

**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.

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## Transition Team Partners

Back Yard Farms	Mid-Maine Regional Adult Community
Bangor Savings Bank	Education
Central/Western Maine Workforce Investment Board	MSAD #54 Adult & Community Education
Congressman Bruce Poliquin	New Ventures Maine
Congresswoman Chellie Pingree	Penquis
Crisis and Counseling Centers, Inc	RSU #19 & MSAD #53 Adult Education
Finance Authority of Maine (FAME)	Senator Angus King
Kennebec Valley Community Action Program	Senator Susan M. Collins
Kennebec Valley Community College	Skowhegan Area Chamber of Commerce
Kennebec Valley Council of Governments	Skowhegan Savings Bank
Key Bank of Maine	Somerset Economic Development Corporation
Lawrence Adult Education	T-Mobile
Maine AFL-CIO	Town of Madison
Maine Bureau of Veterans Services	Town of Pittsfield
Maine CareerCenters	University of Maine Augusta & Bangor Campuses
Maine Department of Economic & Community Development	United Way of Mid-Maine
Maine Department of Labor	USDA Rural Development
Maine Educational Opportunity Center	US Department of Veterans Affairs
Maine Staffing Group	US Small Business Administration
Mid-Maine Chamber of Commerce	Waterville Public Library

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*The Resource Guide for Job Seekers is available electronically. For more information, contact Dana Hamilton by email at [danah@kvcap.org](mailto: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](http://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](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 and 1pm to 4 pm)

[www.maine.gov/ag](http://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](http://www.mainebar.org)

## Maine Revenue Services

24 State House Station

Augusta, ME 04333-0024

Tel: 626-8475 Fax: 624-9694

[www.maine.gov/revenue](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](mailto:jmacomber@penquis.org)

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

Knox and Waldo Counties: Ken Greenleaf

[kgreenleaf@penquis.org](mailto:kgreenleaf@penquis.org)

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

All other areas: Matt Lewis

[mlewis@penquis.org](mailto:mlewis@penquis.org)

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

262 Harlow St., Bangor, ME 04401

[www.mainstreamfinance.org](http://www.mainstreamfinance.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](http://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, 3<sup>rd</sup> 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](http://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](http://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](mailto: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](mailto: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](http://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](http://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](http://www.charlottewhitecenter.com)

## Community Care

Therapeutic foster care and adoption services.  
98 North Ave., Skowhegan 04976  
Tel: 858-0067

[www.caremaine.org](http://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](http://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](http://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](http://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

Augusta, ME 04330

160 Old Point Ave.

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](http://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](http://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](http://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](http://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](http://www.kvcap.org) or [www.educarecentralmaine.org](http://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](http://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](http://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](http://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](http://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](http://www.ccmaine.org/AMH)

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

Toll-free: 1-800-660-5231

Referral email: [FAMHreferral@ccmaine.org](mailto: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](http://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](http://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](http://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](http://www.skcdc.org)

## **Waterville Boys & Girls Club and YMCA**

126 North St., Waterville, ME 04901

Tel: 873-0684

[www.clubayc.org](http://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  
2<sup>nd</sup> and 3<sup>rd</sup> 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](http://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](http://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](http://www.waterville.maineadulted.org)

### Mt. View Adult & Community Education

577 Mt. View Rd., Thorndike, ME 04986  
Tel: 568-3426

[www.msad3.org](http://www.msad3.org)

### RSU 19 Adult Education

266 Williams Road, Newport, ME 04953  
Tel: 368-3290

[www.rsu19.org](http://www.rsu19.org)

### MSAD 53 Adult & Community Education

Warsaw Middle School  
167 School St., Pittsfield, ME 04967  
Tel: 487-5145

[www.msad53.org](http://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](http://www.msad54.maineadulted.org)

### RSU 74 Adult Education

PO Box 87, North Anson, ME 04958  
Tel: 566-7302

[www.msad74.org](http://www.msad74.org)

### RSU/MSAD11 Adult Education

40 West Hill Rd., Gardiner, ME 04345  
Tel: 582-3774

[www.msad11.maineadulted.org](http://www.msad11.maineadulted.org)

### Lawrence Adult Ed.—SAD 49

4 School St., Fairfield, ME 04937  
Tel: 453-4200 ext 3114

[www.lawrenceadulted.org](http://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/](http://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](http://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](http://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](http://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](http://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](http://www.bonneystaffing.com)

## **Finance Authority of Maine (FAME)**

5 Community Drive  
Augusta, ME 04332  
Tel: 1-800-228-3734  
[education@FAMEmaine.com](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.highhopesclubhouse.org)

