Kennebec/Somerset County

Transition Team

Community Resource Guide for Job Seekers

What is the Kennebec/Somerset County Transition Team?

The Kennebec/Somerset Transition Team is comprised of community members that are concerned about their neighbors who are in the throes of unemployment. With individuals representing social service agencies, state and municipal offices, health care, employment agencies, education, workforce development and training organizations, local businesses, as well as other interested individuals, this team recognizes its role as a provider of information, resources, and support to people who have lost their jobs.

Transition Team Partners

Central/Western Maine Workforce Investment Board
Congressman Michael H. Michaud
Congresswoman Chellie Pingree
Crisis and Counseling Centers, Inc.
Kennebec Valley Community Action Program
Kennebec Valley Community College
Kennebec Valley Council of Governments
Maine CareerCenters
Maine DECD Office of Business Development
Maine Department of Labor
Mid-Maine Chamber of Commerce
Mid-Maine Regional Adult Community Education
Lawrence Adult Education
Sebasticook Valley Hospital
Senator Angus King
Senator Susan M. Collins
Somerset County Association of Resource Providers (SCARP)
Somerset Economic Development Corporation
Town of Pittsfield
United Way of Mid-Maine
USDA Rural Development
Waterville Public Library
Women, Work, and Community

The Resource Guide for Job Seekers is available electronically. For more information, contact Dana Hamilton by email at danah@kvcap.org or by phone at (207) 859-1584

Table of Contents

Pg. 4 .....Important Numbers

Pg. 5 .....Resources Available To Assist Consumers

Pg. 6 .....Business Development

Pg. 8 .....Children & Family Services

Pg. 11 .....Clothing & Housewares

Pg. 12 .....Domestic Violence

Pg. 13 .....Education —Adult Ed and Local Colleges

Pg. 14 .....Education Services

Pg. 15 .....Employment & Training Services

Pg. 16 .....Financial Information & Assistance

Pg. 17 .....Food & Nutrition

Pg. 20 .....General Assistance

Pg. 25 .....Health Services

Pg. 28 .....Housing & Shelter

Pg. 29 .....Legal Services

Pg. 30…….…….Libraries

Pg. 33 .....Maine's Congressional Delegation & Legislators

Pg. 34 .....Mental Health/Substance Abuse Services

Pg. 36 .....Seniors

Pg. 37 .....Transportation & Utilities

Pg. 38 .....Veterans Services

Pg. 39 .....State CAP Agencies

Important Numbers

211Maine.org 211
Connects you to services statewide—including heating and utility resources.

Adult Learning Opportunities 1-207-875-2722

Al-Anon Anonymous 1-888-425-2666

Alcoholics Anonymous 1-800-737-6237

Maine Alzheimer's Association 1-800-660-2871
24 hour helpline, Statewide

Suspected Child Abuse or Neglect 1-800-452-1999
TTY 1-800-963-9490

Domestic Violence
Family Violence Project (Kennebec & Somerset counties) 1-877-890-7788
Spruce Run (Penobscot county) 1-800-863-9909

Food Stamp Hotline 1-800-452-4643

Mental Health Crisis/Substance Abuse 1-888-568-1112
24 hour hotline

Mental Health, Warm Line 1-866-771-9276
A non-crisis phone line for persons with mental illness and their families
Open 5pm – 8 am, 7 days a week

Narcotics Anonymous 1-888-773-999

Poison Control Center 1-800-222-1222

Runaway National Safeline .....1-800-621-4000 or
..... 1-800- RUNAWAY

Sexual Assault/Rape Response 1-800-313-9900

Unemployment Call Center—Benefits Claims 1-800-593-7660

Resources Available To Assist Consumers

Credit Reporting Agencies
Credit bureaus or credit reporting agencies collect and store data provided by many of your creditors. The credit bureaus then assemble and deliver the information, for a fee, to their business customers. You can obtain a free copy of your credit report at:
www.annualcreditreport.com
1-877-322-8228
Or
Annual Credit Report Request
P.O. Box 105283
Atlanta, GA 30348

Debt Management Companies
Any company offering debt management services (credit counseling) in Maine must be registered with the Office of Consumer Credit Regulation. Only non-profit organizations are allowed to offer these services in Maine.

Maine Office of Consumer Credit Protection
35 State House Station
Augusta, ME 04333-0035
Tel: 624-8527 or 1-800-332-8529

For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at:
http://www.maine.gov/pfr/consumercredit/index.shtml

Maine Attorney General's Office
Public Protection Unit
#6 State House Station
Augusta, ME 04333-0006
Tel: 626-8800 (Lines open from 9am to 12pm)
www.maine.gov/ag

Maine Lawyer Referral & Information Services
Maine State Bar Association
PO Box 788
Augusta, ME 04332-0788
Tel: 622-7523 or 1-800-860-1460
For details go to Website:
www.mainebar.org/lawyer_need.asp

Maine Revenue Services
24 State House Station
Augusta, ME 04333-0024
Tel: 287-2076 Fax: 624-9694
http://maine.gov/REVENUE

Penquis
Penquis provides financial education and budgeting assistance.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
119 Main St., Lincoln, ME 04457
Tel: 794-3093
50 North St., Dover-Foxcroft, ME 04426
Tel: 564-7116
www.penquis.org

Taxes
Internal Revenue Service
68 Sewall St., Augusta, ME 04330
Tel: 622-1508
324 Harlow St., Bangor, ME 04401
Tel: 942-8573
www.irs.gov

Unemployment Claims Centers-Maine Department of Labor
Unemployment is an insurance program providing temporary, partial wage replacement to workers who are unemployed through no fault of their own.
97 State House Station, Augusta, ME 04332-1092
Tel: 1-800-593-7660
Fax: 287-5905
www.file4ui.com

Volunteer Lawyers Project
Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.
Tel: 1-800-442-4293
Hotline hours: M,T 9-12 & 1-4; W,F 9-12; Th 1-4
http://vlp.org

Women, Work & Community
State
Tel: 1-800-442-2092
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
1University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482
Statewide non-profit organization that provides training for men and women on starting a business, personal finances and other workshops.
www.womenworkandcommunity.org

Business Development

Eastern Maine Development Corporation
EMDC can help your business expand and grow in Eastern Maine, whether you are a start-up, a micro-business or an established business of any size. Serves 6 counties: Hancock, Knox, Penobscot, Piscataquis, Waldo, and Washington Counties.
40 Harlow Street, Bangor, ME 04401
Tel: 942-6389 or 1-800-339-6389 Fax: 942-3548
www.emdc.org

Kennebec Valley Council of Governments (KVCOG)
Provides free business counseling services to persons interested in starting a business and to persons with existing businesses seeking to expand. Also makes loans to eligible businesses typically in partnership with the borrower's bank. Serves Kennebec, Somerset and western Waldo counties.
17 Main St., Fairfield, ME 04937
Tel: 453-4258
www.kvcog.org

Maine Department of Economic and Community Development
Employers can get business development assistance and displaced workers can investigate starting new businesses by contacting this department and some of their online resources. Get answers to questions regarding licensing, permits, taxes, financing and more:
www.econdevmaine.com
Tel: 624-9800
Business Answers
On line service to assist in starting and conducting business in the State of Maine.
In-state: (800) 872-3838 Out-of-state: (800) 541-5872
www.Maine.gov/businessanswers

Maine Small Business Development Centers
Provides comprehensive business management assistance, training and information services to Maine's small business community.
Maine SB Service Center: Fairfield
CEI at Kennebec Valley Council of Governments
17 Main St
Fairfield, ME 04937-1119
Tel: 453-4258 ext. 14
Maine SB Service Center: Bangor
Tel: 942-1744
Maine SB Service Center: Augusta
Tel: 620-3521
www.mainesbdc.org
Maine SBDC Outreach Office: Fairfield
Fairfield CATDC Biotech (by appointment)
Maine's Applied Technology Centers
50 Eskelund Dr.
PO Box 149
Fairfield, ME 04937-1378

Maine Small Business Development Centers—continued
Maine SBDC Outreach Office: Skowhegan
Tel: 453-4258 Ext. 16
Maine Business Works
On-line business development resource for Maine
www.mainebusinessworks.com
Contact Wiscasset Office: 882-4340

MaineStream Finance
Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500
www.mainestreamfinance.org

Somerset Economic Development Corporation
SEDC provides free business counseling and planning services to people in Somerset County that are considering starting a business or existing businesses that are seeking to expand. We also have loan services available to eligible borrowers for equipment, real estate or working capital needs. We work with the borrower's bank or other sources of capital to assist in the financing of new and existing businesses.
41 Court Street
Skowhegan, ME 04976
Tel: 474-0166
www.somersetcountymaine.org.

The University of Maine Cooperative Extension
Assistance is provided to small and home based businesses that are in the thinking and start up phase. Workshops are provided to address many topics. Business consultations, which are free and confidential, are scheduled by appointment.
307 Main Ave., Bangor, ME 04401
Text: 735-4145 or call 1-800-287-0274
TTY: 1-800-287-8957
http://extension.umaine.edu

US Department of Agriculture
Rural Development
Business loans to applicants starting a business and current business owners can provide community loans to towns and cities.
Somerset, Waldo, Penobscot Counties
967 Illinois Ave., Suite 4, Bangor. ME 04401
Tel: 990-9160
Kennebec County
254 Goddard Rd., Lewiston, ME 04241
Tel: 753-9400
www.rurdev.usda.gov/rbs/index.html

Business Development—continued

University of Southern Maine
FastTrac Business Management Training offers essential business information to help you develop your entrepreneurial skills and build your business on a strong foundation.
Heart of Maine RC&D
1423 Broadway, Bangor, ME 04401
Tel: 947-6622 x 5
www.usm.maine.edu/cesb/programs.html

Women, Work & Community
Statewide non-profit organization that does training for men and women on starting their own business, personal finances and other workshops. Please call our toll free number for an appointment for any of the locations listed below.
State
1-800-442-2092
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
1 University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St.,, Waterville, ME 04901
Tel: 872-9482
www.womenworkandcommunity.org

Children & Family Services

Care & Comfort
Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.
180 Main Street, Suite 4
Waterville, ME 04901
872-5300 or
1-800-366-5302
www.careandcomfort.com

Charlotte White Center
Children's Case Management services; Adult Community Integration Case Management services; Children's Rehabilitative In-home & Community Support for children with a mental health diagnosis or a diagnosis of autistic disorder or developmental delay. Please contact our administration office at:
564-2464 or (888)440-4158
www.charlottewhitecenter.com

Community Care
Therapeutic foster care and adoption services.
98 North Ave., Skowhegan 04976
Tel: 858-0067
www.caremaine.org

DHHS Voucher Program
The voucher program helps eligible parents/guardians pay the fees for child care in licensed or registered facilities, (private day care is allowed pending approval i.e. background check and limited children). To receive a voucher, parents or guardians must be employed; in training or an educational program, or enrolled in substance abuse treatment (limited funding available for individuals enrolled in substance abuse treatment program). There is a waiting list for eligible applicants.
35 Anthony Ave., 11 State House Station
Augusta, ME 04333
(207) 624-8090 or 1-800-606-0215-TTY
http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm

The Children's Center
Provides inclusive, early education, childcare, speech and language therapy, occupational therapy, specialized treatment services, behavioral health services, outpatient mental health services, assessments and evaluations. Also provides support with Case Management Services, available for children ages birth through twelve (12) years of age who have a developmental or mental health diagnosis (or who are at-risk for developing such diagnoses). In addition, provides rehabilitative support services, in home and community, for children ages two (2) to eight (8) years of age who need support with improving or maintaining behavioral and functional skills.
1 Alden Ave., Augusta, ME 04330
Tel: 626-3497 or 1-800-894-6264
48 South Factory Street, Suite 2 Skowhegan, ME 04976
Tel: 399-2060
www.childrenscenteraugusta.com

Child Care Options
337 Maine Avenue
Farmingdale, ME 04344
582-3110 or 1-800-525-2229
www.skcdc.org
Child Care Options provides information and referral services to parents in Kennebec & Somerset counties looking for licensed or registered providers. Provides training to providers at no cost. Trainings are also available for parents. Assistance is available to parents in choosing the appropriate type of care for their child(ren) - Center, Family Day Care, Before and After School or In-home Care.
Video and printed resource materials on a wide variety of topics such as parenting, child development, nutrition and discipline are available at no cost to parents.

