

**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 provider of information, resources, and support to people who have lost their jobs.

Transition Team Partners

Back Yard Farms
Bangor Savings Bank
Central/Western Maine Workforce
Investment Board
Congressman Bruce Poliquin
Congresswoman Chellie Pingree
Crisis and Counseling Centers, Inc
Finance Authority of Maine (FAME)
Kennebec Valley Community Action Program
Kennebec Valley Community College
Kennebec Valley Council of Governments
Key Bank of Maine
Lawrence Adult Education
Maine AFL-CIO
Maine Bureau of Veterans Services
Maine CareerCenters
Maine Department of Economic &
Community Development
Maine Department of Labor
Maine Educational Opportunity Center
Maine Staffing Group
Mid-Maine Chamber of Commerce

Mid-Maine Regional Adult Community
Education
MSAD #54 Adult & Community Education
New Ventures Maine
Penquis
RSU #19 & MSAD #53 Adult Education
Senator Angus King
Senator Susan M. Collins
Skowhegan Area Chamber of Commerce
Skowhegan Savings Bank
Somerset Economic Development Corporation
T-Mobile
Town of Madison
Town of Pittsfield
University of Maine Augusta &
Bangor Campuses
United Way of Mid-Maine
USDA Rural Development
US Department of Veterans Affairs
US Small Business Administration
Waterville Public Library

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) 859-2545 – Print Date 4/2018

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Important Numbers

211Maine.org.....	211
Connects you to services statewide—including heating and utility resources.	
Adult Learning Opportunities (Maine Adult Ed Assoc).....	1-207-564-3630
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.....	1-800-974-0062
Poison Control Center.....	1-800-222-1222
Runaway National Safeline.....	1-800-786-2929 or
.....	1-800- RUNAWAY
Sexual Assault/Rape Response	1-800-313-9900
Suicide Crisis Hotline...(Kennebec & Somerset Counties).....	1-888-568-1112
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

Central Source LLC

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:

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 and 1pm to 4 pm)

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 referral

For details go to Website:

www.mainebar.org

Maine Revenue Services

24 State House Station

Augusta, ME 04333-0024

Tel: 626-8475 Fax: 624-9694

www.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

40A 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: 480-6095

202 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.

4 State House Station, Augusta, ME 04332-1092

Tel: 1-800-593-7660

Fax: 287-5905

www.maine.gov/reemployme

Volunteer Lawyers Project

Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.

Tel: 1-888-956-4276 Northern Maine

Hotline hours: Tues 5-7 PM and Thurs 10 am - noon

Tel: 1-800-442-4293 Southern Maine

Hotline hours: Mon 1-3:30 pm and Fri 9-11:30 am

www.vlp.org

New Ventures Maine

Statewide non-profit organization that provides training for men and women on starting a business, personal finances and other workshops.

State

Tel: 1-800-442-2092

Augusta mailing address

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: 262-7842

www.newventuresmaine.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.maine.gov/decd

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

CEI - Maine Small Business Development Centers

Provides comprehensive business management assistance, training and information services to Maine's small business community. www.ceimaine.org

CEI Locations

Mid Maine Chamber of Commerce

50 Elm Street

Waterville, ME 04901

Tel: 201-319-4316

Finance Authority of Maine (FAME)

5 Community Drive

Augusta, ME 04332

Tel: 207-620-3521 or 207-623-0095

One Cumberland Place, Suite 302

Bangor, ME 04401

Tel: 207-942-1744

CEI Locations Continued:

297 Bath Road

Wiscasset, ME 04578

Tel: 207-504-5434

30 Federal Street

Brunswick, ME 04011

Tel: 207-504-5900

Women's Business Center at CEI

Offers experienced, knowledgeable business specialists who can help you at any stage of your business, from start-up to expansion.

165 Front Street

Farmington, ME 04938

Tel: 207-778-6529

wbc@ceimaine.org

MaineStream Finance

Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling. MaineStream Finance is pleased to offer small business loans to help start a business or help an existing small business expand or meet its financial needs. Loans are available from as little as \$500 up to \$50,000+. We offer statewide lending.

Penobscot, Piscataquis, Hancock, Washington and Waldo Counties: James Macomber

jmacomber@penquis.org

Tel: 1-800-215-4942 or 974-2476

Knox and Waldo Counties: Ken Greenleaf

kgreenleaf@penquis.org

Tel: 1-800-215-4942 or 974-2437

All other areas: Matt Lewis

mlewis@penquis.org

Tel: 1-800-215-4942 or 973-3509

262 Harlow St., Bangor, ME 04401

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.

41 Court Street

Skowhegan, ME 04976

Tel: 474-0166

www.somerseteconomicdevelopment.org

Business Development – continued

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.

Penobscot - 307 Main Ave., Bangor, ME 04401

Tel: 735-4145 or call 1-800-287-1485

TTY: 1-800-287-8957

Kennebec – 125 State St, 3rd Fl., Augusta, ME 04330

Tel: 622-7546 or 1-800-287-1481

Somerset – 7 County Dr, Skowhegan, ME 04976

Tel: 474-9622 or 1-800-287-1495

www.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 – multi-family (Southern Maine to Lewiston)

254 Goddard Rd., Lewiston, ME 04241

Tel: 753-9400 Ext 5357

Kennebec County – single-family

306 US Rt 1, Suite B1, Scarborough, ME 04074

Tel: 883-0159 #4

www.rd.usda.gov

US Small Business Administration

Provides loan guarantees and free and confidential management and technical assistance consulting to start-up and existing small businesses.

Kennebec & Somerset Counties

68 Sewall Street, Room 512

Augusta, ME 04330

William Card

William.card@sba.gov

207-622-8555

Penobscot, Waldo & Piscataquis Counties

M.C. Smith Federal Building

202 Harlow Street, Room 21250

Bangor, ME 04401

James Pineau

James.pineau@sba.gov

207-945-2021

New Ventures Maine

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: 262-7842

Waterville

www.newventuresmaine.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.

2 Anthony Ave., 11 State House Station

Augusta, ME 04333

(207) 624-7999 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

21 Bigelow Hill Road, Skowhegan, ME 04976

Tel: 612-5127

www.childrenscenteraugusta.com

Child Care Options

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 childcare 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.

