procedures.

[Occupational & Environmental Medicine](#)

☎ 603-653-3850

- Occupational and Environmental Medicine provides a wide range of services including immunizations, care for employees exposed to an infectious disease, workplace injuries and employee health screenings.

[Learning & Leadership Development](#)

- Educational and professional skills development courses offered throughout the D-H system to become more effectively personally, with your team, and with your patients. Visit Halogen to enroll.

Fatigue Transportation Services: Uber

- In the event a residents or fellow working at DHMC or the White River Jct. VA Medical Center is too fatigued to drive home safely an Uber ride voucher can be requested through the automated system (see MedHub). The voucher is good for 2 rides. One ride to take you home and one ride to take you back to DHMC or VAMC. Ride vouchers are paid for by the GME Office.

DMVs, Licensing & Car Registration

New Hampshire Department of Motor Vehicles

[Hours and Locations](#)

[Transferring a Driver's License from Another State](#)

[Applying for your First License](#)

[Vehicle Inspections and Emissions](#)

[Vehicle Registrations](#)

[International Registration Plan \(Apportioned Plates\)](#)

[Temporary Plates](#)

[Town/City Clerks \(Municipal Agents\)](#)

[Walking Disability](#)

[Forms and Documents](#)

Vermont Department of Motor Vehicles

[Licenses](#)

[Identity Documents](#)

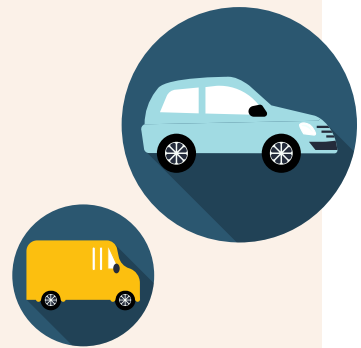
[Registrations](#)

[Tax & Title](#)

[Forms and Information](#)

[Locations](#)

[Town Clerks](#)



Dry Cleaners

The Laundry Spa

2 Mascoma St.

Lebanon, NH 03766

☎ 603-448-6600

New London Cleaners

25 Lebanon St.

Hanover, NH 03755

☎ 603-277-9541

Electricians

Double D & Electric

8 Sunrise Farm Ln.

Enfield, NH 03748

☎ 603-632-7672

Hurley Electric

315 S. Rd.

Canaan, NH 03741

☎ 603-632-4068

[Interstate Electrical Services](#)

211 Olcott Dr.
White River Junction, VT 05001
☎ 855-500-4372

[MG Electric](#)

218 George Hill Rd.
Enfield, NH 03748
☎ 603-632-3737

[Richard Electric Inc.](#)

131 A St.
Wilder, VT 05088
☎ 802-295-3894

[Schaal Electric](#)

73 Depot St.
White River Junction, VT 05001
☎ 802-295-3988

Elementary Schools

[Canaan Elementary School](#)

31 School St.
Canaan, NH 03741
☎ 603-523-4312

[Cornish Elementary School](#)

274 Town House Rd.
Cornish, NH 03745
☎ 603-675-5891

[Crossroads Academy](#)

95 Dartmouth College Hwy.
Lyme, NH 03768
☎ 603-795-3111

[Dothan Brook School](#)

2300 Christian St.
White River Junction, VT 05001
☎ 802-295-8647

[Enfield Village School](#)

271 US Rte. 4
Enfield, NH 03748
☎ 603-632-4231

[Grantham Village School](#)

75 Learning Dr.
Grantham, NH 03753
☎ 603-863-1681

[Hanover Street School](#)

193 Hanover St.
Lebanon, NH 03766
☎ 603-448-2945

[Kearsarge Regional Elementary School at New London](#)

64 Cougar Ct.
New London, NH 03257
☎ 603-526-4737

[Marion Cross School](#)

22 Church St.
Norwich, VT 05055
☎ 802-649-1703

[Mount Lebanon School](#)

5 White Ave.
West Lebanon, NH 03784
☎ 603-298-8202

[Open Fields School](#)

37 Academy Rd.
Thetford, VT 05074
☎ 802-785-2077

[Ottauquechee School](#)

304 Dody Ln.
Quechee, VT 05059
☎ 802-295-8654

[Plainfield School](#)

92 Bonner Rd.
Meriden, NH 03770
☎ 603-469-3250

[The Ray School](#)

26 Reservoir Rd.
Hanover, NH 03755
☎ 603-643-6655



[Samuel Morey Elementary School](#)

214 School St.
Fairlee, VT 05045
☎ 802-333-9755

[Sunapee Elementary](#)

22 School St.
Sunapee, NH 03782
☎ 603-763-5675

[The Lyme School](#)

35 Union St.
Lyme, NH 03768
☎ 603-795-2125

[Thetford Elementary School](#)

2689 Rte. 113
Thetford, VT 05074
☎ 802-785-2426

[White River School](#)

102 Pine St.
White River Junction, VT 05001
☎ 802-295-8650

[Windsor School](#)

127 State St.
Windsor, VT 05089
☎ 802-674-9822

Farmers Markets/Farm Stands

[Canaan Farmers Market - Sundays](#)

Intersection of Routes 4 & 118
Canaan, NH 03741

[Hanover Farmers Market - Wednesdays](#)