CDS (Child Development Services)
- Provides case management and direct instruction for children birth through age five and their families.
- Conducts ChildFind (the process of identifying children with disabilities) screenings and evaluations for children birth through age five.
- Identifies eligible children through Part C or Part B and secure local service access for services.
- Provides Early Intervention and Special Education programming in the following areas:
  Physical Gross/Fine motor skills; cognitive; communication (Speech and Language); Social/Emotional; Adaptive

Northern Kennebec/Somerset
163 Silver St., Waterville, ME 04901
Tel: 877-2498 Fax: 877-7459
Penobscot County
250 State Street, Brewer, ME 04401
Tel: 947-8493 Fax: 990-4819
www.maine.gov/education

Children & Family Services—continued

Home Counselors Inc.
Home Based Family Services: Intensive, short term, home based counseling to help families provide safe home environments in order to reduce the risk of out of home placement of children in Somerset & Kennebec Counties. Families must be MaineCare eligible.
Augusta: 621-0191
Hinckley: 453-0060
Madison: 696-8200

Alternative Response Services: Case management for low and moderate risk families referred by DHHS to ensure that children at risk of abuse or neglect (and their families) receive needed services appropriate to their level of assessed risk. Both non-MaineCare and MaineCare families are eligible in Somerset and Kennebec Counties.
Kennebec County: 621-0191
Somerset County: 453-0060

Supervised Family visitation
Provision of court ordered or DHHS requested supervised or facilitated visitation in a safe environment, both office and community based, between child in the custody of DHHS and members of their family. Both MaineCare and non-MaineCare families are eligible in Somerset and Kennebec Counties.
Kennebec County: 621-0191
Somerset County: 696-8200

Locations
280 State Street
Augusta, ME 04330

160 Old Point Avenue
Madison, ME 04950

13 Tobey Road
Hinckley, ME 04944

Community Health & Counseling
Individual/group/family therapy services, long term and therapeutic foster care, home-based services
78 Madison Ave., Skowhegan, ME 04976
Tel: 858-4860 or 1-800-437-9227
PO Box 28, E. Winthrop, ME 04343
Tel: 395-2555 or 1-800-291-6021
www.chcs-me.org

Crisis and Counseling Centers
10 Caldwell Road, Augusta, ME 04330
Tel: 626-3448 or 1-888-568-1112
If calling from a cell phone in Somerset or Kennebec County: 621-2552
www.crisisandcounseling.org

GEAR Parent Network
A statewide family support network whose primary focus is on the emotional, behavioral, mental and social health of all children, youth and their families. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health concerns to build on their family's strengths and to advocate for their family's needs. Free services available to parents & families include: support by phone, monthly support groups, education, health & legal trainings and social opportunities.
Tel: 1-800-264-9224
www.gearparentnetwork.com

KVCAP Child Care & Head Start
97 Water St., Waterville, ME 04901
Tel: 859-1645
28 Mary St., Skowhegan, ME 04976
Tel: 474-8487 ext. 2520 or both locations at - 1-800-542-8227
www.kvcap.org

Full Day/Full Year Head Start & Child Care Centers serving children ages 0-5:
Waterville CDC; Waterville Early Head Start; KVCC; Skowhegan Child Development Center; Home Start – Fairfield, Waterville & Ripley

Part Day/Part Year Head Start Programs serving children ages 3-5:
Kennebec Preschool, KVCAP Waterville; Waterville Pre-K,Educare; Fairfield Preschool, Pittsfield, Hartland, Palmyra, St. Albans, Madison, Anson, Norridgewock, Skowhegan Before and After School Program

Home Based - Child Development services delivered to parents and children in their homes

Children & Family Services—continued

KidsPeace National Centers for Kids in Crisis
Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, autistic spectrum disorder and counseling. Serves New England
744 Western Avenue, Ste.4, Manchester, ME 04351
Tel: 622-1404
444 Stillwater Avenue, Ste. 204 Bangor, ME 04401
Tel: 299-1414 or 1-800-221-7965

www.kidspeace.org

Maine Parent Federation
Provides information, training and support to parents of children with disabilities and special health care needs and the professionals who work with the families.
484 Maine Ave, Suite 2D, Farmingdale, ME 04344
Tel: 588-1933 or 1-800-870-7746 Fax: 588-1938
www.startingpointsforme.org

My Maine Connection
Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.
http://www.maine.gov/MyMaineConnection

Catholic Charities Maine
Children's Case Management provides case management services to children with mental health needs, developmental disabilities and chronic medical conditions, ages 0-20. Services may also be provided to children under 5 years old if they are documented to be "at-risk" of developing such a condition by a medical provider. Through a variety of services from assessment through advocacy and evaluation, we seek to encourage and build independence, enhance functioning in home, school and community and empower children to achieve their optimal potential.

Functional Family Therapy is a short-term, evidence-based program that is offered in your home or office based setting, whichever is more comfortable for your family. FFT therapists are licensed Master's level clinicians who receive on-going, specialized training through FFT, Inc., and are held to the highest fidelity standards to promote successful treatment outcomes.
Locations:

66 Western Avenue
Fairfield, ME 04937
(207) 453-4365

136 State Street
Augusta, ME 04438
(207) 238-8635

Penquis CAP Head Start
A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parent involvement components. Services are provided to 3, 4, and 5 year old children at sites in Penobscot and Piscataquis Counties.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
www.penquis.org

Southern Kennebec Child Development Corporation
Head Start and Day Care for the Augusta area
337 Maine Avenue, Farmingdale, ME 04344
Tel: 582-3110 or 1-800-525-2229
www.skcdc.org

Waterville Boys & Girls Club and YMCA
126 North St., Waterville, ME 04901
Tel: 873-0684
www.aplaceforkidstogo.org

Clothing & Housewares

Addie's Attic - St. Mark's Episcopal Church
9 Summer St., Augusta, ME 04330
Tel: 622-2424

Bear-ly Used Boutique
104 Kennedy Memorial Drive, Waterville, ME 04901
Tel: 872-5055

Becky's Second Time Around
125 Maine St., Winthrop, ME 04364
Tel: 377-6143

Community Clothes Closet
Methodist Church
103 Dr. Mann Road, Skowhegan, ME 04976
Tel: 474-3915

HVWA Resale Shop
304 Main St., Waterville, ME 04901
Tel: 873-3615 ext. 13

Clothes Closet
101 Spring St., Gardiner, ME 04345
Tel: 582-5188

Goodwill Retail Store
5 Senator Way, Augusta, ME 04330
Tel: 623-1774

Goodwill Retail Store
10 Concourse West
Waterville, ME 04901
Tel: 877-0673

Ken-A-Set Thrift Store
1 College Ave
Waterville, ME 04901
Tel: 873-3932

Pennywise – Thrift Shop
First Congregational Church
134 Somerset Ave., Pittsfield, ME 04967
Tel: 487-4760

Salvation Army Store
184 College Ave, Waterville, ME 04901
Tel: 680-2531

Skills Thrift Store
78 Water Street, Skowhegan, ME 04976
Tel: 474-2117

Palmyra Clothes Cupboard
190 Springhill Road
Palmyra, ME 04965
Tel: 938-2683

Domestic Violence

Family Violence Project
PO Box 304, Augusta, ME 04332
Tel: 623-8637
PO Box 3104, Skowhegan, ME 04976
Tel: 474-8860
Hotline: 1-877-890-7788 (24 hour)

Men's Work
Offers group education for men who have verbally, mentally or physically abused a woman in a relationship. Because many men who abuse their partners have abused their children as well, Menswork groups also address the connections between intimate partner abuse and child abuse.
218 Water St., Augusta, ME 04330
Tel: 623-7252

Sexual Assault Crisis Support Center
134 Main St., Winthrop, ME 04364
Tel: 377-1010 Hotline: 1-800-871-7741
18 Silver St., Suite 3, Waterville, ME 04901
www.silentnomore.org

Spruce Run
Serves people affected by domestic abuse. Services include a 24 hr hotline (7 days a week), support groups, education groups, children's services, shelter, training & education.
PO Box 653, Bangor, ME 04401
Tel: 945-5102 Hotline: 1-800-863-9909

Victim/Witness Advocate
Services provide help to any victim of, or witness to a crime. Short term counseling, emergency assistance with law enforcement, judicial system guidance and support.
District Attorney, Somerset County, Skowhegan, ME 04976
Tel: 474-2423
Kennebec County Court House, 95 State St. Augusta, ME
Tel: 623-1156

Education

Adult Education

Augusta Adult & Community Education
33A Union St., Augusta, ME 04330
Tel: 626-2470

Mid Maine Regional Adult & Community Education
Waterville/Winslow Office
1 Brooklyn Ave., Waterville, ME 04901
Tel: 873-5754
Or
Messalonskee Office
131 Messalonskee Dr., Oakland, ME 04963
Tel: 465-9134
www.waterville.maineadulted.org

Mt. View Adult & Community Education
577 Mt. View Rd., Thorndike, ME 04986
Tel: 568-3426
www.msad3.org

MSAD 13 Adult Education
125 Canada Rd., Moscow, ME 04920
Tel: 672-5572
www.sad13.com

RSU 19 Adult Education
266 Williams Road, Newport, ME 04953
Tel: 368-3290
www.rsu19.org

MSAD 53 Adult & Community Education
Warsaw Middle School
167 School St., Pittsfield, ME 04967
Tel: 487-5145
www.msad53.org

RSU 54 / MSAD 54 Adult & Community Education
High School Diploma, Office Skills, CNA, CDL & more
Academy Circle, Skowhegan, ME 04976
Tel: 474-7553
www.msad54.maineadulted.org

MSAD 74 Adult Education
PO Box 87, North Anson, ME 04958
Tel: 566-7302
www.msad74.org

RSU/MSAD11 Adult Education
40 West Hill Rd., Gardiner, ME 04345
Tel: 582-3774
www.msad11.maineadulted.org

Lawrence Adult Ed.—MSAD 49
4 School St., Fairfield, ME 04937
Tel: 453-4200 ext 3114
www.lawrenceadulted.org

RSU 38 Maranacook Adult Education
2250 Millard Harrison Dr., Readfield, ME 04355
Tel: 685-4923 ext. 1065
http://adulted.maranacook.org

Local Colleges

Beal College
Provides traditional & non traditional students with a quality education in Allied Health, Business Studies, Criminal Justice, Early Childhood Education, Social & Human Services, and Professional Office Technology & Support. Day and evening courses available with six start date options per year.
99 Farm Rd., Bangor, ME 04401
Tel: 1-800-660-7351
www.bealcollege.edu/