337 Maine Avenue

Farmingdale, ME 04344

582-3110 or 1-800-525-2229

www.skcdc.org

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-CDS-PEDS

325E KMD., Waterville, ME 04901

Tel: 877-2498

Fax: 877-7459

Penobscot County-CDS Two Rivers

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

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

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

Locations

280 State Street

160 Old Point Ave.

Augusta, ME 04330

Madison, ME 04950

Community Health & Counseling

Individual/group/family therapy services, long term and therapeutic foster care, home-based services

30 High St., Skowhegan, ME 04976

Tel: 858-4860 or 1-800-437-9227

24 Stone St., Suite 201, Augusta, ME 04333

Tel: 623-3712 or 1-800-291-6021

www.chcs-me.org

Crisis and Counseling Centers

10 Caldwell Road, Augusta, ME 04330

346 Water St., Skowhegan, ME 04976

Tel: 626-3448 or 1-888-568-1112

If calling from a cell phone in Somerset or Kennebec County: 621-2552 **CRISIS LINE**

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

Kennebec Behavioral Health

Children's Case Management: Coordinating service options for children and families including assessment, referral, monitoring and advocacy.

Home & Community Treatment (HCT): Helping families address unwanted behaviors and symptoms of children with education and skill teaching. Includes a Therapeutic Visitation Service.

Multisystem Therapy (MST): Evidence-based practice for youth with mental health and behavioral issues, problem sexual behavior and/or corrections involvement. Services occur within the home and with family participation.

School-Based Services: Mental health services in schools in collaboration with parents and school staff. Please contact Kennebec Behavioral Health's Access Center at 1-888-322-2136.

www.kbhmaine.org

KVCAP Child Care & Head Start

97 Water St., Waterville, ME 04901

Tel: 859-1599 or toll free 1-800-542-8227

www.kvcap.org or www.educarecentralmaine.org

Early Care & Education Services for children ages 0-5 for children in Northern Kennebec and Somerset Counties. Programming includes:

- Center-Based - Full Day/Full Year - Head Start & Child Care
- Ages 6 weeks – 5 years of age - Educare Central Maine, Waterville
- Ages 6 weeks – 3 years of age – Skowhegan Early Head Start, Skowhegan
- Ages 6 weeks to 4 years of age – Family Child Care Homes, Somerset, Kennebec and Piscataquis Counties
- Center-Based – Part Day/Part Year – Preschool (ages 3-5) at the following locations: Waterville, Fairfield, Clinton, St Albans, Solon, Anson, Canaan, Norridgewock, Skowhegan
- Home-Based/Home-Visiting: Ages 0-3

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
29 Westminster St., Lewiston, ME 04240

Tel: 786-8122

49 Florida Ave., 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.mpf.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**.

www.maine.gov/MyMaineConnection

Catholic Charities Maine

Children's Behavioral Health Home provides services to children who have mental health needs and developmental disabilities.

www.ccmaine.org

Referral: 453-4367 Referral fax: 238-8626

Toll-free Quick Connect: 1-800-781-8550 x2722

Fairfield

66 Western Avenue

PO Box 378

Fairfield, ME 04937-0378

Adult Case Management provides case management services to adults with mental illness in Kennebec and Somerset Counties and the Greater Bangor Area.

www.ccmaine.org/AMH

Referral: 453-4368 x3174 Referral fax: 453-4371

Toll-free: 1-800-660-5231

Referral email: FAMHreferral@ccmaine.org

Independent Support Services provides homemaker services for seniors and individuals with disabilities, including in-home assistance with housekeeping, groceries, meal preparation and laundry.

www.ccmaine.org/ISS

Toll free: 1-888-477-2263 TTY: 781-8551

Fax: 299-1930

Search connects volunteers with seniors, creates long-term support systems to meet their needs and ultimately helps them feel less isolated while also remaining independent.

www.ccmaine.org/SEARCH

Kennebec Valley

St. Michael Pastoral Center

24 Washington Street

Augusta, ME 04330

T: 551-6997

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.clubayc.org

Clothing & Housewares

Addie's Attic - St. Mark's Episcopal Church

9 Summer St., Augusta, ME 04330
Tel: 622-2424

Adventist Community Services

201 Mercer Road – US Route 2
Norridgewock, ME 04957
Tel: 634-2334

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

Belgrade Bible Church Clothes Closet

744 Augusta Road
Belgrade, ME 04917
Tel: 495-2200

Community Clothes Closet

Methodist Church
113 Dr. Mann Road, Skowhegan, ME 04976
Tel: 474-3915

Dot's Closet

United Methodist Church
20 W School St.
Oakland, ME 04963
Tel: 465-5259
2nd and 3rd Thursdays 1-3 pm

Hospice Volunteers of Waterville Area 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
10 Concourse West
Waterville, ME 04901
Tel: 877-0673

Lamb's Clothes Closet

Fairfield First Baptist Church
12 Newhall St., Fairfield, ME 04937
Tel: 314-1604
Tues 9-11 am & Weds 4:30-6 pm

Pennywise – Thrift Shop

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

Salvation Army Store

26 Main St
Newport, ME 04953
Tel: 368-5440

Skills Thrift Store

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

Solon Thrift Shop

Church & Pleasant Streets, Solon, ME
Tel: 643-2855

Waterville Area Habitat for Humanity Restore

24 Silver St, Waterville, ME 04901
Tel: 616-0166
Tues – Sat 10am to 4 pm

Madelyn's

42 Main Street, Waterville, ME 04901
Tel: 659-9827
Waterville – Mon thru Sat 10 am – 5 pm

157 Waterville Rd., Skowhegan, ME 04976
Tel: 612-2588

Skowhegan – Tues thru Thurs 1 pm to 5 pm
Friday 10 am – 5 pm & Saturday 10 am – 3 pm

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.

83 Western Ave., Augusta, ME 04330

Tel: 620-8494

Sexual Assault Crisis Support Center

16 Commerce Plaza, Ste 4, Winthrop, ME 04364

Tel: 377-1010 Hotline: 1-800-871-7741

www.silentnomore.org

Partners for Peace

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

www.partnersforpeaceme.org

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

41 Court St., Skowhegan, ME 04976

Tel: 474-2423

Kennebec County Court House

95 State St. Augusta, ME

Tel: 623-1156

Respect ME Program

A Certified Batterer's Intervention Program for female offenders who have used violence with an intimate partner.

Utilizing the Turning Point's Curriculum; our focus is addressing women's use of violence and also addressing violence that may have been used against them.