Richmond Middle School Playing Fields
Hanover, NH 03755

[Lebanon Farmers Market - Thursdays](#)

Colburn Park
Lebanon, NH 03766

[Norwich Farmers Market - Saturdays](#)

Summer: Outdoors May-October 301
Route 5 South, Norwich, VT
Winter: Tracy Hall when available,
check website for information.
☎ 802-384-7447

[Stern's Quality Produce – Year Round](#)

83 Pine St.
White River Junction, VT 05001
☎ 802-296-2247



Furniture

Allard's Unfinished Furniture

100 Dewitt Dr.
White River Junction, VT 05001
☎ 802-295-2333

Brown Furniture

14 Interchange Dr.
West Lebanon, NH 03784
☎ 603-298-5755

Consign and Design Center LLC

35 Main St.
West Lebanon, NH 03784
☎ 603-298-2100

Gilberte Interiors, Inc.

10 Allen St.
Hanover, NH 05055
☎ 603-643-3727

Holmquist Furniture

67 Main Street
Enfield, NH 03748
☎ 603-995-6863

Home Goods

248 North Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-2118

Love's Bedding & Furniture

185 Washington St.
Claremont, NH 03743
☎ 603-945-7220

Pompanoosuc Mills

3 Lebanon St
Hanover, NH 03755
☎ 603-643-1530

T.J. Maxx

200 Main St.
West Lebanon, NH 03784
☎ 603-298-8733

Uncommon Home

42 N. Main St.
White River Junction, VT 05001
☎ 802-295-9404

Garden Supplies

Gardner's Supply Company

220 Mechanic St.
Lebanon, NH 03766
☎ 603-448-6110

Target

200 S. Main St.
West Lebanon, NH 03784
☎ 603-276-4316

The Home Depot

296 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-9540

Tractor Supply

360 Miracle Mile
Lebanon, NH 03766
☎ 603-448-4411

WalMart

285 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-5014

West Lebanon Feed and Supply

12 Railroad Ave.
West Lebanon, NH 03784
☎ 603-298-8600

Grocery Stores

BJ's Wholesale Club

262 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-9418

Co-Op Market (Smaller Store)

43 Lyme Rd.
Hanover, NH 03755
☎ 603-643-2725

George's Market

66 Main St.
Enfield, NH 03748
☎ 603-632-7443

Hannaford

8 Market St.
West Lebanon, NH 03784
☎ 603-298-6642

Hanover Co-Op

45 S. Park St.
Hanover, NH 03755
☎ 603-643-2667

Lebanon Co-Op

12 Centerra Pkwy
Lebanon, NH 03766
☎ 603-643-4889

Market Basket

345 Washington St.
Claremont, NH 03743
☎ 603-543-1444

Price Chopper

285 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-9670

Price Chopper

370 Miracle Mile
Lebanon, NH 03766
☎ 603-448-3970

Shaw's Supermarket

10 Benning Dr.
West Lebanon, NH 03784
☎ 603-298-0388

Upper Valley Food Cooperative

193 N. Main St.
White River Junction, VT 05001
☎ 802-295-5804

White River Jct VT Co-Op

209 Maple St.
White River Junction, VT 05001
☎ 802-295-3400

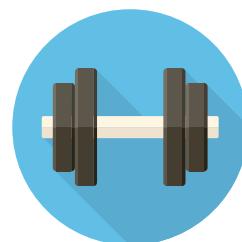
Gyms

Ancient Healing Arts Yoga Studio

85 North Main St.
White River Junction, VT 05001
☎ 802-359-7151

Anytime Fitness

66 Benning St. Suite 2
West Lebanon, NH 03784
☎ 603-298-6770



[Baan Muay Thai](#)

2 Mascoma St.
Lebanon, NH 03766
☎ 603-748-1445

[Bikram Yoga Upper Valley](#)

1011 North Main St., Unit 5
White River Junction, VT 05001
☎ 802-698-8160

[CCBA \(Carter Community Building Association\)](#)

1 Taylor St.
Lebanon, NH 03766
☎ 603-448-6477

[CROM Fitness](#)

443 Miracle Mile
West Lebanon, NH 03784
☎ 603-252-0799

[Gracie Jiu Jitsu of the Upper Valley](#)

45 Hanover St.
Lebanon, NH 03766
☎ 603-676-7838

[Green Mountain Rock Climbing Center](#)

223 Woodstock Ave.
Rutland, VT 05701
☎ 802-773-3343

[Hanover Yoga](#)

68 Lyme Rd.
Hanover, NH 03755
☎ 603-795-2253

[KDR Fitness](#)

784 HR Rte. 4A
Enfield, NH 03748
☎ 603-213-4524

[Mighty Yoga](#)

10 Allen St.
Hanover, NH 03755
☎ 603-676-6016

[Mountainside Racquet & Fitness Center](#)

23 Summit Rd.
New London, NH 03257
☎ 603-526-9293

[Okinawan Karate Academy](#)

351 Miracle Mile
Lebanon, NH 03766
☎ 603-448-2662

[River Valley Club](#)

Centerra Park, 33 Morgan Dr.
Lebanon, NH 03766
☎ 603-643-7720

[The Center For Integrative Health](#)

45 Lyme Rd. #200
Hanover, NH 03755
☎ 603-643-0066

[Upper Valley Yoga](#)

