RESOURCE MANUAL

KENNEBEC AND SOMERSET COUNTIES

2021

Researched and compiled by the
Social Services Program
Kennebec Valley Community Action Program
101 Water Street
Waterville, ME 04901
(207) 859-1578
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PLEASE NOTE:
This manual is reviewed and revised periodically and is meant to offer a wide variety of service providers/organizations to choose from. However, services and organizations are ever changing. No judgment is made, either expressed or implied, as to the quality of the services/organizations listed. Addresses, phone numbers, etc. may change after printing is completed. This is not intended to be a complete listing of every possible service/organization.

Updated 6/2021
word/Soc/ResManual/RMIndex
## Abuse & Neglect

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<thead>
<tr>
<th>Organization Name:</th>
<th>Contact ID:</th>
<th>County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childhelp Hotline</td>
<td>1069</td>
<td>KEN</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td>(800) 422-4453</td>
<td></td>
</tr>
<tr>
<td>Information:</td>
<td>From Futures Without Violence brochure</td>
<td>3/17</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name:</th>
<th>Contact ID:</th>
<th>County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis and Counseling Center</td>
<td>6</td>
<td>KEN</td>
</tr>
<tr>
<td>Address:</td>
<td>10 Caldwell Road</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>Augusta</td>
<td>ME</td>
</tr>
<tr>
<td>Phone:</td>
<td>(207) 626-3448</td>
<td></td>
</tr>
<tr>
<td>Information:</td>
<td>Also 1-888-568-1112 (toll free Crisis line) or 207-621-2552 (local Crisis line) <a href="http://www.crisisandcounseling.org">www.crisisandcounseling.org</a> Outpatient services focuses on substance abuse and mental health, family group and crisis counseling. Insurance reimbursable. Accepts Medicaid and sliding fee scale. 12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name:</th>
<th>Contact ID:</th>
<th>County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Enrichment Council of Kennebec and Somerset Counties - KVCAP</td>
<td>10</td>
<td>SOM</td>
</tr>
<tr>
<td>Address:</td>
<td>97 Water Street</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>Waterville</td>
<td>ME</td>
</tr>
<tr>
<td>Phone:</td>
<td>(207) 859-1580</td>
<td></td>
</tr>
<tr>
<td>Information:</td>
<td>ALSO: 1-800-542-8227 ext. 1514 <a href="http://www.kvcap.org">www.kvcap.org</a> Raise awareness for the prevention of child abuse and neglect through community activities. The Council offers programs such as parenting enrichment classes, school based programs such as Baby Think It Over, and a Mandated Reporter Training for professionals. A resource library and toll free information line is available to parents, care providers, and service providers. 1/21</td>
<td></td>
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</tbody>
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<thead>
<tr>
<th>Organization Name:</th>
<th>Contact ID:</th>
<th>County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Violence Project</td>
<td>5</td>
<td>KEN</td>
</tr>
<tr>
<td>Address:</td>
<td>PO Box 304</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>Augusta</td>
<td>ME</td>
</tr>
<tr>
<td>Phone:</td>
<td>(207) 623-8637</td>
<td></td>
</tr>
<tr>
<td>Information:</td>
<td>HOTLINE: 1-877-890-7788 - local - 623-3569 - 24 hour hotline <a href="http://www.familyviolenceproject.org">www.familyviolenceproject.org</a> ALSO AT: PO Box 3104, Skowhegan, ME 04976, (207) 858-0941; (207) 474-8860 - 24 hour hotline, P.O. Box 51, Waterville, ME 04901 (207) 877-2248; (207) 877-0835 - 24 hr hotline; Menswork Office PO Box 304, Augusta, ME 04330, (207) 620-8494 Provides services to victims of domestic violence. Offered 24 hours a day for Kennebec and Somerset County residents. Call for appointment. 12/18</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name:</th>
<th>Contact ID:</th>
<th>County:</th>
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</thead>
<tbody>
<tr>
<td>Free Charity Cars</td>
<td>915</td>
<td>OTH</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td></td>
<td>FL</td>
</tr>
<tr>
<td>Phone:</td>
<td>(800) 242-7489</td>
<td></td>
</tr>
<tr>
<td>Information:</td>
<td><a href="http://www.freecharitycars.org">www.freecharitycars.org</a> Nationwide program. Provides donated cars to victims of domestic violence. 9/18</td>
<td></td>
</tr>
</tbody>
</table>
Organization Name: Hope & Justice Project  
Address:  
City: Presque Isle  
State: ME  
State: ME  
Zip Code:  
Phone: (800) 439-2323  
Fax:  
Information: Transitional housing and regular shelters for women and their children from domestic violence situations, both physical and emotional. Phone number is covered 24/7. Offices in Ft. Kent, Madawaska, Houlton & Presque Isle.  
12/18

Organization Name: Kennebec/Somerset Crisis Response Services  
Address:  
City: Skowhegan  
State: ME  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-5461  
Fax:  
Information: Child & Adult Crisis - 1-888-568-1112 or 207-621-2552  
ALSO AT: 10 Caldwell Road, Augusta, ME 04330 (207) 626-3448  
24 hour crisis intervention services to any resident of Somerset & Kennebec counties by phone or face to face. Medicaid and Medicare accepted.  
Residential Crisis Unit - Two and three RCU (Residential Crisis Unit) beds available in Somerset and Kennebec counties (located in Skowhegan, Waterville and Augusta) for individuals who are 18 years of age and older, who are in a mental health crisis that need 24 hour supervision but do not require hospitalization. 474-5461 1-888-568-1112 after 10 p.m.) Assessments are done 24 hours every day, before RCU bed made available. 12/18

Organization Name: Lion's Club  
Address:  
City: Clinton  
State: ME  
State: ME  
Zip Code: 04927-  
Phone: (207) 426-8845  
Fax:  
Information: Can assist with cell phones for victims of domestic violence. Nancy Wright is contact in Clinton and for Augusta/Gardiner Lions Club contact is Bunny Parks 685-3444. 12/18

Organization Name: National Domestic Violence Hotline  
Address:  
City:  
State:  
State:  
Zip Code:  
Phone: (800) 799-7233  
Fax:  
Information: TTY 1-800-787-3224  
Victims of domestic violence are protected under state and federal law. Learn about your rights and protections - www.injuryclaimcoach.com/domestic-violence-help.html#Tip2  
www.thelhotline.org/2017/10/31/ways-abuse-domestic-violence-changes-you/  
Meet others who have experienced domestic violence or know someone who has  
www.meetup.com/topics/domesviolence/ 11/19

Organization Name: National Teen Dating Abuse Helpline  
Address:  
City:  
State:  
State:  
Zip Code:  
Phone: (866) 331-9474  
Fax:  
Information: 24 hour help line. Love is Respect.  
www.loveisrespect.org/dating-basics/relationship-spectrum 11/19
Organization Name: Office of Elder Services - DHHS
Address: 41 Anthony Ave
11 State House Station
City: Augusta  State: ME  Zip Code: 04333-0011
Phone: (800) 262-2232
Fax:
Information: ALSO: 1-800-624-8404 or 1-207-287-9200  711 Maine Relay
To report elder/adult (age 18 and over) abuse: 1-800-624-8404. The Office of Elder Services
provides or arranges for services to protect incapacitated and dependent adults (age 18 and over) in
danger of abuse, neglect or exploitation. Calls may be made anonymously. 11/17

Organization Name: Partners for Peace
Address: PO Box 653
City: Bangor  State: ME  Zip Code: 04402-
Phone: (207) 945-5102
Fax:
Information: Bangor office serves Penobscot County. 24-hour hotline: 1-800-863-9909 all locations
Dover Foxcroft office serves Piscataquis County
(PO Box 192 Dover Foxcroft), (207) 564-8166
Serves people affected by domestic abuse. Services include a 24 hour hotline (7 days a week),
support groups, education groups, children's services, shelter, education and training. 12/18

Organization Name: Safe House
Address: PO Box 417
City: Winthrop  State: ME  Zip Code: 04364-
Phone: (207) 377-1010
Fax:
Information: 24-hour statewide crisis support line: 1-800-871-7741
www.silentnomore.org
Support Groups for survivors of sexual assault and child sexual abuse, and for non-offending parents
of children who have been sexually abused. Crisis intervention and information. Support and
advocacy for survivors of sexual assault and their families. Advocacy for survivors who chose to
seek medical attention, report to the police, or go through the criminal justice system. Referral to
appropriate agencies and individuals in the community. Community and professional education.
Learn how to be kind to yourself to allow the space and time you need to heal --
www.homeadvisor.com/r/how-to-create-a-comforting-home-for-abuse-survivors 11/19

Organization Name: Sexual Assault Crisis & Support
Address: PO Box 417
City: Winthrop  State: ME  Zip Code: 04364-
Phone: (207) 377-1010
Fax:
Information: 24-hour statewide crisis support line: 1-800-871-7741
www.silentnomore.org
Support Groups for survivors of sexual assault and child sexual abuse, and for non-offending parents
of children who have been sexually abused. Crisis intervention and information. Support and
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www.homeadvisor.com/r/how-to-create-a-comforting-home-for-abuse-survivors 11/19

Abuse & Neglect
Organization Name: Spurwink School  
Address: 899 Riverside St.  
City: Portland  
State: ME  
Zip Code: 04103-  
Phone: (207) 871-1200  
Fax:  
Information: Toll Free: 1-888-889-3903  
www.spurwink.org  
Provides a wide array of community-based services for children, adolescents, adults and families who face challenges associated with mental illness, behavioral or emotional disorders and developmental disabilities. Services are delivered through a variety of programs located throughout southern and central Maine.  11/17

Organization Name: Teen Dating Abuse Resources  
Address:  
City:  
State:  
Zip Code:  
Phone: (866) 331-9474  
Fax:  
Information: OR TEXT "LOVEIS" to 225-22  from Futures Without Violence Brochure  3/17

Organization Name: The Women's Project - Opportunity Alliance  
Address: 50 Lydia Lane  
City: So Portland  
State: ME  
Zip Code: 04106-  
Phone: (207) 523-5049  
Fax: (207) 874-1124  
Information: www.opportunityalliance.org  Serving: Kennebec, Androscoggin, Sagadahoc, York, Cumberland and Southern Somerset counties. Serving women with MaineCare, or in a reunification program like CPS, with children 5 or younger or who are pregnant. Case management program helps line women to services like child care, transportation, housing, mental health services and more so they can successfully engage in a recovery program.  12/18

Organization Name: Victim/Witness Advocate  
Address: District Attorney  
Somerset County  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-2423  
Fax:  
Information: ALSO AT: Kennebec County Court House, 95 State St., Augusta, ME 04330. 623-1156  
Service provides help to any victim of, or witness to a crime. Short term counseling, emergency assistance with law enforcement, judicial system guidance and support. Offered 24 hours a day, 7 days a week.  12/18
Adoption

Organization Name: A Family for ME
Address: PO Box 754
        432 Water St.
City: Gardiner  State: ME  Zip Code: 04345-
Phone: (207) 588-0996  Fax:
Information: A statewide recruitment initiative for foster and adoptive families. Staff provides help, support and information.  12/18

Contact ID: 917  County: OTH

Organization Name: AFFM - Adoptive & Foster Families in Maine
Address: 34 Main St
City: Orono  State: ME  Zip Code:
Phone: (800) 833-9786  Fax:
Information: www.affm.net  Alternative number: 207-827-2331. AFFM exists to support foster, adoptive and kinship families as they care for Maine's youth in care.  12/18

Contact ID: 989  County: OTH

Organization Name: Full Circle Adoptions
Address: 225 Commercial St  Suite 300
City: Portland  State: ME  Zip Code: 04101-
Phone: (207) 775-4101  Fax: (207) 775-2255
Information: Also : 1 800 452 3678
www.fullcircleadoptions.org.  Domestic and international adoptions; adoption information sessins; “My Choice” pregnancy counseling.  12/18

Contact ID: 23  County: OTH

Organization Name: Good Samaritan Agency
Address: 100 Ridgewood Drive.
City: Bangor  State: ME  Zip Code: 04401-
Phone: (207) 942-7211  Fax:
Information: 1-800-249-1811
goodsamaritanbangor.com. Services to single pregnant and parenting young women, as well as adoptive families.  12/18

Contact ID: 22  County: OTH

Organization Name: Office of Vital Records - DHHS
Address: 220 Capitol St
City: Augusta  State: ME  Zip Code: 04333-0011
Phone: (888) 664-9491  Fax:
Information: www.state.me.us/dhhs/vitalrecords.html. For information on obtaining a certified copy of a birth, death, or marriage record from 1892- the present call the Office of Vital Records at 1-207-287-3181. Divorce records from 1892 through the present may be obtained at the same office. Birth, Death and Marriage records from 1892 - present call 1-207-287-3771; pre-1892 records are located at Maine State Archives telephone 1-207-287-5795. To help adopted persons, birth parents, and other relatives who have been separated by adoption to contact one another. There is a fee for the certified copy.  9/15

Contact ID: 25  County: KEN

Organization Name: St. Andres Home, Inc.
Address: 168 Prospect St
City: Biddeford  State: ME  Zip Code: 04005-
Phone: (207) 282-3351  Fax:
Information: www.saintandrehome.org.
Provide birthparent services, adoptive parent services for domestic and international adoptions, and post adoption services.  12/18

Contact ID: 864  County: OTH
Organization Name: The Maine Children's Home for Little Wanderers
Address: 93 Silver St.
City: Waterville  State: ME  Zip Code: 04901-5923
Phone: (207) 873-4253
Fax:
Information: www.mainechildrenshome.org
Domestic and international adoptions; birth parent services; post adoption services.  12/18
Advocacy

Organization Name: American Civil Liberties Union of Maine
Address: 121 Middle St. Suite 303
City: Portland State: ME Zip Code: 04101-
Phone: (207) 774-5444 Fax: 
Information: Advocacy, litigation, public education, lobbying. 12/18

Organization Name: Community Mediation Services - Volunteers of America Northern New England
Address: 14 Maine St Ste 301
City: Brunswick State: ME Zip Code: 04011-
Phone: (800) 381-0609 Fax: (207) 373-1160
Information: Alternate number 207-373-1140 www.voanne.org
A process for helping people resolve disputes and disagreements. Trained mediators working with people in conflict to listen and help develop fair and workable agreements. It is voluntary, confidential, informal, quick and affordable (free or provided at low cost). 12/18

Organization Name: Disability Rights Maine
Address: 24 Stone St. Suite 204
City: Augusta State: ME Zip Code: 04330-
Phone: (207) 626-2774 Fax: (207) 621-1419
Information: OR: 1-800-452-1948 V/TTY DRM's mission is to enhance and promote the equality, self-determination, independence, productivity, integration, and inclusion of people with disabilities through education, strategic advocacy, and legal intervention. Some of the services DRM provides are: information and referral; individual advocacy; legal representation; legislative advocacy; education and training, and; assistance with self-advocacy. 12/18

Organization Name: Maine Family Planning
Address: PO Box 587 43 Gabriel Drive
City: Augusta State: ME Zip Code: 04330-
Phone: (207) 622-3243 Fax: (207) 621-8393
Information: Maine Family Planning's mission is to ensure that all Maine people have access to high-quality, affordable reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives. 12/18

Organization Name: Maine PUC
Address: Consumer Assistance Division 18 State House Station
City: Augusta State: ME Zip Code: 04333-0018
Phone: (800) 452-4699 Fax: 
Information: http://www.maine.gov/mpuc/consumer/other_agencies.html
If you are behind on your electric bill and having problems this website can give you information and support.
For immediate assistance regarding termination of your utility (electricity, landline phone, water or natural gas) call their hotline Monday thru Friday 9 am - 4 pm 12/18
Organization Name: Maine Women's Lobby  
Address: 124 Sewall St  
City: Augusta State: ME Zip Code: 04330-  
Phone: (207) 622-0851 Fax: (207) 621-2551  
Information: www.mainewomen.org  
Advocacy group for women and girl's rights, particularly regarding public policy and legislative action in the areas of: access to health care, economic security, violence against women and anti-discrimination. 12/18

Organization Name: National Abortion Federation  
Address: 1090 Vermont Avenue, NW, Suite 1000  
City: Washington State: DC Zip Code: 20036-  
Phone: (202) 667-5881 Fax: (202) 667-5890  
Information: Hotline: 800-772-9100 www.prochoice.org  
Provides information and leadership on a national level regarding the right to abortion, resources, including financial assistance. Informational brochures and advocacy bulletins. 6/19

Organization Name: National Family Planning & Reproductive Health Assoc.  
Address: 1025 Vermont Ave., Suite 800  
City: Washington State: DC Zip Code: 20006-  
Phone: (202) 293-3114 Fax:  
Information: www.nfprha.org  
The National Family Planning & Reproductive Health Association (NFPRHA) represents the broad spectrum of family planning administrators and clinicians serving the nation's low-income and uninsured.  
NFPRHA serves its members by providing advocacy, education and training to those in the family planning and reproductive health care fields. For over 40 years, NFPRHA members have shared a commitment to providing high-quality, federally funded family planning care - making them a critical component of the nation's public health safety net. 6/19

Organization Name: OWL - The Voice of Women 40+  
Address: 1627 Eye St., NW, Ste 600  
City: Washington State: DC Zip Code: 20006-  
Phone: (202) 450-8986 Fax:  
Information: www.owl-national.org  
Nationwide membership organization working to improve the health, economic and social environment for mid-life to older women through research, education and advocacy. 6/19

Organization Name: Peace & Justice Center of Eastern Maine  
Address: 96 Harlow St, Suite 100  
City: Bangor State: ME Zip Code: 04401-  
Phone: (207) 942-9343 Fax:  
Information: www.peacectr.org  
Clearing house and networking organization for peace, social justice and the environment. 6/19

Advocacy
<table>
<thead>
<tr>
<th>Organization Name: Bangor Immunization &amp; STD Program</th>
<th>Contact ID: 59</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 103 Texas Ave.</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Bangor</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 992-4547</td>
<td>Zip Code: 04401-</td>
</tr>
<tr>
<td>Information: Confidential test site. Testing done by appointment only for HIV, syphilis, chlamydia, gonorrhea; Hepatitis C is based on need.</td>
<td>12/18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Farmington Family Planning</th>
<th>Contact ID: 76</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 193 Front Street</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Farmington</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 778-4553</td>
<td>Zip Code: 04938-</td>
</tr>
<tr>
<td>Fax: (207) 778-4257</td>
<td>Information: Also: 1-800-587-9346 Confidential test site. Available by appointment only. Welcome Mainecare clients. Sliding fee scale available.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Frannie Peabody Center</th>
<th>Contact ID: 56</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
</tr>
<tr>
<td>Phone: (800) 851-2437</td>
<td>Zip Code:</td>
</tr>
<tr>
<td>Fax:</td>
<td>Information: Provides AIDS information. Referrals and info about anonymous HIV anti-body testing and Hepatitis C testing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Harm Reduction Program</th>
<th>Contact ID: 1008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 9 Green St 2nd Floor</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 621-3770</td>
<td>Zip Code: 04330-</td>
</tr>
<tr>
<td>Fax:</td>
<td>Information: <a href="http://www.mainegeneral.org/pages/community-health/prevention-center">www.mainegeneral.org/pages/community-health/prevention-center</a>. Free HIV and Hep C testing; needle exchange program; outreach and education around over dose prevention. Also second location: 149 North St. in basement of Thayer (Maine General) Waterville, ME 04901 207-872-4102</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Horizon</th>
<th>Contact ID: 58</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 9 Green Street</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 621-3785</td>
<td>Zip Code: 04330-</td>
</tr>
<tr>
<td>Fax: (207) 621-5386</td>
<td>Information: Primary care practice. Call for appointment.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Maine Family Planning</th>
<th>Contact ID: 63</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 179 Lisbon Street</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Lewiston</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 795-4007</td>
<td>Zip Code: 04240-</td>
</tr>
<tr>
<td>Fax:</td>
<td>Information: Confidential test site. HIV, gonorrhea and chlamydia tests by appointment.</td>
</tr>
</tbody>
</table>
Organization Name: Maine Family Planning
Address: 5 Martin St
City: Presque Isle
State: ME
Zip Code: 04769-
Phone: (207) 768-3062
Fax: (207) 768-3057
Information: Confidential test sites across the state, here are just a few:
Houlton - 254-4050
Waterville - 509-3267
Augusta - 626-3426
Fort Kent - 402-3220
Skowhegan - 612-5000
Lewiston - 795-4007
12/18
Contact ID: 55
County: OTH

Organization Name: Maine Family Planning
Address: 52 Christian Ridge Road
City: Ellsworth
State: ME
Zip Code: 04605-
Phone: (207) 812-7030
Fax: (207) 667-5110
Information: Confidential test site. Can call for appointment or just walk-in.
12/18
Contact ID: 61
County: OTH

Organization Name: Names Project/Maine
Address: P.O. Box 2169
City: Ogunquit
State: ME
Zip Code: 03907-
Phone: (207) 809-1835
Fax:
Information: Names Project is a Chapter of International AIDS Memorial Quilt. AIDS awareness through creating and displaying AIDS panels and newsletters. Aid people in making memorial panels for someone that they have lost to AIDS. Travel throughout state with panels in the form of display and educational storytelling presentations. Volunteer organization.
12/18
Contact ID: 67
County: OTH

Organization Name: Portland STD Clinic
Address: 103 India St
City: Portland
State: ME
Zip Code: 04101-
Phone: (207) 874-8446
Fax:
Information: Anonymous and confidential HIV test site. Walk ins on Tuesdays 3 pm to 5:45 pm. Mon, Weds, & Fri. services available by appointment only.
12/18
Contact ID: 69
County: OTH

