

# Planning for the Future

NEW HAMPSHIRE

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UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

## Youth, Families & Communities

UNH Cooperative Extension's Family, Community and Youth programs help families succeed by offering educational opportunities designed to meet the needs of people at all stages of the life cycle. New Hampshire residents can find resources for:

- Enhancing nutrition and keeping food safe
- Achieving family financial goals
- Parenting and quality child care
- Addressing the needs of limited resource families
- Developing the potential of young people through 4-H Youth Development programs
- Leadership development
- Learning how to give back to the communities in which they live
- Volunteerism
- Community needs assessments and action plans
- Life skills for adults and youth

## Natural Resources

Cooperative Extension's Natural Resources programs focus on wise management and use of natural resources.

Programs include:

- Caring for New Hampshire's forests
- Sustainable agricultural systems
- Rural economic development
- Assisting communities with conservation of natural resources
- Coastal, marine and freshwater education
- Enhancing wildlife habitat
- Achieving farm and forest business goals
- Protecting land, water and open space
- Nutrient management to protect water resources
- Preserving community "rural character"
- Volunteer water quality monitoring
- Geospatial Technologies

UNH Cooperative Extension  
County Offices

**Belknap County**  
(603) 527-5475 email: [ce.belknap@unh.edu](mailto:ce.belknap@unh.edu)

**Carroll County**  
(603) 539-3331 email: [ce.carroll@unh.edu](mailto:ce.carroll@unh.edu)

**Cheshire County**  
(603) 352-4550 email: [ce.cheshire@unh.edu](mailto:ce.cheshire@unh.edu)

**Coös County**  
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**Grafton County**  
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**Hillsborough County**  
Milford  
(603) 673-2510 email: [ce.hillsborough@unh.edu](mailto:ce.hillsborough@unh.edu)  
Goffstown  
(603) 621-1478 email: [ce.goffstown@unh.edu](mailto:ce.goffstown@unh.edu)

**Merrimack County**  
(603) 225-5505 (from Concord area)  
(603) 796-2151 email: [ce.merrimack@unh.edu](mailto:ce.merrimack@unh.edu)

**Rockingham County**  
(603) 679-5616 email: [ce.rockingham@unh.edu](mailto:ce.rockingham@unh.edu)

**Strafford County**  
(603) 749-4445 email: [ce.strafford@unh.edu](mailto:ce.strafford@unh.edu)

**Sullivan County**  
(603) 863-9200 email: [ce.sullivan@unh.edu](mailto:ce.sullivan@unh.edu)

**Family, Home & Garden Education Center**

470 Commercial Street  
Manchester, NH 03101  
(603) 629-9494  
Toll free 1-877-398-4769



**New Hampshire 4-H Camps**

Bear Hill 4-H Camp, Allenstown  
Barry Conservation Camp, Berlin  
Stoney Point Cottage, Colebrook  
(603) 862-2132 or 862-2184



**Sea Grant Extension**

Kingman Farm, UNH  
Durham, NH 03824  
(603) 749-1565 email: [seagrant@unh.edu](mailto:seagrant@unh.edu)



**UNH Cooperative Extension  
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