58 N. Main St., #206
White River Junction, VT 05001
☎ 802-785-4052

[UVAC \(Upper Valley Aquatic Center\)](#)

100 Arboretum Ln.
White River Junction, VT 05001
☎ 802-296-2850

[Wayne's World Elite Fitness Training](#)

85 Mechanic St. Suite H1-3
Lebanon, NH 03766
☎ 704-284-9678



Hardware Stores

[Canaan Hardware and Supply](#)

7 On the Common Ln.
Canaan, NH 03741
☎ 603-523-4352

[Fogg's Hardware and Building Supply \(Ace\)](#)

301 US Route 5 S.
Norwich, VT 05055
☎ 802-649-2958

[Hanover True Value](#)

7 South St.
Hanover, NH 03755
☎ 603-643-2308

[LaValley Building Supply](#)

5 Airport Rd.
West Lebanon, NH 03784
☎ 603-298-5641

[Lyme Hardware \(Ace\)](#)

5 Main St.
Lyme, NH 03768
☎ 603-795-2220

[The Home Depot](#)

296 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-9540

[The Home Depot](#)

451 Washington St.
Claremont, NH 03743
☎ 603-542-4471

[Tractor Supply](#)

360 Miracle Mile
Lebanon, NH 03784
☎ 603-448-4411



Higher or Further Education

[Colby-Sawyer College](#)

541 Main St.
New London, NH 03257
☎ 603-526-3000

[Dartmouth College](#)

6016 McNutt Hall
Hanover, NH 03755
☎ 603-646-1110

[Franklin Pierce University at Lebanon](#)

24 Airport Rd., Ste. 19
West Lebanon, NH 03784
☎ 603-298-5549

[Geisel School of Medicine at Dartmouth](#)

3 Rope Ferry Rd.
Hanover, NH 03755
☎ 603-646-5800

[Granite State College-Claremont Campus](#)

27 Pleasant St.
Claremont, NH 03743
☎ 603-542-3841

[Granite State College-Lebanon Campus](#)

24 Airport Rd.
West Lebanon, NH 03784
☎ 603-298-8239

[Plymouth State University](#)

17 High St.
Plymouth, NH 03264
☎ 603-535-5000

[River Valley Community College-Claremont](#)

1 College Pl.
Claremont, NH 03743
☎ 603-542-7744

[River Valley Community College-Lebanon](#)

15 Hanover St.
Lebanon, NH 03766
☎ 603-443-4200

[Southern New Hampshire University](#)

2500 North River Rd.
Manchester, NH 03106
☎ 800-668-1249

[Thayer School of Engineering at Dartmouth](#)

14 Engineering Dr.
Hanover, NH 03755
☎ 603-646-2606

[Tuck School of Business at Dartmouth](#)

100 Tuck Hall
Hanover, NH 03755
☎ 603-646-8825

[Upper Valley Educators Institute](#)

194 Dartmouth College Hwy.
Lebanon, NH 03766
☎ 603-678-4888

[Vermont Technical College](#)

124 Admin Dr.
Randolph Center, VT 05061
☎ 877-337-7116

High Schools

[Hanover High School](#)

41 Lebanon St.
Hanover, NH 03755
☎ 603-643-3431

[Hartford Area Career & Technology Center](#)

1 Gifford Rd.
White River Junction, VT 05001
☎ 802-295-8630

[Hartford High School](#)

37 Highland Ave.
White River Junction VT 05001
☎ 802-295-8610

[Kearsarge Regional High School](#)

457 North Rd.
North Sutton, NH 03260
☎ 603-927-4261

[Kimball Union Academy](#)

7 Campus Center Dr.
Meriden, NH 03770
☎ 603-469-2000

[Lebanon High School](#)

195 Hanover St.
Lebanon, NH 03766
☎ 603-448-2055

[Ledyard Charter School](#)

39 Hanover St.
Lebanon, NH 03766
☎ 603-727-4772

[Mascoma Valley Regional High School](#)

27 Royal Rd.
Canaan, NH 03741
☎ 603-632-4308

[The Sharon Academy](#)

205 Academy Dr.
Sharon, VT 05065
☎ 802-763-2500

[Sunapee Middle High School](#)

10 North Rd.
Sunapee, NH 03782
☎ 603-763-5615

[Thetford Academy](#)

PO Box 190
Thetford, VT 05075
☎ 802-785-4805

[Windsor High School](#)

127 State St.
Windsor, VT 05089
☎ 802-674-6344

Hotels

[Best Western](#)

45 Airport Rd.
West Lebanon, NH 03784
☎ 603-298-8888

[Comfort Inn](#)

56 Ralph Lehman Dr.
White River Junction, VT 05001
☎ 802-295-3051

[Courtyard by Marriott](#)

10 Morgan Dr.
Lebanon, NH 03766
☎ 603-643-5600

[Fairfield by Marriott](#)

102 Ballardvale Dr.
White River Junction, VT 05001
☎ 802-291-9911

[Hampton by Hilton](#)

104 Ballardvale Dr.
White River Junction, VT 05001
☎ 802-296-2800

[Hanover Inn](#)

Two E. Wheelock St.
Hanover, NH 03755
☎ 603-643-4300

[Hilton Garden Inn](#)