Organization Name: Rockland Family Planning
Address: 22 White St., Suite 101
City: Rockland
State: ME
Zip Code: 04841-
Phone: (207) 594-3114
Fax:
Information: www.mainefamilyplanning.org
Confidential test site. Call for appointment.
12/18
Contact ID: 66
County: OTH

Organization Name: Skowhegan Family Planning
Address: 188 Madison Ave
City: Skowhegan
State: ME
Zip Code: 04605-
Phone: (207) 509-3267
Fax:
Information: ALSO: 207-612-5000
Confidential test site. Call for appointment.
12/18
Contact ID: 264
County: OTH
<table>
<thead>
<tr>
<th>Organization Name:</th>
<th>Waterville Family Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>18 Silver St</td>
</tr>
<tr>
<td>City:</td>
<td>Waterville</td>
</tr>
<tr>
<td>State:</td>
<td>ME</td>
</tr>
<tr>
<td>Zip Code:</td>
<td>04901-</td>
</tr>
<tr>
<td>Phone:</td>
<td>(207) 509-3267</td>
</tr>
<tr>
<td>Fax:</td>
<td></td>
</tr>
<tr>
<td>Contact ID:</td>
<td>1006</td>
</tr>
<tr>
<td>County:</td>
<td>KEN</td>
</tr>
<tr>
<td>Information:</td>
<td>Confidential test site. Call for appointment. 12/18</td>
</tr>
</tbody>
</table>

**AIDS**
## Alcohol & Drug Abuse

<table>
<thead>
<tr>
<th>Organization Name: Acadia Hospital</th>
<th>Contact ID: 82</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 268 Stillwater Ave</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Bangor</td>
<td>Zip Code: 04401-</td>
</tr>
<tr>
<td>Phone: (207) 973-6100</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: Treatment programs are practical, short-term and solution focused. Treatment team includes physicians, psychiatrists, nurses, psychologists, licensed counselors, occupational and recreational therapists, and psychiatric technicians. Continuum of services for chemical dependency includes nonresidential care, Acadia Recovery Community, Narcotic Treatment Program (NTP), Chemical Dependency Intensive Outpatient Program (CDIOP), and several Aftercare groups, facilitated by trained volunteers and supervised by a licensed clinician. Following initial assessment, individuals are placed in the appropriate level of care. 12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Addiction Resource Center</th>
<th>Contact ID: 71</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 66 Baribeau Drive</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Brunswick</td>
<td>Zip Code: 04011-</td>
</tr>
<tr>
<td>Phone: (800) 244-3805</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: Full range of professional chemical dependency programs. Group and individual assessment. Evening programs Mon, Tu, Th 5pm to 8 pm; Day program Mon thru Fri 9 am to noon. At: 20 Bristol Road, Damariscotta, ME 04543 800-244-3805 12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Alcohol &amp; Drug Rehabs in Maine</th>
<th>Contact ID: 73</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: District 14</td>
<td>Zip Code:</td>
</tr>
<tr>
<td>Phone: (866) 548-2672</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: Free alcohol and drug rehab referrals. 9/15</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Alcoholics Anonymous</th>
<th>Contact ID: 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: District 14</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Waterville</td>
<td>Zip Code: 04901-</td>
</tr>
<tr>
<td>Phone: (207) 774-3034</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: For emergency services - call the hotline listed above - staffed 24 hrs a day Alcoholics Anonymous, Central Service Office, 47 Portland St., Portland, ME 04101 1-800-737-6237 12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Blue Sky Counseling</th>
<th>Contact ID: 1197</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 70 1st Rangeway</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Waterville</td>
<td>Zip Code: 04901-</td>
</tr>
<tr>
<td>Phone: (20) 761-6070</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: <a href="http://www.blueskycounseling.com">www.blueskycounseling.com</a>. Blue Sky Counseling in Waterville, ME is a substance abuse treatment center with a focus on Substance Abuse Treatment Services. Provided in a Outpatient setting, services at Blue Sky Counseling include Substance abuse treatment. 5/21</td>
<td></td>
</tr>
</tbody>
</table>
Organization Name: **Cornerstone Behavioral Healthcare**  
Contact ID: 923  
Address: 32 College Ave. Suite 206  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 680-2065  
Fax: (207) 680-2068  
Provides services to children, adolescents, adults, families and couples for therapy, substance abuse and case management.  
12/18  
Organization Name: **Crisis & Counseling Center**  
Contact ID: 101  
Address: 10 Caldwell Rd.  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 626-3448  
Fax:  
Information: Crisis Hotline - 1-888-568-1112  
www.crisisandcounseling.org  
Hotline for individuals to call when in crisis. Calls will then be referred to therapist, will also refer out if their therapists not available. Two and three RCU (Residential Crisis Unit) beds available in Somerset and Kennebec counties (located in Skowhegan, Waterville, Winslow and Augusta). Assessments are done 24 hours every day, before RCU bed made available.  
12/18  
Organization Name: **Day One**  
Contact ID: 1198  
Address: 525 Main Street  
City: South Portland  
State: ME  
Zip Code: 04106-  
Phone: (207) 874-1045  
Fax:  
Information: Also: (207) 767-0991  
www.day-one.org  
Day One has a range of services for youth, parents, and families who are experiencing concerns with substance use and/or mental health. We use cutting edge approaches to provide quality, effective treatment.  
5/21  
Organization Name: **Discovery House**  
Contact ID: 1076  
Address:  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 872-7272  
Fax:  
Information: Assist with drug maintenance.  
12/18  
Organization Name: **Drug Rehab Helpline**  
Contact ID: 85  
Address:  
City:  
State:  
Zip Code:  
Phone: (855) 731-7773  
Fax:  
Information: Drug-REHabs.org  
Nationwide referral service to help people find treatment options.  
12/18  
Organization Name: **Harm Reduction Program**  
Contact ID: 1009  
Address: 9 Green St. 2nd Floor  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 621-3770  
Fax:  
Information: www.mainegeneral.org/pages/community-health/prevention-center  
Free HIV and Hep C testing; needle exchange program; outreach and education around over dose prevention  
12/18
Information:  
www.kbhmaine.org. CRAFT (Community Reinforcement and Family Training) is designed to work with adults who are impacted by someone else's use of substances. CRAFT can help the affected other improve their own well-being while also increasing the likelihood that their substance using loved one will be motivated to enter into treatment. KBH will be starting a CRAFT group run by Cathie Soden on January 19, 2021 and it will run every Tuesday from 10:00 - 11:30am. At this time, groups will be run via Zoom; participants must be able to utilize Zoom and due to the virtual nature, transportation barriers have been temporarily removed. Help for those living with or significantly impacted by another person's use of substances is one phone call away; referrals can be made to our Access Center: 1-888-322-2136 and specify that you are interested in CRAFT group. Robert Rogers, Director of Substance Use Prevention and Grant Services. (207) 873-2136 Extension 3607. rrogers@kbhmaine.org.

Organization Name: LINC Wellness Center  
Address: 38 Memorial Dr  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 622-5736  
Fax:  
Information:  Also: (207) 626-3465 www.mocomaine.com/linc-wellness-recovery-center. Center focuses on personal wholeness. It's for people with a mental health and/or substance abuse diagnosis. Their community is there for people to become empowered, make contributions, be creative and learn to be a healthy friend and neighbor. Mon - Fri 9 AM to 7 PM. Saturdays 12 PM to 5 PM. Meditation groups, Alcoholics Anonymous, Narcotics Anonymous, Open Mic - live show performance opportunity, Community meetings, Dual Recovery Anonymous 5/2021

Organization Name: Maine Mothers Network  
Address:  
City:  
State: ME  
Zip Code:  
Phone: (800) 244-6431  
Fax:  
Information:  www.tcmhs.org. This network provides targeted case management, parenting education and support, referral to individual and group substance abuse treatment, and advocacy for Maine Women who are pregnant or parenting children birth through five years old. Services are provided primarily in the home and aim to reduce barriers of transportation, childcare, economic stress, family commitments and stigman that may prevent pregnant and parenting women from seeking treatment. 6/19

Organization Name: Maine NarcAnon  
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 974-0062  
Fax:  
Information:  12/18
Organization Name: MaineGeneral Inpatient Mental Health & Substance Abuse Care
Address: Alfond Center for Health
35 Medical Center Parkway
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 248-0066  Fax:
Information: Located on 3 South of Alfond Center for Health. We provide acute, short term inpatient treatment for individuals who have a mental illness and/or have a substance abuse addiction requiring medical treatment for detox. Patients must be medically cleared and directly referred for admission by their medical provider or through a local emergency room. 10/15

Organization Name: MaineGeneral Intensive Outpatient Program
Address: Substance Abuse
30 Chase Ave
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 861-5228  Fax:
Information: Daytime adult substance abuse programs offered Mon thru Friday 9 am to 1 pm. Ideal for patients being discharged from the inpatient detoxification unit or as an alternative to hospitalization. 10/15

Organization Name: MaineGeneral Medical Center - Residential Services
Address: MaineGeneral Community Care
City: Waterville  State: ME  Zip Code: 04903-0829
Phone: (877) 777-9393  Fax:
Information: Provides extended care residential treatment in two locations, Augusta and Sidney, for individuals who have had long-term difficulty with substance abuse and who may also need support with a mental health diagnosis. The Augusta location is for women and the Sidney location serves men. Treatment is up to 9 months. Services include individual and group counseling, regular participation in Alcoholics Anonymous and/or Narcotics Anonymous meetings, life skills education, psychiatric referrals and medical referrals. These services are designed to help adults get the extra treatment they need to stay clean and/or sober and live successfully in their communities. 6/19

Organization Name: Milestone Foundation
Address: 28 Portland Ave.
PO Box T
City: Old Orchard Beach  State: ME  Zip Code: 04064-
Phone: (207) 934-5231  Fax:
Information: www.milestonefoundation.org
Extended care facility for men struggling with addiction issues. It is a 9 month inpatient program utilizing a therapeutic community modality. 12/18

Organization Name: Spring Harbor Hospital
Address: 123 Andover Road
City: Westbrook  State: ME  Zip Code: 04092-
Phone: (207) 761-2200  Fax:
Information: Also: 1-888-524-0080
St. Francis Recovery Center provides a 16-bed residential rehabilitation program which provides a structured therapeutic environment (not to exceed forty-five days) for clients who are on a waiting list for treatment, or who either completed a detoxification program and who need a social support system to enable them to remain sober for a period before returning to the community.

Catholic Charities Maine Outpatient Services CCMCS provides individual, group, and family substance abuse and co-occurring (i.e. co-occurring substance abuse and mental health issues) counseling services to those individuals who are experiencing immediate problems with the misuse of alcohol and/or drugs: or family members who need assistance in stabilizing the family unit that contains an active alcoholic/drug abuser. The majority of our clients have legal issues. Many are unemployed with a myriad of family and personal problems. 12/18

St. Mary's Regional Medical Center

Acute care facility. Out-patient, in-patient and partial hospitalization. 6/19

Sweetser

ALSO: 800-434-3000 - Promiseline. Will connect to all locations www.sweetser.org Locations are Sanford, Saco, Brunswick, Rockland, Lewiston Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Brunswick. 12/18

Wellspring

Men's halfway house. Phone: (207)941-1639 Fax: (207)941-1620 253-255 Hammond St is the out patient treatment program. Phone: (207)941-1612 Fax: (207)941-1634. Long term residential treatment facility, co-occurring diagnosis. Men's and women's halfway house and an out patient treatment program. 12/18
Alternative Living

Organization Name: Arbor Terrace
Address: 13 Plaisted St
City: Gardiner  State: ME  Zip Code: 04345-
Phone: (207) 582-1878  Fax:
Information: Assisted living/residential care.  12/18

Organization Name: Augusta Rehabilitation Center
Address: 188 Eastern Ave.
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 622-3121  Fax:
Information: www.nathealthcare.com  Respite care available.  12/18

Organization Name: Capitol City Manor
Address: 313 State St.
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 622-6823  Fax:
Information: ALSO: 623-2603  12/18

Organization Name: Cedar-Ridge Center for Health Care & Rehabilitation
Address: 23 Cedar Ridge Dr.
City: Skowhegan  State: ME  Zip Code: 04976-
Phone: (207) 474-9686  Fax:
Information: 12/18

Organization Name: Central and Mid-Coast Maine Red Cross
Address: 475 Pleasant St
City: Lewiston  State: ME  Zip Code: 04240-
Phone: (207) 795-4004  Fax:
Information: www.maineredcross.org
This number can connect you throughout the entire state. The American Red Cross can provide two types of assistance after a disaster hard and soft. Hard assistance provides material items and may include feeding, shelter, clean-up kits, comfort kits and financial assistance. Soft assistance minimizes immediate disaster-caused suffering through listening, guidance, advocacy, and counseling.  12/18

Organization Name: Community Care
Address: 40 Summer St.
City: Bangor  State: ME  Zip Code: 04401-0936
Phone: (207) 945-4240  Fax:
Information: Short term individual and family clinical services using behavior management plans; Treatment Foster Care Program. Includes Adam House, Oakland Bridge Home, Treatment Foster Care, Community Family Support Services, and Outpatient Services  12/18
**Organization Name:** Country Manor Nursing Home  
**Address:** 132 Main St.  
PO Box 209  
**City:** Coopers Mills  
**State:** ME  
**Zip Code:** 04341-  
**Phone:** (207) 549-7471  
**Fax:**  
**Information:** Nursing home with short and long term care and assisted living which is long term. They can also take respite cases.  
12/18  
**Contact ID:** 505  
**County:** OTH

**Organization Name:** Elm Street House  
**Address:** 14 Elm St.  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04330-  
**Phone:** (207) 626-3477  
**Fax:**  
**Information:** Services available: 8 single bed-rooms for clients with major diagnosed mental illness; case management and individual program planning; life skills development (social skills, daily living skills, self-care); 24 hour staff coverage for minor support, meals, cleaning, crisis aid; advocacy and legal assistance; transportation and recreation. Requirements: client must have financial assistance (social security, etc.)  
12/18  
**Contact ID:** 283  
**County:** KEN

**Organization Name:** Heritage Rehab & Living Center  
**Address:** 457 Old Lewiston Road  
**City:** Winthrop  
**State:** ME  
**Zip Code:** 04364-  
**Phone:** (207) 377-9965  
**Fax:**  
**Information:** Assisted living, residential living, and skilled services.  
12/18  
**Contact ID:** 506  
**County:** KEN

**Organization Name:** Hillside Terrace  
**Address:** 21 Warren St.  
**City:** Hallowell  
**State:** ME  
**Zip Code:** 04347-  
**Phone:** (207) 622-5644  
**Fax:**  
**Information:** www.hillsideterracehallowell.com  
Residential care facility and assisted living for the elderly.  
12/18  
**Contact ID:** 110  
**County:** KEN

**Organization Name:** Klearview Manor Nursing Home  
**Address:** 149 Skowhegan Rd  
**City:** Fairfield  
**State:** ME  
**Zip Code:** 04937-  
**Phone:** (207) 453-2112  
**Fax:**  
**Information:** Serving individuals with intellectual disabilities.  
12/18  
**Contact ID:** 508  
**County:** SOM

**Organization Name:** Maine Health Care Association  
**Address:** 317 State St.  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04330-  
**Phone:** (207) 623-1146  
**Fax:**  
**Information:** Trade association for Long Term Care providers - do education and lobbying.  
12/18  
**Contact ID:** 510  
**County:** KEN
Organization Name: Maine Veterans Home
Address: 310 Cony Rd.
City: Augusta
State: ME
Zip Code: 04330-
Phone: (888) 684-4664
Fax:
Information: OR (207) 622-2454
www.mainevets.org
24-hour RN coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit and a 40 bed secured long-term care unit for residents with Alzheimer's Disease and other dementias. The focus is on returning the patient to their home and community, whenever possible. 12/18
Contact ID: 511
County: KEN

Organization Name: Maine General Rehab & Long Term Care at Gray Birch
Address: 37 Gray Birch Dr.
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 621-7100
Fax:
Information: ALSO AT: Glenridge Dr., Augusta, ME 04330 - 626-2600
Rehab, long term care and assisted living available. 12/18
Contact ID: 507
County: KEN

Organization Name: Maplecrest Rehab & Living Center
Address: 174 Main St.
City: Madison
State: ME
Zip Code: 04950-
Phone: (207) 696-8225
Fax:
Information: Skilled and long term care, out-patient therapy and an adult day program. 12/18
Contact ID: 512
County: SOM

Organization Name: Middle Street House - Motivational Services
Address: 45 Middle St
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3465
Fax:
Information: Intensive group 6 bedroom home which provides rehabilitative services to consumers with severe and persistent mental illness. Call for requirements. 12/18
Contact ID: 285
County: KEN

Organization Name: Mid-Maine Homeless Shelter
Address: 19 Colby St
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 872-8082
Fax:
Information: Office: 872-6550 is open 8 am to 4 pm. Night staff is from 4 pm to 8 am. www.shelterme.org General purpose, emergency homeless shelter for individuals and families. 12/18
Contact ID: 95
County: KEN

Organization Name: Mt. Saint Joseph Nursing Home
Address: 7 Highwood St.
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 873-0705
Fax:
Information: www.mtsj.org
Skilled nursing, long term care, and rehabilitation in a residential setting. 12/18
Contact ID: 514
County: KEN

Alternative Living
Organization Name: Northern Light Continuing Care - Lakewood
Address: 220 Kennedy Memorial Drive
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 873-5125
Fax:
Information: www.lakewoodcare.org
105-bed skilled nursing and long term care facility. 12/18

Organization Name: Pleasant Street Residence - Motivational Services
Address:
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 626-3465
Fax:
Information: Services available: 6 single bedrooms for long-term clients with major mental illness. Multiple long-term rehabilitation programs. Requirements: major mental illness. 12/18

Organization Name: Skills, Inc
Address: 461 Hartland Road
City: St. Albans
State: ME
Zip Code: 04971-
Phone: (207) 938-4615
Fax:
Information: www.skillsinc.net Facebook is Skills Inc Maine
Office: M-F, 8:00-4:00. For developmentally disabled adults needing residential, vocational and educational services. 24 facilities in Central Maine for developmentally disabled adults. Residential as well as community and in-home support services. 12/18

Organization Name: Somerset Rehab & Living Center
Address: 43 Owens St.
City: Bingham
State: ME
Zip Code: 04920-
Phone: (207) 672-4041
Fax:
Information: Long term care, transitional care, respite and hospice services. 12/18

Organization Name: Sunrise House - Motivational Services
Address:
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3465
Fax:
Information: Services available: 5 apartments (1-2 bedrooms) for mentally ill and bilaterally deaf. This is a barrier free home equipped for the deaf (flashing doorbell and fire alarm, captioned TV, TTY phone system). 24-hour staffing. 12/18
Organization Name: Supported Apartments  
Address:  
City:  
Phone: (207) 873-2136  
Information: Also: 1-888-322-2136 Kennebec Behavioral Health, 67 Eustis Parkway, Waterville, ME 04901  
Offers a wide range of community housing options for persons with mental illness. Their Independent Housing Program offers Independent Housing units, which provide income-eligible consumers with housing and access to Kennebec Behavioral Health programs and services and other community services. The Independent Housing Program also manages two rental subsidy programs for eligible individuals. The subsidy programs pay a monthly rent subsidy to local landlords for eligible consumers helping to reduce their housing costs.

Offers Transitional Housing, in Skowhegan, for homeless individuals who need supported housing. This housing option helps people who need to improve skills and who may need additional supports to access resources and eventually obtain and remain in permanent housing. Also, has a permanent supported housing program in Waterville for homeless individuals.

Owns and operates Residential Treatment Housing Programs in Augusta, Waterville, and Skowhegan. These are apartment buildings with units reserved for people with mental illness who need intensive supports to maintain community tenure. These are independent apartments where tenants can receive rental subsidy and necessary skills development and supports for successful community living.

All housing options offer safe, decent, affordable housing and either on-site services or community support services necessary for people with severe mental illness to live as independently as possible. All services are delivered according to the client’s assessed needs, wants and preferences.

Organization Name: Walters Home  
Address:  
City: Hallowell  
Phone: (207) 623-3396  
Information: Residential care facility for the elderly.

Organization Name: Western Avenue Residence - Motivational Services  
Address:  
City: Waterville  
Phone: (207) 872-8195  
Information: 5 single rooms - provides rehabilitative services to consumers with severe and persistent mental illness. Call for requirements.