A Program of Kennebec Behavioral Health

5 Commerce Drive, Skowhegan, ME 04976

Tel: 1-888-322-2136 or 474-8368 Ext 3607

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

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 Adult & Community Education

High School Diploma, Office Skills, CNA, CDL, ESL-English as a second language, Career Pathways Advising, WIOA & more

61 Academy Circle, Skowhegan, ME 04976

Tel: 474-7553

www.msad54.maineadulted.org

RSU 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.—SAD 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

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.

12 Shuman St., Unit 9A, Augusta, ME 04330

Tel: 621-1100 or 1-888-433-0693

www.bonneystaffing.com

Finance Authority of Maine (FAME)

5 Community Drive

Augusta, ME 04332

Tel: 1-800-228-3734

education@FAMEmaine.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

PO Box 93, Waterville, ME 04901

Tel: 872-9075 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

33 Union St., Suite 2, Augusta, ME 04430

Tel: 626-2470

www.augusta.maineadulted.org

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 4, Augusta, ME 04430

Tel: 626-3440

Waterville

Literacy Volunteers of Waterville

PO Box 1645

105 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

meoc.maine.edu

Maine Energy and Marketers Association

MEMA Technical Education Center (MTEC) provides hands-on training and certifications for individuals interested in working in the heating, ventilation, air conditioning, and refrigeration industries (HVAC-R). This program is just 3 months, a little over \$10K, and we boast a 95% placement rating after completion.

25 Greenwood Rd.

Brunswick, ME 04011

Tel: 207-729-5298

www.mtecenter.com

New Ventures Maine

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.newventuresmaine.org

Augusta – also covers Waterville & Skowhegan

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3434 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7842

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/>

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.

Augusta

35 Anthony Ave.

Augusta, ME 04333

Tel: 624-8090 or 1-800-452-1962

Skowhegan

98 North Ave., Skowhegan, ME 04976

Tel: 474-4800

Bangor

396 Griffin Rd.

Bangor, ME 04401

Tel: 561-4175 or 1-800-482-7517

Kennebec Behavioral Health

High Hopes Clubhouse (Waterville) and Capitol Clubhouse (Augusta) provide job development, job placement, coaching, long term supported employment and supported education to members. The Clubhouses follow a model of psychiatric rehabilitation and membership is open to anyone with a mental illness diagnosis who is also covered by MaineCare. A major component of the Clubhouse is Transitional Employment (TE) which offers members the chance to work at a paid part-time job and to stay on that job for approximately six to nine months.

Waterville

High Hopes Clubhouse

26 College Ave

Waterville, ME 04901

Tel: 877-0038 Fax: 877-0322

www.highhopesclubhouse.org

Augusta

Capitol Clubhouse

37 Stone St

Augusta, ME 04330

Tel: 629-9080 Fax: 629-9081

www.capitol-clubhouse.org

KVCAP – Employment Support Services

One-on-one support to unemployed, under-employed and displaced workers, including provision of information, education, and referrals, depending on individual needs and interests.

Dana Hamilton

Employment/Resource Navigator

26 Mary Street

Skowhegan, ME 04976

Tel: 859-2545

E-mail: danah@kvcap.org

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.

Augusta

45 Commerce Drive

Augusta, ME 04333-0109

Tel: 624-5120 Fax: 287-6236

Bangor

45 Oak St., Suite 3

Bangor, ME 04401-7902

Tel: 561-4050 Fax: 561-4066

Skowhegan

98 North Ave.

Skowhegan, ME 04976

Tel: 474-4950 Fax: 474-4914

Statewide Help line: 1-888-457-8883

TTY: 1-800-794-1110

www.mainecareercenter.com

Maine Staffing Group

Maine Staffing Group through its corporate divisions has proudly been serving businesses for decades, providing field staff in every industry/trade. Temporary, Temp-to-Hire, Direct-Hire opportunities with no-fee to our applicant/employee staff. See our website for details, job listings, application process. *EEO/AA employer.*

www.mainestaff.com

A4TD-(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.

Lewiston / State Office 207-520-2487

VT / Home Office 800-439-3307

www.a4td.org

info@a4td.org

Unemployment Call Center – Benefit Claims

Tel: 1-800-593-7660

TTY: 1-888-457-8884

www.maine.gov/reemployme

Employment & Training Services - continued

New Ventures Maine

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 – also covers Waterville & Skowhegan

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3434 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7842

www.womenworkandcommunity.org

Waterville Public Library Business, Career & Creativity Center

73 Elm Street, Waterville, ME 04901

207.872-5433

librarian@watervillelibrary.org

www.watervillelibrary.org/departments/business/

www.facebook.com/wplbcc

Employment and business development resources and programming. Job Search Lab available weekly to assist people in seeking employment and exploring career options. The Job Search Lab is facilitated by Augusta Career Center, New Ventures Maine, and Mid-Maine Regional Adult Community Education representatives. KVCAP Job Search/Resource Navigator is available weekly by appointment. 14 public computers and a laptop training classroom. Free Wi-fi.

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.

477 Congress St., 5th Fl., Portland, ME 04101

Tel: 1-888-845-5669 call to schedule appointments

www.moneymanagement.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

Main Office (Augusta)

117 State House Station

Augusta, ME 04333-0117

Tel: 430-6035

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

www.maine.gov/mpuc/consumer/other_agencies.html

Maine Office of the Public Advocate

103 Water St., 3rd Fl.

Hallowell, ME 04347

Tel: 624-3687

Electricity Supply

www.maine.gov/meopa/

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>

The Salvation Army

Augusta

Emergency Assistance - Emergency Financial Assistance,

Seasonal Services

36 Eastern Ave., Augusta, ME 04330

Tel: 623-3752

Tues-F 9:00 a.m. – 4 p.m.

Waterville

Emergency Assistance - Emergency Financial Assistance,
Seasonal Services

179 Main St., Suite 313, Waterville, ME 04901

Tel: 623-3752

Tues & Thurs 9:00 a.m. – 3 p.m.

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

Bangor Office

202 Harlow Street, Bangor ME 04401

Tel: 1-877-405-1448

Waterville Office

14 Colby St., Waterville, ME 04901

Tel. 1-866-931-9169

Augusta Office

330 Civic Center Dr., Augusta, ME 04330

Tel: 1-866-882-5422

New Ventures Maine

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 also covers Waterville & Skowhegan

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3434 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7842

www.newventuresmaine.org

Food & Nutrition

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.