35 N. Labombard Rd.
Lebanon, NH 03766
☎ 603-448-3300

[Holiday Inn Express](#)

121 Ballardvale Dr.
White River Junction, VT 05001
☎ 802-299-2700

[Norwich Inn](#)

325 Main St.
Norwich, VT 05055
☎ 802-649-1143

[Quality Inn](#)

5817 Woodstock Rd.
Quechee, VT 05059
☎ 802-295-7600

[Quechee Inn at Marshland Farms](#)

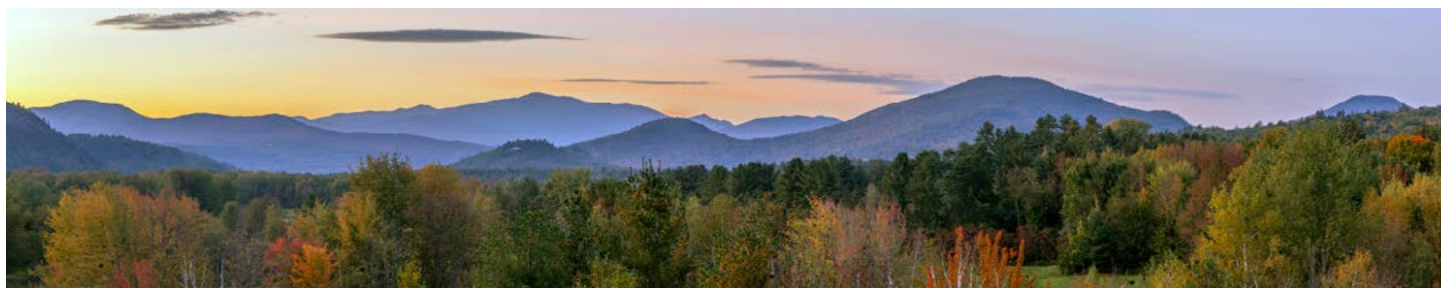
1119 Quechee Main St.
Quechee, VT 05059
☎ 802-295-3133

[Residence Inn by Marriott](#)

32 Centerra Parkway
Lebanon, NH 03766
☎ 603-643-4511

[Six South Street Hotel](#)

6 South St.
Hanover, NH 03755
☎ 603-643-0600



Laundromats

[The Laundry Spa](#)

2 Mascoma St.
Lebanon, NH 03766
☎ 603-448-6600

[Squechee Clean](#)

6990 Woodstock Rd.
Quechee, VT 05059
☎ 802-291-6109

[Suds Your Duds](#)

1182 Us Route 4
Canaan, NH 03741
☎ 603-523-2226

[White River Laundromat](#)

457 Hartford Ave.
White River Jct., VT 05001
☎ 603-448-1698

[The Wash Cycle Laundromat](#)

446 US-5
Fairlee, VT 05045

LGBTQ Resources

[Equality Health Center](#)

☎ 603-225-2739

[Freedom for All Americans](#)

info@freedomnewhampshire.org

[New Hampshire Freedom to Marry](#)

 Facebook

[Out in the Mountains, VT's LGBTQ Internet Newspaper](#)

[PFLAG New Hampshire](#)

☎ 603-856-4040

[Pride Center of Vermont](#)

☎ 802-860-7812

[Rural Outright](#)

ruralnhoutright@gmail.com
 Facebook

[Transgender Health Program at DHMC](#)

☎ 603-650-8089

[Transgender New Hampshire](#)

[Upper Valley Gender Support Group](#)

upper.valley.gender.group@gmail.com
 Facebook

[Upper Valley Rainbow Connection](#)

Libraries

[Canaan Town Library](#)

1173 U.S. Route 4
Canaan, NH 03741
☎ 603-523-9650

[Converse Free Library](#)

38 Union St.
Lyme, NH 03768
☎ 603-795-4622

[Enfield Public Library](#)

23 Main St.
Enfield, NH 03748
☎ 603-632-7145

[Etna Library](#)

130 Etna Rd.
Etna, NH 03750
☎ 603-643-3116

[Howe Library](#)

13 South St.
Hanover, NH 03755
☎ 603-643-4120

[Kilton Public Library](#)

80 Main St.
West Lebanon, NH 03784
☎ 603-448-8544

[Lebanon Library](#)

9 East Park St.
Lebanon, NH 03766
☎ 603-448-2459

[Libbie Cass Library](#)

2748 Main St.
Springfield, NH 03284
☎ 603-763-4381

[Meriden Library](#)

22 Bean Rd.
Meriden, NH 03770
☎ 603-469-3252

[Norman Williams Public Library](#)

10 The Green
Woodstock, VT 05091
☎ 802-457-2295

[Norwich Public Library](#)

368 Main St.
Norwich, VT 05055
☎ 802-649-1184

[Peabody Library](#)

7922 VT-113
Post Mills, VT 05058
☎ 802-333-9724

[Philip Read Memorial Library](#)

1088 Route 12A
Plainfield, NH 03781
☎ 603-675-6866

[Quechee Library](#)

1957 Quechee Main St.
Hartford, VT 05047
☎ 802-295-1232

[West Fairlee Library](#)

894 VT Route 113, Unit 3
West Fairlee, VT 05083
☎ 802-333-3502

[Wilder Club & Library](#)