Organization Name: Woodlands Senior Living  
Address:  
City: Waterville  
Phone: (207) 872-8992  
Information: Also located at 152 Winthrop St in Hallowell, ME Phone: (207)623-3396  
Residential care facility for the elderly.
### Bereavement

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Center for Grieving Children</strong></td>
<td>134</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: 555 Forest Ave.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Portland</td>
<td>State: ME</td>
<td>Zip Code: 04101-</td>
</tr>
<tr>
<td>Phone: (207) 775-5216</td>
<td>Fax:</td>
<td></td>
</tr>
<tr>
<td>Information: <a href="http://www.cgcmaine.org">www.cgcmaine.org</a></td>
<td>Offering free services with peer group support for children dealing with the death of a loved one. TLC program for children anticipating a loss of parent. Provides outreach services to schools.</td>
<td></td>
</tr>
<tr>
<td>12/18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Hospice Volunteers of Somerset County** | 103 | SOM |
| Address: 41 Main St | | |
| City: Skowhegan | State: ME | Zip Code: 04976-1151 |
| Phone: (207) 474-7775 | Fax: (207) 474-7773 | |
| Information: [www.hvosc.org](http://www.hvosc.org) | Lay bereavement volunteers meet with adults and young adults who have experienced a loss. Any type of loss, divorce, death of a loved one, death of a pet. Grief support groups (Women's Group, Men's Group, Teen's Group, Children's Group and a Women's Empowerment Group and resources. They also offer a bereavement companion program for those who are unable to attend a support group. | |
| 12/18 | |

| **Hospice Volunteers of Waterville** | 104 | KEN |
| Address: 304 Main Street | | |
| City: Waterville | State: ME | Zip Code: 04901- |
| Phone: (207) 873-3615 | Fax: | |
| Information: [www.hvwa.org](http://www.hvwa.org) | Lay bereavement volunteers meet with adults and young adults who have experienced a loss. Grieve support groups (anticipatory loss, widow/widowers, pet loss, grieving thru holidays) other groups and resources as needed. Camp Ray of Hope - annual weekend retreat for grieving families. Hopes Place - on-going program for grieving children. They also provide one-to-one support in the office and make home visits for those without transportation. | |
| 12/18 | |

| **Maine Hospice Council Inc** | 133 | Ken |
| Address: 295 Water Street PO Box 2239 | | |
| City: Augusta | State: ME | Zip Code: 04338- |
| Phone: (207) 626-0651 | Fax: | |
| Information: For more information on hospice programs outside the Waterville area. | | |
| 12/18 | |
Organization Name: MaineGeneral Home Care & Hospice  
Address: 10 Water St.  
Suite 307  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 861-3457  
Fax: 
Information: Also: (877) 561-7299  
Also located at: Skowhegan/Pittsfield- 861-3457  
Augusta/Gardiner- 582-4577  
Services include:  
* HomeCare Services that help people of all ages and medical conditions.  
  Assist those healing from surgery, recovering from an accident or illness or requiring help to maintain their independence and remain where they want to be at home.  
* Maine's first certified HealthReach Hospice Program, with a long tradition of providing compassionate care to individuals and families facing a life-threatening illness.  
* Palliative Care, an ongoing program that focuses on relieving symptoms and improving quality of life.  
* Rehabilitation Services provided to homebound and other patients who require treatment in the home for conditions that limit their functioning in the community.  
* Telehomecare Program  

Organization Name: MaineGeneral Hospice Volunteers of Kennebec Valley  
Address: 150 Dresden Ave.  
City: Gardiner  
State: ME  
Zip Code: 04345-  
Phone: (207) 626-1780  
Fax: 
Information: Also: 626-1700  
www.MaineGeneral.org  
Several grief support programs are available for adults. Providing a safe space to explore feelings of grief and loss in a supportive peer setting. Specific groups for: General Loss; Child Loss; Survivors of Suicide and other grief support workshops around specific holidays and events to help individuals cope. Grief information and education is also provided. As well as patient care volunteers providing end of life care.  

Organization Name: MaineGeneral Hospice Volunteers of Kennebec Valley  
Address: 150 Dresden Ave  
City: Gardiner  
State: ME  
Zip Code: 04345-  
Phone: (207) 626-1780  
Fax: 
Information: Also: 626-1779  
www.MaineGeneral.org  
Several grief support programs are available for adults. Providing a safe space to explore feelings of grief and loss in a supportive peer setting. Specific groups for: General Loss; Child Loss; Survivors of Suicide and other grief support workshops around specific holidays and events to help individuals cope. Grief information and education is also provided. As well as patient care volunteers provide end of life care. All groups are free of charge. You must call to register for meetings.  

Bereavement  
23
**Child Care**

**Organization Name:** A - Additional Nursery School Listing

**Contact ID:** 495

**Address:**

**City:**

**State:**

**Zip Code:**

**Phone:**

**Fax:**

**Information:** For additional nursery school listing check with your local newspaper during summer. 9/15

**Organization Name:** Boys & Girls Club of Waterville

**Contact ID:** 1085

**Address:** 126 North St

**City:** Waterville

**State:** ME

**Zip Code:** 04901-

**Phone:** (207) 873-0684

**Fax:**

**Information:** The Boys & Girls Club offers licensed after school care Monday thru Friday from 2 pm to 6 pm. There is a sliding scale available for their fee and they also have free care available if you qualify. This program includes: free meals and snacks, homework help, recreational activities, arts and crafts. Also school vacation programs. 12/18

**Organization Name:** Children's Center

**Contact ID:** 1086

**Address:** 1 Alden Ave

**City:** Augusta

**State:** ME

**Zip Code:** 04330-

**Phone:** (207) 626-3497

**Fax:**

**Information:** www.childrenscenteraugusta.com

Offers child care for babies to age 5 Monday thru Friday 7:30 am to 5 pm - Rates $135 to $165. Also offer special classes to help prepare child to start school, prices vary. 12/18

**Organization Name:** DHHS - child care subsidy program

**Contact ID:** 497

**Address:** 2 Anthony Ave.

11 State House Station

**City:** Augusta

**State:** ME

**Zip Code:** 04333-

**Phone:** (207) 624-7999

**Fax:**

**Information:** ALSO: 1-877-680-5866

E-MAIL: fccamaine@gmail.com

To complete the application online: http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm

As of January 2, 2020, applications and renewals for the Child Care Subsidy Program will no longer be handled by the Office for Family Independence (OFI), but by the Office of Child and Family Services (OCFS). If families receive other benefits such as SNAP, TANF, or MaineCare, the process for applying for and renewing those benefits through OFI will not change. The 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 be eligible, parents or guardians must be employed, in training or in an educational program or are retired and the legal guardian of a child. 12/19

**Organization Name:** Kennebec Valley YMCA

**Contact ID:** 1087

**Address:** 31 Union Street

**City:** Augusta

**State:** ME

**Zip Code:** 04330-

**Phone:** (207) 622-9622

**Fax:**

**Information:** Kids Zone for afterschool is for K thru 6th grade and is Mon-Fri from 3 pm to 5:30 pm thru the school year. This program provides snacks anda variety of activities. There is a set fee, but they also have financial scholarships available based on qualifications. 12/18
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 and 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 - 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, Hartland, St Albans, Solon, Anson, Canaan, Norridgewock, Skowhegan

Home-Based/Home-Visiting: Ages 0-3

Organization Name: KVCAP Child & Family Services
Address: 97 Water St.
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 859-1593
Fax: (207) 873-0158
Information: Also - 1-800-542-8227
www.kvcap.org or www.educarecentralmaine.org

Organization Name: Pines Road Nursery School
Address: 146 Pines Road
City: Benton
State: ME
Zip Code: 04909-
Phone: (207) 453-7062
Fax:
Information: Nursery School Ages 2-5

Organization Name: SKCDC/Child Care Options
Address: 337 Maine Ave.
City: Farmingdale
State: ME
Zip Code: 04344-
Phone: (207) 582-3110
Fax: (207) 582-3113
Information: www.skcdc.org
Provides training at various locations throughout the state for child care providers.
Car seat program - to be eligible, participants must receive one of the following: TANF, SNAP, MaineCare, WIC. By appointment only - call Crystal Conners @ 582-3110 ext. 119

Organization Name: Skowhegan Montessori School
Address: PO Box 56
City: Skowhegan
State: ME
Zip Code: 04976-
Phone: (207) 474-7282
Fax:
Information: Pre-school ages 3 to 6; before and after school care.

Organization Name: Skowhegan Nursery School, Inc.
Address: 135 Dr Mann Rd
City: Skowhegan
State: ME
Zip Code: 04976-
Phone: (207) 474-8443
Fax:
Information: www.skowhegannurseryschool.org
Before and after care ages 3 - 12; Pre-School program ages 3, 4, & 5.
Organization Name: Southern Kennebec Child Development Corp.
Address: 337 Maine Ave
City: Farmingdale
State: ME
Zip Code: 04344-
Phone: (207) 582-3110
Information: Call Crystal Conners at SKCDC -- (207) 582-3110 ext. 119. Car seat distribution program. In collaboration with the Bureau of Highway Safety. To be eligible, participants must receive one of the following: TANF, WIC, SNAP, MaineCare. See also Consumer Resources/Bureau of Highway Safety/Car Seat Distribution Program. 3/21

Organization Name: The Children's Place
Address: 93 Silver St.
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 877-2258
Information: Early care and education program. 12/18

Organization Name: Winthrop Area YMCA
Address: 23 Highland Ave
City: Winthrop
State: ME
Zip Code: 04364-
Phone: (207) 377-9686
Information: Kids Club After School is available on school days from 2:30 pm to 5:30 pm. This program offers snacks, help with homework, and activities in gym or on play ground. This is a licensed child care program for K thru 5th graders. This program is $15 a day and can be used as needed. Example: day care closes, or emergency at home and child can't get off the bus then you can put them into this program for the day. 10/16
## Clothing Banks

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addie's Attic &amp; Basic Essentials - Prince of Peace Lutheran Church</td>
<td>1061</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 209 Eastern Ave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 248-1782</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Both places are open 1st &amp; 3rd Saturday 10 am to noon and Tuesday and Thursdays 10 am to 2 pm. 7/18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization Name: Addie's Attic/Prince of Peace Lutheran Church</td>
<td>870</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 209 Eastern Ave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 248-1782</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Free clothing for men, women, and children. Hours: First &amp; Third Saturdays of month 10 am to noon. Also, Everyday Basics - personal items, diapers, etc. Hours: Tuesdays &amp; Thursdays 10 am to 2 pm. 8/18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization Name: Bear-ly Used Boutique</td>
<td>172</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 104 Kennedy Memorial Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Waterville</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 872-5055</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Good quality, used women and children clothing, and infant furniture. 6/19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization Name: Becky's Second Time Around</td>
<td>150</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: 125 Main St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Winthrop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 377-6143</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Clothing for men and women. Mon-Fri 10 - 4 and Sat 10 - 2 12/18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization Name: Belgrade Bible Church Clothes Closet</td>
<td>1058</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 744 Augusta Rd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Belgrade</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 495-2200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Open 1st Tuesday, following Saturday 9-11 AM 7/2018</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization Name: Bridging the Gap Clothing Closet &amp; Essentials, Lutheran Episcopal Church</td>
<td>1166</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 209 Eastern Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (207) 248-1782</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Tuesday and Thursday 10:00 - 2:00. 1st and 3rd Saturday - 10:00 - 12:00. 8/19</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Organization Name: Community Clothes Closet
Address: Methodist Church
113 Dr. Mann Road
City: Skowhegan  State: ME  Zip Code: 04976-
Phone: (207) 474-3915
Fax:
Information: Hours of operation: Every Wednesday from 9:00 am - 12:00 and 2nd and 4th Tuesdays 6:00 - 7:00 pm. Gives out free clothing. 8/19
Org. Name: Dot's Closet
Address: 20 W School St
City: Oakland  State: ME  Zip Code: 04963-
Phone: (207) 465-5259
Fax:
Information: 2nd & 3rd Thursday, 1-3 PM 7/2018

Organization Name: Essentials Closet Personal & Household Items
Address: 7 Eustis Parkway
City: Waterville  State: ME  Zip Code: 04901-
Phone:
Fax:
Information: www.watervilleucc.org/essentials-closet. Last two weeks of each month. Monday 5:00 - 7:00 pm; Wednesday, 9:00 - 11:00 am; Friday, 9:00 - 11:00 am. 8/19

Organization Name: Essentials Closet Personal & Household Items, First Congregational Church
Address: 7 Eustis Parkway
City: Waterville  State: ME  Zip Code: 04901-
Phone:
Fax:
Information: www.watervilleucc.org/essentials-closet. Last two weeks of each month. Monday 5:00 - 7:00 pm; Wednesday 9:00 - 11:00 am; Friday 9:00 - 11:00. 8/19

Organization Name: Goodwill Retail Store
Address: 5 Senator Way
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 623-1774
Fax:
Information: ALSO AT: 10 Concourse West., Waterville, ME 04901 - 877-0673 12/18

Organization Name: Jireh Grace Clothing Closet
Address: 333 Oak Street
City: Oakland  State: ME  Zip Code: 04963-
Phone: (207) 465-2699
Fax:
Information: FREE clothing closet. Second and fourth Saturday of the month 9:00 am - 1:00 pm. If a family absolutely has no transportation to get to the clothing closet after utilizing all options, there is possible delivery with information: address and phone to reach the family, as well as sizes for all family members. 8/19

Clothing Banks
28
Organization Name: Lambs Clothes Closet - Fairfield First Baptist Church  
Address: 12 Newhall Street  
City: Fairfield  
State: ME  
Zip Code: 04937-  
Phone: (207) 453-0170  
Information: Hours Tuesday 9 am - 11 am; Wednesday 4:30 pm - 6 pm. Free clothing for men, women and children. 12/18  
Contact ID: 856

Organization Name: Open Arms Pregnancy Center  
Address: 99 Bangor St  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 620-1600  
Information: They are open Mon-Fri from 2 PM to 5 PM 12/18  
Contact ID: 1089

Organization Name: Palermo Clothing Exchange  
Address: Branch Mills Road  
City: Palermo  
State: ME  
Phone: (207) 993-2636  
Information: Hours: Saturday, 9 am to 11 am - or by appointment Located in the basement of the Palermo Christian Church - Providing free clothing to adults, children and infants. 12/18  
Contact ID: 1001

Organization Name: Pennywise  
Address: First Congregational Church 134 Somerset Ave.  
City: Pittsfield  
State: ME  
Zip Code: 04967-  
Phone: (207) 487-4760  
Information: Open Tuesday and Thursday 9:00 am - 3:00 pm, Wednesday and Friday 9 am - 6 pm and Saturday 10:00 am - noon 12/18  
Contact ID: 905

Organization Name: SKILLS Thrift Shop  
Address: 78 Water St  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-2117  
Information: Non-profit agency that receives clothing donations to assist with cost of running facilities in Somerset and Kennebec counties. Clothing and household items are reasonably priced. Open to the public. Hours are Mon thru Sat 9 am to 5 pm. 12/18  
Contact ID: 154

Organization Name: The Clothing Closet  
Address: 934 Main Street  
City: North Vassalboro  
State: ME  
Zip Code: 04989-  
Phone: (207) 314-4940  
Information: Tuesdays, Thursdays 4:30 pm - 6:30 pm, families can call to make an appointment 12/18  
Contact ID: 1174

Clothing Banks
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aroostook County Action Program, Inc.</strong></td>
<td>122</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Community Concepts, Inc.</strong></td>
<td>124</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Kennebec Valley Community Action Program</strong></td>
<td>125</td>
<td>KEN</td>
</tr>
<tr>
<td><strong>Midcoast Maine Community Action</strong></td>
<td>123</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Penquis</strong></td>
<td>127</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>The Opportunity Alliance (formerly PROP)</strong></td>
<td>128</td>
<td>OTH</td>
</tr>
</tbody>
</table>

### Community Action Programs

**Aroostook County Action Program, Inc.**
- **Organization Name:** Aroostook County Action Program, Inc.
- **Address:** 771 Main St.
- **City:** Presque Isle
- **State:** ME
- **Zip Code:** 04769-1116
- **Phone:** (207) 764-3721
- **Fax:** (207) 768-3022
- **Information:** ALSO: 1-800-432-7881
- **Website:** www.acap-me.org
- **Serves:** Aroostook County. Towns include: Presque Isle, Van Buren, Caribou, Fort Kent, Houlton and Madawaska
- **Contact ID:** 122

**Community Concepts, Inc.**
- **Organization Name:** Community Concepts, Inc.
- **Address:** 240 Bates St
- **City:** Lewiston
- **State:** ME
- **Zip Code:** 04240-
- **Phone:** (207) 795-4065
- **Fax:** (207) 743-6513
- **Information:** www.community-concepts.org
- **Serves:** Androscoggin and Oxford counties. Towns include: Auburn, Lewiston, Mexico, Norway and Rumford.
- **Contact ID:** 124

**Kennebec Valley Community Action Program**
- **Organization Name:** Kennebec Valley Community Action Program
- **Address:** 97 Water St.
- **City:** Waterville
- **State:** ME
- **Zip Code:** 04901-
- **Phone:** (207) 859-1579
- **Fax:** (207) 873-0158
- **Information:** ALSO: 800-542-8227
- **Website:** www.kvcap.org
- **Serves:** Kennebec and Somerset counties
- **Contact ID:** 125

**Midcoast Maine Community Action**
- **Organization Name:** Midcoast Maine Community Action
- **Address:** 34 Wing Farm Parkway
- **City:** Bath
- **State:** ME
- **Zip Code:** 04530-
- **Phone:** (207) 442-7963
- **Fax:** (207) 443-7447
- **Information:** ALSO: 1-800-221-2221
- **Website:** www.mmcacorp.org
- **Serves:** Lincoln, Sagadahoc, eastern Cumberland, Knox and Waldo counties. Towns include: Damariscotta, Rockland, Belfast and Bath.
- **Contact ID:** 123

**Penquis**
- **Organization Name:** Penquis
- **Address:** 262 Harlow St.
- **City:** Bangor
- **State:** ME
- **Zip Code:** 04401-
- **Phone:** (207) 973-3643
- **Fax:** (207) 973-3699
- **Information:** www.penquis.org
- **Serves:** Knox, Penobscot and Piscataquis counties. Towns include: Bangor, Millinocket, Milo, Guilford, Lincoln, Dexter, Greenville, Warren, Rockport, Rockland, and St. George.
- **Contact ID:** 127

**The Opportunity Alliance (formerly PROP)**
- **Organization Name:** The Opportunity Alliance (formerly PROP)
- **Address:** 50 Lydia Lane
- **City:** Portland
- **State:** ME
- **Zip Code:** 04101-
- **Phone:** (207) 523-5049
- **Fax:**
- **Information:** ALSO: 1-877-429-6884
- **Website:** www.opportunityalliance.org
- **Serves:** Majority of programs are for Cumberland county. Call for details on other programs.
- **Contact ID:** 128
Organization Name: Waldo Community Action Partners
Address: 9 Field St.
          PO Box 130
City: Belfast                                        State: ME          Zip Code: 04915-0130
Phone: (207) 930-7300                                   Fax: (207) 338-6812
Information: Also: 1-800-498-3025
              www.waldocap.org                            Serves Waldo county.  12/18
Contact ID: 129
County: OTH

Organization Name: Washington-Hancock Community Agency
Address: 248 Bucksport Rd
City: Ellsworth                                        State: ME          Zip Code: 04605-
Phone: (207) 610-5904                                   Fax: (207) 624-2430
Information: www.whcacap.org
              Serves Washington and Hancock counties. Towns include: Ellsworth, Milbridge and Machias.  12/18
Contact ID: 130
County: OTH

Organization Name: Western Maine Community Action, Inc.
Address: 20A Church St.
          PO Box 200
City: East Wilton                                      State: ME          Zip Code: 04234-
Phone: (207) 645-3764                                   Fax: (207) 645-9604
Information: www.wmca.org
              Serves Franklin county.  12/18
Contact ID: 131
County: OTH

Organization Name: York County Community Action Corp.
Address: 6 Spruce St.
          PO Box 72
City: Sanford                                          State: ME          Zip Code: 04073-
Phone: (207) 324-5762                                   Fax: (207) 490-5026
Information: www.yccac.org
              Serves York county. Towns include all 29 towns in York county.  12/18
Contact ID: 132
County: OTH

Community Action Programs
31
Community Service Numbers

Organization Name: 2-1-1 Maine, Inc
Address: 
City: State: Zip Code: 
Phone: Fax: 
Information: Dial 2-1-1
http://www.211maine.org
One number thousand of services. Connects people who want to give help or get help with a full range of health and human services in their community. 12/18

Contact ID: 1018
County: OTH

Organization Name: Adoptive & Foster Families of Maine Support
Address: 34 Main St
City: Orono State: ME Zip Code: 04473-
Phone: (207) 827-2331 Fax: 
Information: 12/18

Contact ID: 1090
County: Oth

Organization Name: Adult Protective Services
Address: 
City: State: Zip Code: 
Phone: (800) 624-8404 Fax: 
Information: 1/19

Contact ID: 308
County: OTH

Organization Name: Alcoholics Anonymous Hotline
Address: 
City: State: Zip Code: 
Phone: (207) 774-4335 Fax: 
Information: Also (800)-737-6237 12/18

Contact ID: 310
County: OTH

Organization Name: Alliance for the Mentally Ill
Address: NAMI
City: State: Zip Code: 
Phone: (800) 464-5767 Fax: 
Information: ALSO 207-622-5767
www.namimaine.org
Support, education and advocacy for anyone with questions about mental health concerns. 12/18

Contact ID: 378
County: OTH

Organization Name: Alpha One
Address: 
City: State: Zip Code: 
Phone: (800) 640-7200 Fax: 
Information: The 800 number goes to So. Portland; for Bangor call (207) 941-6553
www.alphaonenow.org
Can assist you with a wide range of independent living services for adults of all ages with disabilities. 12/18

Contact ID: 311
County: OTH
Organization Name: American Cancer Society
Address:
City: State: Zip Code:
Phone: (800) 464-3102 Fax:
Information: 12/18

Organization Name: American Diabetes Association
Address:
City: State: Zip Code:
Phone: (888) 342-2383 Fax:
Information: 12/18

Organization Name: American Heart Association
Address:
City: State: Zip Code:
Phone: (800) 242-8721 Fax:
Information: 12/18

Organization Name: Area Agency on Aging
Address:
City: State: Zip Code:
Phone: (877) 353-3771 Fax:
Information: 12/18

Organization Name: Arthritis Foundation
Address:
City: State: Zip Code:
Phone: (800) 639-2113 Fax:
Information: Northern New England Office. 12/18