Eastern Maine Community College
EMCC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.
354 Hogan Rd., Bangor, ME 04401
Tel: 974-4600 or 1-800-286-9357 ext 4680
www.emcc.edu

Husson University
Offers 2 & 4 year programs in Accounting, Business Administration, Criminal Justice, Computer Information Systems, and Business & Technology. Financial Aid is available.
One College Circle, Bangor, ME 04401
Tel: 941-7121 or 1-800-448-7766
www.husson.edu

Kennebec Valley Community College
Admissions/Financial Aid—453-5035
92 Western Ave., Fairfield, ME 04937
Tel: 453-5000 or 1-800-528-5882
www.kvcc.me.edu

University of Maine at Augusta
Regional state university providing baccalaureate and select associate degrees to meet the educational, economic and cultural needs of Central Maine. Additionally, UMA offers several bachelor degrees statewide through University College outreach centers.
46 University Dr., Augusta, ME 04330
Tel: 621-3000 or 1-877-862-1234
www.uma.maine.edu

Education Services

Bonney Staffing & Training Center
Temporary staffing firm for office and light industrial positions in the Augusta area. Job listings available.
124 State St., Augusta, ME 04330
Tel: 621-1100 or 1-888-433-0693
www.bonneystaffing.com

Helping Hands Trade School
Helping Hands offers ongoing classes in the healthcare field. These courses are designed for both entry level positions and advanced training in specific occupations.
Hours-M-F, 7:30-3:30
410 China Rd., Winslow, ME 04901
Tel: 873-0011 or 1-800-777-8976
www.helpinghandstradeschool.com

Kennebec Learning Center
Day program for Augusta Adult Education. Provides high school diploma, GED and college prep classes.
Hours: M-Th, 8:30 am-9:00 pm
33A Union St., Augusta, ME 04430
Tel: 626-2528
www.augustaschools.org/schools/adult_education/index.php

Literacy Volunteers of Maine
Provides one on one reading help for adults wanting to improve reading skills. Assistance available for individuals of a variety of reading levels at no cost.
Augusta
Literacy Volunteers of Greater Augusta
12 Spruce St., Suite 2, Augusta, ME 04430
Tel: 626-3440
Waterville
Literacy Volunteers of Waterville
PO Box 1645
107 Kennedy Memorial Dr., Waterville, ME 04901
Hrs: T, W, F, 10 am-2 pm
Tel: 873-7786
Franklin & Somerset Counties
Literacy Volunteers of Franklin & Somerset County
108 Fairbanks Rd., Suite 3, Farmington, ME 04938
Tel: 778-3460

Maine Educational Opportunity Center
Provides assistance with preparing for post secondary education
University of Maine, 5713 Chadbourne Hall, Orono
Tel: 581-1226 or 1-800-281-3703
http://meoc.maine.edu

Penobscot Job Corps Center
Education and vocational skills training to help young people become job ready. Applicants do not need a high school diploma. Job Corps provide residences for students.
1375 Union St., Bangor, ME 04401
Tel: 990-3000 or 1-800-733-5627
www.jobcorps.gov

University of Maine Cooperative Extension
Somerset Office
Provides information on the following: nutrition & food, resources, agriculture, dairy, natural resource management, 4-H, family financial management and senior companion program.
7 County Dr., Skowhegan, ME 04976
Tel: 474-9622 or 1-800-287-1495
Kennebec Office
Provides information on the following: health & nutrition education, resources, agriculture, dairy, natural resource management, and 4-H
125 State St., 3rd Floor, Augusta, ME 04330
Tel: 622-7546 or 1-800-287-1481
Penobscot Office
Provides information on the following: agriculture, gardening, home-based business management, nutrition & food, parenting, 4-H, and senior companion program.
307 Maine Ave., Bangor, ME 04401
Tel: 942-7396 or 1-800-287-1485
http://extension.umaine.edu/

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.
www.womenworkandcommunity.org

Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
1 University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482

Employment & Training Services

ASPIRE - DHHS
For individuals who qualify for TANF; offers field placements for employment experience; support services for individuals in education training or employment programs - may include books & supplies, child care, transportation, auto repair and insurance, and clothing.
35 Anthony Ave., Augusta, ME 04333
Tel: 624-8090 or 1-800-452-1962

98 North Ave., Skowhegan, ME 04976
Tel: 474-4800

396 Griffin Rd.
Bangor, ME 04401
Tel: 561-4175 or 1-800-482-7517

Maine CareerCenter
Assistance looking for your first job, a better job or a whole new career. It is also a place to find information on training and education.
21 Enterprise Dr., Suite 2, Augusta, ME 04333-0109
Tel: 624-5120 Fax: 287-6236
45 Oak St., Suite 3, Bangor, ME 04401-7902
Tel: 561-4050 Fax: 561-4066
98 North Ave., Suite 20, Skowhegan, ME 04976
Tel: 474-4950 Fax: 474-4914
Statewide Help line: 1-888-457-8883
TTY: 1-800-794-1110
www.mainecareercenter.com

Senior Community Employment Program (SCSEP)
Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.
Missy Ayotte
Older Worker Program Coordinator
Goodwill Workforce Solutions
185 Lancaster Street
Portland, ME 04101
Tel: 207-370-3902

Unemployment Call Center - Benefit Claims
Tel: 1-800-593-7660
TTY: 1-888-457-8884
www.maine.gov/labor/unemployment/benefits.html

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free. Please call for an appointment for any of our locations listed below.
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
1 University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482 or 1-800-442-2092
www.womenworkandcommunity.org

WorkReady
WorkReady is a 60-hour, standards-based workforce development education and training program designed to provide participants with the essential work skills to seek, attain and retain employment, as well as a portable credential. WorkReady is endorsed by many organizations and businesses throughout the state. For more information on this program and a schedule, contact your nearest Adult Education Program or go online to
www.workreadyforme.org

Waterville Public Library Business & Career Center
73 Elm Street, Waterville, ME 04901
207.680.2611
business@watervillelibrary.org
http://www.watervillelibrary.org/departments/business/
http://www.facebook.com/wplbcc
Employment and business development resources and programming. CareerCenter Veterans' Representative available weekly to assist veterans in exploring career options. 14 public computers and a laptop training classroom. Free wi-fi network.

Financial Information & Assistance

Money Management International CCCS
(Previously known as - Consumer Credit Counseling Services)
Provides residents of Maine with financial counseling, debt repayment plans and consumer education, seven offices throughout the state.
1 Bangor St., Augusta, ME 04330
175 Exchange St, Suite 200 Bangor, ME 04401
Tel: 1-866-889-9347
www.cccsme.org

MaineStream Finance
Training, counseling & loan programs aim to eliminate or alleviate poverty & create individual wealth through financial literacy, business start up, job creation and home ownership.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
www.mainestreamfinance.org

Maine Veterans' Services, Bureau of
Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals; Military Records (DD Form 214); Advisory Commission on Women Veterans
Waterville Office
National Guard Armory
Drummond Avenue
Waterville, ME 04901
Tel: 872-7846
Email: Conrad.n.edwards@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)
117 State House Station
Augusta, ME 04333-0117
Tel: 626-4464
Email: mainebvs@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Maine Public Utilities Commission
101 2nd Street
Hallowell, ME 04347
Tel: 287-3831 or 1-800-452-4699
TTY Relay: 1-800-437-1220
www.maine.gov/mpuc/consumer/other_agencies.html

Maine Office of the Public Advocate
103 Water St.
Hallowell, ME 04347
Maine Ratewatcher Guide
www.maine.gov/meopa/ratewatcher/wireless.htm

My Maine Connection
Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.
http://www.maine.gov/MyMaineConnection

Salvation Army
Augusta
Emergency Assistance - Emergency Financial Assistance, Seasonal Services
11 North Pearl, Augusta, ME 04330
Tel: 623-3752
Waterville
Helps with emergency needs such as: financial assistance, rental assistance (not deposit) - income eligible.
225 Main St., Waterville, ME 04901
Tel: 872-2172
Bangor
Disaster Services, Emergency Assistance - Food & Nutrition Programs, Emergency Assistance - Seasonal Services
65 South Park St., Bangor, ME 04401
Tel: 941-2990
www.use.salvationarmy.org/nne

Social Security Administration
Federal Building
208 Harlow Street, Bangor
Tel: 990-4530 or 1-877-405-1448
Waterville Office
46 Front St., Waterville, Me 04901
Tel. 872-2723

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
1 University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482
www.womenworkandcommunity.org

Food & Nutrition

University of Maine Cooperative Extension
Somerset Office
Free Educational Programs on Nutrition and Food Purchasing, Preparation and Safety for Maine Families Receiving Food Stamps.
7 County Dr., Skowhegan, ME 04976
Tel: 474-9622 or 1-800-287-1495

Kennebec & Somerset Counties

Please note:
☞If you need food assistance you must go to the food bank in your town.
☞If you do not have a food bank in your town, please contact your town office to find which food bank they support.
☞Most food banks do not serve people outside of their service area nor are they obligated to do so.
☞The food you are given at the food bank is to supplement your grocery needs and is not intended to supply all of your food needs.
☞The food items available will change with each visit and you should not expect to always receive the same items.

ALBION
Loaves & Fishes
123 Benton Road
Hrs. of operation: 1st & 3rd Thurs. 9:00 – 11:00 AM

AUGUSTA
Augusta Food Bank c/o St. Mark's Church
9 Summer Street
Tel. 622-5225
Hrs. of operation: Mon. & Thur. 12:30-2:00 PM
& Mon. 5:30 - 7:00 PM

Bread of Life Ministries Soup Kitchen
157 Water Street
Tel. – office: 626-3434 Kitchen: 621-2541
Hrs. of operation: Mon. thru Sat. 11:00 AM – 12:30 PM

The Family Violence Project
83 Western Avenue
Tel: 623-3560
Hrs. of operation: Mon. – Fri. 9:00 AM – 5:00 PM

BELGRADE
Belgrade – Rome Special Needs Food Pantry
6 Manchester Road
Tel: 495-2258
Hrs. of operation: Tues. 9:00 – 11:00 AM

BINGHAM
Bingham Area Food Pantry
St. Peter's Rectory Basement, Owens Street
Hrs. of operation: 3rd Tues. of month 8:00 AM – Noon

CANAAN
Canaan Community Food Bank
Rt 2 (across from Post Office)
Hrs. of operation: 1st and 3rd Mon. 1:00 - 2:15 PM
2nd Mon. 5:00 - 6:00 PM
(Snow day or holidays - open on Tuesdays)

CHINA
China Community Food Pantry
1320 Lakeview Drive at Parameter Terrace,
Tel. 968-2421
Hrs. of operation: Fri. and Sat. Noon – 1:00 PM

CORNVILLE
Cornville Athens Food Cupboard
489 West Ridge Road
Hrs. of operation: 2nd Saturday of month 9:00 – 11:00 AM

FAIRFIELD
Fairfield Interfaith Food Pantry
12 New Hall Street (Baptist Church)
Tel. 509-9972
Hrs. of operation: 2nd and 4th Thurs.
(November and December 2nd and 3rd Thurs.)