Kennebec & Somerset Counties

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

Albion

Loaves & Fishes

123 Benton Road

Tel: 437-2732

Hrs. of operation: 1st & 3rd Thurs. 9:00 – 11:00 AM

Augusta

Augusta Food Bank

161 Mt Vernon Ave

Tel: 213-2233 Client has to call for appointment M-Th

9:30 to 11:30 am

Hrs. of operation: Mon. & Thur. 12:30-2:30 PM

& Tues 5:00 - 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

Belgrade

Belgrade – Rome Special Needs Food Pantry

6 Manchester Road

Tel: 495-2258

Hrs. of operation: Tues. 9:00 – 11:00 AM

Canaan

Canaan Community Food Bank

272 Main St (across from Post Office)

Hrs. of operation: 1st and 3rd Mon. 1:00 - 3 PM

(Snow day or holidays - open on Tuesdays)

Tel: 474-5408

China

China Community Food Pantry

1320 Lakeview Drive at Parmenter Terrace

Tel: 968-2421

Hrs. of operation: Fri. and Sat. Noon – 1:00 PM

Cornville

Cornville Athens Food Cupboard

493 West Ridge Road

Hrs. of operation: 2nd Saturday of month 9:00 – 11:00 AM

Tel: 654-3071

Fairfield

Fairfield Interfaith Food Pantry

23 Lawrence Ave

Tel: 509-9972

Hrs. of operation: 1st and 3rd Thur. 9 am to noon

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

Faith Food Pantry

280 Brunswick Ave

Tel: 582-5432

First 3 Fridays noon to 2:30 pm and 4th Sat. 9 – 11 am

Hallowell

Hallowell Food Bank, Inc.

Perley's Lane (Basement of Hallowell Fire Department)

Tel: 992-6899

Hrs. of operation: Fri. 1:00 – 2:30 PM

Hartland

Tri-Town Food Cupboard

9A 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

Madison

People Who Care Food Cupboard

108 Old Point Ave (basement of former school)

Tel: 858-5342

Hrs. of operation: Weds. 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

151 North Main Street

Tel. 933-2400

Hrs. of operation: Tues 11 – 12 AM & 5:30 - 6:30 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 & 3rd Tues. 9:00 - 11 AM

Oakland

Oakland Food Bank

14 West School Street (United Methodist Church)

Tel: 465-5259

Hrs. of operation: Thur. 4:00 - 6:00 PM

Oakland Soup & Sandwich

47 Church Street (United Baptist Church)

Church phone: 465-7828

Hrs. of operation: Thur. 4:00 - 5:30 PM

Palmyra

Palmyra Baptist Soup Kitchen

768 Main Street

Tel: 341-2655 or 341-3915

Hrs. of operation: Tues, Thurs. and Sat. - 5 - 6:30 PM

Pittsfield

Community Christmas Project Food Pantry

Downtown Parking Lot (Behind Main St)

128 Conners St

Tel: 487-5497 or 341-1117

Hrs of operation: Tues. & Fri. 9:30 AM - Noon

Sidney

Sidney Community Food Pantry

3022 West River Road

Tel: 805-6362

Hrs. of operation: 2nd & 4th Weds 9 AM - noon & 4:30–6 PM

Skowhegan

Skowhegan Community Food Cupboard

16 Cariani Street

Tel: 474-9249

Hrs. of operation: Mon. & Fri. 10:00 – 11:00 AM;
Weds 4:30 – 6 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: 2nd & 4th Thurs. & Fri. 9 AM – 1 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 (next to fire station) N. Vassalboro

Tel: 873-7375

Hrs. of operation: Thurs. 11:00 AM - Noon

Food & Nutrition—continued

Waterville

St. Francis Soup Kitchen

70 Pleasant St, Waterville 04901

Tel: 872-2281

Hrs. of operation: Sat. 11:00 AM - Noon

Evening Sandwich Program

Universalist-Unitarian Church

69 Silver Street

Tel: 474-7370

Hrs. of operation: Sun. thru Fri. 4:00 - 5:00 PM

Greater Waterville Area Food Bank

United Methodist Church

61 Pleasant Street

Tel: 616-0363

Hrs. of operation: Mon. thru Thurs. 8:30-10:30 AM

screening and Food Bank is 9-11 AM

Mon. evening 5:30 PM – 7:00 PM

(Except Holidays)

Kid's Kitchen – Boys & Girls Club

126 North Street

Tel: 873-0684

Hrs. of operation: Mon – Fri 2:15 – 4 PM when school is in session **for children 18 and younger**

Sacred Heart Soup Kitchen

70 Pleasant Street

Tel: 649-9550

Hrs. of operation: Mon. - Fri. 11:30 AM - 12:30 PM &

Waterville School Food Pantries for Students & Their Families ONLY

George J. Mitchell 58 Drummond Ave Tel: 873-0695

Fri 2:30 – 3:30 PM

Albert S. Hall 27 Pleasant St Tel: 872-8071

Weds 10 AM – 11 AM and Fri 2 PM – 3 PM

Waterville Jr High 100 W River Rd

Tel: 873-2144

Call or go to school during school hours

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

6 E. Chestnut St., Augusta, ME 04330

Tel: 626-6350

Waterville

10 Water St., Hathaway Bldg., Waterville, ME 04901

Tel: 861-3580

Skowhegan

165 North Ave., Skowhegan, ME 04976

Tel: 861-3593

Penobscot County

Bangor

Bangor Area Homeless Shelter

263 Main St., Bangor, ME 04401

Tel: 947-0092

Hrs for food: Tues & Thurs 1 – 4 PM

Soup daily at noon

Ecumenical Food Cupboard

28 High St., Bangor, ME 04401

Tel: 942-4381

Hrs: Monday, Wednesday & Friday 10 to Noon

Seeds of Hope Food Pantry/Beacon of Hope Church of God

1612 Ohio St., Bangor, ME 04401

Tel: 945-0224

Hrs: Thurs 11 AM – 1 PM except 5th Thurs

Grace United Methodist Church

193 Union St., Bangor, ME 04401

Tel: 942-8320

Hrs: Tue – Sat 9 AM – 1 PM

Community Meal 3rd Saturday 11:30-12:30

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
Tel: 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
Tel: 626-2310
General Assist.: 626-2325
Mon. – Fri.: 7:45 AM – 4:30 PM