Organization Name: Autism Society of Maine
Address: 72 B Main St.
City: Winthrop State: ME Zip Code: 04364-
Phone: (800) 273-5200 Fax: (207) 377-9434
Information: 1/19

Organization Name: Bureau of Children with Special Needs
Address:
City: State: Zip Code:
Phone: (800) 698-3624 Fax:
Information: ALSO: 207-287-5357 12/18
Organization Name: Bureau of Mental Health
Address: 22 Anthony Ave
City: Augusta  State: ME  Zip Code: 04330
Phone: (207) 287-2595  Fax:
Information: 12/18

Organization Name: CENTER FOR DISEASE CONTROL
Address:
City:  State:  Zip Code: 04333
Phone: (800) 232-4636  Fax:
Information: Answers questions and gives general information about STD's; open 8 am to 8 pm EST Mon thru Fri
Also: 1-919-361-8488 National Herpes Resource Center 12/18

Organization Name: Child Protective Services - DHHS
Address: 711 Relay
City: Augusta  State: ME  Zip Code: 04330
Phone: (800) 452-1999  Fax:
Information: Phones staffed 24 hours a day. To report child abuse or neglect. 12/18

Organization Name: Childfind of America
Address:
City:  State:  Zip Code: 04333
Phone: (800) 426-5678  Fax:
Information: 12/18

Organization Name: Childhood Lead Poisoning Prevention Program
Address: Dept of Health and Human Services 11 State House Station
City: Augusta  State: ME  Zip Code: 04333
Phone: (866) 292-3474  Fax:
Information: www.maine.gov/healthyhomes - which has a link to the lead program. By calling this toll free number they can guide you on what your steps should be, how to get a free test kid and direct you to other resources. 12/18

Organization Name: Client Assistance Program Inc. (CARES)
Address:
City:  State:  Zip Code: 04330
Phone: (800) 773-7055  Fax:
Information: Also: 207-377-7055 Advocates for people who use vocational rehab program. 12/18
Organization Name: Crisis & Counseling Center
Address: Crisis hotline
City: State: ME Zip Code:
Phone: (888) 568-1112 Fax:
Information: To reach Crisis from a cell call 207-621-2552
Administration call: 207-626-3448 12/18

Organization Name: Day Care - KVCAP
Address: City: State: County: SOM Zip Code:
Phone: (800) 542-8227 Fax:
Information: 12/18

Organization Name: Developmental Disabilities Council
Address: City: State: County: OTH Zip Code:
Phone: (800) 244-3990 Fax:
Information: www.maineddc.org 12/18

Organization Name: Disability Rights Maine
Address: 160 Capitol St Suite 4 City: Augusta State: ME Zip Code: 04330-
Phone: (800) 452-1948 Fax: (207) 621-1419
Information: or 1-(207) 626-2774
Also, DEAF Services-(207) 797-7656 or 800-639-3884 www.DRME.org
DRM's mission is to enhance and promote the equality, self-determination, independence, productivity, integration, and inclusion of people with disabilities through education, strategic advocacy, and legal intervention. Some of the services DRM provides include: information and referral; individual advocacy; legal representation; legislative advocacy; education and training, and; assistance with self-advocacy. 12/18

Organization Name: Don't Flush ME
Address: City: State: ME Zip Code:
Phone: Fax:
Information: www.DontFlushME.org
A program for you to properly dispose of prescription drugs. This was set-up to prevent pill abuse and theft by ridding your home of potentially dangerous expired, unused and unwanted prescription drugs. The service is free and anonymous, no questions asked. Go to the web site above and find a collection site near you. Some sites are in Fairfield, Madison, Newport, Pittsfield, and Skowhegan. 9/15

Organization Name: Elderly Legal Advice Hotline
Address: 5 Wabon Street City: Augusta State: ME Zip Code: 04330-
Phone: (800) 750-5353 Fax:
Information: Legan Services for the Elderly ALSO: 623-1797 12/18
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elderly Services - Spectrum Generations</td>
<td>323</td>
<td>OTH</td>
</tr>
</tbody>
</table>
| Address | One Weston Court
PO Box 2589 |
| City: Augusta | State: ME | Zip Code: 04338-2589 |
| Phone: (800) 639-1553 | Fax: |
| Information: | Direct dial: (207)622-9212 or TTY (207)623-0809
www.spectrumgeneration.org
Assistance for Seniors and those with disabilities - office hours are Mon-Fri 8 am to 4:30 pm. 12/18 |

| Emergency Assistance Program | 325 | KEN |
| Address | 34 Anthony Ave |
| City: Augusta | State: ME |
| Phone: (800) 452-1926 | Fax: |
| Information: | ALSO: 624-8200
Above numbers for Kennebec county.
Somerset county: 1-800-452-4602 or 474-4848
For application go to area DHHS office 12/18 |

| Energy Assistance - KVCAP | 326 | SOM |
| Address | |
| City: | State: |
| Phone: (800) 542-8227 | Fax: |
| Information: 12/18 |

| Epilepsy Resource Center - Epilepsy Foundation | 327 | OTH |
| Address | |
| City: | State: |
| Phone: (800) 332-1000 | Fax: |
| Information: 12/18 |

| Eye Care of Maine | 370 | OTH |
| Address | |
| City: Waterville | State: ME | Zip Code: |
| Phone: (800) 660-3403 | Fax: |
| Information: Also: 873-2731 12/18 |

| Family Violence Project | 330 | OTH |
| Address | |
| City: | State: |
| Phone: (877) 890-7788 | Fax: |
| Information: 12/18 |
Organization Name: Financial Counseling
Address: National Foundation for Credit Counseling
City: State: Zip Code: 
Phone: (800) 388-2227 Fax: 
Information: 12/18

Organization Name: Foster Parents
Address: A Family for ME
City: State: Zip Code: 
Phone: (844) 893-6311 Fax: 
Information: 12/18

Organization Name: General Assistance Appeals - DHHS
Address: 
City: State: Zip Code: 
Phone: (800) 442-6003 Fax: 
Information: 12/18

Organization Name: Head Start - KVCAP
Address: 
City: State: Zip Code: 
Phone: (800) 542-8227 Fax: 
Information: 12/18

Organization Name: Homeless Hotline
Address: 
City: State: Zip Code: 
Phone: 
Fax: 
Information: Call 2-1-1 12/18

Organization Name: Hope & Justice Project
Address: 
City: Presque Isle State: ME Zip Code: 
Phone: (800) 439-2323 Fax: 
Information: Transitional housing and regular shelters for women and their children from domestic violence situations, both physical and emotional. Phone number is covered 24/7. Offices in Ft Kent, Madawaska, Houlton & Presque Isle). 12/18

Organization Name: Kennebec/Somerset Crisis and Counseling
Address: 
City: State: ME Zip Code: 
Phone: (888) 568-1112 Fax: 
Information: IF not in crisis, please call (207) 626-3448 For children, adolescents and adults 12/18

Community Service Numbers
Organization Name: Maine Bar Association Information and Referral Service
Address: 124 State St
City: Augusta
State: ME
Zip Code: 04330-
Phone: (800) 860-1460
Fax: www.mainebar.org
Information: This service costs $25 for referral to a lawyer who has agreed to consult with you for a half hour only, at no extra cost. For any time over a half-hour, the lawyer may charge his or her regular fee. If the first lawyer doesn't work out, they will re-refer you at no additional charges. 12/18

Organization Name: Maine Div. for Deaf, Hard of Hearing and Late Deafened
Address: 150 State House Station
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 623-7958
Fax: (207) 287-5292
Information: TTY 207-623-7998 or dial 711 for Maine Relay
www.maine.gov/rehab/dod
The Division for the Deaf, Hard of Hearing & Late Deafened provides a program of services to deaf, late-deafened, and hard-of-hearing people of Maine. This includes: publication of the Resource Guide, Maine-Lines for the Deaf (newsletter), ongoing Deaf awareness training programs for state agencies, information and referral, advocacy, accessibility promotion, deaf & hard-of-hearing identification cards, deaf & hard-of-hearing placards and a listing of qualified legal interpreters. 12/18

Organization Name: Maine Lawyers Referral Services
Address: So Windham
City: So Windham
State: ME
Zip Code: 04330-
Phone: (207) 892-3040
Fax: (207) 588-1938
Information: 12/18

Community Service Numbers
Organization Name: Maine Suicide Crisis Hotline
Contact ID: 368
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: National Suicide Prevention Lifeline: 1-800-273-8255 12/18

Organization Name: Maine Tobacco Helpline
Contact ID: 1017
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: www.tobaccofreemaine.org/quit_tobacco 12/18

Organization Name: MaineCare
Contact ID: 373
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: Call 2-1-1

Organization Name: Narcotics Anyonymous
Contact ID: 1016
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: www.namaine.org 12/18

Organization Name: National Cancer Institute
Contact ID: 345
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: 12/18

Organization Name: National Center for Missing & Exploited Children
Contact ID: 347
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: 12/18

Organization Name: National Runaway Hotline/Safeline
Contact ID: 355
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: Offers someone to just talk with; offers to get messages to parents; anyone ages 12 to 21 who has runaway and needs to get home can get them a free ticket thru Greyhound. For homeless and at risk youth. 12/18

Community Service Numbers 39
Organization Name: National Runaway Safe Line
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 786-2929  
Fax:  
Information:  

Contact ID: 346
County: OTH

Organization Name: National Suicide Prevention Lifeline
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 273-7255  
Fax:  
Information: Call from anywhere in the US. Includes a hotline for Veterans.  

Contact ID: 1094
County: OTH

Organization Name: Office of MaineCare Services
Address:  
City:  
State:  
Zip Code:  
Phone:  
Fax:  
Information: Call 2-1-1 to be directed to the DHHS office for your area.  

Contact ID: 315
County: OTH

Organization Name: Pharmacy Help Desk for MaineCare
Address:  
City:  
State:  
Zip Code:  
Phone: (866) 796-2463  
Fax:  
Information:  

Contact ID: 324
County: OTH

Organization Name: Pine Tree Legal Assistance
Address:  
City: Augusta  
State:  
Zip Code:  
Phone: (207) 622-4731  
Fax:  
Information:  

Contact ID: 350
County: OTH

Organization Name: Poison Control Center
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 222-1222  
Fax:  
Information: 711 Maine Relay
For Northern New England - available 24/7 to provide immediate treatment advice for poisonings and answer questions about poisons and prevention.  

Contact ID: 816
County: OTH

Organization Name: Public Health Nursing - DHHS
Address:  
City:  
State:  
Zip Code:  
Phone: (207) 287-4112  
Fax:  
Information:  

Contact ID: 351
County: OTH
Organization Name: Public Utilities Commission
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: 12/18

Organization Name: Rape Crisis Assistance & Prevention
Address: County: KEN
City: State: Zip Code:
Phone: Fax:
Information: A 24 hour statewide sexual assault crisis and support line providing confidential services free of charge. 12/18

Organization Name: Respite Care - NAMI
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: Mon-Fri 8 am - 5 pm 12/18

Organization Name: Social Security Administration
Address: County: OTH
City: Waterville State: ME Zip Code: 04901-
Phone: Fax: (207) 872-9221
Information: Also: 800-772-1213 www.socialsecurity.gov 12/18

Organization Name: Special Olympics - Maine
Address: County: OTH
City: Portland State: ME Zip Code:
Phone: Fax:
Information: 12/18

Organization Name: Special Services of Maine State Library
Address: County: OTH
City: State: Zip Code:
Phone: Fax:
Information: Talking books, books by mail 12/18

Organization Name: State Agency Operator
Address: County: KEN
City: State: Zip Code:
Phone: Fax:
For a listing of Maine State Government offices/agencies 12/18

Community Service Numbers

41
Organization Name: State Water Test
Address: 221 State St
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 287-1716
Information: You can obtain a test kit from calling in or going in to the office. Fees range up to $300 depending on what you are testing for.  12/18

Organization Name: Statewide Alanon/AlaTeen
Address:  
City:  State:  Zip Code: 
Phone: (800) 498-1844
Information: www.maineafg.org
Staffed by volunteers answering phones, providing literature, and keeping meeting information.  12/18

Organization Name: TANF, SNAP, Medicaid - DHHS
Address:  
City: Skowhegan  State: ME  Zip Code:  
Phone: (800) 452-4602
Information: ALSO: Augusta: 1-800-452-1926  35 Anthony Ave  12/18

Organization Name: Transportation Services - KVCAP
Address:  
City:  State:  Zip Code:  
Phone: (800) 542-8227
Information:  12/18

Organization Name: US Dept. of Housing & Urban Development (HUD)
Address:  
City:  State:  Zip Code:  
Phone: (800) 245-2691
Information:  12/18

Organization Name: Veterans Administration
Address:  
City:  State:  Zip Code:  
Phone: (800) 827-1000
Information:  12/18

Organization Name: Volunteer Lawyers Project
Address:  
City:  State:  Zip Code:  
Phone: (800) 442-4293
Information:  12/18
<table>
<thead>
<tr>
<th><strong>Organization Name:</strong> York County Parent Awareness</th>
<th><strong>Contact ID:</strong> 369</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td><strong>County:</strong> OTH</td>
</tr>
<tr>
<td><strong>City:</strong></td>
<td></td>
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<tr>
<td><strong>State:</strong></td>
<td></td>
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<tr>
<td><strong>Zip Code:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
<td></td>
</tr>
<tr>
<td>(800) 564-9696</td>
<td></td>
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<tr>
<td><strong>Fax:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Information:</strong> Special Needs Children</td>
<td>12/18</td>
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<tr>
<td><strong>Community Service Numbers</strong></td>
<td></td>
</tr>
<tr>
<td>Community Service Numbers</td>
<td>43</td>
</tr>
</tbody>
</table>
## Consumer Resources

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better Business Bureau</td>
<td>136</td>
</tr>
<tr>
<td><strong>Address:</strong></td>
<td></td>
</tr>
<tr>
<td>290 Donald Lynch Blvd</td>
<td></td>
</tr>
<tr>
<td>Suite 102</td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong></td>
<td></td>
</tr>
<tr>
<td>Marlborough</td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong></td>
<td>MA</td>
</tr>
<tr>
<td><strong>Zip Code:</strong></td>
<td>01752-4705</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>(508) 652-4800</td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td>(508) 652-4820</td>
</tr>
<tr>
<td><strong>Information:</strong></td>
<td></td>
</tr>
<tr>
<td>THIS MA LOCATION SERVES MAINE, MAINE DOES NOT HAVE A SEPARATE OFFICE.</td>
<td></td>
</tr>
<tr>
<td>Hours: Mon - Fri 9am to 3 pm.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.bosbb.org">www.bosbb.org</a></td>
<td></td>
</tr>
<tr>
<td>Better Business Bureaus (BBBs) are non-profit organizations sponsored by local businesses. BBBS offer a variety of consumer services. For example, they can provide consumer education materials, answer consumer questions, help with complaints, and provide general information about a company's consumer complaint record. 12/18</td>
<td></td>
</tr>
</tbody>
</table>

| Childhood Lead Poisoning Prevention Program - DHHS | 1005 |
| **Address:** |            |
| **City:** Augusta | **State:** ME | **Zip Code:** |
| **Phone:** (866) 292-3474 | **Fax:** |
| **Information:** | General Number: 207-287-4311 |
| www.maine.gov/healthyhomes | Provides resources and management of lead poisoned children within the State of Maine. 12/18 |

| Credit Reporting Agency          | 146        |
| **Address:** Annual Credit Report Request |            |
| PO Box 105281                    |            |
| **City:** Atlanta                | **State:** GA | **Zip Code:** 30348- |
| **Phone:** (877) 322-8228        | **Fax:** |
| **Information:** | www.annualcreditreport.com. |
| Credit bureaus of 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. 12/18 |

| Debt Management Companies        | 936        |
| **Address:**                     |            |
| **City:**                        | **State:** | **Zip Code:** |
| **Phone:**                       | **Fax:** |
| **Information:** | 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. For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at: http://www.maine.gov/pfr/consumercredit/index.shtml 12/18 |

| Direct Community Care            | 1003       |
| **Address:** 9 Green St          |            |
| 2nd floor                        |            |
| **City:** Augusta                | **State:** ME | **Zip Code:** 04330- |
| **Phone:** (207) 512-2424        | **Fax:** (207) 512-2425 |
| **Information:** They provide services for individuals within a 55 mile radius of Lewiston, all are one-on-one support. Three programs are: Community Integration - provides members with opportunities to increase independence in their home and community. Daily Living Support Services - provide ways of maintaining the highest level of independence like skills of daily living, developing a routine. Skills Development Services - provides support for individuals for up to one year that need specific training in a number of areas like how to use public transportation, how to budget, how to participate in educational, vocational and social activities. 12/18 |
Organization Name: Maine Attorney General's Office
Address: Consumer Protection Division
6 State House Station
City: Augusta
State: ME
Zip Code: 04333-0006
Phone: (207) 626-8849
Fax:
Information: www.maine.gov/ag
For complaints regarding a product default. Consumer calls answered Mon - Fri, 9:00 a.m. - Noon and 1 pm to 4 pm. 12/18

Organization Name: Maine Bureau of Financial Institutions
Address: Maine Bureau of Banking
36 State House Station
City: Augusta
State: ME
Zip Code: 04333-0036
Phone: (207) 624-8570
Fax:
Information: Also: 800-965-5235
Regulates and supervises state chartered banks and credit unions. If you have questions or consumer problems about banking, contact your state office. 12/18

Consumer Resources
Maine Car Seat Distribution Program

Address: Dept of Public Safety
45 Commerce Dr., Suite 1
104 State House Station

City: Augusta  State: ME  Zip Code: 04333-

Phone: (207) 626-3840  Fax: 

Information: To determine eligibility you must be able to provide one of the following:
--WIC nutrition program folder with current dated vouchers
--Letter from Maine Care indicating program participation
--Letter from the TANF or SNAP agency indicating current program participation OR a current
dated letter of correspondence from either of the agencies to the family, discussing participation.

Once income eligibility is determined, parents/caregivers must also provide, non-expired, visual
proof of Maine residency:
--State of Maine Driver’s License
--State of Maine Identification
--Maine Tribal Identification
--Letter of Refugee Resettlement by Catholic Charities accompanied by the Refugee’s photo and I-94 number
--Fostering license/certification
--High School Photo Identification card a. Pregnant teens that are too young for obtaining a
driver’s license will need a family member to bring a vehicle to the car seat distribution appointment.

This service is available by appointment only. Make sure to plan ahead, there may be a slight wait
time to meet with a technician. Your child will need to be present during the appointment. For
expecting families the appointment cannot be scheduled more than one month before the due date.
Following is the link to the Car Seat Distribution Program: https://www.maine.gov/dps/bhs/child-
passenger-safety/index.shtml

The Bureau of Highway Safety also has partner locations around the State of Maine where people
can make an appointment with a certified car seat technician for car seat installation assistance,
education, and guidance.