GARDINER
Chrysalis Place/Gardiner Food Bank
576 Brunswick Road
Tel. 582-5507
Hrs. of operation: Tues. 6:00 – 8:00 PM,
Thurs. 1:00 – 3:00 PM

HALLOWELL
Hallowell Food Bank, Inc.
Perley's Lane (Basement of Hallowell Fire Department)
Tel. 512-8431
Hrs. of operation: Fri. 1:00 – 2:30 PM

HARTLAND
Tri-Town Food Cupboard
94 Hubbard Avenue
Tel. 938-3283
Hrs. of operation: Wed. 9:30 - 11:30 AM

JACKMAN
Jackman Food Cupboard
369 Main Street
Tel. 668-5962
Hrs. of operation: 3rd Wed. of month 1:00 - 2:00 PM or on demand

Food & Nutrition—continued

Kennebec & Somerset Counties—continued

LITCHFIELD
Litchfield Community Food Bank
Hallowell – Litchfield Road
Tel. 557-2680
Hrs. of operation: Thurs. Noon -2:00 PM

MADISON
People Who Care Food Cupboard
Old Point School, Myrtle Street,
Tel. 696-9294
Hrs. of operation: Tues. 9:00 AM – Noon

MONMOUTH
Monmouth Food Pantry
776 Main Street
Tel. 933-2502
Hrs. of operation: Thurs. Noon - 1:00 PM

North Monmouth Food Bank
North Main Street
Tel. 933-2400
Hrs. of operation: Mon. 5:30 - 6:00 PM
Fri. 5:00 - 6:00 PM

MOUNT VERNON
First Baptist Church Food Bank
321 Pond Road
Tel. 293-2273
Hrs. of operation: Sat. 10:00 AM - Noon

NORRIDGEWOCK
Norridgewock Community Food Cupboard
227 Waterville Road
Tel. 634-4116
Hrs. of operation: 1st 4 Tues. per month 9:00 - 11:00 AM

OAKLAND
Oakland Food Bank
14 West School Street (United Methodist Church)
Tel. 649-4811
Hrs. of operation: Thur. 4:00 - 6:00 PM

Oakland Soup & Sandwich
37 Church Street (United Baptist Church)
Hrs. of operation: Thur. 4:00 - 5:30 PM

PALMYRA
Palmyra Baptist Soup Kitchen
868 Main Street
Tel. 938-7094
Hrs. of operation: Tues. & Thurs. Noon - 1:00 PM
Sat. 5:00 - 6:30 PM

PITTSFIELD
Community Christmas Project
Downtown Parking Lot (Behind Main St)
Hrs of operation: Tues. & Fri. 9:00 AM - Noon

SIDNEY
Sidney Food Cupboard
3018 West River Road
Tel. 547-3543
Hrs. of operation: By appointment only

SKOWHEGAN
Skowhegan Community Food Cupboard
16 Cariani Street
Tel. 474-9249
Hrs. of operation: Mon., Wed., & Fri. 10:00 – 11:00 AM

St. Anthony's Soup Kitchen
Notre Dame de Lourdes Church
Tel. 474-5211
Hrs. of operation: Mon-Tues, Thurs 4:30 – 5:30 PM

SMITHFIELD
Town of Smithfield
962 Village Road
Tel. 362-4772
Hrs. of operation: Monday thru Friday 8:00 – 11:45 AM & 12:30 - 4:00 PM (must call ahead)

SOLON
Solon Food Closet
School and Pleasant Street
Tel. 643-2855
Hrs. of operation: 1st & 4th Thurs. & Fri. 9:00 AM - 3:00 PM (closed from noon - 1:00 PM)

STARKS
Starks Food Cupboard
Chicken Street
Tel. 696-4337
Hrs. of operation: 1st and 3rd Wed. 10:00 AM – Noon

VASSALBORO
Vassalboro Food Station
Rt. 32 North
Tel. 873-7375
Hrs. of operation: Thurs. 11:00 AM - Noon

Food & Nutrition—continued

Kennebec & Somerset Counties—continued

WATERVILLE
St. Francis Soup Kitchen
112 Silver Street, Waterville 04901
Tel: 872-2281
Hrs. of operation: Sat. 11:00 AM - Noon

Evening Sandwich Program
69 Silver Street
Tel: 873-4006
Hrs. of operation: Mon. thru Fri. 4:00 - 5:00 PM

Greater Waterville Area Food Bank
United Methodist Church
61 Pleasant Street
Tel: 872-7564
Hrs. of operation: Mon. thru Thurs. 10:00 AM - Noon
(Except Holidays)

Kid's Kitchen - Boys & Girls Club
126 North Street
Tel: 873-0684
Hrs. of operation: Mon. - Fri. 2:30 - 4:30 PM
(When school is in session)
7:00 AM - 1:00 PM (when school is not in session)

Mid-Maine Homeless Shelter
28 Ticonic Street
Tel: 872-8082
Hrs. of operation: Fri. 1:00 - 3:00 PM

Sacred Heart Soup Kitchen
72 Pleasant Street
Tel: 872-5725 (before 2:00 PM)
Hrs. of operation: Mon. - Fri. 11:00 AM - 12:30 PM

WINDSOR
Windsor Food Bank
523 Ridge Road
Tel. 445-2998
Hrs. of operation: 1st and 3rd Thur. of each month
6:30 – 8:00 PM

WINSLOW
St. John's Food Pantry
26 Monument Street
Tel: 872-2281
Hrs. of operation: 3rd Wed. 10:30 AM - 12:30 PM

WINTHROP
Winthrop Food Pantry
25A High Street
Tel. 377-3332
Hrs. of operation: Thur. 1:00 - 2:30 PM
2nd & 4th Thurs. 5:00 - 6:30 PM

WIC - HealthReach Network
Augusta
263 Water St., 4th Floor, Augusta, ME 04330
Tel: 621-6202
Waterville
63 Eustis Parkway, Waterville, ME 04901
Tel: 872-1593
Skowhegan
165 North Ave., Skowhegan, ME 04976
Tel: 474-7463 or 1-888-942-6333

Penobscot County

BANGOR
Bangor Area Homeless Shelter
263 Main St., Bangor, ME 04401
Tel: 947-0092
Hrs: every day 24 hours

Ecumenical Food Cupboard
28 High St., Bangor, ME 04401
Tel: 942-4381
Hrs: Monday, Wednesday & Friday 10 to Noon

Manna Inc. Food Pantry
629 Main St., Bangor, ME 04401
Tel: 990-2870
Hrs: Mon, Wed & Fri for pantry - 3 to 4 pm;
Mon thru Fri for kitchen - 4:30 to 5:30

General Assistance Program - Town Offices

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits such as: food stamps, veterans' benefits, or social security income. **To request General Assistance, it is best if you can call your town office ahead of time and make an appointment.** Your application must be accepted for a review. You may be turned down for help if you do not meet the guidelines for the program. The application is private and confidential. If you have problems concerning General Assistance, you can contact: Office of Integrated Access and Support
Department of Health and Human Services
287-2826 **or** 1-800-442-6003 (Toll Free)
TTY: 1-800-606-0215

Kennebec County

Albion
22 Main Street
P.O. Box 287
Albion 04910
Phone: 437-2900
Tues: 8:30 AM – 4:30 PM
Thurs: 1:00 – 6:00 PM
Fri.: 8:00 AM – 1:00 PM
1st Monday of the Month: 7:00PM – 9:00 PM

Augusta
City Center Plaza
16 Cony Street
Augusta 04330
Phone: 626-2310
General Assist.: 626-2325
Mon. – Fri.: 7:45 AM – 4:30 PM

Belgrade
6 Manchester Road
Belgrade 04917
Phone: 495-2258
Mon. – Fri.: 8:00 AM – 4:30 PM
General Assist: Tues. & Thurs.
9:00 – 11:00 AM

Benton
1279 Clinton Avenue
Benton 04901-3050
Phone: 453-7191
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 11:00 AM – 6:00 PM

Chelsea
560 Togus Road
Chelsea 04330
Phone: 582-4802
Mon. – Fri 9:00 AM – 4:00 PM
Last Thurs. of month: 9:00 AM – 5:00 PM

China
571 Lakeview Drive
South China 04358
Phone: 445-2014
Mon. – Fri.: 7:30 AM – 4:00 PM
Sat.: 8:00 – 11:00 AM

Clinton
27 Baker Street
Clinton 04927
Phone: 426-8511
Mon.- Fri.: 8:00 AM – 3:45 PM
2nd & 4th Tues. of the month: 8:00 – 6:00 PM

Farmingdale
289 Main Avenue
Farmingdale 04344
Phone: 582-2225
Mon., Tues., Thurs., Fri.: 8:00 AM – 5:00 PM
Wed.: 10:00 AM – 5:00 PM

Fayette
2589 Main Street, Route 17
Fayette 04349
Phone: 685-4373
Mon., Tues., Wed.: 7:00 AM – 4:30 PM
Thurs.: 7:00 AM – 6:30 PM

Gardiner
6 Church Street
Gardiner 04345
Phone: 582-4200
Mon. – Fri.: 8:00 AM– 4:30 PM

Hallowell
1 Winthrop Street
Hallowell 04347
Phone: 623-4021
Mon. – Fri.: 8:00 AM – 5:00 PM

Litchfield
2400 Hallowell Road
Litchfield 04350
Phone: 268-4721
Mon.: 8:30 AM – 7:00 PM
Tues., Wed., Thurs.: 8:30 AM – 6:00 PM

Manchester
12 Readfield Road
Manchester 04351
Phone: 622-1894
Mon. & Thurs.: 8:00 AM – 4:00 PM
Tues.: 8:00 AM – 6:00 PM
Wed.: 8:00 AM – noon
Fri.: 8:00 AM – 2:00 PM

General Assistance Program - Town Offices Continued
Kennebec County

Monmouth
859 Main Street
Monmouth 04259
Phone: 933-2206
Mon.: 10:00 AM – 6:00 PM
Tues. – Thurs.: 9:00 AM – 5:00 PM

Mt. Vernon
1997 North Road
Mt. Vernon 04352
Phone: 293-2376
Mon., Tues., Thurs.: 9:00 AM – 5:00 PM
Wed.: 1:00 – 7:00 PM
4th Saturday of the month: 9:00 AM – noon

Oakland
6 Cascade Mill Road
Oakland 04963
Phone: 465-7357
Mon. – Thurs.: 8:30 AM – 4:30 PM
Fri: 8-4:30pm

Pittston
38 Whitefield Road, Route 126
Pittston 04345
Phone: 582-4438
Mon.: 9:00 AM – 5:00 PM
Tues.: 9:00 AM – 1:00 PM
Wed.: 9:00 AM – 1:00 PM & 4:00 – 8:00 PM
Thurs. & Fri.: 9:00 AM – 2:00 PM

Randolph
121 Kinderhook Street
Randolph 04346
Phone: 582-5808
Tues.: 10:00 AM – 7:00 PM
Wed. – Fri.: 10:00 AM – 5:00 PM

Readfield
8 Old Kents Hill Road
Readfield 04355
Phone: 685-4939
Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM
Wed.: noon – 6:00 PM

Rome
8 Mercer Road
Rome 04963
Phone: 397-4011
Mon., Tues.: 2:00 – 6:00 PM
Wed.: 4:00 PM – 8:00 PM
Sat.: 9:00 – 11:45 AM

Sidney
2986 Middle Road
Sidney 04330
Phone: 547-3340
Mon., Tues., Thurs., Fri.: 9:00 AM – 4:30 PM
Wed.: noon – 7:30 PM

