

Welcome to the Fall 2026 semester.

For those of you who don't know me, I would like to introduce myself to you and let you know that I [support students experiencing challenges or pressures in any non-academic areas](#) so please see me if you find yourself struggling with anything that makes focusing on your schoolwork difficult. Below is a summary of the areas I can help with:

- **Food Pantry** - The College has a very well-stocked pantry available to all students, should you find yourself in need. Please feel free to use this as often as you need to. No appointment necessary, it is located in the Herons Nest and available when the campus is open.
- **Community Resources** – If you need help securing benefits (SNAP, Medicaid, Social Security, Market Place, etc.) and resources (WIC, Fuel Assistance, Legal Aid, etc.) that might be available to you, I can help guide you through the application process for these benefits.
- **Mental Wellbeing** - If you are experiencing anxiety or depression, I can provide you with support and resources that could help. Remember, the [NH Rapid Access Line](#), 833-710-6477 or [988](#) is always available to call should you be in crisis and needing immediate help.

I am located in the [Heron's Nest](#) which is down in the Student Success Center next to the Fitness Room. The Heron's Nest is designed to be a safe and welcoming place for all students to visit. My email is jdockery@ccshn.edu and my office phone 603 427 7704.

I am here to help you succeed and I wish you a strong start to the new semester.

Julie