78 Norwich Ave.
Wilder, VT 05088
☎ 802-295-6341

Mechanics

[Bergeron's Service Center](#)

124 Dewitt Dr.
White River Junction, VT 05001
☎ 802-698-8415

[Bob's Service Center](#)

4 Ballardvale Dr.
White River Jct., VT 05001
☎ 802-295-2341

[Cooperative Service Center](#)

63 US-5 S.
Norwich, VT 05055
☎ 802-526-9103

[Eastman's Auto](#)

6 Mechanic St.
Lebanon, NH 03766
☎ 603-448-2114

[Forward's Garage & Autobody](#)

39 Riverside Dr.
Lebanon, NH 03766
☎ 603-448-4205

[Jasmin Auto](#)

60 Jasmin Ln.
White River Junction, VT 05001
☎ 802-295-7572



[Key Chrysler Dodge Jeep Ram](#)

145 NH-120
Lebanon, NH 03766
☎ 603-448-8200

[Lebanon Ford](#)

425 Miracle Mile
Lebanon, NH 03784
☎ 603-448-3363

[Midas](#)

5 Airport Rd.
West Lebanon, NH 03784
☎ 603-755-6251

[Nissan of Lebanon](#)

51 Evans Dr.
Lebanon, NH 03766
☎ 603-448-3500

[Robert's Auto Service, Inc.](#)

258 Mechanic St.
Lebanon, NH 03766
☎ 603-448-1381

[Upper Valley Automotive](#)

675 NH 4-A
Enfield, NH 03748
☎ 603-632-5910

[Upper Valley Honda](#)

63 Ralph Lehman Dr.
White River Junction, VT 05001
☎ 802-436-2202

[Volvo Volkswagen of Lebanon](#)

175 Heater Rd.
Lebanon, NH 03766
☎ 603-448-6363

[White River Toyota](#)

303 Sykes Mountain Ave.
White River Jct., VT 05001
☎ 802-299-2800

[White River Subaru](#)

429 Sykes Mountain Ave.
White River Junction, VT 05001
☎ 802-765-5010

[Wilson Tire](#)

35 Old Etna Rd.
Lebanon, NH 03766
☎ 603-448-4541

Middle Schools

[Cardigan Mountain School](#)

62 Alumni Dr.
Canaan, NH 03741
☎ 603-523-4321

[Crossroads Academy](#)

95 Dartmouth College Hwy.
Lyme, NH 03768
☎ 603-795-3111

[Frances C. Richmond Middle School](#)

63 Lyme Rd.
Hanover, NH 03755
☎ 603-643-6040

[Hartford Memorial Middle School](#)

245 Highland Ave.
White River Junction, VT 05001
☎ 802-295-8640

[Indian River School](#)

45 Royal Rd.
Canaan, NH 03741
☎ 603-632-4357

[Kearsarge Regional Middle School](#)

32 Gile Pond Rd.
North Sutton, NH 03260
☎ 603-927-2100

[Lebanon Middle School](#)

3 Moulton Ave.
Lebanon, NH 03766
☎ 603-448-3056

[Plainfield School](#)

92 Bonner Rd.
Meriden, NH 03770
☎ 603-469-3250

[Sunapee Middle High School](#)

10 North Rd.
Sunapee, NH 03782
☎ 603-763-5615

[The Lyme School](#)

35 Union St.
Lyme, NH 03768
☎ 603-795-2125

[Thetford Academy](#)

304 Academy Rd.
Thetford, VT 05075
☎ 802-785-4805

Movers

**Ask for your D-H Employee Discount*

[AG Self Storage](#)

1299 VT-14
White River Junction, VT 05001
☎ 802-347-6420

[Allen and Coles*](#)

Nationwide
☎ 207-504-5080

[AllServe Self-Storage of Wilder](#)

56 Kacey Dr.
Wilder, VT 05088
☎ 802-296-7867

[Connecticut River Moving](#)

Britton Lane
Lyme, NH 03768
☎ 603-236-2993

[Custom Moving & Storage](#)

41 Interchange Dr.
West Lebanon, NH 03784
☎ 603-298-5926

[Daniels Moving Specialists](#)

254 Dartmouth College Hwy
Lebanon, NH 03766
☎ 603-448-1631

[Hanover Transfer & Storage](#)

82 Benning St.
West Lebanon, NH 03784

[Humboldt Storage & Moving*](#)

Nationwide
☎ 781-401-3358

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227 Mechanic St.
Lebanon, NH 03766
☎ 603-448-4203

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[Space Place Self Storage](#)

41 Interchange Dr.
West Lebanon, NH 03784
☎ 603-298-8991

Movie Theaters & Theaters

[Claremont Cinema 6](#)

345 Washington St.
Claremont, NH 03743
☎ 603-543-8910

[Entertainment Cinemas](#)

390 Miracle Mile
Lebanon, NH 03766
☎ 603-448-6660

[Fairlee Drive-In](#)

1809 US Route 5 N.
Fairlee, VT 05045
☎ 603-667-1194

[Hopkins Center](#)

4 East Wheelock St.
Hanover, NH 03755
☎ 603-646-2422

[JAG Productions](#)

5 S. Main St.
White River Jct., VT 05001
☎ 802-332-3270

[Lebanon Opera House](#)

51 N. Park St.
Lebanon, NH 03766
☎ 603-448-0400

[New London Barn Playhouse](#)