Services that Technicians may provide include, but are not limited to, inspecting your car seat to see
if you have it installed correctly, providing education when to transition to another car seat type, re-
inspecting your car seat when you have moved it to another vehicle, or car seat placement in a
vehicle where all the seats need to be occupied. Following is the link to the Car Seat Inspection site:

Also:
In collaboration with the Southern Kennebec Child Development Corporation (SKCDC). By
appointment only - call Crystal Conners @ 582-3110 ext.
3/21

Maine Children’s Alliance

Address: 303 State St

City: Augusta  State: ME  Zip Code: 04330-

Phone: (207) 623-1868  Fax: (207) 626-3302

Information: www.mekids.org

Maine Children's Alliance is the home of the child welfare ombudsman. This is a resource for
families concerned about Maine DHHS involvement with their children. 12/18
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>Address</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maine Insurance Regulator</td>
<td>143</td>
<td>34 State House Station</td>
<td>KEN</td>
</tr>
<tr>
<td>Maine Lawyer Referral &amp; Information Services</td>
<td>140</td>
<td>Maine State Bar Association PO Box 788</td>
<td>KEN</td>
</tr>
<tr>
<td>Maine Office of Consumer Credit Protection</td>
<td>139</td>
<td>35 State House Station</td>
<td>KEN</td>
</tr>
<tr>
<td>Maine Public Utilities Commission</td>
<td>144</td>
<td>18 State House Station</td>
<td>KEN</td>
</tr>
<tr>
<td>Money Management International</td>
<td>137</td>
<td>175 Exchange St. Suite 200</td>
<td>KEN</td>
</tr>
<tr>
<td>State Vocational &amp; Rehabilitation Agency</td>
<td>145</td>
<td>Bureau of Rehabilitation Services Dept. of Labor 150 State House Station</td>
<td>KEN</td>
</tr>
</tbody>
</table>

**Information:**

- **Maine Insurance Regulator**
  - Enforces laws and regulations for all types of insurance, including car, homeowner, and health insurance. If you have a question or complaint about your insurance company's policies, contact the company before you contact the state insurance regulator. 12/18

- **Maine Lawyer Referral & Information Services**
  - A $25 fee for a referral to an attorney that will charge standard fees after the first half hour. 12/18

- **Maine Office of Consumer Credit Protection**
  - For non-bank credit related problems. Regulates debt collectors and credit reporting as well as all other creditors. 12/18

- **Maine Public Utilities Commission**
  - If you have a consumer question or complaint about a utility matter, contact the Commission. Physical Address: 101 Second St, Hallowell, ME 04347 12/18

- **Money Management International**
  - Formerly known as Consumer Credit Counseling Services. Provides residents of Maine with financial counseling, debt repayment plans, and consumer education. 12/18

- **State Vocational & Rehabilitation Agency**
  - Coordinates and provides a number of services for disabled persons. For more information, call or write. 12/18

*Consumer Resources*
Unemployment is an insurance program providing temporary, partial wage replacement to workers who are unemployed through no fault of their own. 12/18
Counseling

Organization Name: Catholic Charities of Maine - RELIEF & HOPE PROGRAM  
Contact ID: 1055  
Address: 66 Western Ave  
City: Fairfield  
State: ME  
Zip Code:  
Phone:  
Fax:  
Information: For Referrals: (207) 453-4367 or TOLL FREE 1-800-781-8550 Ext 2722 for all 3 locations www.ccmaine.org/FFT  
St Michael's Center, 1066 Kenduskeag Ave., Bangor, ME 04401  
FFT is a short-term, evidence-based program offered to families with youth ages 11 - 18 who are struggling with social/emotional/behavioral issues. 12/18

Organization Name: Charlotte White Center  
Contact ID: 918  
Address: 572 Bangor Road  
City: Dover Foxcroft  
State: ME  
Zip Code: 04426-  
Phone: (207) 564-2464  
Fax: (207) 564-2404  
Information: Also: 1-888-440-4158 www.charlottewhitecenter.org  
The Charlotte White Center is a nonprofit agency, devoted to assisting adults and children with intellectual, behavioral, physical disabilities, and elder age related issues. With headquarters in Dover-Foxcroft Maine, the agency provides multiple levels of social services including: residential, day treatment, clinical counseling, vocational, and in-home supports. 12/18

Organization Name: Community Health and Counseling Services  
Contact ID: 843  
Address: 30 High St  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 858-4860  
Fax:  
Information: Also: 1-800-924-0366  
Also: 24 Stone St,Suite 201, Augusta, ME 04330  
Phone: 207-858-4860 www.chcs-me.org  
Work with children and adults in need of individual, group or family therapy outpatient counseling services. MaineCare accepted; no sliding fee scale. 12/18

Organization Name: Cook, Keith  
Contact ID: 735  
Address: 2 Elm St  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 873-2567  
Fax:  
Information: www.drkeithcook.com  
Counseling, psychotherapy for individuals, couples and families. Uses EMDR techniques for faster results. Only sees children and adolescents in family therapy. Does PET training. Accepts fee for services and is willing to work out individual payment arrangements to make affordable. 12/18

Organization Name: Crisci, Lenann  
Contact ID: 700  
Address: RR 6 Box 1075  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 623-8375  
Fax:  
Information: Family and couple counseling. No insurance, no MaineCare. Does accept sliding scale. 9/15
Organization Name: Crisis & Counseling Centers
Address: 10 Caldwell Rd.
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3448
Fax: 
Information: Crisis - 1-888-568-1112 or 207-621-2552
www.crisisandcounseling.org
24 hour crisis intervention services to any resident of Kennebec and Somerset counties by phone or face to face.

24 hour crisis intervention services for children, adolescents and adults in Kennebec and Somerset counties by phone or face to face. Medicaid and Medicare accepted. 1-888-568-1112

Crisis counseling. Professionally trained persons available to assist children and adolescents experiencing crisis at any time of the day or night. All CSU services are confidential.

Crisis Stabilization Unit - Three adult units in Skowhegan, Waterville and Augusta; one children's unit (under 18 yrs of age) in Winslow. Available to Somerset and Kennebec counties for those who are in a mental health crisis that need 24 hour stabilization but do not require hospitalization. Assessment are done 24 hours every day before CSU bed made available.

Crisis response services; crisis aftercare; mental health and substance abuse counseling; family and youth counseling; one-on-one support for parents of children with behavioral health needs; medication management; case management for pregnant and parenting women using substances; marriage and family therapist; marriage and family enrichment; divorce and separation counseling; chronic illness counseling; disciplinary problems.

Services for children and adolescents with autism, mental retardation, developmental disorders and aspergers. Can help meet the special needs of your child and family. Helps negotiate the complex professional service system with confidence. Assists in the development of a plan of care with family and involved professionals.

Outpatient services focuses on substance abuse and mental health, medication management, family group and crisis counseling. Insurance reimbursable.  Accepts Medicaid and sliding fee scale.

Organization Name: Cumler-Bryant, Patricia, LCSW
Address: 338 Water St.
City: Hallowell
State: ME
Zip Code: 04347-
Phone: (207) 622-4600
Fax: 
Information:
The Pediatric Behavioral Medicine Clinic (PBMC) is an interdisciplinary evaluation team consisting of a psychologist, developmental pediatrician, social worker, behavior specialist and public health nurse. Evaluations are available for children 3-13 years of age who may have a variety of behavioral issues e.g. hyperactivity, anxiety disorders, depression, aggression...

The PBMC includes the:
A. Pediatric Psychology Services: These services are for children who need psychological evaluation, behavioral management consultation, counseling and family based intervention.
B. Clinical Social Work Services: These services include psycho-social assessments, counseling, and behavioral management consultation for children and their families.
C. Developmental Medicine and Neuro-Behavioral Follow-up Services: Consultation and follow-up with the developmental pediatrician for behavioral, neurological and developmental problems
D. Psychopharmacological Medicine Clinic: Weekly clinics to review and follow-up children on psychopharmacological medication.
E. School Linked Services: Prevention/intervention/treatment services for school-aged children and families.
F. Autism Spectrum Program: Home and center based assessment and treatment program. The teaching technique is a discrete trial training program.

The Developmental Evaluation Clinic (DEC) is an interdisciplinary evaluation team consisting of a psychologist, developmental pediatrician speech pathologist, audiologist, physical therapist, social worker and public health nurse. Evaluations are available for children 0-6 years of age who have a variety of developmental problems.

The DEC includes the High Risk Neonatal Follow-up Clinic. This clinic serves children 0-18 months of age, especially those who were born prematurely or who have had neonatal complications.

Information:
Flexible scheduling including weekends.
Services include Family Counseling, Substance Abuse, Mental Health Counseling, OUI/DEEP evaluations and treatment, tobacco treatment, family Interventions, trauma/grief and loss/death dying, case management, IOP, psychological education groups. Accepts insurance, MaineCare, and Medicare.

Information:
Arts of Living Learning Center. Works with adults only with family issues. Transition issues, post-trauma (specializing in helping veterans), psychotherapy, groups and individual sessions. Sliding scale fee.
Organization Name: Grenier, Patricia, LCSW  
Address: 88 Main St., Suite 100  
City: Waterville  
Phone: (207) 873-1013  
Information: Specializes in individual, couple and family counseling. Third party reimbursement. Doesn't accept MaineCare and Medicare.

Organization Name: Hayes, Ron  
Address: 169 Hospital Street  
City: Hallowell  
Phone:  
Information: Adults and couples. Spiritual counseling, addiction and mental health issues. Sliding fee scale. Accepts most insurances and HMO's.

Organization Name: Home Counselors Inc.  
Address: 375 Main St.  
City: Rockland  
Phone: (207) 596-0359  
Information: Main office is Rockland. Also at 280 State St., Augusta, ME PHONE: 207-621-0191 HCT services, out patient counseling, specialize in children 0 - 21 yrs of age with case management and out patient therapy. Homeless youth outreach.

Organization Name: Homeless Youth - Kennebec Behavioral Health  
Address: 66 Stone St  
City: Augusta  
Phone: (207) 626-3455  
Information: Other locations: 67 Eustis Parkway, Waterville, ME 04901 Phone: 873-2136 736 Old Lewiston Rd, Winthrop, ME Phone: 377-8122 5 Commerce Dr., Skowhegan, ME 04976 Phone: 474-8368 Also, toll free 888-322-2136 This is a case management program for homeless youth or at-risk youth. KBH works collaboratively with the youth, schools, doctors and family members to help provide youth with needed stability and individualized support to meet their needs and help them reach their potential. They also have medical management, out patient and case management, as well as an adult outreach.

Organization Name: Inland Hospital  
Address: Kennedy Memorial Drive.  
City: Waterville  
Phone: (207) 873-0731  
Information: One day course for pregnant women and husband, or coach, all ages. Hours are 9 am to 3 pm on a Saturday, and cost is $45, which is typically not reimbursable from insurances.

Organization Name: Kennebec Behavioral Health  
Address: 66 Stone St.  
City: Augusta  
Phone: (207) 626-3455  
Information: Also: 67 Eustis Pkway, Waterville, ME Phone: 873-2136 Also serving Pittsfield, Newport, Clinton and surrounding areas. Individual therapy. Sliding fee scale. Accepts MaineCare.
Organization Name: Levitt, Barda, Ph.D.  Contact ID: 708
Address: 93 Second St.  County: KEN
City: Hallowell  State: ME  Zip Code: 04347-
Phone: (207) 622-3559  Fax:
Information: Individual, couple and family therapy. School age children through adulthood. Accepts insurance and MaineCare. Sliding scale fee.  12/18

Organization Name: Maierhofer, Robert, Ph.D.  Contact ID: 722
Address: 103 Brunswick Avenue  County: KEN
City: Gardiner  State: ME  Zip Code: 
Phone: (207) 582-3065  Fax:
Information: Individual, group, marital, adolescent and family therapy. Anxiety, depression, and adjustment disorders. Personality evaluations. Insurance reimbursable. Doesn't accept MaineCare.  9/15

Organization Name: MaineGeneral Community Care  Contact ID: 702
Address: 10 Water St., Suite 303  County: KEN
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 861-3400  Fax:
Information: Also at: 9 Green St., Augusta, ME 04330 - 621-3750
Outpatient counseling and EAP program, home care and hospice.  12/18

Organization Name: MaineGeneral Counseling  Contact ID: 1031
Address: 149 North St  County: KEN
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 861-3500  Fax:
Information: Also at 6 Green St in Augusta  PHONE 621-3750
Provides quality mental health, substance abuse, and trauma informed outpatient counseling services to individuals and families in the Augusta/Waterville area.  12/18

Organization Name: McFadden, Tim - Somerset Psychological Services  Contact ID: 709
Address: 7 Leavitt St.  County: SOM
City: Skowhegan  State: ME  Zip Code: 04976-
Phone: (207) 474-7190  Fax:
Information: Individual, family and couple therapy. No sliding fee scale. Accepts MaineCare and most other insurances.  12/18

Organization Name: Motivational Resources & Family Counseling Services  Contact ID: 731
Address: 16 Julianne Lane  County: KEN
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 622-0713  Fax: (207) 622-7068
Information: The above telephone number is used for clients. The following number is unlisted: 623-8940.
Paul N. Gervais, Ph.D.
Services provided include: certified behavioral analyst; clinical supervisor; marriage & family counseling; stress management; conflict resolution; grief counseling; career planning; and computerized temperament analysis. Evening and weekend appointments. No MaineCare. Sliding fee scale.  12/18
Organization Name: Nadeau, Christa - Counseling and Consulting Services  
Address: 60 Front Street, Suite 10  
City: Waterville  
State: ME  
Phone: (207) 692-7777  
Fax: (207) 861-0125  
Information: Licensed Clinical Professional Counselor - accepts limited insurances and does not accept MaineCare. 12/18

Organization Name: New Ventures Maine  
Address: 331 Water St  
5th FL of Handley Hall  
City: Augusta  
State: ME  
Phone: (207) 621-3440  
Fax: 1-800-442-2092  
Information: 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. Self-esteem building, assertiveness training, career and life planning workshops, financial literacy training and career exploration. Confidential and free. 12/18

Organization Name: Northern Lights Inland Hospital - Tree of Hope  
Address: 180 Kennedy Memorial Dr  
City: Waterville  
State: ME  
Phone: (207) 861-6091  
Fax: 1-800-442-2092  
Information: Postpartum Support Group meets every Tuesday 10 am to 12 pm and the last Saturday of every month from 9 to 11 am. Group meets in Medical Arts Building attached to Inland Hospital. Attendance is free and there is no need to register. 1/19

Organization Name: Ratner, Dennis, Ph.D.  
Address: 2 Elm St.  
City: Waterville  
State: ME  
Phone: (207) 872-9578  
Fax: 1-800-442-2092  
Information: Individual, couples and family therapy. Occasionally does not accept new clients. His answering machine will indicate when status changes. Sliding fee scale. Accepts MaineCare. 12/18

Organization Name: Redington Fairview General Hospital  
Address: Patient and Family Support  
Fairview Ave.  
City: Skowhegan  
State: ME  
Phone: (207) 474-5121  
Fax: 1-800-442-2092  
Information: Service provides information on community resources, assistance to patients with discharge planning, and refers to short term counseling. Open 8:00 - 4:00, Monday - Friday. Also provides S.C.A.N. (Suspected Child Abuse, Neglect) referral of children and family members for counseling. 12/18

Organization Name: Schwarz, Lynn J., RNCS  
Address: Chrysalis Healing Arts  
136 State St. Ste 240  
City: Augusta  
State: ME  
Phone: (207) 622-3355  
Fax: 1-800-442-2092  
Information: Individual, couple and family. Loves to work with pregnancy and post partum issues. Works with Post Traumatic Stress Disorder. Accepts MaineCare and Medicare and other insurances. 12/18

Counseling
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Phone</th>
<th>Fax</th>
<th>Information</th>
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<tbody>
<tr>
<td>Smith, Corey, Ph.D</td>
<td>736</td>
<td>Family Medical Institute</td>
<td>Augusta</td>
<td>ME</td>
<td>04330-</td>
<td>(207) 626-1561</td>
<td></td>
<td>Individual, family and couples therapy. Accepts MaineCare and other insurers. 12/18</td>
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<tr>
<td>Staples, Richard, Ph.D</td>
<td>761</td>
<td>32 College Ave. Suite 302</td>
<td>Waterville</td>
<td>ME</td>
<td>04901-</td>
<td>(207) 873-5227</td>
<td></td>
<td>Clinical psychologist. Adults, families and couples therapy. Accepts MaineCare. Sliding fee scale. 12/18</td>
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<tr>
<td>Sweetser</td>
<td>835</td>
<td>50 Moody St.</td>
<td>Saco</td>
<td>ME</td>
<td>04072-</td>
<td>(207) 294-4400</td>
<td>(207) 294-4465</td>
<td>ALSO: 800-434-3000 - Promiseline. Will connect to all locations and all departments. <a href="http://www.sweetser.org">www.sweetser.org</a> Locations is Sanford, Saco, Brunswick, Rockland, Belfast and Lewiston Provides Outpatient Therapy, Medication Management, and Substance Abuse Services. Substance Abuse and DEEP counseling available at Brunswick. 12/18</td>
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<tr>
<td>The Northern Lighthouse, Inc</td>
<td>1098</td>
<td>32 College Ave. Unit 304 &amp; 305</td>
<td>Waterville</td>
<td>ME</td>
<td>04901-</td>
<td>(207) 660-9385</td>
<td></td>
<td>Outpatient therapy adult, children and family; adult community integration; adult skills development; childrens case management; assessment using the Vineland tool. They accept MaineCare, Medicare and most insurances. 12/18</td>
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<tr>
<td>Turner Family Support Center</td>
<td>913</td>
<td>12 Kids Place</td>
<td>Leeds</td>
<td>ME</td>
<td></td>
<td>(207) 524-2580</td>
<td></td>
<td><a href="http://www.rumfordgrouphomes.org/programs/turnerfamily.htm">www.rumfordgrouphomes.org/programs/turnerfamily.htm</a> Provides crisis stabilization to reduce psychiatric hospitalizations. Families residing in Androscoggin, Franklin, and Oxford Counties are given priority for our services. Will work with families who do not reside in the Tri-County area as staffing permits. TFSC is a hospital diversion program for both boys and girls, ages 5 -17, experiencing crisis. Work with clients is geared to intervene in order to assist children and families with coping strategies to use during crises in their homes. Offers children a nurturing environment in which crisis stabilization, daily living skills, including educational support and recreational opportunities, are provided. Trained staff are available 24 hours a day to provide crisis stabilization including guidance in the expression of thoughts, feelings, and behaviors, as well as behavior and medication monitoring. A maximum of four children may stay in our coed home for up to seven days. Family members/guardians are encouraged and expected to actively participate in developing service plans and transitional support to benefit their child's individual needs. 12/18</td>
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<td>Organization Name</td>
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<tr>
<td>Turner, Ronald, LCPC</td>
<td>720</td>
<td>KEN</td>
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<tr>
<td>Address</td>
<td>37 Brunswick Ave</td>
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<tr>
<td>City</td>
<td>Gardiner</td>
<td>State: ME</td>
<td>Zip Code:</td>
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<tr>
<td>Phone</td>
<td>(207) 215-9800</td>
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<tr>
<td>Information</td>
<td>LCPC (Licensed Clinical Professional Counselor) Individual, group and family therapy. Sliding scale fee. Insurance and MaineCare reimbursable. 9/15</td>
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
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<tbody>
<tr>
<td>Waite, Pat, LCSW</td>
<td>879</td>
<td>OTH</td>
</tr>
<tr>
<td>Address</td>
<td>216 River Road</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>Norridgewock</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone</td>
<td>(207) 612-8444</td>
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<tr>
<td>Information</td>
<td>A licensed clinical social worker. Also, will work with the adult population in such areas as depression and anxiety as defined in the DSM-IV. EMDR certified. Not accepting MaineCare or Medicare. 12/18</td>
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<tr>
<th>Organization Name</th>
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<tbody>
<tr>
<td>Warren, Barbara Dunlap, LCSW</td>
<td>718</td>
<td>KEN</td>
</tr>
<tr>
<td>Address</td>
<td>Augusta</td>
<td>State: ME</td>
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<td>Phone</td>
<td>(207) 623-2180</td>
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<tr>
<td>Information</td>
<td><a href="http://www.artsoflivinglearningcenter.org">www.artsoflivinglearningcenter.org</a> Arts of Living Learning Center. Works with adults only with family and parenting issues. Traditional transition issues, post-trauma, psychotherapy, groups and individual sessions. Sliding scale fee. 12/18</td>
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<td>Organization Name</td>
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<td><strong>Bingham Area Health Center</strong></td>
<td>1099</td>
<td>SOM</td>
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<tr>
<td><strong>Capitol Community Clinic</strong></td>
<td>859</td>
<td>OTH</td>
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<tr>
<td><strong>Community Dental</strong></td>
<td>1067</td>
<td>KEN</td>
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<tr>
<td><strong>Community Dental - Lewiston</strong></td>
<td>1100</td>
<td>OTH</td>
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<tr>
<td><strong>Cornerstone Dental</strong></td>
<td>1101</td>
<td>KEN</td>
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**Organization Name: Bingham Area Health Center**

- **Address:** 237 Main St
- **City:** Bingham
- **State:** ME
- **Zip Code:** 04920
- **Phone:** (207) 672-3519
- **Information:** They have a hygienist and dentist. They do accept MaineCare, have a sliding fee scale available based on income, if you have no insurance. Also accept other insurances. Open Tues-Fri 7 am - 5 pm. 12/18

**Organization Name: Capitol Community Clinic**

- **Address:** Riverview Psychiatric Center
  250 Arsenal Street
  11 State House Station
- **City:** Augusta
- **State:** ME
- **Zip Code:** 04332
- **Phone:** (207) 624-3966
- **Fax:**
- **Information:** Also: 1-800-834-3339
  Capitol Community Clinic provides a full range of general dentistry and hygiene services for persons that have been patients at Riverview or AMHI from 1998 that are MR cliental (intellectual disability), or an AMHI consent decree member. The clinic is located within Riverview Psychiatric Center. Business hours: Monday through Friday (excluding holidays) 8:00 AM to 4:00 PM. 9/15

**Organization Name: Community Dental**

- **Address:** 2 Evergreen Drive
- **City:** Oakland
- **State:** ME
- **Zip Code:** 04963
- **Phone:** (207) 872-8891
- **Fax:** (207) 872-0946
- **Information:** Accepts MaineCare and insurances. They also have a sliding fee scale. To establish a patient with no insurance or MaineCare using the sliding fee scale it would be $198. 9/18

**Organization Name: Community Dental - Lewiston**

- **Address:** 177 Main St
- **City:** Lewiston
- **State:** ME
- **Zip Code:** 04240
- **Phone:** (207) 777-7442
- **Fax:**
- **Information:** [www.communitydentalme.org](http://www.communitydentalme.org)
  They accept MaineCare, other insurance, and have a sliding fee scale. Hours are Mon-Fri 8 am - 4:30 pm. 12/18

**Organization Name: Cornerstone Dental**

- **Address:** 30 Concourse
- **City:** Waterville
- **State:** ME
- **Zip Code:** 04901
- **Phone:** (207) 877-2200
- **Fax:**
- **Information:** Accepts insurances. Open Mon thru Thurs 8 am - 5 pm 12/18
Dental Clinics

PO Box 2490
Augusta, ME 04338-2490
Phone: (800) 965-7476

Information:
www.mainecahc.org
KENNEBEC COUNTY: Augusta - Kennebec Valley Family Dentistry 207-623-3400 Mon-Fri 8 to 4:30. Serves Kennebec and Waldo county residents of all ages. Sliding scale fees; accepts MaineCare and private insurance. Albion - Health Reach Community Health Center 207-437-2100 Mon-Fri, Closed Weds Serves Kennebec and Waldo county residents of all ages. Sliding scale fees; MaineCare and private insurance. Waterville - Community Dental Center 207-872-8891 Mon- Thurs 7:30 - 5:30 Serves Kennebec and Somerset county residents of all ages. Sliding scale fees; MaineCare and private insurance