### Augusta

Capitol Clubhouse

37 Stone St

Augusta, ME 04330

Tel: 629-9080 Fax: 629-9081

[www.capitol-clubhouse.org](http://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](mailto: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.mainecarecenter.com](http://www.mainecarecenter.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](http://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](http://www.a4td.org)

[info@a4td.org](mailto:info@a4td.org)

## **Unemployment Call Center – Benefit Claims**

Tel: 1-800-593-7660

TTY: 1-888-457-8884

[www.maine.gov/reemploye](http://www.maine.gov/reemploye)

# 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](http://www.womenworkandcommunity.org)

## **Waterville Public Library Business, Career & Creativity Center**

73 Elm Street, Waterville, ME 04901

207.872-5433

[librarian@watervillelibrary.org](mailto:librarian@watervillelibrary.org)

[www.watervillelibrary.org/departments/business/](http://www.watervillelibrary.org/departments/business/)

[www.facebook.com/wplbcc](http://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., 5<sup>th</sup> Fl., Portland, ME 04101

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

[www.moneymanagement.org](http://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](http://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](mailto:mainebvs@maine.gov)

Hours: M-F 7:30 a.m. – 4:00 p.m.

## **Maine Public Utilities Commission**

101 2<sup>nd</sup> Street

Hallowell, ME 04347

Tel: 287-3831 or 1-800-452-4699

[www.maine.gov/mpuc/consumer/other\\_agencies.html](http://www.maine.gov/mpuc/consumer/other_agencies.html)

## **Maine Office of the Public Advocate**

103 Water St., 3<sup>rd</sup> Fl.

Hallowell, ME 04347

Tel: 624-3687

Electricity Supply

[www.maine.gov/meopa/](http://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](http://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](http://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: 1<sup>st</sup> & 3<sup>rd</sup> 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: 1<sup>st</sup> and 3<sup>rd</sup> 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: 2<sup>nd</sup> 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: 1<sup>st</sup> and 3<sup>rd</sup> 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 4<sup>th</sup> 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: 3<sup>rd</sup> 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: 1<sup>st</sup> & 3<sup>rd</sup> 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: 2<sup>nd</sup> & 4<sup>th</sup> 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: 2<sup>nd</sup> & 4<sup>th</sup> Thurs. & Fri. 9 AM – 1 PM

## Starks

### *Starks Food Cupboard*

Chicken Street

Tel: 696-4337

Hrs. of operation: 1<sup>st</sup> and 3<sup>rd</sup> 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: 1<sup>st</sup> and 3<sup>rd</sup> Thur. of each month

6:30 – 8:00 PM

## Winslow

### ***St. John's Food Pantry***

26 Monument Street

Tel: 872-2281

Hrs. of operation: 3<sup>rd</sup> 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

2<sup>nd</sup> & 4<sup>th</sup> 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 5<sup>th</sup> Thurs

#### ***Grace United Methodist Church***

193 Union St., Bangor, ME 04401

Tel: 942-8320

Hrs: Tue – Sat 9 AM – 1 PM

Community Meal 3<sup>rd</sup> 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  
1<sup>st</sup> 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  
2<sup>nd</sup> & 4<sup>th</sup> 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  
4<sup>th</sup> 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: 1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> 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 (1<sup>st</sup>) 458-5920 (2<sup>nd</sup>)  
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

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## **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 Pittsfield, ME 04967 Tel: 487-9244	29 Church Street Dexter, ME 04930 Tel: 924-3253
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1008 Main Street  
Dover-Foxcroft, ME 04426  
Tel: 564-8710

118 Moosehead Trail  
Newport, ME 04953  
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 Newport, ME 04953 Tel: 368-4292	470 Somerset Avenue Pittsfield, ME 04967 Tel: 487-5154
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1309 Main St.  
Clinton, ME 04927  
Tel: 426-0976

## Reproductive Health

Fee is based on income

### **Family Planning Association**

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

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### **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., 3<sup>rd</sup> Fl.  
Waterville, ME 04901  
Tel: 872-8891  
Accepting children with MaineCare

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## 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](http://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](http://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 7<sup>th</sup> 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](http://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](http://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](http://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](http://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/](http://www.rurdev.usda.gov/me/)

## **US Housing & Urban Development**

202 Harlow St., Bangor, ME 04401

Tel: 945-0467

[www.hud.gov](http://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](http://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

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## 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](http://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](http://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](http://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](http://www.vlp.org)

# Libraries

## Kennebec County

### **Albert Church Brown Memorial Library**

37 Main Street, China, ME 04926

[www.acbrown.lib.me.us/](http://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](mailto: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](http://www.belgrade.lib.me.us)

[belgrade@belgrade.lib.me.us](mailto: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/](http://www.clinton-me.us/)