84 Main St.
New London, NH 03257
☎ 603-526-6710

[Northern Stage](#)

76 Gates St.
White River Junction, VT 05001
☎ 802-296-7000

[Nugget Theater](#)

57 S. Main St.
Hanover, NH 03755
☎ 603-643-2769

[Opera North](#)

20 West Park St.
Lebanon, NH 03766
☎ 603-448-4141

[Shaker Bridge Theatre](#)

23 Main St.
Enfield, NH 03748
☎ 603-448-3750

[Woodstock Town Hall Theatre](#)

31 The Grn.
Woodstock, VT 05091
☎ 802-457-3981

Museums

[Children's Museum of NH](#)

6 Washington St.
Dover, NH 03820
☎ 603-742-2002

[Currier Museum of Art](#)

150 Ash St.
Manchester, NH 03104
☎ 603-669-6144

[Enfield Shaker Museum](#)

447 NH Route 4A
Enfield, NH 03748
☎ 603-632-4346

[Fort at No. 4](#)

267 Springfield Rd., Route 11
Charlestown, NH 03603
☎ 603-826-5700

[Hood Museum of Art](#)

6 E. Wheelock St.
Hanover, NH 03755
☎ 603-646-2808

[Main Street Museum](#)

58 Bridge St.
White River Junction, VT 05001
☎ 802-356-2776

[McAuliffe-Shepard Discovery Center](#)

2 Institute Dr.
Concord, NH 03301
☎ 603-271-7827

[Montshire Museum](#)

One Montshire Rd.
Norwich, VT 05055
☎ 802-649-2200

[Mt. Kearsarge Indian Museum](#)

18 Highlawn Rd.
Warner, NH 03278
☎ 603-456-2600

[Saint-Gaudens](#)

139 Saint Gaudens Rd.
Cornish, NH 03745
☎ 603-675-2175

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200 Bedford St.
Manchester, NH 03101
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[Fore-U Golf Center](#)

298 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-9702

[Lake Morey Resort](#)

82 Clubhouse Rd.
Fairlee, VT 05045
☎ 800-423-1211

[Storrs Pond Recreation Area](#)

59 Oak Hill Dr.
Hanover, NH 03755
☎ 603-643-2134

[Upper Valley Rowing Foundation](#)

Connecticut River
Hanover, NH 03755
uppervalleyrc@gmail.com

[Upper Valley Rugby](#)

75 Bank St.
Lebanon, NH 03766
uppervalleyrugby@gmail.com

[UV Running Club](#)

51 North Park St.
Lebanon, NH 03766
☎ 603-715-4053

[Upper Valley Trails Alliance](#)

326 Main St.
Norwich, VT 05055
☎ 802-649-9075

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462 Willow Brook Rd.
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☎ 603-510-0030

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[Freeport Village](#)

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Freeport, ME 04032
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Manchester Ctr., VT 05255
☎ 802-362-3736, ext. 300

[Merrimack Premium Outlets](#)

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☎ 603-424-0050

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North Conway, NH 03860
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[Tanger Outlet Tilton](#)

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Tilton, NH 03276
☎ 603-286-7880



Pharmacies

CVS

79 South Main St.
Hanover, NH 03755
☎ 603-643-3178

CVS

250 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-8350

Dartmouth-Hitchcock Pharmacy at Centerra (24 hours)

12 Centerra Pkwy.
Lebanon, NH 03766
☎ 603-653-3785

Hannaford Pharmacy

8 Market St.
West Lebanon, NH 03784
☎ 603-298-6642

Price Chopper

285 North Plainfield Rd. #1
West Lebanon, NH 03784
☎ 603-298-9680

Price Chopper

370 Miracle Mile
Lebanon, NH
☎ 603-448-3753

Rite Aid

Power House Plaza 10 Benning St.
West Lebanon, NH 03784
☎ 603-298-7828

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Colonial Plaza 3 Airport Rd.
West Lebanon, NH 03784
☎ 603-298-5796

Walmart

285 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-5060



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Lebanon, NH 03766
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Dickinson & Son Inc

22 Greensboro Rd.
Etna, NH 03750
☎ 603-643-4333

Eugene Boisvert Plumbing & Heating

105 North Main St.
West Lebanon, NH 03784
☎ 603-298-6888

Hennessy Plumbing and Heating LLC

PO Box 486
Canaan, NH 03741
☎ 603-523-7448

J&B Plumbing & Heating

50 Greensboro Rd.
Hanover, NH 03755
☎ 603-643-5770

Jerm's Plumbing & Heating LLC

7 Central Ave.
West Lebanon, NH 03784
☎ 802-649-7317

[M.E. Pierce Plumbing & Heating](#)

31 Daisy Hill Rd.
Lebanon, NH 03766
☎ 603-448-4122

[Martin's Mechanical Plumbing and Heating](#)

1165 Shaker Hill Rd.
Enfield, NH 03748
☎ 603-632-5862

[Ottauquechee Plumbing & Heating](#)

445 Woodstock Rd.
Woodstock, VT 05091
☎ 802-457-1795

Police/Fire/EMS – Call 911 in an emergency!