SOMERSET COUNTY: Bingham - Health Reach Community Health Center - 207-672-3519 Tues-Fri 7 to 5 Serves: All Has sliding scale fees; accepts MaineCare and private insurance. Canaan - Sebasticook Family Doctors Dental Clinic 207-355-3507 Mon - Thurs 7 to 5:30 and Friday 7:30 to 5 Serves: All Has sliding scale fees; accepts MaineCare and private insurance. Pittsfield - Sebasticook Family Doctors Dental Clinic - 207-355-3507 Tuesday 8 to 5 Serves: All Has sliding scale fees; accepts MaineCare and private insurance. For additional clinics call: 1-800-965-7476 12/18

Organization Name: Dental Lifeline Network - Maine
Address: PO Box 2282
City: Augusta
Phone: (207) 620-8276
Information: www.dentallifelinenetwork.org
This program is to be used once in a lifetime for major needs. It is a comprehensive service from start to finish. Eligibility: Applicants must lack adequate income to pay for dental care and: 1) have a permanent disability, or 2) are elderly: age 65 or older, or 3) qualify as medically fragile. All services are donated. 12/15

Organization Name: Dr Douglas Huntley
Address: 273 Water St
City: Skowhegan
Phone: (207) 695-3767
Information: Dr Huntley is a dentist from Greenville that is setting up a clinic at 273 Water St in Skowhegan for a couple days a week. His main office at 364 Pritham Ave in Greenville is where you will call to set up appointments for Skowhegan. Appointments will be scheduled based on need. He accepts MaineCare (children up to age 21). He will see children 6 months after the first tooth erupts. He also accepts all other insurance. 12/18

Organization Name: Hometown Health Center
Address: 118 Moosehead Trail, Suite 5
City: Newport
Phone: (207) 368-4213
Information: Mon-Fri 7 AM to 5:30 PM Has a sliding fee scale, accepts MaineCare and private insurance. Also, Pittsfield location: 140 Chandler Ave Phone: 207-487-9244 12/18

Organization Name: Jessie Albert Dental & Orthodontic Center
Address: 171 Congress Ave
City: Bath
Phone: (207) 443-9721
Information: They see children and adults using a sliding fee scale based on household income; if you are on MaineCare you automatically qualify. 12/18
Organization Name: Maine Care
Address: 77 Sewell St. (Third Floor)
City: Augusta  State: ME  Zip Code: 04330-
Phone: (800) 977-6740  Fax:
Information: www.mainecare.maine.gov
Provides a list of dentists who accept Maine Care clients throughout the State. List is updated periodically. Will also assist with transportation needs.  2/17

Organization Name: Maine Street Dental Center
Address: 179 Main St, Suite 212
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 872-6815  Fax:
Information: Accepts MaineCare  Hours: Mon - Thurs 7 AM - 5 PM  12/18

Organization Name: Penobscot Community Dental Center
Address: 1048 Union St
City: Bangor  State: ME  Zip Code: 04401-
Phone: (207) 992-2152  Fax:
Information: www.pchc.com
This clinic accepts MaineCare and offers a sliding fee scale.  12/18

Organization Name: Sebasticook Family Doctors SEE Hometown Health Center
Address: City: State: Zip Code:
Phone: Information:

Organization Name: Strong Area Health Center
Address: 177 N. Main Street PO Box 189
City: Strong  State: ME  Zip Code: 04983-
Phone: (207) 684-4010  Fax: (207) 684-3368
Information: 207-684-3045 Dental Office
Now accepting new patients from all parts of Maine. Strong, a Federally Qualified Health Center accepts all insurances, including MaineCare. In addition they offer an Affordable Care Program that enables patients who qualify to obtain reduced fee dental services based on family size and income.  12/18

Organization Name: UMA - Bangor Dental Health Programs
Address: 201 Texas Ave
City: Bangor  State: ME  Zip Code: 04401-
Phone: (207) 262-7872  Fax:
Information: This is a dental school. Students do the cleanings with a faculty supervisor in the room at all times. Available services include: oral examination, scaling and polishing of teeth, oral hygiene instructions, dental x-rays, fluoride treatments, and sealants. There are no residence requirements or income restrictions. Fees are low and are charged only to cover the cost of operation. The clinic does not participate in MaineCare or accept insurance, but will provide a coded receipt that can be submitted to an insurer. Open from September to April.  12/18
Organization Name: University of New England Dental Hygiene Clinic
Address: 716 Stevens Ave.
City: Portland  State: ME  Zip Code: 
Phone: (207) 221-4900  Fax: 
Information: Provides preventive dental services including teeth cleaning, oral inspection, x-rays, fluoride treatment and sealant placement. Open Mid-September thru April. 12/18

Contact ID: 865  County: OTH

Dental

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<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>Augusta Adult Ed &amp; Kennebec Learning Center</td>
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<td>KEN</td>
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<tr>
<td>Bonney Staffing Center, Inc</td>
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<td>Capitol Area Technical Center</td>
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<tr>
<td>Family Enrichment Council of Somerset and Kennebec Counties - KVCAP</td>
<td>164</td>
<td>KEN</td>
</tr>
<tr>
<td>Gardiner Area Adult Ed/MSAD #11</td>
<td>35</td>
<td>KEN</td>
</tr>
</tbody>
</table>

**Education**

### Augusta Adult Ed & Kennebec Learning Center
- **Address:** 33A Union St., Ste 2
- **City:** Augusta
- **Phone:** (207) 626-2470
- **Information:** www.augusta.maineadulted.org

### Bonney Staffing Center, Inc
- **Address:** 12 Shuman Ave
- **City:** Augusta
- **Phone:** (207) 621-1100
- **Information:** ALSO: 1-888-433-0693 www.bonneystaffing.com Employment opportunities in office, clerical, light industrial and warehouse. Job listings available online. 12/18

### Capitol Area Technical Center
- **Address:** 40 Pierce Drive
- **City:** Augusta
- **Phone:** (207) 626-2475
- **Information:** Serves juniors and seniors in local community (8 various schools) and teaches trade. 12/18

### Family Enrichment Council of Somerset and Kennebec Counties - KVCAP
- **Address:** 97 Water Street
- **City:** Waterville
- **Phone:** (207) 859-1580
- **Information:** ALSO: 1-800-542-8227 ext. 1580 The purpose of the council is to raise awareness for the prevention of child abuse and neglect through community activities. The Council offers programs such as parenting enrichment classes, school based programs which include Personal Body Safety and Baby Think It Over. Training for professionals such as: Mandated Reporter Training, Safe Sleep, Strengthening Maine Families, etc.. A resource library and toll free information line is available to parents, care providers, and service providers. 12/18

### Gardiner Area Adult Ed/MSAD #11
- **Address:** 40 West Hill Road
- **City:** Gardiner
- **Phone:** (207) 582-3774
- **Information:** www.msad11.org
Organization Name: Head Start - KVCAP  
Address: 97 Water Street  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 859-1599  
Fax: (207) 873-0158  
Information: KVCAP Child & Family Services provides comprehensive preschool services in a variety of options and collaborative partnerships for children ages 6 weeks to 5 years old.

Locations include: Educare Central Maine, Waterville; Skowhegan Early Head Start, Skowhegan; Fairfield preschool, Fairfield; Clinton Preschool, Clinton; Mill Stream Preschool, Norridgewock; Canaan Elementary Preschool, Canaan; North Elementary Preschool, Skowhegan; Anson Preschool, Anson; Solon Preschool, Solon; and St. Albans Preschool, St. Albans.

In addition, HomeBased and HomeStart (family child care) services are available in northern Kennebec County and Somerset County.

Organization Name: Helping Hands Trade School  
Address: PO Box 93  
32 College Ave, Suite 104  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 872-9075  
Fax:

Information: State-Wide - 1-800-777-8976
Helping Hands offers ongoing classes in the healthcare field. These courses are designed for both entry level positions and advanced training in specific occupations. Courses include: Personal Care Attendant/ Homemaker; Certified Nursing Assistant; Certified Nursing Assistant-Medication; Certified Residential Medication Aid; Phlebotomy, and Dental Assistant. For course descriptions, class times and costs please call. www.helpinghandstradeschool.com

Organization Name: Higher Opportunity for Pathways to Employment (HOPE)  
Address: 11 State House Station  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 624-4170  
Fax: (207) 287-3455  
Website: www.Maine.gov/dhhs/hope. Email: HOPE.DHHS@maine.gov. This program is a potential source of funding for school-related expenses. The program is administered by the Maine DHHS, Office for Family Independence and provides financial support to parents for costs related to training and education beyond high school. HOPE can help cover the costs of tuition, books and supplies, auto repair, auto insurance, tools and equipment, technology and software, child care and more.

Organization Name: Home Ownership Services - KVCAP  
Address: 97 Water St  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 859-1500  
Fax:

Information: Financial Capabilities Coaching - Promotes financial wellness as one-on-one coaching for financial literacy and capability, including budget preparation/management with focus on savings and building credit.

Pre-Purchase Education - Facilitates Homebuyer Education courses in live classes and an online format to assist potential homebuyers with understanding budgeting, financing, ownership and energy efficiency to ensure a successful experience as a first-time homebuyer.

Post-Purchase Counseling - Provides one-on-one consultation and analysis to assist homeowners with budgeting, home maintenance, refinancing, hazard insurance, etc. to help them succeed as homeowners.
Organization Name: Kennebec Learning Center
Address: 33A Union St.
City: Augusta    State: ME    Zip Code: 04330-
Phone: (207) 626-2470    Fax: (207) 626-2529
Information: Day program for Augusta Adult Education. Provides high school diploma, HiSet (GED), and college prep classes. Hours: M-Th - 8:30-4:30                12/18
Contact ID: 244
County: KEN

Organization Name: Kennebec Valley Community College (KVCC)
Address: 92 Western Ave.
City: Fairfield    State: ME    Zip Code: 04937-
Phone: (207) 453-5000
Fax:
Information: ALSO: 1-800-528-5882
Advising & Information Center - 453-5118
www.kvcc.me.edu                  12/18
Contact ID: 174
County: SOM

Organization Name: Lawrence Adult Ed.
Address: SAD #49
4 School Street
City: Fairfield    State: ME    Zip Code: 04937-
Phone: (207) 453-4200
Fax:
Information: EXTENSION: 7
www.lawrenceadulted.org
Full program of HiSET (GED), High School completion, literacy, enrichment services and college transition. 9/15
Contact ID: 32
County: SOM

Organization Name: Literacy Volunteers of Maine
Address: 181 Brackett St
City: Portland    State: ME    Zip Code: 04101-
Phone: (207) 775-0105
Fax:
Information: EXT 165 in Portland   1-800-322-5455 - Adult Learning Opportunities Hotline
www.lvmaine.org
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.
Literacy Volunteers of Greater Augusta, 12 Spruce St. #2, Augusta, ME 04330
PHONE: 626-3440   www.lva-augusta.org
Literacy Volunteers of Waterville, PO Box 1645, 105 Kennedy Memorial Dr., Waterville, ME 04901 - 873-7786   www.lvwaterville.org
Literacy Volunteers of Franklin & Somerset Counties, 108 Fairbanks Rd., Farmington, ME 04937 - 778-3460 9/15
Contact ID: 247
County: OTH

Organization Name: MaineGeneral Medical Center
Address: Alfond Center for Health
35 Medical Center Parkway
City: Augusta    State: ME    Zip Code: 04330-
Phone: (855) 464-4463
Fax:
Information: Breastfeeding basics, Lamaze, prepared childbirth weekend workshop, sibling class for ages 2 to 9, Prenatal Yoga, and baby care class. 12/18
Contact ID: 248
County: KEN

Education
63
Organization Name: Maranacook/Hall-Dale Adult Ed.  
Address: 2250 Millard Harrison Dr.  
City: Readfield  
State: ME  
Zip Code: 04355-  
Phone: (207) 685-4923  
Fax: Ext. 1009  
http://adulted.maranacook.org  
Information: 9/15

Organization Name: Marti Stevens Learning Center  
Address: 195 West Front St.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-7175  
Fax:  
Information: Alternative school in SAD #54 for grades 9-12, for 14-20 year olds, with a desire to complete high school. Hours are 8-2:30, M-F. 12/18

Organization Name: MEOC - Maine Educational Opportunity Center  
Address: University of Maine, 5713 Chadbourne Hall, Rm 314  
City: Orono  
State: ME  
Zip Code: 04469-  
Phone: (800) 281-3703  
Fax:  
Information:  
http://meoc.maine.edu
Holds workshops (2 hour) to help individuals complete college applications. By attending these workshops, college application fees will be waived for those who qualify. Classes advertised in newspaper. Provides assistance with preparing for post secondary education. 9/15

Organization Name: Messalonskee High School Adult Ed.  
Address: 131 Messalonskee Dr.  
City: Oakland  
State: ME  
Zip Code: 04963-  
Phone: (207) 465-9134  
Fax:  
Information: www.waterville.maineadulted.org 9/15

Organization Name: Mid Maine Regional Adult Community Education  
Address: 1 Brooklyn Avenue  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 873-5754  
Fax:  
Information: www.midmaine.maineadulted.org  
Email is: adulted@aos92.org
Offer a comprehensive program from new reader to some post-secondary courses. Basic reading, writing and math; HiSET (formerly GED) preparation and high school diploma completion; tech prep in math and science; vocational, from prevocational to actual training; personal enrichment. 9/15

Organization Name: MSAD 53 Adult & Community Education  
Address: Warsaw Middle School  
167 School Street  
City: Pittsfield  
State: ME  
Zip Code: 04967-  
Phone: (207) 487-5145  
Fax:  
Information: www.msad53.org 9/15
Mt. View Adult & Community Ed.
Address: 577 Mt. View Rd.
City: Thorndike, ME
Postal Code: 04986
Phone: (207) 568-3426
Fax:
Information: Mt. View Adult & Community Education offers a variety of educational programs including High School diploma classes, ABE (Adult Basic Education), vocational classes and counseling. HiSET (formerly GED) testing and preparation and community general evening classes.
Contact ID: 37

New Ventures Maine
Address: 331 Water St., 5th Fl of Handley Hall
City: Augusta, ME
Postal Code: 04330
Phone: (207) 621-3440
Fax: (207) 621-3429
Information: New Ventures Maine is open to adults of all backgrounds experiencing life/work transitions. Our programs include self-confidence building, communication skills, career and life planning workshops, financial literacy training and career exploration. Confidential and free. Please check website for class options available.
Contact ID: 250

NextGen College Investing Plan
Address: c/o Finance Authority of Maine
5 Community Drive
PO Box 949
City: Augusta, ME
Postal Code: 04330
Phone: (800) 228-3734
Fax: (207) 623-0095
Information: By opening a NextGen account you enroll for the $500 Harold Alfond College Challenge Grant open to anyone born in Maine on or after 1/1/2013 and a Maine resident; or a $200 Initial Matching Grant if you have a Maine account on or after 1/1/2013 and the account owner or beneficiary is a Maine resident. There are other grants available to help put your child on the path to college. Contact Finance Authority of Maine for questions or assistance at the above 800 number.
Contact ID: 997

Outreach Programs of Maine
Address: State Library
64 State House Station
City: Augusta, ME
Postal Code: 04333-0064
Phone: (207) 287-5650
Fax:
Information: Outreach Programs of Maine offers "Video Program" video packets available to public libraries throughout Maine; "Large Print Program" for visually impaired; and "Talking Book Program" for those with visual or physical limitations. "Books by Mail" program (for anyone who lives in a town with no library or has a library in their town open 10 hours or less per week) PHONE: 287-5652
Contact ID: 165

RSU 54 Adult & Community Education
Address: 61 Academy Circle
City: Skowhegan, ME
Postal Code: 04976
Phone: (207) 474-7553
Fax:
Information: RSU 54 Adult & Community Education serves Skowhegan, Cornville, Mercer, Canaan, Norridgewock, Smithfield, Madison, Athens, Brighton and Starks. People from towns outside of the district have to pay $20 more. High School completion, enrichment classes, college transition and work ready, workshop place training and training classes and Adult Basic Education.
Contact ID: 41
RSU 74 Adult Ed

Address: SAD #74
PO Box 87
City: North Anson  State: ME  Zip Code: 04958-
Phone: (207) 566-7302  Fax:
Information: Offers HiSET (formerly GED) classes and high school completion.  10/15

Teen Parent School Program

Address: The Maine Children's Home for little wanderers
93 Silver St.
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 873-4253  Fax: (207) 872-7548
Information: Alternative school for pregnant and parenting teens. In house infant nursery and early headstart program. Provides counseling and support services to pregnant and parenting teens and their partners. On campus case manager. Services include family care, alternative high school, summer support groups; in-home counseling offered to girls, their families and fathers around issues of keeping or releasing their child for adoption. Scholarships for summer camps; and a Christmas gift program. Parenting and prenatal classes open to the community. Education programs offered to the community on teen pregnancy, the adoption option, teen father's rights and responsibilities.  9/15

The Patsy Takemoto Mink Education Foundation

Address: City: State: Zip Code:
County: OTH
Phone: Fax:
Information: www.patsyminkfoundation.org
The Patsy Takemoto Mink Education Foundation for Low Income Women and Children gave out 5 awards in 2015 and will be putting out information for 2016 in April for Education Support Awards. Low-income mothers who are pursuing education or training are eligible to apply. For application information, see website above. Must meet income guidelines.  10/15

University of Maine at Augusta

Address: 46 University Dr.
City: Augusta  State: ME  Zip Code: 04330-9410
Phone: (207) 621-3000  Fax:
Information: Also: 1-877-862-1234
Regional state university providing baccalaureate and select associate degrees to meet the educational, economic and cultural needs of Central Maine. www.uma.edu  12/18

University of Maine Cooperative Extension-Kennebec Office

Address: 125 State St., 3rd Floor
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 622-7546  Fax:
Information: ALSO: 1-800-287-1481
www.umext.maine.edu Great resource for publications about almost everything.  12/18

Education
University of Maine Cooperative Extension-Somerset Office

Address: Somerset County Cooperative Extension
7 County Drive
City: Skowhegan    State: ME    Zip Code: 04976-
Phone: (207) 474-9622    Fax:
Information: ALSO: 1-800-287-1495
Provides information on the following: nutrition education, resources, agricultures, dairy, natural resource management, senior companion program, and family financial management.

Waterville Alternative School

Address: 93 Silver St.
City: Waterville    State: ME    Zip Code: 04901-
Phone: (207) 873-5755    Fax:
Information: The Alternative School is for students whose needs cannot be met by a traditional education. Education involves the whole person rather than just a student's academic development. We place major emphasis on a caring atmosphere, self-esteem, and responsibility.
### Employment/Training

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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td><strong>ASPIRE</strong></td>
<td>251</td>
<td>KEN</td>
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<tr>
<td>Address:</td>
<td>35 Anthony Ave.</td>
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<tr>
<td>City:</td>
<td>Augusta</td>
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<tr>
<td>State:</td>
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<tr>
<td>Zip Code:</td>
<td>04330-</td>
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<tr>
<td>Phone:</td>
<td>(207) 624-5200</td>
<td>(207) 624-8074</td>
</tr>
<tr>
<td>Fax:</td>
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<tr>
<td>Information:</td>
<td>For Support Services. Also at: 98 North Ave., Suite 10, Skowhegan, ME 04976 - 474-4800 For individuals who qualify for TANF program. Offer field placements for employment experience. Support services for individuals in education training or employment programs may include: books &amp; supplies, child care, transportation, auto repair, dental care, car insurance, eye care, tuition, occupational expenses and clothing. If you are not qualified for TANF and want to see about eligibility please call 207-624-8090. 12/18</td>
<td></td>
</tr>
</tbody>
</table>

| **Augusta CareerCenter** | 171 | KEN |
| Address:          | 45 Commerce Dr. |        |
| City:             | Augusta    |        |
| State:            | ME         |        |
| Zip Code:         | 04333-     |        |
| Phone:            | (207) 624-5120 | (207) 287-6236 |
| Fax:              |            |        |
| Information:      | Statewide help line: 800-760-1573 for Augusta area; 800-760-1572 for Skowhegan area ALSO AT: Northern Kennebec Valley Career Center 23 Stanley Rd., PO Box 15, Hinckley, ME Phone: 207-474-4950 www.mainecareercenter.com Assists participants in choosing and preparing for career through career decision making workshops, academic upgrading/tutoring/GED preparation, classroom skill training, on-the-job training, work experience, job getting and job search assistance, supportive services, and vocational rehab services. Counseling and assessment, career exploration and connection with appropriate community agencies for training, placement, etc. 12/18 |

| **Bonney Staffing** | 941 | OTH |
| Address:          | 12 Shuman Ave |        |
| City:             | Augusta    |        |
| State:            | ME         |        |
| Zip Code:         | 04330-     |        |
| Phone:            | (207) 621-1100 |       |
| Fax:              |            |        |

| **Department of Labor** | 253 | KEN |
| Address:          | Bureau of Unemployment 45 Commerce Dr. |        |
| City:             | Augusta    |        |
| State:            | ME         |        |
| Zip Code:         | 04330-     |        |
| Phone:            | (207) 623-7981 |       |
| Fax:              |            |        |
| Information:      | Above number is for Employment Services. To file unemployment claim: 800-593-7660. The best way to file for benefits is on line at www.maine.gov 12/18 |

| **Goodwill Industries of Northern New England Regional Office** | 448 | KEN |
| Address:          | 243 Leighton Rd. |        |
| City:             | Augusta    |        |
| State:            | ME         |        |
| Zip Code:         | 04330-     |        |
| Phone:            | (207) 626-0170 | (207) 622-3517 |
| Fax:              |            |        |
| Information:      | Provide employment (job placement, job coaching), residential, educational and support services to individuals experiencing barriers to social and economic independence. 12/18 |

*Employment/Training*
Organization Name: Kelly Temporary Services
Address: 49 Community Drive, Suite 2
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 623-1118  Fax:
Information: ALSO: 1-800-640-1118
Aids in providing temporary and permanent employment.  12/18

Organization Name: Kennebec Valley Community Action Program - Employment Services
Address: 97 Water Street
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 859-2545  Fax: (207) 612-5024
Information: One-on-One support to unemployed, under-employed and displaced workers, including provision of information, education, and referrals, depending on individual needs and interests.