[brownmemorial@roadrunner.com](mailto: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/](http://www.cary-memorial.lib.me.us/)

[jadelberg@cary-memorial.lib.me.us](mailto: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](http://www.baileylibrary.org)

[www.facebook.com/baileylibrary](http://www.facebook.com/baileylibrary)

[director@baileylibrary.org](mailto: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/](http://www.cumston.lib.me.us/)

[director@cumston.lib.me.us](mailto: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/](http://www.gpl.lib.me.us/)

[annedavis@gpl.lib.me.us](mailto: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/](http://www.hubbardfree.org/)  
[hfl@msln.net](mailto: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/](http://www.lithgow.lib.me.us/)  
[www.facebook.com/pages/Lithgow-Public-Library/106138912768608](https://www.facebook.com/pages/Lithgow-Public-Library/106138912768608)  
[betsy@lithgow.lib.me.us](mailto: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/](http://www.maine.gov/msl/)  
[www.facebook.com/MaineStateLibrary](https://www.facebook.com/MaineStateLibrary)  
[reference.desk@maine.gov](mailto: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/](http://www.oaklandlibrary.net/)  
[oaklandpubliclibrary@gmail.com](mailto: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](http://readfield.govoffice.com)  
[readfieldlibrarian@readfield.lib.me.us](mailto: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/](http://www.southchina.lib.me.us/)  
[southchinalibrary@gmail.com](mailto: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.fayettemaine.org](http://www.fayettemaine.org)  
[faylib@fayette.lib.me.us](mailto: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/](http://www.vplib.org/)  
[vplibary@gmail.com](mailto: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.watervillelibrary.org)  
<http://www.facebook.com/watervillelibrary>  
[info@watervillelibrary.org](mailto: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/](http://www.winslow.lib.me.us/)  
[jarson@winslow.lib.me.us](mailto:jarson@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](http://www.fernald.lib.me.us)

[ecbjross@roadrunner.com](mailto: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](mailto: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](http://www.canaan.lib.me.us)

[canplib@canaan.lib.me.us](mailto: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](mailto: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/](http://www.hartland.lib.me.us/)

[wizard@hartland.lib.me.us](mailto: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](mailto: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/](http://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/](http://www.madison.lib.me.us/)

[madison@madison.lib.me.us](mailto: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/](http://www.new-portland.lib.me.us/)

[librarian@new-portland.lib.me.us](mailto: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](mailto: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/](http://www.pittsfield.lib.me.us/)

[www.facebook.com/PittsfieldPublicLibrary](http://www.facebook.com/PittsfieldPublicLibrary)

[lsmith@pittsfield.lib.me.us](mailto: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/](http://www.skowhegan.lib.me.us/)

[skowlib@skowhegan.lib.me.us](mailto: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/](http://www.stewartpub.lib.me.us/)

[stewlib@stewartpub.lib.me.us](mailto: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](http://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](http://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](http://www.pingree.house.gov)

## **Congressman Jared Golden (2nd District)**

179 Lisbon Street Lewiston, ME 04240  
Tel: 241-6767

7 Hatch Drive, Suite  
230 Caribou, ME 04736  
Tel: 492-6009

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## Maine Legislators

### **Senators**

[www.maine.gov/legis/senate](http://www.maine.gov/legis/senate)

### **Representatives**

[www.maine.gov/legis/house](http://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](http://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](http://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](http://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](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](http://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.highhopesclubhouse.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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://www.kvcap.org)

[www.kennebecexplorer.com](http://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

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# 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/](http://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](mailto: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](mailto:librarian@watervillelibrary.org)

[www.watervillelibrary.org/departments/business/](http://www.watervillelibrary.org/departments/business/)

[www.facebook.com/wplbcc](https://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](http://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](http://www.va.gov) total overview of VA services, provides links

[www.vba.gov/ro/east/togus](http://www.vba.gov/ro/east/togus) benefits info

[www.togus.va.gov](http://www.togus.va.gov) health info

# State CAP Agencies

[www.mainecommunityaction.org](http://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](http://www.acap-me.org)

## **Community Concepts, Inc.**

240 Bates St.  
Lewiston, ME 04240  
Tel: 795-4065  
Fax: 784-6882  
[www.community-concepts.org](http://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/](http://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.mmccacorp.org/](http://www.mmccacorp.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](http://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](http://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](http://www.waldocap.org)

## **Washington Hancock Community Agency**

248 Bucksport Rd  
Ellsworth, ME 04605  
Tel: 664-2424  
Fax: 664-2430  
[www.whccap.org](http://www.whccap.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/](http://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/](http://www.yccac.org/)

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