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46 Lyme Rd.
Hanover, NH 03755
☎ 603-643-2222

[Lebanon Police](#)

36 Poverty Ln.
Lebanon, NH 03766
☎ 603-448-1212

[Enfield Police](#)

19 Main St.
Enfield, NH 03748
☎ 603-632-7501

[Hanover Fire](#)

40 Lyme Rd.
Hanover, NH 03755
☎ 603-643-3424

[Lebanon Fire](#)

12 S. Park St.
Lebanon, NH 03766
☎ 603-448-8810

[Enfield Fire](#)

25 Union St.
Enfield, NH 03748
☎ 603-632-4332

[Canaan Police](#)

52 Route 118
Canaan, NH 03741
☎ 603-523-7400

[Hartford Police](#)

812 VA Cutoff Rd.
White River Jct., VT 05001
☎ 802-295-9425

[Norwich Police](#)

10 Hazen St.
Norwich, VT 05055
☎ 802-649-1460

[Canaan Fire](#)

62 Route 118
Canaan, NH 03741
☎ 603-523-4850

[Hartford Fire](#)

812 VA Cutoff Rd.
White River Jct., VT 05001
☎ 802-295-3232

[Norwich Fire](#)

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Norwich, VT 05055
☎ 802-649-1133

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Hanover, NH 03755
☎ 603-643-6070

[Housing Solutions Real Estate, LLC](#)

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Lebanon, NH 03766
☎ 603-643-4800

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44 South Main St.
Hanover, NH 03777
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Hanover, NH 03755
☎ 603-643-0599

[The Clerkin Agency, PC](#)

565 Maple Street
White River Junction, VT 05001
☎ 802-295-1355

[Town & Country Realty Associates](#)

26 Tremont Street
Claremont, NH 03743
☎ 800-542-5188

[Vanessa Stone Real Estate, LLC](#)

195 Mechanic St.
Lebanon, NH 03766
☎ 603-727-9153

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[110 Grill](#)

250 N. Plainfield Rd.
West Lebanon, NH 03784
☎ 603-790-8228

[99 Restaurant](#)

10 Benning St.
West Lebanon, NH 03784
☎ 603-298-6991

[Applebee's](#)

280 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-8608

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83 NH 4-A
Lebanon, NH 03766
☎ 603-632-1113



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Hanover, NH 03755
☎ 603-643-2007

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Hanover, NH 03755
☎ 603-643-0202

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Lebanon, NH 03784
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Hanover, NH 03755
☎ 603-643-2966

[C&S Pizza](#)

104 S. Main St.
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☎ 603-523-4314

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1 Glen Rd #14
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☎ 603-298-7775

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☎ 802-295-6400

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West Lebanon, NH 03784
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188 South Main St.
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[Five Guys](#)

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West Lebanon, NH 03784
☎ 603-790-8076

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☎ 603-523-7979

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410 Miracle Mile
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44 S. Main St.
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☎ 603-442-9522

[Jesse's Steakhouse](#)

224 Lebanon St.
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☎ 603-643-4111

[Jewel of India](#)

11 Lebanon St.
Hanover, NH 03755
☎ 603-643-2217

[Koto Japanese Restaurant](#)

288 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-298-2925

[Lalo's Taqueria](#)

24 Hanover St.
Lebanon, NH 03766
☎ 603-727-9327

[Lebanon Village Pizza](#)

45 Hanover St.
Lebanon, NH 03766
☎ 603-448-2772

[Lou's Restaurant & Bakery](#)

30 S. Main St.
Hanover, NH 03755
☎ 603-643-3321

[Lucky's Coffee Garage](#)

1 North Park St.
Lebanon, NH 03766

[Lui Lui's](#)

8 Glen Rd. #11
West Lebanon, NH 03784
☎ 603-298-7070

[Marsh Brothers Deli](#)

55 School St.
Lebanon, NH 03766
☎ 603-727-9329

[Mickey's Roadside Café](#)

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Enfield, NH 03748
☎ 603-632-9400

[Moe's Southwest Grill](#)

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West Lebanon, NH 03784
☎ 603-790-8222

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Hanover, NH 03755
☎ 603-643-4075

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☎ 603-298-9838

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☎ 603-448-3888

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Hanover, NH 03755
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Quechee, VT 05059
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[Skinny Pancake Quechee](#)

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Quechee, VT 05001
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☎ 603-448-1052

[Starbucks-Hanover](#)

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☎ 603-643-4882

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[Starbucks-Target W. Leb.](#)

200 Main St.
West Lebanon, NH 03784
☎ 603-276-4316

[Sushiya](#)

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Hanover, NH 03755
☎ 603-643-4000

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☎ 603-448-0320

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[Tuk Tuk Thai Cuisine](#)

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West Lebanon, NH 03784
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3 South St.
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56 Rainbow St.
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Woodstock, VT
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West Lebanon, NH 03784
☎ 603-298-5477

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254 Plainfield Rd.
West Lebanon, NH 03784
☎ 603-790-8277

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☎ 603-448-5358

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West Lebanon, NH 03784
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Lebanon, NH 03766
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☎ 603-298-8320

[Vanessa's Salon](#)

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West Lebanon, NH 03784
☎ 603-298-7769

[Vivo Salon and Day Spa](#)

119 Mechanic St.
Lebanon, NH 03766
☎ 603-448-5888

[You're Beautiful Salon & Day Spa](#)