Vassalboro
682 Main Street
North Vassalboro 04962
Phone: 872-2826
Mon. – Wed.: 8:00 AM – 5:00 PM
Thurs.: 8:00 AM – 6:30 PM
Fr.: 8:00 AM - noon

Vienna
212 Townhouse Road
Vienna 04360
Phone: 293-3383
T&Th 9-12 & 4:45-7pm
Last Sat.of Month 1-4
And by appointment

Waterville
One Common Street
Waterville 04901
Phone: 680-4200
Mon. – Fri.: 7:30 AM – 5:00 PM

Wayne
48 Pond Road
Wayne 04284
Phone: 685-4983
Mon. & Wed.: 1:30 – 5:30 PM
Tues.: 1:00 – 6:00 PM
Thurs.: 7:30 AM – 12:30 PM
Fri.: 1:30 – 4:30 PM

West Gardiner
318 Spears Corner Road
West Gardiner 04345
Phone: 724-3945
Mon. – Fri.: 8:00 AM – 1:00 PM
Thurs.: 5:00 – 8:00 PM

Windsor
523 Ridge Road
Windsor 04363
Phone: 445-2998
Mon.: 9:00 AM – 5:00 PM
Tues.: 11:00 AM – 8:00 PM
Thurs.: 7:00 AM – 4:00 PM
Fri.: 9:00 AM – 3:00 PM

Winslow
114 Benton Avenue
Winslow 04901-6898
Phone: 872-2776
Mon. – Fri.: 8:00 AM – 4:30 PM

Winthrop
17 Highland Avenue
Winthrop 04364
Phone: 377-7200
Mon. – Fri.: 8:00 AM - 5:00 PM

General Assistance Program - Town Offices Continued
Somerset County

Anson
62 Main Street
Anson 04911
Phone: 696-3979
Mon. – Fri.: 8:00 AM – 4:00 PM

Athens
28 Academy Road
Athens 04912
Phone: 654-3471
Mon. & Thurs.: 3:30 – 7:30 PM

Bingham
13 Murray Street
Bingham 04920
Phone: 672-5519
Mon. – Fri.: 9:00 AM – 4:00 PM

Brighton Plantation
Post Office Box 126
Athens 04912
Phone: 654-2551
No set hours

Cambridge
202 Ripley Road
Cambridge 04923
Phone: 077-3241
Mon., Wed., Fri.: 9:00 AM – noon
Thurs.: 6:00 – 8:00 PM

Canaan
277 Main Street
Canaan 04924
Phone: 474-8976
Mon., Tues., Thurs., Fri.: 8:00 AM – 4:00 PM
Wed.: 8:00 AM – 1:00 PM & 5:00 – 8:00 PM

Caratunk
Post Office Box 19
Caratunk 04925
Phone: 672-3030
No set hours

Cornville
508 West Ridge Road
Cornville 04976-6307
Phone: 474-3275
Tues.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Dennistown Plantation
28 Sandy Stream Road
Dennistown 04945
Phone: 668-4082
No set hours

Detroit
35 South Main Street
Detroit 04929
Phone: 257-4488
Mon. – Wed. & Fri.: 8:30 AM – 5:30 PM
2nd & 4th Saturday: 9:00 AM – noon

Embden
809 Embden Pond Road
Embden 04958
Phone: 566-5553
Tues., Wed., Fri.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Fairfield
19 Lawrence Avenue
Fairfield 04937
Phone: 453-7911
Mon. – Fri. 8:30 AM – 4:30 PM

Harmony
3 Main Street
Harmony 04942
Phone: 683-5681
Tues.: 2:00 – 6:00 pm
Thurs.: 9:00 AM – noon

Hartland
21 Academy Street
Hartland 04943
Phone: 938-4401
Mon. – Wed. & Fri.: 8:30 AM – 4:30 PM
Thurs.: 8:30 AM – 6:00 PM

Highland Plantation
2001 Long Falls Dam Road
Highland PLT 04961
Phone: 628-4247
No set hours

Jackman
369 Main Street
Jackman 04945
Phone: 668-2111
Mon. – Fri.: 8:00 AM – 4:30 PM

Madison
26 Weston Avenue
Madison 04950
Phone: 696-3971
Mon. – Fri.: 7:30 AM – 4:00 PM
General Assistance: Mon. – Thurs.
9:00 AM – 3:00 PM

General Assistance Program - Town Offices Continued
Somerset County

Mercer
Mercer Community Center
1015 Beech Hill Road, Suite A
Mercer 04957
Phone: 587-2911
Mon., Wed., Thurs.: 9:00 AM - 3:00 PM
Tues. & Wed: 6:00 - 8:00 PM
1st Sat. of Month: 7:30 AM - 1:00 PM

Moose River
705 Main Street
Moose River 04945
Phone: 668-4019
Mon., Tues., Thurs.: 3:00 – 6:00 PM

Moscow
110 Canada Road
Moscow 04920
Phone: 672-4834
Mon., Wed., Fri.: 9:00 AM – noon &
1:00 – 4:00 PM

New Portland
901 River Road
North New Portland 04961
Phone: 628-4441
Mon., Tues., Wed.: 11:00 AM- 5:00 PM
Thurs.: 2:00 - 7:00 PM
First Saturday of each month: 8:00 AM – noon

Norridgewock
16 Perkins Street
Norridgewock 04957
Phone: 634-2252
Mon. - Wed., & Friday: 8:30 AM - 4:15 PM
Thurs.: 8:30 AM - 6:00 PM

Palmyra
768 Main Street
Palmyra 04965
Phone: 938-4871
Mon. - Fri.: 8:00 AM - 4:30 PM
1st Saturday of each month: 8:00 AM - noon

Pittsfield
16 Park Street
Pittsfield 04967
Phone: 487-3136
Mon. - Fri.: 8:00 AM - 5:00 PM

Pleasant Ridge Plantation
Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

Ripley
1084 Main Street
Ripley 04930
Phone: 277-4871
Mon.: 1:00 - 6:00 PM
Wed.: 4:00 - 6:00 PM
Fri.: 9:00 AM - 6:00 PM

St. Albans
7 Water Street
St. Albans 04971
Phone: 938-4568
Mon.: noon - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Skowhegan
225 Water Street
Skowhegan 04976
Phone: 474-6907
Mon. - Fri.: 8:00 AM - 4:30 PM

Smithfield
926 Village Road
Smithfield 04978
Phone: 362-4772
Mon. - Fri.: 8:00 - 11:45 AM &
12:30 - 4:00 PM

Solon
121 South Main Street
Solon 04976
Phone: 643-2812
Mon., Wed., Fri.: 8:00 AM - noon & 1:00 - 4:00 PM
Wed.: 6:00 - 7:45 PM
General Assistance: Wednesday 9:00 - 11:00 AM

Starks
10 Locke Hill Road
Starks 04911
Phone: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 - 7:00 PM

The Forks Plantation
Post Office Box 77
The Forks 04985
Phone: 663-4454
No set hours

West Forks Plantation
Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

Penobscot County Border Town Offices

Bangor City Hall
73 Harlow St.
Bangor 04401
Phone: 945-4400
Mon. - Fri.: 8:00 AM - 4:30 PM

Carmel Town Office
1 Safety Lane
Carmel 04419
Phone: 848-3361
Mon.: 8:00 AM - 8:00 PM
Tues.: 1:00 - 5:00 PM
Wed. - Fri.: 8:00 AM - 5:00 PM

Corinna Town Office
8 Levi Stewart Drive
Corinna 04928
Phone: 278-4183
Mon. - Fri.: 8:00 AM - 4:30 PM

Dexter Town Office
23 Main St.
Dexter 04930
Phone: 924-7351
Mon. - Fri.: 8:30 AM - 4:30 PM

Exeter Town Office
1220 Stetson Road
Exeter 04435
Phone: 379-2191

Levant Town Office
691 Townhouse Road
Levant 04456
Phone: 884-7660

Newport Town Office
23 Water Street
Newport 04953
Phone: 368-4410
Mon. - Fri.: 8:30 AM - 5:00 PM

Plymouth Town Office
1947 Moosehead Trail
Plymouth 04969
Phone: 257-4646
Mon.: 11:00 AM - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Waldo County Border Town Offices

Burnham Town Office
247 South Horseback Road
Burnham 04922
Phone: 948-2369
Mon.: 8:00 AM - 4:00 PM &
7:00 - 9:00 PM
Tues. - Thurs.: 8:00 AM - 4:00 PM
Fri.: 8:00 AM - 2:00 PM

Troy Town Office
129 Rogers Road
Troy 04987
Phone: 948-2283
Mon., Tues., Thurs.:
9:00 AM-4:00 PM
Wed.: 4:00 - 7:00 PM
Fri.: 8:30 AM - noon

Unity Town Office
4 Clifford Common
Unity 04988
Phone: 948-3763
Mon. - Fri.: 8:30 AM - 2:30 PM
Tues.: 5:00 – 7:00 PM

Health Services

Health Centers

Fee is based on income

Bingham Area Health Center
PO Box 746, 237 Main St.
Bingham, ME 04920
Tel: 672-4187

Family Medicine Institute
15 East Chestnut Street
Augusta, ME 04330
Tel: 626-1561

Jackman Regional Health Center
376 Main Street
Jackman, ME 04945
Tel: 668-2691

Madison Area Health Center
PO Box 200, 8 South Main St.
Madison, ME 04950
Tel: 696-3992

Penobscot Community Health Center
1012 Union St., Ste A
Bangor, ME 04401-3060
Tel: 945-5247

Sebasticook Family Doctors

333 Main Street
Canaan, ME 04924
Tel: 474-6990

29 Church Street
Dexter, ME 04930
Tel: 924-3253

1008 West Main Street
Dover-Foxcroft, ME 04426
Tel: 564-8710

118 Moosehead Trail
Newport, ME 04953
Tel: 368-5189

1309 Main St. Unit # 1
Clinton, ME 04927
Tel: 426-0976

140 Chandler Street
Pittsfield, ME 04967

Hospitals

Inland Hospital
200 Kennedy Memorial Drive
Waterville, ME 04901
Tel: 861-3000 or 1-800-491-8600

MaineGeneral Medical Center
149 North Street
Waterville, ME 04901
Tel: 872-1000

6 East Chestnut Street
Augusta, ME 04330
Tel: 626-1000

Redington-Fairview General Hospital
PO Box 468
Fairview Ave.
Skowhegan, ME 04976
Tel: 474-5121

Sebasticook Valley Health
447 North Main St.
Pittsfield, ME 04967
Tel: 487-4000

SVH Family Care (walk in care available)

8 Main St., Suite A
Newport, ME 04953
Tel: 368-4292

470 Somerset Avenue
Pittsfield, ME 04967
Tel: 487-5154

Reproductive Health

Fee is based on income

Penquis Family Planning

26 Harlow Street
Bangor, ME 04401
Tel: 973-3500

115 Main Street
Lincoln, ME
Tel: 794-3313

311A Corinna Road
Dexter, ME 04930
Tel: 924-7383

Health Services - continued

Dental

Bingham Area Health Center
Accepting Medicare and other insurances
PO Box 746, 273 Main St.
Bingham, ME 04920
Tel: 672-3519

Emergency Dental Services
325 Kennedy Memorial Drive, Building D
Waterville, ME 04901
Tel: 877-7246

Garcelon Children's Dental Center
133 State St.
Augusta, ME 04330
Tel: 622-2022

Maine Street Dental Center
Accepts MaineCare, open evenings & weekends
179 Main St., Suite 212
Waterville, ME 04901
Tel: 872-6815

Saulter Dental Hygiene Center
Accepting MaineCare
81 Western Ave.
Waterville, ME 04901
Tel: 861-8080

The Community Dental Center
93 Main St., 3rd Floor
Waterville, ME 04901
Tel: 872-8891

Other

Care Partners
A group of doctors, hospitals and other providers that have volunteered to provide health care to eligible members at a very reduced fee. Lab work, x-rays and some hospital services are at no charge.
Tel: 1-877-646-1684
www.carepartnersmaine.org

Capitol Community Clinic
Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta, ME 04332
Tel: 624-3900 or 1-888-261-6684

Dirigo Health
Harward Pilgrim Health Care and its network of appointed insurance producers/agents began selling DirigoChoice to small businesses and self-employed individuals. To get a quote and enroll call:
Individual: 1-877-892-8391
Self-employed: 1-877-892-8391
Employers: 1-877-892-8391
TTY: 207-287-4344
www.dirigohealth.gov

MBCHP
Maine Breast & Cervical Health Program
Maine Department of Health & Human Services
11 State House Station, Augusta, ME 04330
Tel: 1-800-350-5180 option 1

MaineCare
77 Sewell St. (Third Floor), Augusta, ME 04330
Tel: 1-800-977-6740
Provides a list of dentist who accepts MaineCare clients throughout the state.