We can help with: resumes/cover letters, online applications, job interview skills, setting up an email account, creating an Employment Plan or overcoming barriers to employment.  1/19

Organization Name: KVCAP
Address: 101 Water St
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 680-2603  Fax:
Information: KVCAP's Employment Support Specialist has appointments every Tuesday at the Waterville Public Library. You will get assistance with writing your resume, job search activities, referrals and interviewing. Call the library number above to make an appointment.  12/18

Organization Name: Motivational Services
Address: PO Box 229
14 Glenridge Drive
City: Augusta  State: ME  Zip Code: 04332-
Phone: (207) 626-3465  Fax:
Information: Program run by MoCo Services include: evaluation and rehabilitation; matching of clients and employers; provide on-the-job training, job coaching, on-site supervision; follow-up during first year of employment; subcontract to provide an individual support plan. http://www.mocomaine.com

Organization Name: Motivational Services
Address: 71 Hospital St
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 626-3465  Fax:
Information: http://www.mocomaine.com
Program run by MoCo. Services include: evaluation and rehabilitation; matching of clients and employers; provide on-the-job training, job coaching, on-site supervision; follow-up during first year of employment; subcontract to provide an individual support plan.  12/18

Organization Name: New Ventures Maine
Address: 331 Water St., 5th FL Handley Hall
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 621-3434  Fax: (207) 621-3429
Information: 1-800-442-2092
Open to adults of all backgrounds experiencing life/work transitions. Self-confidence building, communication skills, career and life planning workshops, financial literacy training and career exploration. Confidential and free. Please check website for class options available  12/18
Organization Name: Senior Community Employment Program (SCSEP)

Address: Bangor, ME 04401-

City: Bangor  State: ME  Zip Code: 04401-

Phone: (800) 439-3307  Fax: (207) 945-6839

Information: Toll free: 855-994-8300
www.nationable.org

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. 12/18

Organization Name: TRIO Scholars Program

Address: University of Maine at Augusta

City: Augusta  State: ME  Zip Code: 04330-

Phone: (207) 621-3157  Fax:

Information: www.uma.maine.edu

To be eligible for the TRIO Scholars Program, students must be enrolled in a UMA degree program,
have academic need, and meet one of the following additional criteria:
* be of the first generation in their family to attend college or
* have a limited income or
* have a disability

While student services are available to all UMA students, an enrolled TRIO student may receive
amplified student services, fee waivers or reductions, and more proactive support from the TRIO
staff. In this way the TRIO Scholars Program provides added assistance to participants in achieving
their educational goals. 12/18
Organization Name: Maine Car Seat Distribution Program

Address: Dept of Public Safety
        45 Commerce Dr, Suite 1, 104 State House Station
City: Augusta
Phone: (207) 626-3800
Information: The Bureau of Highway Safety has partner locations around the State of Maine where income eligible families can make an appointment with a certified car seat technician to obtain a car seat.

To be eligible you must be able to provide:

A current State of Maine Driver’s License or current State of Maine Identification
Be participating in one of the following:

Women, Infants, and Children (WIC)
Mainecare (Medicaid)
Temporary Assistance for Needy Families (TANF)
Supplemental Nutrition Assistance Program (SNAP)

WIC folder with current dated vouchers or a current dated letter of eligibility from the other above mentioned programs you are currently participating in.

This service is available by appointment only. Make sure to plan ahead, there may be a slight wait time to meet with a technician. Your child will need to be present during the appointment. For expecting families the appointment can not be scheduled more than one month before the due date. Following is the link to the Car Seat Distribution Program: http://www.maine.gov/dps/bhs/child-passenger-safety/cps-general/cps-distribution-locations.html. The Bureau of Highway Safety has partner locations around the State of Maine where people can make an appointment with a certified car seat technician for car seat installation assistance, education, and guidance.

Services that Technicians may provide include, but are not limited to, inspecting your car seat to see if you have it installed correctly, providing education when to transition to another car seat type, re-inspecting your car seat when you have moved it to another vehicle, or car seat placement in a vehicle where all the seats need to be occupied. Following is the link to the Car Seat Inspection site: http://www.maine.gov/dps/bhs/child-passenger-safety/cps-general/cps-inspection-locations.html
Financial Services & Assistance

Organization Name: 211 Maine
Address: City: State: Zip Code:
Phone: Information:
Just dial 2-1-1
http://www.211maine.org/
or text your zip code to 898-211
2-1-1 Maine is a comprehensive statewide directory of over 8,000 health and human services available in Maine. This contact will give you organizations such as The Salvation Army, Red Cross, local churches or community organizations as well as all state of Maine programs. 12/18

Organization Name: ALPHA One
Address: City: State: Zip Code: 04106-
Phone: (800) 640-7200 Fax:
Information: 11 Bangor Mall Blvd Unit A, Bangor 941-6553
Low interest financing to buy assistive technology (for individuals, businesses or non-profit organizations). Adaptive equipment includes: wheelchairs and scooters; adapted vehicles; home modifications; hearing aids; TTYs; adapted toys & recreational equipment; specialized computers; levered door handles, ramps, power doors, and elevators that make a business, a work site, or a public facility barrier-free. 12/18

Organization Name: Alternative Aid
Address: City: State: Zip Code: 04333-
Phone: (800) 452-4602 Fax:
Information: Also at: 98 North Ave, Skowhegan, ME 04976 - 474-4800
This is a program for low-income families. Aids families with children who are not on TANF resolve problems that prevent them from getting a job and is currently a once in a lifetime benefit. It can be used for such things as car repairs, childcare, uniforms, housing related emergencies and is in the form of a voucher. 12/18

Organization Name: American Red Cross
Address: City: State: Zip Code: 04102-
Phone: (207) 874-1192 Fax: (207) 874-1976
Information: Central & Mid-Coast 16 Community Way, Topsham, ME 04086 (207)874-1192 AND 475 Pleasant St, Lewiston, ME 04240 (207)874-1192
Northeastern & Eastern Maine 145 Exchange St, Ste 1 Bangor, ME 04401 (207) 874-1192 AND Aroostook County Branch 7 Hatch Dr, Ste 250 Caribou, ME (207)874-1192
Disaster relief services. Food, clothing, shelter, and other essentials provided in case of disaster. Courses offered, i.e. first aid, CPR, water safety. A volunteer caseworker is available 24 hours a day, every day of the year. 12/18
Organization Name: America's Rx Savings
Address: (718) 679-1242
City: (718) 679-1242
State: www.AmericasRxSavings.org
Zip Code: This is a permanent drug card, it doesn't expire. Can use on all FDA approved medications. Discounts up to 85% with average savings of 15% on brand name and 55% on generic drugs. This card is accepted at over 80 pharmacies including: Walgreens, Walmart, CVS, Target, Rite Aid and many more. Just call to get your card.
Phone: The card can't be used in combination with your insurance, you must use whichever one gives you the best pricing.
Fax: 1/19

Organization Name: AMP (Arrearage Management Program)
Address: (800) 452-4699
City: (800) 452-4699
State: ME
Zip Code: ME
Phone: You have to be $500 or more in arrears and be 90 days past due. You must be LIHEAP eligible. You can apply when applying for LIHEAP, or you can contact your utility company directly.
Fax: HOW IT WORKS: You pay just your current monthly electric bill, each month and on time. For each month that you pay your current bill, your electric utility company will wipe out 1/12 of what you owe them on your back bill.
Information: For Example, let's say that you owe $1200 to the company on back electricity bills. Follow these steps:
- You sign up for the AMP
- Then you pay your regular monthly bill to the utility company
- Each time you make that monthly payment, your utility company will forgive or wipe out $100 that you owe them on your back bill

So by making your monthly payments on time, your $1200 debt is wiped out in one year. You pay nothing more than your current bill!!

NOTE: No more than $300 of debt can be wiped out each month. So, if you owe more than $3600, you can stay on the program for more than 12 months until your entire debt is gone. 12/18

Organization Name: Animal Welfare Office
Address: (800) 367-1317
City: (800) 367-1317
State: ME
Zip Code: ME
Phone: www.spaymaine.org
Fax: Persons receiving government benefits (TANF, MaineCare, SNAP (formerly Food Stamps), Social Security, etc.) are eligible for spaying or neutering service of their animals at a cost of $10.00 for a cat and $20.00 for a dog. Currently dogs being accepted are pit bull and pit bull mixes. Call for more details. 12/18

Financial Services & Assistance
Organization Name: **ASPIRE**  
Address: 35 Anthony Ave  
City: Augusta  
State: ME  
Zip Code: 04333-  
Phone: (207) 624-8090  
Fax: (207) 624-8124  
Information:  
Also: 1-800-452-1962  
Also at: 98 North Ave., Skowhegan, ME 04976 - 474-4800  
For individuals who qualify for TANF program. Offer field placements for employment experience. Support services for individuals in education training or employment programs may include: books & supplies, child care, transportation, auto repair, dental care, car insurance, eye care, tuition, occupational expenses and clothing. 12/18

Organization Name: **Assistance Plus - Wrap Around Fund**  
Address: 1604 Benton Ave  
City: Benton  
State: ME  
Zip Code: 04901-  
Phone: (207) 453-4708  
Fax:  
Information: Wrap Around Fund serves Kennebec, Somerset, Oxford and Androscoggin Counties. This fund is to help people with emergency situations in heat, electric and housing. 12/18

Organization Name: **Benefits Information**  
Address:  
City:  
State:  
Zip Code:  
Phone:  
Fax:  
Information: This web site (below) allows an individual to enter information, (no identifying information) and create a grocery list of available programs to assist individuals financially. The website was originally created by the National Council on Aging, but is not exclusive to the senior citizens.  
https://www.benefitscheckup.org/index.cfm?partner_id=0 12/18

Organization Name: **Big Lots**  
Address: 152 Western Ave  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 622-6950  
Fax:  
Information: Rewards program for every three purchases you make (can't be same day) you receive a $5 coupon emailed to you. 12/18

Organization Name: **Bureau of Family Independence**  
Address: Dept. of Health & Human Services  
98 North Ave.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-4800  
Fax:  
Information: Or: 474-4848 & 1-800-452-4602  
ALSO AT: 35 Anthony Ave., 11 State House Station, Augusta, ME 04330 - 1-800-452-1926 & 624-8090  
TANF, Food Stamps & Medicaid  
TANF - cash assistance; Food Stamps - for purchase of food, garden seeds and Meals on Wheels; Medicaid - payment of some medical services. Each program has separate financial criteria.  
Emergency Assistance Program: Assistance with equipment needed for handicap, utilities, repair, replacement of septic tank, well, furnace, wood stove, and security deposits for apartments. A person can apply for services and update their information on-line via "My Maine Connection" and that web site is www.maine.gov/mymaineconnection. The number to call in to them is 855-797-4357 12/18

Financial Services & Assistance  
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**Organization Name:** Catholic Charities of Maine - RELIEF & HOPE PROGRAM  
**Contact ID:** 1111  
**Address:** PO Box 10660  
**City:** Portland  
**State:** ME  
**Zip Code:** 04104-  
**Phone:** (207) 781-8550  
**Information:** info@ccmaine.org  
Assists people with deposits, heat, electricity and other items. Person must call and be transferred to program where they give limited information and someone calls them back.  
12/18

**Organization Name:** Children's Health Insurance Program - CHIP  
**Contact ID:** 983  
**Address:**  
**City:**  
**State:**  
**Zip Code:**  
**Phone:** (855) 797-4357  
**Information:** www.healthcare.gov/medicaid-chip/  
If your children need health coverage, they may be eligible for the Children's Health Insurance Program (CHIP). If they qualify, you won't have to buy a Marketplace plan to cover them. Medicaid and CHIP provide no-cost or low-cost health coverage for eligible children in Maine. Even if your children have been turned down in the past or you don’t know if they qualify, you may be able to get health coverage for them now.

Medicaid and CHIP provide health coverage for children so that they can get routine check-ups, immunizations and dental care to keep them healthy. They can also get doctor visits, prescription medications and hospital care when they’re sick, and much more.

You can apply for and enroll in Medicaid or CHIP any time of year. There’s no limited enrollment period for either Medicaid or CHIP. If you qualify, your coverage can start immediately.

CHIP provides low-cost health coverage to children in families that earn too much money to qualify for Medicaid. In some states, CHIP covers parents and pregnant women. Each state offers CHIP coverage, and works closely with its state Medicaid program.  
8/15

**Organization Name:** Citizens Energy (JOE FOR OIL)  
**Contact ID:** 1112  
**Address:**  
**City:**  
**State:**  
**Zip Code:**  
**Phone:** (877) 563-4645  
**Information:** www.citizensenergy.com  
Seasonal funds are available depending on availability. Must call to apply.

As of 12/27/18 they were not taking applications, but recording said to check back at a later date.  
12/18

**Organization Name:** Consumers for Affordable Health Care  
**Contact ID:** 831  
**Address:** PO Box 2490  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04338-2490  
**Phone:** (800) 965-7476  
**Information:** www.mainecahc.org  
This is a non-profit organization committed to helping all Maine people obtain affordable, quality health care.

Refers people to: Free Clinics in Maine - most provide services only to people with no health insurance, or people who are also within certain income limits; Sliding Scale Clinics - these clinics give discounts based on household income; Help with Prescriptions; Hospital Sliding Scale Care; Hospital Free Care. Services also include helping families find quality health care in Maine; helping individuals and families advocate for more affordable health care; helping individuals to know and exercise their rights; providing training and education to consumers and policy makers; producing research and policy analysis.  
12/18

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Financial Services & Assistance
Organization Name: Corpus Christi Parish
Address: 70 Pleasant ST
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 872-2281
Fax:
Information: Small discretionary account for emergencies. Also, a medical fund account for children. 10/15

Organization Name: CVS Pharmacies
Address: 1 Kennedy Memorial Drive
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 873-7161
Fax: www.cvs.com
Information: Extra Care Rewards program - the rewards are called "extra bucks". You get an ExtraCare card for free from the store and you earn 2% back with every purchase in-store and online at CVS/Pharmacy. Earn $5 for every 10 prescriptions purchased. Every 3 months your "extra bucks" will print out on your store register receipt, or you can go online to print it off. Spend the bucks next time you shop! 12/18

Organization Name: DHHS - Emergency Assistance Program
Address: 35 Anthony Ave
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 624-8090
Fax:
Information: Program is for families with children under age of 21. For emergency situations due to: Natural disaster due to fire, flood or storm; repair or replacement of septic system, wells, chimney, plumbing, furnaces and heating stoves; evictions (not due to misuse of property); utility shut off; special equipment due to handicap which is not covered by MaineCare or Vocational Rehabilitation. Will require proof of income. Decisions are made within 10 days of receipt of an application. 12/18

Organization Name: Dorothy Ames Trust
Address: Key Bank
City: Key Bank
State: NY
Zip Code: 76
Phone: (866) 238-8650
Fax:
Information: Provides assistance to hearing impaired children. Need most recent audiologist report, estimate for cost of equipment or services, parent's most recent tax return or copy of check, detailed letter from parent stating reason for request, and whether parent could help with cost in any way. 12/18

Financial Services & Assistance
LIHEAP - Provides a fuel assistance benefit to income eligible households. Applications are taken from end August through mid-July.

ECIP - Emergency Crisis Intervention Program - provides funds for households experiencing heating related emergencies, dependent upon funding availability from November to April.

LIAP - Low income Assistance Program - Assists eligible low-income customers pay their electric bills. Central Maine Power's LIAP benefit is calculated based on the relationship between the customer's total household income and the customer's annual kilowatt usage. Madison Electric's LIAP benefit is based upon the customer's percent of household income compared to the Federal Poverty Guidelines.

CHIP - Central Heating Improvement Program - Provides heating system replacement and repairs and/or provide oil tank replacement to Low-Income Home Energy Assistance Program (LIHEAP) eligible households. This program provides jobs to heating vendors and purchases material from building supply companies which help to stimulate the local economy.

HEAP WEATHERIZATION - Provides weatherization services to Low-Income Home Energy Assistance Program (LIHEAP) eligible households to reduce home heating costs and to conserve energy. In addition to lower heating costs for clients and conserving energy, this program stimulates the economy by providing jobs to local weatherization contractors and purchasing of materials from area vendors.

Central Maine Power Line Extension Assistance Program - Provides CMP customers eligibility certification for the CMP Line Extension Assistance Program to assist with the cost for installation of poles and lines to new residences.

Home Repair Program - offers resources to provide home repair services to homeowners so that they may maintain a safe, decent living environment.

Organization Name: EyeCare America
Address: San Francisco
City: San Francisco
State: CA
Zip Code: 94142-
Phone: (877) 887-6327
Fax:
Information: www.secure.eyecareamerica.org/onlinematch/
A public service program of the Foundation of the American Academy of Ophthamology, provides free eye exams for qualifying seniors. Must be 65 or older and has not seen an eye doctor in 3 or more years. Eligible individuals receive a comprehensive medical eye exam and up to one year of care for any disease diagnosed during the initial exam at no out-of-pocket cost. To determine if you or a senior family member qualifies call the number above or visit the website.
Discount drug cards for families and individuals with no insurance, have declined coverage, work part-time, are laid off and not on COBRA, have high deductibles or waiting periods, need a medication not covered by their plan, have a co-pay higher than FamilyWize price, seniors aren't enrolled in Medicare Part D. Obtain by printing your card from familywize.org, or download the app to your smartphone or call them.

United Way of Mid-Maine at 105 Kennedy Memorial Drive in Waterville also has these cards available in their office. 873-0686 10/17

When buying SNAP eligible, local food with SNAP/EBT, the customer receives vouchers at the point of sale at the register, as soon as the transaction is completed. Get a $5 fruit and veggie voucher for every $5 you spend on local food. The customer can't use the vouchers in the same transaction that they were earned. Also, keep an eye on the expiration date on the voucher. FOR EXAMPLE: If a customer spent $28.50 on SNAP-eligible, local food with SNAP/EBT, they would receive $25 in vouchers to be spent on local fruits and vegetables. 12/18

They will give one time material assistance, such as diapers, and then they talk to you about the "Earn While You Learn" program. With this program they earn points by taking classes and they can use these points in their store to get items they need. They also do pregnancy tests and limited ultrasound. 12/18

This is thru CVS Care Mark. It covers: Somerset, Cumberland, Lincoln, Hancock, Kennebec, Knox, Penobscot, Sagadahoc, Waldo, Washington and York counties. There is no enrollment form, no membership fee, one card, immediate use. There are no limits, you and your family may use your prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card. Visit your town office. 12/18
Information: Irving Oil's community program, Fuel the Care, covers travel costs for families traveling between home and hospital when their children need medical care. There are 3 criteria and you must meet one of them: 1) Financial need, 2) travel one hour or more and 3) specialty care services.

If your child is a patient at one of the following healthcare systems, and you would like more information about our Fuel the Care program, please contact the following: Eastern Maine Healthcare Systems, contact your case worker at the EMHS hospital where your child is receiving services.

Organization Name: General Assistance
Address: Health & Welfare Office
City: Augusta
Phone: (207) 626-2325
Information: ALSO: 626-2326
ALSO AT: 6 Church St., Gardiner, ME 04345 - 582-1000;
1 Common St., Waterville, ME 04901 - 872-7131 ext. 275
Safety net program. 24 hour eligibility status. Assists with basic individual needs such as: housing, utilities, food, clothing and medication. If after business hours call 2-1-1.

Organization Name: Goodwill Industries of Northern New England Regional Office
Address: 243 Leighton Rd.
City: Augusta
Phone: (207) 626-0170
Information: Also at 295 Kennedy Memorial Dr., Waterville Phone: 680-2192
Provides employment, residential, educational and support services to individuals experiencing barriers to social and economic independence.

Organization Name: Grandparents Raising Grandchildren
Address: 
City: 
Phone: (866) 554-5360
Information: The AARP Foundation Benefits Outreach Program connects families to important resources through its new on-line free tool called Benefit QuickLINK. This tool helps people to find out if their family may qualify for 15 of the most valuable public benefit programs for older adults and for children.

Grandparents raising grandchildren can use this tool to determine if they are eligible for a variety of public benefits for children. Simply:
1. Go to www.aarp.org/quicklink
2. Answer a short list of questions
3. Download fact sheets and applications for programs

Organization Name: HELP FIX ME
Address: 
City: 
Phone: (800) 367-1317
Information: Spay/neuter program for low income households. Cats $10.00/Dogs $20.00. Need proof of one of the following: TANF, SSI, SSD, MaineCare or SNAP (Food Stamps). The goal of the program is to reduce shelter intakes and euthanasia. This is why the program is restricted to cats and mostly pit bulls, pit bull mixes, --these are the animals filling our shelters.
Organization Name: Inner Faith Resource Fund
Address: 
City: Waterville
Phone: (207) 872-7564
Information: This is a conglomeration of area churches to provide assistance for emergency situations to area people with things like electricity, rent, oil, etc. There is not a specific person to contact, you should see a local Pastor. If you need more guidance you can contact the Pleasant Street United Methodist Church at the number listed.