1192 US Rte. 4, Unit 5E
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Peru, VT 05152
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Killington, VT 05751
☎ 800-734-9435

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57 Schuss Pass
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☎ 802-496-3551

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Manchester, NH 03101
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77 Okemo Ridge Rd.
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Henniker, NH 03242
☎ 888-728-7732

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3268 Quechee Main St.
Quechee, VT 05059
☎ 802-295-9356

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620 Ragged Mountain Rd.
Danbury, NH 03230
☎ 603-768-3600

[Saskadena Six](#)

247 Stage Rd.
South Pomfret, VT 05067
☎ 888-338-2745

[Smugglers Notch](#)

4323 VT Route 108 South
Jeffersonville, VT 05464
☎ 800-419-4615

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Lebanon, NH 03766
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[Stowe Mountain](#)

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Stowe, VT 05672
☎ 802-253-3000

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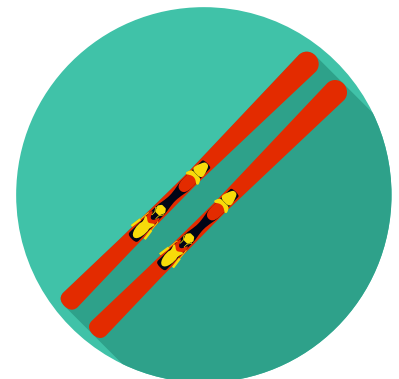
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Stratton Mountain, VT 05155
☎ 800-787-2886

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102 Forrest Dr.
Warren, VT 05674
☎ 802-552-4007

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160 Whaleback Mountain Rd.
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☎ 603-448-5500





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[Meet Up Upper Valley](#)

☎ 603-448-1203

[Upper Valley Young Professionals](#)

PO Box 699
Hanover, NH 03755
uvyp@uvyp.org

[Toast of the Valley Toastmasters](#)

80 S. Main St.
West Lebanon, NH
☎ 603-727-2637
toastofthevalleytm@gmail.com

Sports Teams

[Dartmouth College Athletics](#)

Alumni Gym Rm 112
Hanover, NH 03755
☎ 603-646-2466

[Upper Valley Nighthawks](#)

Maxfield Sports Complex
120 Lesle Dr.
White River Jct., VT 05001

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Northeast Delta Dental Stadium
1 Line Dr.
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South Burlington, VT 05403
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West Lebanon, NH 03784
☎ 603-298-8878

[Manchester-Boston Regional Airport](#)

1 Airport Rd.
Manchester, NH 03101
☎ 603-624-6556

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Boston, MA 02128
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☎ 800-637-0123

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[Southwestern Community Services](#)

(Claremont, Charlestown, Newport)
☎ 800-529-0005

[Tri-Valley Transit](#)

(I-91 Wells River to Lebanon, I-89 Randolph to Lebanon)
☎ 802-388-2287

[Vermont Translines](#)

(Rutland to Lebanon)
☎ 844-888-7267

Commuter Services, Taxis & Shuttles

[Commute Smart New Hampshire](#)

(Carpooling resources for New Hampshire)

✉ admin@commutesmartnh.org

[Enterprise Rent-A-Car](#)

☎ 603-298-0218

[Go! Vermont](#)

(Carpooling resources for Vermonters)

☎ 800-685-7433

[Lyft](#) – Not available in this area

[North Country Shuttle Service](#)

345 Miracle Mile

Lebanon, NH 03766

☎ 603-448-0538

[Park & Ride Lots – NH / VT](#)

(Carpooling resources for NH/VT)

[Uber](#) – Extremely limited/not available in this area

[Zipcars](#)

(Local hourly car rental)

Trains

[Amtrak](#)

102 Railroad Row

White River Junction, VT

☎ 802-295-7160

Other Resources

[Vital Communities](#)

☎ 802-291-9100



Veterinary Services

[Cardigan Veterinary Clinic](#)

200 US Route 4
Canaan, NH 03741
☎ 603-632-7500

[Hanover Veterinary Clinic](#)

391 North Main St.
West Lebanon, NH 03784
☎ 603-643-3313

[Lyme Veterinary Hospital](#)

48 High St.
Lyme, NH 03768
☎ 603-795-2747

[Norwich Regional Animal Hospital](#)

13 Foggs Farm Rd.
White River Junction, VT 05001
☎ 802-296-2273

[River Road Veterinary Clinic](#)

445 US 5 N.
Norwich, VT 05055
☎ 802-649-3877

[Riverbend](#)

7 River Rd.
Plainfield, NH 03781
☎ 603-298-8381

[Small Animal Veterinary Emergency Services \(SAVES\)](#)

63 Evans Dr.
Lebanon, NH 03766
☎ 603-306-0007

[Stonecliff Animal Clinic](#)

227 Mechanic St.
Lebanon, NH 03766
☎ 603-448-2611

[Stoney Brook Veterinary Hospital](#)

88 Riverside Dr.
Lebanon, NH 03766
☎ 603-448-4448

[Upper Valley Veterinary Services/Animal Medical Center of the Upper Valley](#)

77 Etna Rd.
Lebanon, NH 03766
☎ 603-448-3534

[Veremedy Pet Hospital](#)

829 Hartford Ave.
White River Junction, VT 05001
☎ 802-295-6900