Belgrade

6 Manchester Road
Belgrade 04917
Tel: 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
Tel: 453-7191
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 11:00 AM – 6:00 PM

Chelsea

560 Togus Road
Chelsea 04330
Tel: 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
Tel: 445-2014
Mon. – Fri.: 7:30 AM – 4:00 PM
Sat.: 8:00 – 11:00 AM

Clinton

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

Farmingdale

289 Main Avenue
Farmingdale 04344
Tel: 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
Tel: 685-4373
Mon., Tues., Wed.: 7:00 AM – 4:30 PM
Thurs.: 7:00 AM – 6:30 PM

Gardiner

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

Hallowell

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

General Assistance Program - Town Offices- continued

Litchfield

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

Manchester

12 Readfield Road
Manchester 04351
Tel: 622-1894
Mon. & Thurs.: 8:00 AM – 4:00 PM
Tues.: 8:00 AM – 6:00 PM

Monmouth

859 Main Street
Monmouth 04259
Tel: 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
Tel: 293-2379
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
Tel: 465-7357
Mon. – Thurs.: 8:30 AM – 4:30 PM
Fri: 8-4:30pm

Pittston

38 Whitefield Road, Route 126
Pittston 04345
Tel: 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
Tel: 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
Tel: 685-4939
Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM
Wed.: noon – 6:00 PM

Rome

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

Sidney

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

Vassalboro

682 Main Street
North Vassalboro 04962
Tel: 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
Tel: 293-3383
T&Th 9-12 & 4:45-7pm Last Sat.of Month 1-4 and by appointment

West Gardiner

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

Waterville

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

General Assistance Program - Town Offices- continued

Wayne

48 Pond Road
Wayne 04284
Tel: 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

Windsor

523 Ridge Road
Windsor 04363
Tel: 445-2998
Mon.: 9:00 AM – 5:00 PM
Tues.: 11:00 AM – 8:00 PM

Somerset County

Anson

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

Athens

28 Academy St.
Athens 04912
Tel: 654-3471
Mon. & Thurs.: 2:00 – 6:00 PM
Tues 3:00 – 6:00 PM

Bingham

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

Brighton Plantation

Post Office Box 126
Athens 04912
Tel: 654-2172 Town Office or Joanne Goodridge on
Mondays 2:00 – 3:00 PM 654-2551

Cambridge

202 Ripley Road
Cambridge 04923
Tel: 277-3241
Mon. & Fri.: 8:00 AM – noon
Weds. 8 AM – noon & 1:00 – 5 PM
Thurs.: 6:00 – 8:00 PM
General Assistance: 1st, 3rd & 4th Weds 8 AM - noon

Winthrop

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

Winslow

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

Canaan

277 Main Street
Canaan 04924
Tel: 474-8976
Mon., Tues., Thurs., Fri.: 8:00 AM – 4:00 PM
Wed.: 11:00 AM – 7:00 PM

Cornville

508 W. Ridge Rd
Tel: 474-3275
Tues: 10:00 AM – 4:00 PM & Thurs: 1:00 – 7:00 PM

Dennistown Plantation (Moose River)

36 Tapley Rd
Jackman, ME 04945
Tel: 668-4019
Mon, Tues & Thurs. 3:00 – 6:00 PM

Detroit

35 South Main Street
Detroit 04929
Tel: 257-4488
Mon. – Thurs: 8:30 AM – 6:30 PM

Embden

809 Embden Pond Road
Embden 04958
Tel: 566-5551
Tues. & Wed.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 6:00 PM & Fri.: 10:00 AM – 2:00 PM

Fairfield

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

General Assistance Program - Town Offices- continued

Harmony

1 Main Street

Harmony 04942

Tel: 683-5681

Mon & Thurs: 8:00 AM – 1:00 PM

Thurs & Fri: 2:00 – 6:00 PM

Hartland

21 Academy Street

Hartland 04943

Tel: 938-4401

Mon, Tues, Weds, Fri: 8:30 AM – 4:30 PM

Thurs: 8:30 AM – 6:00 PM

Highland Plantation

130 Howard Hill Rd

Highland PLT 04961

Tel: 628-4761 (1st) 458-5920 (2nd)

No set hours

Jackman

369 Main Street

Jackman 04945

Tel: 668-2111

Mon. – Fri.: 8:00 AM – 4:30 PM

Madison

26 Weston Avenue

Madison, ME 04950

Tel: 696-3971

Mon.-Fri: 7:30 AM – 4:00 PM

Mercer

1015 Beech Hill Rd

Mercer, ME 04957

Tel: 587-2911 M & Thurs 9:00 AM – 3:00 PM

Tues & Weds 6:00 PM – 8:00 PM

Second Saturday 7:30 AM – 1:00 PM

Moose River (Dennistown Plantation)

PO Box 267

Jackman 04945

Tel: 668-4019

Mon., Tues., Thurs.: 3:00 – 6:00 PM

Moscow

110 Canada Road

Moscow 04920

Tel: 672-4834

Mon. – Fri 8:00 – 9:30 AM

New Portland

901 River Road

North New Portland 04961

Tel: 628-4441

Mon, Tues, Weds: 11:00 AM- 5:00 PM; Thurs. 1:00 – 6:00 PM

First Saturday of each month: 8:00 AM – noon April to November

Norridgewock

16 Perkins Street

Norridgewock 04957

Tel: 634-2252

Mon. - Wed., & Friday: 8:30 AM - 4:15 PM

Thurs.: 8:30 AM - 6:00 PM

Palmyra

4 Madawaska Rd

Palmyra 04965

Tel: 938-4871

Mon., Tues., Fri.: 8:00 AM - 4:15 PM

Weds, Thurs.: 8:00 AM – 5:30 PM

Pleasant Ridge Plantation

343 Rowe Pond Rd

Bingham, ME 04920

Tel: 672-3952

Wednesday: 6:00 - 8:00 PM

Pittsfield

112 Somerset Ave

Pittsfield 04967

Tel: 487-3136

Mon. - Fri.: 8:00 AM - 5:00 PM

The Forks Plantation

Post Office Box 77

W. Forks 04985

Tel: 663-4454 or 663-0900

Every other Weds 8:00 AM – 11:00 AM and opposite

Weds 4:00 – 7:00 PM

West Forks Plantation

Post Office Box 15

West Forks 04985

Tel: 663-2248

No set hours

Ripley

1084 Main Street

Ripley 04930

Tel: 277-4871

Mon.: 10:00 AM - 2:00 PM & 4:00 – 6:00 PM

Weds.: 3:00 - 7:00 PM/Fri.: 3:00 – 6:00 PM

General Assistance Program - Town Offices- continued

St. Albans

7 Water Street
St. Albans 04971
Tel: 938-4568
Mon.: 8:00 AM - 6:00 PM
Tues. - Fri.: 8:00 AM - 4:00 PM

Skowhegan

225 Water Street
Skowhegan 04976
Tel: 474-6902
Mon. - Fri.: 8:00 AM - 4:30 PM

Smithfield

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

Solon

121 South Main Street
Solon 04976
Tel: 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
Tel: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 – 7:00 PM & First Saturday 8:00 – 11:00 AM