Maine Physician Referral Service
Tel: 1-877-281-5108

Maternal and Child Oral Health Resource
Tel: 1-888-275-4772

Public Health Nursing - DHHS
35 Anthony Avenue, 11 State House Station
Augusta, ME 04333-0011
Tel: 624-8050 or 1-800-452-1926

98 North Avenue, Skowhegan, ME 04976-1995
Tel: 474-4808 or 1-800-452-460

Health Services - continued

My Maine Connection
Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.
http://www.maine.gov/MyMaineConnection

Veterans Services
Provides information on VA programs, veterans benefits. Veterans need to call for eligibility.
Bureau of Veteran's Services (Waterville Office)
National Guard Armory
Drummond Ave., Waterville, ME 04901
Tel: 872-7846
www.Maine.gov/dvem/bvs

Veterans Affairs
Tel: 1-800-827-1000 (VBA—benefits);
1-877-421-8263 (VHA—health)
www.va.gov —total overview of VA services, provides links
www.vba.gov/ro/east/togus —benefits info
www.togus.va.gov —health info

Veteran Affairs (VA) Clinics
Community-Based Outpatient Clinic-Primary Care
304 Hancock St., Suite 3B, Bangor, ME 04401
Tel: 561-3600
Bangor VA Mental Health Clinic
304 Hancock St., Suite 2D, Bangor, ME 04401
Tel: 561-3600
Vet Centers-Readjusting Counseling
Provides services to combat veterans and military sexual trauma veterans
352 Harlow St., Bangor, ME 04401
Tel: 947-3391

Housing & Shelter

Augusta Housing Authority
Provides Section 8 housing assistance for families, elderly and disabled individuals. Covers Augusta and any town where the town line is a least within a 10 mile radius.
33 Union St., Augusta, ME 04330
Tel: 626-2357

Bread of Life Ministries
Homeless shelter. Individuals can stay up to 7 days. Check in time is 4-6 pm Sun-Th, 4-9 pm Fr-Sat
157 Water St., Augusta, ME 04330
Tel: 626-3479

Halcyon House
Emergency shelter for ages 10-17.
5 Commerce Dr., Skowhegan, ME 04976 (mailing)
627 Middle Rd., Skowhegan, ME 04976
Tel: 474-8574

Homeless Crisis Hotline
Hours 9-5, Sunday—Saturday
Tel: 1-800-438-3890

KVCAP Fuel Assistance (HEAP/LIAP)
HEAP—Provides a heating assistance credit one time per heating season. Once a person is qualified for this program, they are eligible for all of our other energy related programs, if the need is there.
LIAP—Program assists qualified low-income customers to pay their electric bills. The utility companies we allow assistance for are Central Maine Power & Madison Electric.
97 Water Street
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
Also—contact local town office for general assistance.

KVCAP—Housing Services
Education, counseling, and financial assistance, support affordable housing opportunities through development of single family homes in Somerset & Kennebec counties.
97 Water St., Waterville, ME 04901
Tel: 859-1619 or 1-800-542-8227 ext 1619
www.kvcap.org

Maine State Housing Authority
Offers programs and services that make decent, safe housing more affordable and accessible to Maine people. Provides Section 8 Housing for Somerset and Franklin counties
353 Water St., Augusta, ME 04330
Tel: 1-800-452-4668 or 626-4600
www.mainehousing.org

Mid Maine Homeless Shelter
Provides overnight shelter and aid to families and individuals. Hours 4 pm-8 am, 7 days a week.
19 Colby St., Waterville, ME 04901
Tel: 872-8082

Motivational Services (MOCO)
Helps people meet their basic need for improving the quality of their lives by providing opportunities for safe and affordable housing, employment, case management, recreation, and socialization services.
14 Glenridge Dr., Augusta, ME 04330
Tel: 626-3465
www.mocomaine.com

Shaw House
Shelter, food, clothing, supervision, counseling, health clinic, drop in center, prevention programs, transitional housing for youth that are homeless or at-risk of being homeless.
136 Union St., Bangor, ME 04401
Tel: 941-2828 or 1-866-561-7429

US Department of Agriculture
Rural Development
Mortgage services for income eligible applicants
Somerset/Penobscot/Waldo Counties
1423 Broadway, Suite 3, Bangor, ME 04401
Tel: 947-3676
Kennebec County
PO Box 1938, Lewiston, ME 04240
Tel: 753-9400
www.rurdev.usda.gov/me/

US Housing & Urban Development
202 Harlow St., Bangor, ME 04401
Tel: 945-0467
www.hud.gov

Housing & Shelter - continued

Salvation Army
Augusta
Emergency Assistance - Emergency Financial Assistance, Seasonal Services
11 North Pearl, Augusta, ME 04330
Tel: 623-3752
Waterville
Helps with emergency needs such as: financial assistance, rental assistance (not deposit) - must meet eligibility criteria.
225 Main St., Waterville, ME 04901
Tel: 872-2172
Bangor
Disaster Services, Emergency Assistance - Food & Nutrition Programs, Emergency Assistance - Seasonal Services
65 South Park St., Bangor, ME 04401
Tel: 941-2990
www.use.salvationarmy.org/nne

VA Homeless Veterans Coordinator
Assists veterans with enrollment of overall veteran services. Assists with Section 8 application and provides list of housing
resources available.
Tel: 623-8411 ext. 4344

Waterville Housing Authority
Provides Section 8 Housing assistance for families, elderly And disabled individuals.
88 Silver St, Waterville, ME 04901
Tel: 873-2155

Legal Services

Attorney General's Office
William J. Schneider
6 State House Station
Augusta, ME 04333
Tel: 626-8800

Community Mediation Services
PO Box 177
Augusta, ME 04330
Tel: 621-6848

Lawyer Referral & Info. Service
Tel: 1-800-860-1460
www.mainebar.org

Legal Services for the Elderly
Provides free, high quality legal assistance to socially and economically needy Maine Residents age 60 or older.
5 Wabon St., Augusta, ME 04330
Tel: 621-0087 or 1-800-750-5353

Maine Civil Liberties Union
Preserves civil liberties of Maine people through litigation, advocacy, public education and lobbying.
401 Cumberland Ave, Portland, ME 04110
Tel: 774-5444
www.mclu.org

Maine Equal Justice
126 Sewall St.
Augusta, ME 04330
Tel: 626-7058 or 1-800-626-7059

Maine Human Rights Commission
#51 State House Station
19 Union Street, Augusta, ME 04330
Tel: 624-6290 TTY: 1-888-577-6690

Pine Tree Legal Assistance
Provides free legal services to low-income individuals.
39 Green Street, PO Box 2429, Augusta, ME 04330
Tel: 622-4731
115 Main St., Bangor, ME 04401
Tel: 942-8241

Volunteer Lawyers Project
The Maine Volunteer Lawyers Project (VLP) coordinates the volunteer efforts of Maine attorneys and community members to help low-income people navigate the civil justice system. We provide free information, brief assistance and pro bono legal representation in civil legal matters to qualifying clients.
88 Federal St., Portland, ME 04112
Tel: 1-800-442-4293
www.vlp.org

Libraries

Kennebec County

Albert Church Brown Memorial Library
37 Main Street, China, ME 04926
www.acbrown.lib.me.us/
Tel: 968-2926
Hours: Tue: 2-6, Thu: 2-6, Sat: 10-12
Summer Hours: same
Wireless Access: Yes

Albion Public Library
18 Main Street, Albion, ME 04910
Email: albion@albion.lib.me.us
Tel: 437-2220
Hours: Mon: 2-8, Wed: 9-11, Thu: 2-8, Sat: 9-11
Summer Hours: same
Wireless Access: No

Belgrade Public Library
1 Center Drive, Belgrade, ME 04917
www.belgrade.lib.me.us
mhaigh@belgrade.lib.me.us
Tel: 495-3508
Hours: Tue: 10-7, Wed: 3-7, Thu: 10-7, Fri: 10-1
Summer Hours: same
Wireless Access: Yes

Brown Memorial Library – Clinton
53 Railroad Street, Clinton, ME 04927
www.clinton-me.us/
brownmemorial@roadrunner.com
Tel: 426-8686
Hours: Mon: 10-5, Tue: 10-6, Wed: 10-6, Thu: 12-8, Fri: closed, Sat: 9-1
Summer Hours: Mon: 9-4, Tue: 10-6, Wed: 9-4, Thu: 12-8, Fri: 9-3, Sat: 9-1
Wireless Access: Yes

Cary Memorial Library
17 Old Winthrop Road, Wayne, ME 04284
www.cary-memorial.lib.me.us/
jadelberg@cary-memorial.lib.me.us
Tel: 685-3612
Hours: Mon: 9-1, Wed: 2-7, Sat: 9-3
Summer Hours: Mon: 9-1, Tue: 5-8, Wed: 1-8, Thu: 5-8, Sat: 9-3, July & August only
Wireless Access: Yes

Charles M. Bailey Public Library
39 Bowdoin Street, Winthrop, ME 04364
www.baileylibrary.org
www.facebook.com/baileylibrary
director@baileylibrary.org
Tel: 377-8673
Hours: Mon: 10-6, Tue: 10-8, Wed: 10-6, Fri: 10-6, Sat: 10-3
Summer Hours: same
Wireless Access: Yes

Cumston Public Library
796 Main Street, Monmouth, ME 04259
www.cumston.lib.me.us/
director@cumston.lib.me.us
Tel: 933-4788
Hours: Mon: 1-8, Tue: 10-1, Wed: 1-8, Fri: 1-5, Sat: 9-1
Summer Hours: same
Wireless Access: Yes

Dorothy W. Quimby Library
90 Quaker Hill Road, Unity, ME 04988
www.unity.edu/academic/supportservices/library/library.aspx
library@unity.edu
Tel: 948-3131
Hours: Hours remain the same during the academic year but change for winter recess, semester breaks and the summer. See web site for posted hours.
Wireless Access: No

