MSAD 35 SCHOOL COUNSELORS

November 2, 2026

Dear Marshwood Families:

As the holiday season approaches, we recognize it can be a joyful yet challenging time for some families. If your family is experiencing financial strain, the following local resources may help make the season a bit brighter.

Social Services Hubs:

MainSpring Collective (22 Shapleigh Rd. in Kittery): A welcoming social services hub that connects individuals and families with the support they need. With food, housing, health, and other essential resources available in one place, Mainspring makes it easier for community members to access help and feel supported.

Footprints Food Pantry offers a variety of free food resources, including:

- Community Supper: Thursdays, 4-5pm (dine in or take out options)
- Breakfast Café: Tuesdays & Thursdays, 7–9 a.m.
- Market: Open Monday–Friday
- Food Lockers: Temperature-controlled lockers for families who can't make it to the market
- Cooking Classes: Free classes offered throughout the year
- School Snacks: Dropped off monthly during the school year
- Free Laundry: In partnership with Kittery Launderette
- SPCA Vet Clinic: Free quarterly veterinary clinics

Fair Tide Thrift Store offers affordable clothing and housewares while helping support Mainspring's Housing and Case Management Program.

If you or a family you work with could use support, Mainspring is here to help. Everyone is welcome. Reach out at info@mainspringcollective.org.

Local Food Pantries:

- Neighbors Food Pantry: 912 Dow Highway, Eliot Baptist Church, (207) 748-1248
- South Berwick Community Food Pantry: 71 Norton St., (207) 384-4324
- The Community Food Pantry: 176 West High St. Somersworth, NH, (603) 692-2907
- Table of Plenty: 8 Whipple Rd. (St. Raphael's Church), Kittery, ME, (207) 517-7000
- House of Hope: 25 Sawmill Hill, Berwick, ME, (207) 698-9944 .
- Gather: Based in Portsmouth but serving the seacoast of NH/Maine with a food pantry market and mobile markets.
- Seeds of Faith Food Pantry: 1 Front Street, Suite #160, Rollinsford, NH 03869
- Thresher Memorial Food Pantry: For PSNY Families open 24/7. Building 181 Side entrance

Community Fridges & Other Food Resources:

- Community Fridges (Open 24/7 - stocked by community members. Donations are encouraged!)
  - MMS - Side door by the gym (former voting entrance)
  - MHS - Loading dock side of cafe (student drop off area)

    - GWS - Small food pantry by bike rack (student drop off area)
- Seacoast Community Fridge: Organized by Reds Good Vibes Food Truck. There are fridges in Kittery, Exeter and Portsmouth.
- Harvest Market: Offers bonus bucks for SNAP/EBT users. Winter Market in South Berwick at Great Works School on Sundays
- Big Love One Community: Small self serve pantry in North Berwick.
- Seacoast Community Lunch: Free weekly meal on Wednesdays from 12-1 PM at Middle Street Baptist Church
- Kittery Community Center: Soup's On Free Meal. 11:30-1pm at Kittery Community Center and open to everyone. 3rd Wednesday of every month drop in for a soup, salad and dessert.
- Community Closets are set up at MMS and MHS with various resources for students.

Eliot Connects Care Kits:

- These kits, which were put together by local volunteers, contain items such as mittens, hats, socks, chapsticks, toothbrushes, toothpaste, holiday treats, hand warmers, art supplies and games. If you would like your student to receive a kit, please contact your student's school counselor.

Holiday Assistance Programs:

- Our police departments work with local businesses and community members to "adopt" families each holiday season through their Giving Tree programs. If you are interested in having extra support with gift giving this season, please see the contact information below.
    - **South Berwick:** Contact Bridget Pote (bpote@sbpd.us)
    - **Eliot:** Non-emergency number - (207) 439-1179
    - **Rollinsford, NH:** Non-emergency number - **(**603) 742-8549
- Operation Blessings in Portsmouth: Holiday assistance program for both Thanksgiving and Christmas gift assistance
- Seacoast Holiday: online Facebook group to support families in need

We encourage you to reach out to us and/or these organizations if you are in need of assistance. You can also check out the web pages below for more resources and information:

MMS Resources for Families
MHS School Counseling Resource Page

Sincerely,

The MSAD 35 School Counselors

Bess Kiernan, Eliot Elementary School (bess.kiernan@rsu35.org)
Sheila Cleary, Central Elementary School (sheila.cleary@rsu35.org)
Kate Potvin, Great Works School (katherine.potvin@rsu35.org)
Sarah Camp, Marshwood Middle School (6th graders White, 7th graders, sarah.camp@rsu35.org)
Kathleen Ring, Marshwood Middle School (6th graders Purple, 8th graders, kathleen.ring@rsu35.org)
Lindsay Edson, Marshwood High School (9th graders, lindsay.edson@rsu35.org)
Caroline Alaimo, Marshwood High School (A-E, caroline.alaimo@rsu35.org)
Angie Littlefield, Marshwood High School (F-M, angie.littlefield@rsu35.org)
Katelyn Leboeuf, Marshwood High School (N-Z, katelyn.leboeuf@rsu35.org)
Kyle Lontine, Marshwood High School (CTE Students) (kyle.lontine@rsu35.org)