Penobscot County **Border Town Offices**

Bangor City Hall

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

Carmel Town Office

1 Safety Lane
Carmel 04419
Tel: 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
Tel: 278-4183
Mon. - Fri.: 8:00 AM - 4:30 PM

Dexter Town Office

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

Exeter Town Office

1220 Stetson Road
Exeter 04435
Tel: 379-2191
Mon: 10 AM to noon

Levant Town Office

691 Townhouse Road
Levant 04456
Tel: 884-7660
Tues, Th & Fri 9:00 AM – 4:00 PM
Weds 11:30 AM – 7:00 PM
Please allow 1 hr for this process.

Newport Town Office

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

Plymouth Town Office

1947 Moosehead Trail
Plymouth 04969
Tel: 257-4646
Mon.: 11:00 AM - 6:00 PM
Tues. - Thurs.: 11:00 AM - 4:00 PM
Fri. – 7:00 AM to noon

General Assistance Program - Town Offices- continued

Waldo County

Border Town Offices

Burnham Town Office

247 South Horseback Road

Burnham 04922

Tel: 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

Tel: 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

74 School Street

Unity 04988

Tel: 948-3763

Mon, Weds, Thurs, Fri 8:00 AM – 2:00 PM

Tues.: 11:00 AM – 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 Community Health Center

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

Madison Area Health Center

PO Box 120, 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 dba Hometown Health Ctr

140 Chandler St	29 Church Street
Pittsfield, ME 04967	Dexter, ME 04930
Tel: 487-9244	Tel: 924-3253

1008 Main Street	118 Moosehead Trail
Dover-Foxcroft, ME 04426	Newport, ME 04953
Tel: 564-8710	Tel: 368-4213

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
35 Medical Center Parkway
Augusta, ME 04330
Tel: 626-1000

Redington-Fairview General Hospital

PO Box 468
46 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	470 Somerset Avenue
Newport, ME 04953	Pittsfield, ME 04967
Tel: 368-4292	Tel: 487-5154

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

Reproductive Health

Fee is based on income

Family Planning Association

43 Gabriel Drive	147 Waldo Ave
PO Box 587	Belfast, ME
Augusta, Maine 04332-0587	Tel: 338-3736
Tel: 626-3426	

18 Silver Street
Waterville, ME 04901
Tel: 509-3267

68 Mount Hope Avenue
Bangor, ME 04401
Tel: 922-3440

188 Madison Avenue
Skowhegan, ME 04976
Tel: 612-5000

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

767 Main Street, Rt. 1B
Damariscotta, ME 04543
Tel: 563-1224

Health Services - continued

Dental

Bingham Area Health Center

Accepting MaineCare and other insurances and
Sliding fee scale based on income
PO Box 746, 237 Main St.
Bingham, ME 04920
Tel: 672-3519

Cornerstone Dental

MaineCare for adult emergency extractions only
30 Concourse
Waterville, ME 04901
Tel: 877-2200

Kennebec Valley Family Dentistry

269 Water St.
Augusta, ME 04330
Tel: 623-3400

Maine Street Dental Center

Accepts MaineCare
185 Main St.
Waterville, ME 04901
Tel: 872-6815

Saulter Dental Hygiene Center

Accepting MaineCare (age 21 and under for preventative)
81 Western Ave.
Waterville, ME 04901
Tel: 861-8080

Health Reach Community Health Center

7 School St
Albion, ME 04910
Tel: 437-2100

Community Dental Center

93 Main St., 3rd Fl.
Waterville, ME 04901
Tel: 872-8891
Accepting children with MaineCare

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: Statewide 877-626-1684
Tel: Waterville 872-4697
Tel: Augusta 626-1684
www.carepartnersmaine.org

Capitol Community Clinic

Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta, ME 04332
Tel: 624-3966 or 1-800-834-3339

KVCAP-Health Navigators

101 Water St., Waterville, ME 04901
Serving Kennebec and Somerset Counties. Contact a
Health Navigator for assistance with applying for health
insurance thru the Health Insurance Marketplace.
Navigators can assist you in applying, reviewing your
options and helping you enroll with no fee.
Tel: 859-8502

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 - Dept of Health & Human Services

77 Sewall St., Augusta, ME 04330
Tel: 855-797-4357
MaineCare is free or low cost health insurance that covers
most health care needs for children and some adults.
Eligibility is based on family size and gross monthly
income. There is no asset test for children and pregnant
women, for other adults assets are considered, but many
(such as home and car) are not counted against you.

When in doubt... apply! Even if you aren't eligible for full
benefit MaineCare, the Department of Health and Human
Services (DHHS) will let you know if you are eligible for
other medical assistance.

Health Services - continued

Maine Rx Plus – Dept of Human Services

Discounts on prescriptions based on your income.

Tel: 866-796-2463

www.mainerxcard.com

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>

Consumers for Affordable Health Care Act

Services include: free clinics in Maine; sliding scale clinics; help with prescriptions, hospital sliding scale and hospital free care.

Tel: 800-965-7476

Public Health Nursing - DHHS

Key Plaza 7th Fl., 11 State House Station
Augusta, ME 04333-0011

Tel: 287-2656 or 287-4112 or 1-877-763-0438

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 at least within a 10 mile radius.
33 Union St., Augusta, ME 04330
Tel: 626-2357

Bread of Life Ministries

Homeless shelter. Check in time is 4-6 pm Sun-Th, 4-9 pm Fr-Sat
157 Water St., Augusta, ME 04330
Tel: 626-3434

Kennebec Behavioral Health

Homeless Outreach (Adult): Services include outreach and engagement, assessment, case-management linkage with housing and supports and linkages to mainstream resources.