Dr. Shaw Memorial Library
344 Pond Road, Mount Vernon, ME 04352
Tel: 293.2565
Hours: Mon: 3-6, Wed: 3-8, Sat: 10-3
Summer Hours: Mon: 3-6, Wed: 9-12/3-8, Sat: 10-3 (Jul & Aug)
Wireless Access: Yes

Gardiner Public Library
152 Water Street, Gardiner, ME 04345-2195
www.gpl.lib.me.us/
annedavis@gpl.lib.me.us
Tel: 582-3312
Hours: Mon: 10:30-5:30, Tue: 10:30-7:30, Wed: 10:30-5:30, Thu: 10:30-5:30, Fri: 9:30-5, Sat: 9:30-12:30
Summer Hours: same
Wireless Access: Yes

Hubbard Free Library
115 Second Street, Hallowell, ME 04347
www.hubbardfree.org/
hfl@msln.net
Tel: 622-6582
Hours: Mon: 10-5:30; Tue: 2-8; Wed: 10-5:30; Thu: 2-8; Fri: 2-5:30; Sat: 10-2
Summer Hours: same
Wireless Access: Yes

Lithgow Public Library
45 Winthrop Street, Augusta, ME 04330
www.lithgow.lib.me.us/
www.facebook.com/pages/Lithgow-Public-Library/106138912768608
betsy@lithgow.lib.me.us
Tel: 626-2415
Hours: Mon: 9-8, Tue: 9-8, Wed: 9-8, Thu: 9-8, Fri: 9-5, Sat: 9-12
Summer Hours: same
Wireless Access: Yes

Maine State Library
230 State Street, Augusta, ME 04333-0064
www.maine.gov/msl/
www.facebook.com/MaineStateLibrary
reference.desk@maine.gov
Tel: 287-5600
TTY: (888) 577-6690
Hours: Mon: 9-6, Tue: 9-7, Wed: 9-6, Thu: 9-6, Fri: 9-5, Sat: 9-2
Summer Hours: same
Wireless Access: Yes

Oakland Public Library
18 Church Street, Oakland, ME 04963
www.oaklandlibrary.net/
carolcooley@opl.lib.me.us
Tel: 465-7533
Hours: Tue: 10-7, Wed: 10-6, Thu: 10-6, Fri: 10-6
Summer Hours: same
Wireless Access: Yes

Readfield Community Library
1151 Main Street, Readfield, ME 04355
readfield.govoffice.com
readfieldlibrarian@readfield.lib.me.us
Tel: 685.4089
Hours: Mon: 6-8, Wed: 2-8, Thu: 10-12, Sat: 10-4
Summer Hours: same
Wireless Access: Yes

Libraries - continued

South China Public Library
247 Village Street, South China, ME 04358
www.southchina.lib.me.us/
southchinalibrary@gmail.com
Tel: 445-3094
Hours: Wed: 10-12/3-7, Sat: 10-2
Summer Hours: same
Wireless Access: Yes

Underwood Memorial Library
2006 Main Street, Fayette, ME 04349
faylib@fayette.lib.me.us
Tel: 685-3778
Hours: Tue: 9-12, Wed: 5-8, Thu: 1-4
Summer Hours: same
Wireless Access: Yes

Vassalboro Public Library
930 Bog Road, East Vassalboro, ME 04935
www.vplibrary.org/
vplibrary@gmail.com
Tel: 923-3233
Hours: Mon: 12:30-8, Wed: 12:30-8, Sat: 10-6
Summer Hours: same
Wireless Access: Yes

Waterville Public Library
73 Elm Street, Waterville, ME 04901
www.watervillelibrary.org
http://www.facebook.com/watervillelibrary
info@watervillelibrary.org
Tel: 872-5433
Hours: Mon: 10-7, Tue: 10-7, Wed: 10-7, Thu: 10-7, Fri: 10-7, Sat: 10-3
Summer Hours: same except no Sat. hours
Wireless Access: Yes
Additional Info:
Waterville Public Library Business & Career Center
http://www.watervillelibrary.org/departments/business/
http://www.facebook.com/wplbcc

Winslow Public Library
136 Halifax Street, Winslow, ME 04901
www.winslow.lib.me.us/
jlarson@winslow.lib.me.us
Tel: 872-1978
Hours: Mon: 9-8, Tue: 9-8, Wed: 1-8, Thu: 1-8, Fri: 9-8, Sat: 9-1
Summer Hours: same except no Sat hours
Wireless Access: Yes

Somerset County

Anna Field Fernald Library
35 South Main Street, Detroit, ME 04929
ecbjross@roadrunner.com
Tel: 257-4488
Hours: Mon-Thu: 8:30-6:30
Summer Hours: same
Wireless Access: No

Bingham Union Library
297 Main Street, Bingham, ME 04920
rtremblay@bingham.lib.me.us
Tel: 672-3002
Hours: Tue: 2-7, Wed: 2-6, Fri: 12-3
Summer Hours: same
Wireless Access: Yes

Canaan Public Library
288 Canaan Road, Canaan, ME 04924
www.canaan.lib.me.us
canplib@canaan.lib.me.us
Tel: 474.6397
Hours: Mon: 10-6, Wed: 10-6, Fri: 9-5, Sat: 10-1
Summer Hours: same
Wireless Access: Yes

Coolidge Library
17 South Main Street, Solon, ME 04979
books@coolidge.lib.me.us
Tel: 643-2562
Hours: Tue: 1-6:30, Thu: 10-3:30; Sat: 10-2:30
Summer Hours: same
Wireless Access: Yes

Hartland Public Library
16 Mill Street, Hartland, ME 04943
www.hartland.lib.me.us/
wizard@hartland.lib.me.us
Tel: 938-4702
Hours: Tue: 10-6; Wed: 10-6; Thu: 10-6, Fri: 10-5;
Sat: 10-1
Summer Hours: same
Wireless Access: Yes

Jackman Public Library
604 Main Street, Jackman, ME 04945
sallyjr@myfairpoint.net
Tel: 668-2110
Hours: Wed: 2-4, Sat: 2-4
Summer Hours: same plus Mon: 2-4
Wireless Access: Yes

Lawrence Public Library
33 Lawrence Avenue, Fairfield, ME 04937
www.lawrence.lib.me.us/
Tel: 453-6867
Hours: Mon: 12-6, Tue: 10-5, Wed: 10-5, Thu: 12-8, Fri: 10-5, Sat: 9-2
Summer Hours: same
Wireless Access: Yes

Madison Public Library
12 Old Point Avenue, Madison, ME 04950
www.madison.lib.me.us/
madison@madison.lib.me.us
Tel: 696.5626
Hours: Mon: 10-7:30, Tue: 10-7:30, Wed: 10-7:30, Fri: 1-5:30, Sat: 1-5:30
Summer Hours: same
Wireless Access: Yes

New Portland Community Library
899 River Road, Route 146, New Portland, ME 04961
www.new-portland.lib.me.us/
librarian@new-portland.lib.me.us
Tel: 628-6561
Hours: Mon: 4-6, Wed: 4-6, Thu: 4-6, Sat: 10-12
Summer Hours: same
Wireless Access: Yes

Norridgewock Free Public Library
40 Mercer Road, Norridgewock, ME 04957
library@townofnorridgewock.com
Tel: 634-2828
Tue: 10-6, Thu: 10-6, Sat. 10-2
Summer Hours: same
Wireless Access: Yes

Pittsfield Public Library
110 Library Street, Pittsfield, ME 04967
www.pittsfield.lib.me.us/
www.facebook.com/PittsfieldPublicLibrary
lsmith@pittsfield.lib.me.us
Tel: 487.5880
Hours: Mon: 10-6, Tue: 10-6, Wed: 10-6, Thu: 10-6, Fri: 10-6, Sat: 10-1
Summer Hours: same except no Sat hours
Wireless Access: Yes

Libraries - continued

Shaw Public Library - Mercer
1015 Suite B, Beech Hill Road, Mercer, ME 04957
Tel: 587-2529
Hours: Mon: 3-6, Wed: 5-7, Thu: 3-6, Sat: 10-1
Summer Hours: same
Wireless Access: Yes

Skowhegan Public Library
9 Elm Street, Skowhegan, ME 04976
www.skowhegan.lib.me.us/
skowlib@skowhegan.lib.me.us
Tel: 474-9072
Hours: Mon: 10-6, Tue: 10-6, Wed: 10-6, Thu: 10-6,
Fri: 10-6, Sat: 10-2
Summer Hours: same
Wireless Access: Yes

Stewart Public Library
37 Elm Street, North Anson, ME 04958
www.stewartpub.lib.me.us/
stewlib@stewartpub.lib.me.us
Tel: 635-3212
Hours: Wed: 2:30-6, Sat: 2:30-4:30 or by appointment
Summer Hours: same
Wireless Access: No

Maine's Congressional Delegation

U.S. Senator Susan Collins
68 Sewall Street, Room 507
Augusta, ME 04330
Tel: 622-8414

P.O. Box 655, 202 Harlow Street, Room 204
Bangor, ME 04402
Tel: 945-0417
www.collins.senate.gov

U.S Senator Angus King
40 Western Avenue, Suite 412
Augusta, ME 04330
Tel: 622-8292 Fax: 622-7295

202 Harlow Street, Suite 214
Bangor, ME 04401
Tel: 945-0432 Fax: 941-9525
www.king.senate.gov

Congresswoman Chellie Pingree (1st District)
2 Portland Fish Pier Suite 304
Portland ME, 04101
Tel: 774-5019 Fax: 871-0720

108 Main Street
Waterville, ME 04901
Tel: 873-5713 Fax: 873-5717

www.pingree.house.gov

Congressman Mike Michaud (2nd District)
6 State Street, Suite 101
Bangor, ME 04401
Tel: 942-6935 Fax: 942-5907

179 Lisbon Street Ground Floor
Lewiston, ME 04240
Tel: 782-3704 Fax: 782-5330

www.michaud.house.gov

Maine Legislators

SENATORS

www.maine.gov/legis/senate

REPRESENTATIVES

www.maine.gov/legis/house

Mental Health & Substance Abuse Services

Acadia Hospital
Inpatient and outpatient mental health care and chemical dependency services.
268 Stillwater Ave., Bangor, ME 04401
Tel: 973-6100 or 1-800-640-1211

Alcoholics Anonymous
Tel: 1-800-737-6237

Catholic Charities of Maine
Provides adult case management for individuals over 18 with a mental health diagnosis.
66 Western Ave., PO Box 378
Fairfield, ME 04937
Tel: 453-4365
www.ccmaine.org

Care & Comfort
Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.
180 Main Street, Suite 4
Waterville, ME 04901
Tel: 872-5300 or 1-800-366-5302
www.careandcomfort.com

Charlotte White Center
Children's Case Management services; Adult Community Integration Case Management services; Children's Rehabilitative In-home & Community Support for children with a mental health diagnosis or a diagnosis of autistic disorder or developmental delay.
Please contact our administration office at:
564-2464 or (888)440-4158
www.charlottewhitecenter.com

Community Health &Counseling Services
Family therapy services, psychiatry adults and children, foster-care, home-based services, and case management.
2518 Rte. 202, East Winthrop, ME 04364
Tel: 395-2555
78 Madison Ave., Skowhegan, ME 04976
Tel: 858-4860
http://www.chcs-me.org/winthrop.html

Crisis and Counseling Center
Outpatient services focuses on substance abuse and mental health, family group and crisis counseling.
10 Caldwell St., Augusta, ME 04330-5624
Tel: 626-3448 or 1-888-568-1112
www.crisisandcounseling.org

Kennebec Valley Behavioral Health
Vocational Clubhouses
Capitol Clubhouse
Resource for consumer of mental health services. Provides transportation, meals, support and vocational training.
37 Stone St., Augusta, ME 04330
Tel: 629-9080
http://www.kbhmaine.org/vocational.html

High Hopes Clubhouse
Div. of Kennebec Behavioral Health
26 College Ave., Waterville, ME 04901
Tel: 877-0038
http://www.kbhmaine.org/vocational.html

Kennebec Behavioral Health
Provides emergency, outpatient, medication clinic, in-home supports, school based programs, community support and independent or supported housing services to the community. Services are provided by professional licensed/certified multi-disciplinary staff.
67 Eustis Parkway, Waterville, ME 04901
Tel: 873-2136
66 Stone St., Augusta, ME 04330
Tel: 626-3455
30 High St., Skowhegan, ME 04976
Tel: 474-8368 or 1-888-322-2136

Mental Health Crisis
24 Hour Hotline
Tel: 1-888-568-1112

Northeast Occupational Exchange (NOE)
Provides mental health services to children, adolescents and adults; clinical services for individuals, groups or couples; parenting program for parents of infants, children 4-12 and adolescents 12 and up.
442 Moosehead Trail, Newport, ME 04953
Tel: 368-2072 or 1-800-857-0500
www.noemaine.org

Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta ME 04332
Tel: 624-3900

Mental Health & Substance Abuse Services—cont.