Tel: 1-888-322-2136
www.kbhmaine.org

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: 859-1637 or 1-800-542-8227 ext 1637
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 6 pm-8 am, 7 days a week.
19 Colby Street, 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.

71 Hospital St., 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

306 US Rt 1, Suite B1, Scarborough, ME 04074
Tel: 883-0159
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, Food Pantry, Utilities, Rental Assistance and low cost summer camp for children
36 Eastern Ave., Augusta, ME 04330

Tel: 623-3752

Waterville

Helps with emergency needs such as: financial assistance, rental assistance (not deposit) - must meet eligibility criteria.

179 Main St., Suite 313, Waterville, ME 04901

Tel: 859-9415 Tues and Thurs 9:00 AM – 3:00 PM

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

6 State House Station

Augusta, ME 04333

Tel: 626-8800

Community Mediation Services

14 Maine St., Ste 100

Brunswick, ME 04011

Tel: 800-381-0609 or 373-1140

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 1-866-626-7059

Maine Human Rights Commission

#51 State House Station

19 Union Street, Augusta, ME 04330

Tel: 624-6290 TTY: 1-888-577-6690

www.maine.gov/mhrc

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: Yes

Belgrade Public Library

1 Center Drive, Belgrade, ME 04917

www.belgrade.lib.me.us

belgrade@belgrade.lib.me.us

Tel: 495-3508

Hours: Tue: 10-7, Wed: 2-6, 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 & 3-6, Tues 3-6, Wed: 2-7,

Thurs 3-6 Sat: 9-3

Summer Hours: Mon: 9-1 & 3-6 Tue: 3-8, Wed: 1-8,

Thu: 3-8, 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-Wed: 10-6, Thurs 3-8, Fri: 10-3, 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

Dr. Shaw Memorial Library

344 Pond Road, Mount Vernon, ME 04352

Tel: 293.2565

Hours: Mon: 3-6, Wed: 9-12/3-7, 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: 10-5:30, Tue: 10-7:30, Wed: 10-5:30, Thu:

10-5:30, Fri: 10-5:30, Sat: 9:30-12:30

Summer Hours: same

Wireless Access: Yes

Libraries - continued

Hubbard Free Library

115 Second Street, Hallowell, ME 04347

www.hubbardfree.org/

hfl@msln.net

Tel: 622-6582

Hours: Tue: 2-7; Wed: 10-5:30; Thu: 2-7; Fri: 2-5:30;

Sat: 10-2

Summer Hours: same

Wireless Access: Yes

Lithgow Public Library

6 E. Chestnut 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/

oaklandpubliclibrary@gmail.com

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

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

www.fayettetmaine.org

faylib@fayette.lib.me.us

Tel: 685-3778

Hours: Wed: 2-7, Thu: 10-3

Summer Hours: same

Wireless Access: Yes

Vassalboro Public Library

930 Bog Road, East Vassalboro, ME 04935

www.vplib.org/

vplibary@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/

jlaron@winslow.lib.me.us

Tel: 872-1978

Hours: Mon: 9-7, Tue: 9-7, Wed: 1-7, Thu: 1-7, Fri: 9-7, Sat: 9-1

Summer Hours: same except no Sat hours

Wireless Access: Yes

Libraries - continued

Somerset County

Anna Field Fernald Library

35 South Main Street, Detroit, ME 04929

www.fernald.lib.me.us

ecbjross@roadrunner.com

Tel: 257-4488

Hours: Mon-Thu: 8:30-6:30

Summer Hours: same

Wireless Access: Yes

Bingham Union Library

297 Main Street, Bingham, ME 04920

rtremblay@bingham.lib.me.us

Tel: 672-3002

Hours: Tue: 1-7, Wed & Thurs 1-5

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: 474-2149

Hours: Tues 12-5, Wed: 11-7, Fri: 10-5, 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: 11-6:30, Thu: 10-6:00

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.fairfieldme.com/library/

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, Thurs

& Fri: 10-5:30, Sat: 10-3

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: Tues 9-12, Wed: 4-6, Thu: 4-6, Sat: 10-12, Sun 1-3

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: 779-3977

Hours: Tues & Thurs 1:30 – 4:30 PM; Weds 5-8 PM;

Sat 9:30 AM – 12:30 PM

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: Yes

Maine's Congressional Delegation

U.S. Senator Susan Collins

68 Sewall Street, Room 507

Augusta, ME 04330

Tel: 622-8414

Fax: 622-5884

Covers: Kennebec, Somerset, Lincoln & Knox counties

P.O. Box 655, 202 Harlow Street, Suite 20100

Bangor, ME 04401

Tel: 945-0417

Fax: 990-4604

Covers: Hancock, Penobscot, Piscataquis, Waldo & Washington counties

www.collins.senate.gov

U.S Senator Angus King

4 Gabriel Dr., Suite 3

Augusta, ME 04330

Tel: 622-8292 or 800-432-1599

Fax: 621-0286

www.king.senate.gov

202 Harlow Street, Suite 20350

Bangor, ME 04401

Tel: 945-8000

Fax: 945-5010

Congresswoman Chellie Pingree (1st District)

2 Portland Fish Pier Suite 304

Portland ME, 04101

Tel: 774-5019

Fax: 871-0720

1 Silver Street

Waterville, ME 04901

Tel: 873-5713

Fax: 873-5717

www.pingree.house.gov

Congressman Bruce Poliquin (2nd District)

4 Union Plaza, Suite 7

Bangor, ME 04401

Tel: 942-0583

Fax: 942-7101

7 Hatch Drive, Suite 230

Caribou, ME 04736

Tel: 492-1600

Fax: 492-1606

179 Lisbon Street

Lewiston, ME 04240

Tel: 784-0768

Fax: 784-5672

www.poliquin.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

The Center is a non-profit agency, devoted to assisting adults and children with intellectual, behavioral, physical disabilities and elder age related issues. Provide:

residential, day treatment, clinical counseling, vocational and in-home supports. Please contact our administration office at: 572 Bangor Rd

Dover Foxcroft, ME 04426

Tel: 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.

24 Stone St., Suite 201, Augusta, ME 04330

Tel: 623-3712 or 858-4860

30 High St, Skowhegan, ME 04976

Tel: 858-4860

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.highbopesclubhouse.org>

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

5 Commerce Drive, Skowhegan, ME 04976

Tel: 474-8368

Mental Health Crisis

24 Hour Hotline

Tel: 1-888-568-1112

For Kennebec & Somerset Counties: direct – 621-2552

NAMI/Maine

The help line is a safe and confidential mental health service for peers, professionals, friends and family members.

1 Bangor St

Augusta, ME 04330-4701

Tel: 1-800-464-5767 or 207-248-7935 Open Mon-Fri 8 am to 5 pm

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

29 Franklin St., Bangor, ME 04401

Tel: 368-2072 or 1-800-857-0500

www.noemaine.org

Mental Health & Substance Abuse Services

Riverview Psychiatric Center

Psychiatric facility committed to restoring and enhancing the mental health and autonomous functioning of individuals whose treatment needs requires involuntary hospitalization.

250 Arsenal St.

11 State House Station

Augusta, ME 04332

Tel: 624-4600

Sweetser

Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Brunswick location.

50 Moody St, Saco

Tel: 294-4400 ALSO: 1-800-434-3000

863 Main Street, Sanford, 459-6050

329 Bath Road, Suite One, Brunswick, 1-877-776-8322

www.sweetster.org

The Women's Project-Opportunity Alliance

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. Also works with children's issues, and parent coaching for men and women. Serves the State of Maine.

510 Cumberland Ave., Portland, ME

Tel: 1-800-698-4959 or 553-5800

50 Lydia Ln., So Portland, ME

Tel: 1-877-429-6884 or 874-1175

www.opportunityalliance.org

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

Senior Community Employment Program (SCSEP)

Multi-state non-profit organization whose mission is to provide job training and employment services to workers age 55+. They provide job training opportunities in the areas of: food prep, retail sales, customer service and healthcare. Participants in the program are assigned to local non-profits for 20 hrs each week where they contribute to that organization, learn new things and are paid for their time.

Tel: 520-2487

www.A4TD.org

Senior Companion Program (SCP)

University of Maine Center on Aging

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 (stipend) for qualified seniors 55+. Personal care not provided.

Senior Companion Program

7 County Drive

Skowhegan, ME 04976

Tel: 474-9622 / TTY: 800-287-0274

gail.watson@maine.edu

<http://extension.umaine.edu/seniorcompanion/>

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) 622-9212 or 1- 800-639-1553

Muskie Community Center

38 Gold St., Waterville, ME 04901

Tel: 873-4745

William S. Cohen Community Center

22 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

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

Emera Maine District

21 Telcom Drive

Bangor, ME 04401

Tel: 973-2000 or 1-855-363-7211

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: 624-8090 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

Tel: 1-800-452-4699 Consumer Assistance Hotline

Veterans Services

Financial Services

Maine Bureau of Veterans' Services

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

Camp Keyes – Augusta

Winthrop Street
117 State House Station
Augusta, ME 04333-0117
Tel: 207-430-6035
Email: mainebvs@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

To file claims or assistance with health

Togus Claims Office
1 VA Center
Togus, ME
Tel: 207-623-5732

VA Benefits

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: 877-424-3838 Ext 4733
Homeless Hotline: 1-877-424-3838
Income Verification and Means Testing: 1-800-929-8387
Loan Guaranty – Manchester, NH: 1-800-827-1000
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) 623-8411 Ext 4600

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 & Creativity Center

73 Elm Street, Waterville, ME 04901
207-872-5433

librarian@watervillelibrary.org

www.watervillelibrary.org/departments/business/

www.facebook.com/wplbcc

Employment and business development resources and programming. Job search lab available weekly to assist people in seeking employment and exploring career

options. The Job Search lab is facilitated by the Augusta Career Center, New Ventures Maine, and Mid-Maine Regional Adult Community Education representatives. The KVCAP Job Search/Resource Navigator is available weekly by appointment. 14 public computers and a laptop training classroom. Free wi-fi.

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
Lewiston Mental Health Clinic: 330-2700

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 or 623-8411
DAV Transportation: 1-877-421-8263, ext. 5790
Gulf War/Agent Orange Helpline: 1-207-623-8411
Health Benefits Advisor: 1-877-421-8263, ext. 5688
Health Care Benefits: 1-877-222-8387
Mammography Helpline: 1-207-623-8411 Ext 4136
Medical Release of Information: 1-877-421-8263, ext. 5232
Patient Representative: 623-5760
Pharmacy (refills): 1-207-623-5751
VA Women Veterans' Clinic: 623-8411 Ext 1490
Returning OEF/OIF Combat Veterans:
Tel: 1-877-421-8263, ext. 3078/4266/5344

Veterans Services - continued

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.

617 Odlin Rd.
Bangor, ME 04401
Tel: 947-3391

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

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

Veterans Services

Provides information on VA programs, veterans benefits. Veterans need to call for eligibility.

Veteran Affairs (VA) Clinics

Community-Based Outpatient Clinic-Primary Care

35 State Hospital Dr., Bangor, ME 04401
Tel: 561-3600

Bangor VA Mental Health Clinic

35 State Hospital Dr., Bangor, ME 04401
Tel: 877-421-8263 Ext. 3651

Vet Centers-Readjusting Counseling

Provides services to combat veterans and military sexual trauma veterans

368 Harlow St., Bangor, ME 04401
Tel: 947-3391

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

State CAP Agencies

www.mainecommunityaction.org

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.

240 Bates St.
Lewiston, ME 04240
Tel: 795-4065
Fax: 784-6882
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.mmcacorp.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

The Opportunity Alliance

Administrative Office
50 Lydia Lane
So. Portland, ME 04106
Tel: 874-1175
Fax: 874-1181

Program Office

190 Lancaster St
Portland, ME 04101
Tel: 553-5800
Fax: 874-1155
www.opportunityalliance.org

Waldo Community Action Partners

9 Field St., Suite 201 (PO Box 130)
Belfast, ME 04915-0130
Tel: 338-6809
Fax: 338-6812
www.waldocap.org

Washington Hancock Community Agency

248 Bucksport Rd
Ellsworth, ME 04605
Tel: 664-2424
Fax: 664-2430
www.whcacap.org

Western Maine Community Action, Inc.

P.O. Box 200 (20A Church St.)
East Wilton, ME 04234-0200
Tel: 645-3764
Fax: 645-9604
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
Fax: 490-5026
www.yccac.org/

Updated: 4/24/18