Sweetser
Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Waterville
43 Industrial Park Road, Saco
Tel: 294-4400 ALSO: 1-800-434-3000
3 Michael Lane, Waterville, 680-2065
863 Main Street, Sanford, 459-6050
50 Moody Street, Saco, 571-3080
329 Bath Road, Suite One, Brunswick, 1-877-776-8322

The Women's Project
Enhances women's ability to cope with the effects of substance abuse through education and awareness, identification of resources, advocacy, and support. Also, provides referral services for pregnant women facing alcohol and drug issues. Serves the State of Maine
Tel: 1-800-698-4959 or 942-3633
Bangor Office: 1-800-611-1779
Portland Office: 1-800-611-1588 or 874-1140 ext. 243
http://www.propeople.org/Programs/PROP_Community/womens_project.php

Seniors

Eastern Area Agency on Aging
Eastern Area Agency on Aging (EAAA) is the best source of information, options and services for people as they grow older. They are responsive to the changing needs of older people, families and their communities.
450 Essex St., Bangor, ME 04401
Tel: 941-2865 or 1-800-432-7812 Fax: 941-2869
TTY: 992-0150
www.eaaa.org
www.easternagencyonaging.org

Senior Community Employment Program (SCSEP)
Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.
Missy Ayotte
Older Worker Program Coordinator
Goodwill Workforce Solutions
185 Lancaster Street
Portland, ME 04101
Tel: 207-370-3902

Spectrum Generations
Provides an array of options for vital and independent living through a toll-free Information and Help Line staffed by
experienced people, and a network of Community Centers spread through Central Maine. Offers various activities and classes, support group meetings, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.
Kennebec County
One Weston Court, Suite 203
PO Box 2589, Augusta, ME 04338
Tel: (207) 622-7857 or 1- 800-639-1553
Muskie Community Center
38 Gold St., Waterville, ME 04901
Tel: 873-4745
William S. Cohen Community Center
2010 Town Farm Rd., Hallowell, ME 04347
Tel: 626-7777
Somerset County
Somerset Community Center
30 Leavitt St., Skowhegan, ME 04976
Tel: 474-8552
www.spectrumgenerations.org

Senior Companion Program (SCP)
University of Maine Cooperative Extension
Volunteers provide support to isolated seniors and family caregivers. Assist older adults to maximize, maintain, or regain independence. May help with grocery shopping, doctors appointments, and daily tasks. Offer companionship, advocacy, and information to support quality of life. Provides volunteer experience (stipended) for qualified seniors 55+. Personal care not provided.
Senior Companion Program
7 County Drive
Skowhegan, ME 04976
Tel: 474-9622 / TTY: 800-287-8957
gene.tobey@maine.edu
http://extension.umaine.edu/seniorcompanion/

Transportation

KVCAP—Transportation Services
KV Van - Provides rides to medical and social service appointments, also referral from DHHS. Medicaid and/or low income. M-F
Kennebec Explorer - Fixed-route bus service available to the general public throughout the greater Waterville, Fairfield and Augusta area (M-F). Call for local bus schedules and cost or visit:
www.kvcap.org
www.kennebecexplorer.com

97 Water St., Waterville, ME 04901
Tel: 877-5677 or 1-800-542-8227

28 Mary St., Skowhegan, ME 04976
Tel: 474-8487

22 Armory St., Augusta, ME 04430
Tel: 622-4761

Penquis—Transportation Services
The Lynx provides transportation services for residents of Penobscot and Piscataquis Counties. All transportation is by appointment. Serving: general public; special services for the elderly; MaineCare recipients; other social service clients by agency contract; paratransit provider for The Bus.

Penquis
The Lynx
262 Harlow St., Bangor, ME 04401
Tel: 973-3695 or 1-866-853-5969

Utilities

Bangor Hydro
21 Telcom Drive
Bangor, ME 04401
Tel: 945-5621 or 1-800-499-6600

Central Maine Power Company
83 Edison Drive, Augusta, ME 04330
Tel: 1-800-750-4000

Citizens Energy
Tel: 1-877-563-4645
Apply online to complete an application at:
www.citizensenergy.com/

Emergency Assistance Program—DHHS
35 Anthony Ave.
Augusta, ME 04330
Tel: 624-8222 or 1-800-452-1926

Emergency Assistance Program—DHHS
98 North Ave., Suite 10
Skowhegan, ME 04976
Tel: 474-4800 or 1-800-452-4602

KVCAP
LIHEAP—a voucher for heat once per year
LIAP—discount on electric
Emergency Crisis Intervention Program
97 Water Street
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227

Public Utilities Commission
Physical Address:
101 Second St
Hallowell, ME 04347
Postal Address:
18 State House Station
Augusta, ME 04330
1-800-452-4699

Veterans Services

FINANCIAL SERVICES

Maine Veterans' Services, Bureau of
Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission on Women Veterans

Waterville Office
National Guard Armory
Drummond Ave.
Waterville, ME 04901
Tel: 207-872-7846
Email: Conrad.n.edwards@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)
117 State House Station
Augusta, ME 04333-0117
Tel: 207-626-4464
Email: mainebvs@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Togus VA Regional Office Center - (Benefits)
Tel: 623-8411, ext. 5900
TDD - 1-800-829-4833
FAX: 207 623-5737
CHAMPVA – Denver, CO: 1-800-733-8387
Debt Management, ST Paul, MN: 1-800-827-0648
Education (GI Bill): 1-888-442-4551
Homeless Veterans Coordinator: (207) 329-5981
Income Verification and Means Testing: 1-800-929-8387
Loan Guaranty – Manchester, NH: 1-800-827-6311
National Service Life Insurance: 1-800-669-8477
Pension Center: 1-877-294-6380
Service Group Life Insurance: 1-800-419-1473
Status of Headstones and Markers: 1-800-697-6947
VA Benefits: 1-800-827-1000
Vocational Rehab/Employment: (207) 626-4736
Returning OEF/OIF Combat Veterans:
Tel: 1-877-421-8263, ext. 4939/4534

VA SUICIDE HOT LINE 1-800-273-8255

Waterville Public Library Business & Career Center
73 Elm Street, Waterville, ME 04901
207.680.2611
business@watervillelibrary.org
http://www.watervillelibrary.org/departments/business/
http://www.facebook.com/wplbcc
Employment and business development resources and programming. CareerCenter Veterans' Representative available weekly to assist veterans in exploring career options. 14 public computers and a laptop training classroom. Free wi-fi network.

HEALTH CARE

Community Based Outpatient Clinics (CBOCs)
Bangor: 561-3600 or 1-877-421-8263 x-3600
Bangor Mental Health Clinic: 1-877-421-8263 x- 3651
Portland Mental Health Clinic: 1-877-421-8263 x-3500

Maine Veterans' Homes
Provides the following care:
Medical Services
Comfort Care; Dementia Care; Long-Term Care; Residential Care; Respite Care; Skilled Nursing Care
Rehabilitative Services
Occupational Therapy; Physical Therapy; Speech-Language Therapy

Augusta Home
310 Cony Rd.
Augusta, ME 04330
Tel: 207-622-2454 or 1-888-684-4664
www.maineveteranshomes.org

Togus VA Medical Center
Tel: 1-877-421-8263
DAV Transportation: 1-877-421-8263, ext. 5790
Gulf War/Agent Orange Helpline: 1-800-749-8387
Health Benefits Advisor: 1-877-421-8263, ext. 5688
Health Care Benefits: 1-877-222-8387
Mammography Helpline: 1-888-492-7844
Medical Release of Information: 1-877-421-8263, ext. 5232
Patient Representative: 623-5760
Pharmacy (refills): 1-877-421-8263, ext. 5751
VA Women Veterans' Clinic-623-8411 x-5039
Returning OEF/OIF Combat Veterans:
Tel: 1-877-421-8263, ext. 4120/4266/4296

Vet Centers
Offer readjustment counseling and outreach services to all veterans who served in any combat zone. These services are also available to family members for any military issues.
352 Harlow St.
Bangor, ME 04401
Tel: 947-3391

29 Westminster St.
Lewiston, ME 04240
Tel: 783-0068

475 Stevens Ave.
Portland, ME 04103
Tel: 780-3584

State CAP Agencies

http://www.mainecommunityaction.org/members.htm

Aroostook County Action Program, Inc.
771 Main St.(PO Box 1116)
Presque Isle, ME 04769-1116
Tel: 764-3721 or 1-800-432-7881
Fax: 768-3022
www.acap-me.org

Community Concepts, Inc.
17-19 Market Square (PO Box 278)
South Paris, ME 04281-0278
Tel: 743-7716 or 743-1520
Fax: 743-6513
www.community-concepts.org

Kennebec Valley Community Action Program
97 Water St.
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
www.kvcap.org/

Midcoast Maine Community Action
34 Wing Farm Parkway
Bath, ME 04530
Tel: 442-7963 or 1-800-221-2221
Fax: 443-7447
www.midcoastmainecommunityaction.org/

Penquis Community Action Program
262 Harlow St. (PO Box 1162)
Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
Fax: 973-3699
www.penquiscap.org

Opportunity Alliance
50 Monument Square
Portland, ME 04101
Tel: 874-1140
Fax: 874-1155
www.opportunityalliance.org

Waldo Community Action Partners
9 Field St. (PO Box 130)
Belfast, ME 04915-0130
Tel: 338-6809
Fax: 338-6812
www.waldocap.org

Washington Hancock Community Agency
(Corner of Route 1 & Maple Street)
PO Box 280
Milbridge, ME 04658-0280
Tel: 546-7544
Fax: 546-3216
www.whcacap.org

Western Maine Community Action, Inc.
P.O. Box 200 (20A Church St.)
East Wilton, ME 04234-0200
Tel: 645-4287
www.wmca.org/

York County Community Action Corp.
P.O. Box 72 (6 Spruce St.)
Sanford, ME 04073
Tel: 324-5762 or 1-800-965-5762
www.yccac.org/

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