Organization Name: Lions Club
Address: Contact Person
City: Clinton
Phone: (207) 426-8845
Information: Website: www.mainelions.org
Contact person Lions Club - Nancy Wright of Clinton. Applicants can apply to Lions Club for financial assistance for eyeglasses, hearing aids and cell phones for domestic violence victims.

Organization Name: Maine Breast Cancer Coalition
Address: 499 Broadway PMB 362
City: Bangor
Phone: (800) 928-2644
Information: Website: www.mainebreastcancer.org
The fund provides underserved residents of Maine with financial assistance for breast health/breast cancer related items or services. Services covered in-part: mammograms, bras and prostheses, biopsy costs, wigs, prescriptions, and transportation costs.
To determine eligibility you must be able to provide one of the following:

- WIC nutrition program folder with current dated vouchers
- Letter from Maine Care indicating program participation
- Letter from the TANF or SNAP agency indicating current program participation OR a current dated letter of correspondence from either of the agencies to the family, discussing participation
- Once income eligibility is determined, parents/caregivers must also provide, non-expired, visual proof of Maine residency:
  - State of Maine Driver’s License
  - State of Maine Identification
  - Maine Tribal Identification
  - Letter of Refugee Resettlement by Catholic Charities accompanied by the Refugee’s photo and I-94 number
  - Fostering license/certification
  - High School Photo Identification card a. Pregnant teens that are too young for obtaining a driver’s license will need a family member to bring a vehicle to the car seat distribution appointment.

This service is available by appointment only. Make sure to plan ahead, there may be a slight wait time to meet with a technician. Your child will need to be present during the appointment. For expecting families the appointment can not be scheduled more than one month before the due date. Following is the link to the Car Seat Distribution Program: https://www.maine.gov/dps/bhs/child-passenger-safety/index.shtml

The Bureau of Highway Safety also has partner locations around the State of Maine where people can make an appointment with a certified car seat technician for car seat installation assistance, education, and guidance.

Services that Technicians may provide include, but are not limited to, inspecting your car seat to see if you have it installed correctly, providing education when to transition to another car seat type, re-inspecting your car seat when you have moved it to another vehicle, or car seat placement in a vehicle where all the seats need to be occupied. Following is the link to the Car Seat Inspection site: https://www.maine.gov/dps/bhs/child-passenger-safety/index.shtml
InfantSEE®, a public health program, managed by Optometry Cares® - the AOA Foundation, is designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Under this program, participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service. Things that the Optometrist will test for include:

- excessive or unequal amounts of nearsightedness, farsightedness, or astigmatism
- eye movement ability
- eye health problems

Even if no eye or vision problems are apparent, the American Optometric Association recommends scheduling your baby's first eye assessment at 6 months.

As a resident of Maine, you and your family have access to a statewide Prescription Assistance Program (PAP). Create and print your FREE discount prescription drug card. This card will provide you with Rx medication savings of up to 75% at more than 68,000 pharmacies across the country including CVS/pharmacy, Hannaford, Osco, Target, Walgreens and many more. You can create as many cards as you need. We encourage you to give cards to friends and family members. This card is pre-activated and can be used immediately.

Program runs off income guidelines unless you are receiving SNAP, TANF or MaineCare then you automatically qualify. It is a nutrition program that provides healthy food benefits for pregnant and nursing women 6 months to a year and children to age 5.
Financial Services & Assistance

Organization Name: Merck Pharmaceuticals
Contact ID: 952
Address: 
City: 
State: 
Zip Code: 
Phone: (800) 727-5400 
Fax: 
Information: Call between 8 am - 8 pm ET - www.merckhelps.com/programs
Merck has several programs with two of the most well known being: Merck Patient Assistance Program which helps indigent and uninsured patients; and Merck Vaccine Patient Assistance Program.
Merck Patient Assistance Phone: (800)727-5400
Merck Vaccine Patient Assistance Phone: (800) 293-3881
Patients can call or visit website to obtain brochure and an enrollment form which will need to be filled out by patient and the physician. 1/19

Organization Name: Miracle-Ear Foundation
Contact ID: 550
Address: 5000 Cheshire Parkway, N
City: Plymouth 
State: MN 
Zip Code: 55446-
Phone: (800) 234-5422 
Fax: 
Information: www.miracle-earfoundation.org
The Miracle-Ear Foundation™ serves and supports children and adults who have a hearing loss. Our Gift of Sound program provides at no-cost hearing aids and hearing support services to families or individuals who have incomes that are significantly limited, who are unable to afford the high costs of quality hearing instruments, and who have exhausted all possible resources for their hearing health. Hearing challenges are unique, every application for service and support is considered on an individual basis. The recommended hearing aid style will depend on a person’s specific hearing condition and circumstances. The Waterville location that works with Miracle-Ear is (207) 616-3164. Please call them for assistance. 1/19

Organization Name: Money Management International
Contact ID: 270
Address: 477 Congress St., 5th FL
City: Portland 
State: ME 
Zip Code: 04101-
Phone: (888) 845-5669 
Fax: 
Information: www.moneyManagement.org
Financial counseling services. Services include: budget counseling, education programs, credit report reviews, debt repayment plan. Takes calls 24 hrs a day to make an appointment, but only 8 am to 4 pm to see someone. They can also counsel you over the phone. 1/19

Organization Name: MSHA (Maine State Housing Authority)
Contact ID: 280
Address: 353 Water St.
City: Augusta 
State: ME 
Zip Code: 04330-
Phone: (207) 626-4600 
Fax: 
Information: ALSO: 1-800-452-4668
www.mainehousing.org
Provides general information and referral regarding housing programs (including low income housing), inquiries regarding landlord tenant relations. 1/19
Organization Name: New Eyes for the Needy  
Address: 549 Millburn Ave  
City: Short Hills  
State: NJ  
Zip Code: 07078-  
Phone: (973) 376-4903  
Fax:  
Information: www.new-eyes.org  
Founded in 1932, New Eyes for the Needy is a non-profit, non-sectarian volunteer organization that purchases new eyeglasses for poor children and adults in the US. The organization also recycles donated glasses for distribution to indigent people in developing nations worldwide. They have provided free eyeglass to more than 8 million people in the US and around the world.  

Organization Name: Office for Family Independence  
Address: 442 Civic Center Dr 11 State House Station  
City: Augusta  
State: ME  
Zip Code: 04333-0011  
Phone: (800) 442-6003  
Fax: (207) 287-3455  
Information: Direct: 207-624-4168  
My Maine Connection allows people to apply on line. Go to www.maine.gov/mymaineconnection. This covers SNAP (food supplement program), Medical Assistance, TANF, Child Care.  

Organization Name: Office of Aging & Disability Services  
Address: 41 Anthony Ave 11 State House Station  
City: Augusta  
State: ME  
Zip Code: 04333-  
Phone: (207) 624-8060  
Fax:  
Information: 800-452-1926  
Supports Maine's older and disabled adults by providing Adult Protective, Brain Injury, Other Related Conditions, Intellectual and Developmental Disability, Long Term Care, and Aging and Community services to the people of Maine.  

Organization Name: Partnership for Prescription Assistance  
Address:  
City:  
State:  
Zip Code:  
Phone: (888) 477-2669  
Fax:  
Information: http://www.pparx.org/  
Call or visit the website to find out if your are eligible for free or reduced prescription drugs.  

Organization Name: Pfizer RxPathways  
Address:  
City:  
State:  
Zip Code:  
Phone: (866) 706-2400  
Fax:  
Information: www.pfizerrxpath.com  
This is a comprehensive assistance program that provides eligible patients with a range of support services, including insurance counseling, co-pay assistance, and access to medicines for free or at a savings.  
Pfizer works with uninsured people, but if patients have prescription coverage, but still cannot afford their Pfizer primary care medicines, they may be able to get them for free.
Organization Name: Pleasant Point Pass  
Address: PO Box 351  
City: Perry  
Phone: (207) 853-0711  
Information: Offers assistance with health care services for members of the Passamaquoddy tribe, Alaskan natives and federally recognized tribal members.  
Contact ID: 268

Organization Name: RCAM - Rural Community Action Ministry  
Address: 81 Church Hill Rd  
City: Leeds  
Phone: (207) 524-5095  
Information: They serve 13 rural towns spanning Kennebec, Androscoggin and Oxford counties. The towns in Kennebec that are in their service area are Litchfield, Monmouth and Wayne. Their services are for low-income individuals, many at risk of homelessness. They provide fuel assistance, CMP disconnection assistance, shelter, food, minor home repairs, and transportation for the elderly for doctors' appointments. They also assist with home gardens.  
Contact ID: 1119

Organization Name: SafeLink Wireless  
Address: 9700 N.W. 112th Avenue  
City: Miami  
Phone: (800) 977-3768  
Information: SafeLink Wireless Lifeline Services you can receive a Free SafeLink Wireless phone and Free cellular plan that gives you 68 minutes every month. To qualify must participate in one of the following; Emergency Assistance Program, Home Energy Assistance Program, MaineCare, Food Stamps, SSI, TANF. No one else in household can have a SafeLink phone and must have a valid United States Postal Address, P.O. Boxes cannot be accepted. To apply visit online or call 800 number.  
Contact ID: 953

Organization Name: Salvation Army  
Address: 179 Main St., Suite 313  
City: Waterville  
Phone: (207) 872-2172  
Information: ALSO AT: 36 Eastern Ave, Augusta, ME 04330 - 207-623-3752

Financial Services & Assistance
Parents or case managers can refer a child to the Shriners Hospital and will be connected to a nurse. The parent can then make an appointment to meet with the doctor. The doctor would determine who the parent would see that day. They could see orthodontics, surgery, dentistry, physical therapist, occupational therapist, and dietician so that all the people that they need to see can be seen in one day. There are no fees for this service and no co pays or deductible even if the parents have insurance.

The Springfield Hospital covers bone, joint and muscle issues. Chest wall deformation is also something that can be taken care of at Shriners Hospital. Scoliosis can be treated. They would do a body scan to measure the scoliosis and the chest wall. Scoliosis and other rare conditions are treated by telemedicine in some areas so that the family will not have to travel until surgery.

Orthotics are also done by the Shriners. They make prostheses’ and braces on site.

They can transport if necessary. There are two shriner centers. One center in Lewiston and one center in Bangor. Waterville south is dealt with at the Lewiston center and Waterville north is dealt with at the Bangor center. The families can be driven or the Shiners can rent a car for the family. They focus on the wellbeing of the family. They do transitions into the adult medical field and work to make it go smoothly. Care for the children ends at the age of 21.

Nearest locations to Maine for: Orthopedic conditions would be Springfield, MA  Phone: 413-787-2000 or 800-322-5905. Burn victims would go to Boston, MA Phone: 617-722-3000 or 800-255-1916 1/19

Sight for Students is a (Vision Service Plan) VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eyecare services.

More than 50,000 children each year receive a free comprehensive exam and corrective lenses if needed through Sight for Students. These are children who would otherwise not receive the eyecare and eyewear they need to do their best work in school and perform their best at play. 1/19

Contact is Bob. Applicants can apply to Lions Club for financial assistance for eyeglasses, hearing aids and cell phones for domestic violence victims. 1/19
Spectrum Generations
38 Gold St.
Waterville, ME 04901-
(800) 639-1553
www.spectrumgenerations.org

ALSO: We have three community centers for Kennebec and Somerset County.
Spectrum Generations Muskie Community Center, 38 Gold St., Waterville, ME 04901 Phone: 873-4745 Hrs: Mon thru Fri 7:30 am - 4 pm
Spectrum Generations Community Center, 30 Leavitt St., Skowhegan, ME 04976 Phone: 474-8552 Hrs: Mon, Weds, Fri 9 am - 1 pm
Spectrum Generations William S. Cohen Community Center, 22 Town Farm Rd, Hallowell, ME 04347 Phone 626-7777 Mon thru Fri 8:00 am - 4 pm

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. Center activities for active adults include computer classes at cyber cafes, dancing, trips, games, fitness classes, music, and craft lessons. Ongoing educational activities encompass health screenings, guest speaker presentations, and support group meetings. Services available include customized help at home with taxes, insurance, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.

The Agency's corporate office is located in Augusta. For more information call 1-800-639-1553, or visit us at website above.

Telephone Assistance
US Cellular 1-800-447-1339
www.lifelinesupport.org

Low income persons with cell phones through US Cellular may be eligible for a discount if their income is at or below 135% of federal poverty guidelines, or receive Heap, SNAP(food stamps), SSI, Medicaid, TANF, Section 8 Housing, National school lunch program or reside on tribal lands. Contact should be made to the main office for US Cellular to get the details on how to receive the discount or apply online.

The Haines Charity
Waterville City Hall
1 Common St
(207) 680-4200

The City's Health and Welfare Director and staff will assist applicants applying for help. The Charity Committee meets monthly and applications must be submitted by the first Friday of the month. To be eligible you must be a resident for 90 days prior to receiving assistance and can not have received General Assistance from the City in the past 90 days. Assistance is limited to a quarterly basis. The Committee will attempt to provide for: food, clothing, rent or rental deposits, fuel, utilities, medical assistance (including eye glasses or hearing aids) and basic household necessities.
The Patsy Takemoto Mink Education Foundation for Low Income Women and Children accepted applications for Education Support Awards in 2018 and gave out up to $5,000 to be used for direct school or living expenses while enrolled. Low-income mothers who are pursuing education or training are eligible to apply. Must be female, at least 17 with minor children and pursuing a vocational certificate, Associate's degree, Bachelor's degree, or master's/doctoral degree. Low income is less that $20,000 for family of 2; less than $24,000 for family of 3 and less than $28,000 for family of 4. For application and further information go to website given above.

Organization Name: Universalist Unitarian Church
Address: 69 Silver St
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 474-7370
Fax: 
Information: Administer the evening sandwich program. Sunday thru Friday evenings, between 4 and 5 p.m.

Organization Name: USDA Rural Development
Address: Bangor
City: Bangor
State: ME
Zip Code: 
Phone: (800) 352-8963
Fax: 
Information: This is all for the 504 Repair and Rehabilitation Loan Program
State Office: Bangor 207-990-9110
Bangor Area 207-990-3676 Ext 4 For Hancock, Knox, Penobscot, Piscataquis, Somerset and Waldo counties
And, 207-883-0159 Ext 4 For Androscoggin, Franklin, Kennebec, and Oxford counties. Provides low interest rehabilitation and repair loans for elderly and low income for updating or purchasing a new central heating system; pellet stove; replacing or adding insulation; replacing doors and/or windows; updating an electrical system; installing a well and/or septic system; repairing a foundation; making your home handicap accessible; other repairs. They also help with closing costs when purchasing and appraisal fees.

Organization Name: Vision USA
Address: 
City: 
State: 
Zip Code: 
Phone: (800) 766-4466
Fax: 
Information: VISION USA was established in 1991 to provide basic eye examinations to Americans in need, and is currently available in 39 states and the District of Columbia. AOA member optometrists donate their services at no cost. The AOA Foundation, provides free eye exams to uninsured, low-income workers and their families.

If you need an eye exam and do not have insurance and cannot afford one, work with your social worker, case worker, charitable organization or agency to submit an application on your behalf for VISION USA services.

DECEMBER 2018 NOT AVAILABLE PLANNING TO RELAUNCH IN JANUARY 2019
Food Assistance & Food Banks

Organization Name: Farm Fresh Rewards Nutrition Incentive Program
Address: Maine Farmland Trust
City: Belfast
State: ME
Zip Code: 04915-
Phone: (207) 338-6575
Information: Check farmfreshrewards.org for a current list of participating stores.
MaineHarvestBucks.org
When buying SNAP eligible, local food with SNAP/EBT, the customer receives vouchers at the point of sale at the register, as soon as the transaction is completed. Get a $5 fruit and veggie voucher for every $5 you spend on local food. The customer can't use the vouchers in the same transaction that they were earned. Also, keep an eye on the expiration date on the voucher. FOR EXAMPLE: If a customer spent $28.50 on SNAP-eligible, local food with SNAP/EBT, they would receive $25 in vouchers to be spent on local fruits and vegetables. 8/20
Maineharvestbucks.org. At the Farmer's Market - for every $1 you spend on your EBT card, you earn $1 in bonus Maine Harvest Bucks to be spent on fresh fruits and veggies at the market. These can be redeemed the same day, or at your next visit.

Organization Name: Farmers Markets-Kennebec County
Address: City: Augusta - Summer - Tuesdays 2-6pm, 1 Water Street, Augusta
Augusta - Winter - Tuesdays 2-5pm, 70 State Street, Augusta
Belgrade Lakes - Memorial Day - Sept., Sundays 8-1pm, 137 Main St., Belgrade
BelgradeLakesMarket@gmail.com
Unity - May-Nov, Sat 9-1pm, 32 School St., Unity
Vassalboro Food Station - Thursdays, 11-12pm, 179 Bog Rd, Vassalboro
www.vassalboro.net/food_station.html
Downtown Waterville Farmers' Market - April - Dec, Thursdays, 2-6pm, Common Street
Jan-March, Thursdays, 2-6pm, Colby Building downtown
www.watervillefarmersmarket.org

Organization Name: Farmers Markets-Somerset County
Address: Fairfield Farmer's Market - Wednesdays, 2-6pm
May-Oct, Saturdays, 9:30am - 1:30 pm, Nazarene parking lot
www.fairfieldme.com
Skowhegan Farmer's Market - May-Oct, every Saturday, 9-1pm @ Grist Mill
Nov-April, 1st and 3rd Saturdays, 10-1pm @ Boynton's Greenhouse
www.skowheganfarmersmarket.com

Food Assistance & Food Banks
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FSET helps Food Supplement recipients get job training and education so they can find and keep good paying jobs. FSET is available at no cost and helps with training, tuition, transportation, and other supports. Participants are eligible if they receive SNAP and are not receiving TANF cash assistance. They must be willing and able to work upon completion of FSET. Services include job search training and assistance, vocation training (including Adult Education, certificate and degree programs), help with transportation or childcare costs to get to training, tools, equipment and books for training, as well as job retention services. If already enrolled in a Food Supplement, contact a service provider near you. If not enrolled in Food Supplement, you may apply at: www1.Maine.gov/benefits.
ALBION - Loaves & Fishes
123 Benton Rd., Albion, ME Tel. 437-2299/437-2732
Hours of operation: 1st & 3rd Thursday 9-11 am

AUGUSTA - Augusta Food Bank
161 Mt. Vernon Ave., Augusta, ME 04330 Tel. 213-2233
Hours of operation: Monday thru Thursday 12:30 - 2:30 pm, 2nd Wednesday, 5:00-7:00 pm

BELGRADE - Belgrade-Rome Special Needs Food Pantry
6 Manchester Road, Belgrade, ME 04917 Tel. 495-2202 or Town Office 495-2258
Hours of operation: Tuesdays 9 - 11 am

CHELSEA - River Rock Food Pantry
65 River Road, Chelsea, ME 04330 Tel. 622-7031
Hours of operation: Monday 3-4:30 pm, Wednesday 10:30 am to noon

CHINA - China Community Food Pantry
1320 Lakeview Drive at Parmenter Terrace, China, ME 04926 Tel. 968-2421
Hours of operation: Friday and Saturday 12 noon - 1 pm

CLINTON - Community Food Bank
Beside the Methodist Church
2nd & 4th Tuesdays 4:30 - 5:30 pm

GARDINER - Chrysalis Place/Gardiner Food Bank
576 Brunswick Rd, Gardiner, ME 04345 Tel. 582-5507
Hours of operation: Tuesday 6 - 8 pm, Thursday 1 - 3 pm

GARDINER - Faith Food Pantry
280 Brunswick Ave., Gardiner, ME 04345 Tel. 582-5507
Hours of operation: 1st, 2nd & 3rd Fridays noon to 2:30 and 4th Saturday 9 to 11 am; if there is a 5th Friday then they are open noon to 2:30 pm

HALLOWELL - Hallowell Food Bank, Inc.
Perley's Lane (Basement of Hallowell Fire Dept) Hallowell, ME 04347 Tel. 333-0947
Hours of operation: Friday 1 - 2:30 pm

LITCHFIELD - Litchfield Community Food Bank
1881 Hallowell Rd, Litchfield, ME Tel. 582-4098
Hours of operation: Thursday 12 - 2 pm

MONMOUTH - Monmouth Food Pantry
776 Main Street, Monmouth, ME 04259 Tel. 933-2502
Hours of operation: Tuesday 11 am to noon & 5:30 - 6:30 pm

MOUNT VERNON - First Baptist Church Food Bank
321 Pond Road, Mount Vernon, ME Tel. 293-2273 or 293-2141
Hours of operation: Saturday 10 am - 12 noon

Food Assistance & Food Banks
NORTH MONMOUTH Food Pantry
151 North Main Street, North Monmouth, ME 04265  Tel. 933-2400
Hours of operation: Monday 5:30 - 6:00 pm and Thursday 4:30 - 5 pm

OAKLAND - Oakland Food Bank
20 West School Street (United Methodist Church), Oakland, ME 04963  Tel. 465-5259
Hours of operation: Thursdays 4:00 - 6:00 pm

RANDOLPH - Janice's Food Pantry
72 Windsor St., Randolph, ME  Tel. 582-5283
Hours of operation: Sundays and Wednesdays noon to 1 pm

SIDNEY - Sidney Food Cupboard
3020 West River Road, Sidney, ME 04330  Tel. 805-6362
Hours of operation: 2nd & 4th Wednesdays 9:00 am to noon and 4:30 to 6 pm

SCHOOL FOOD PANTRIES IN WATERVILLE FOR STUDENT AND THEIR FAMILIES ONLY
George J. Mitchell 58 Drummond Ave  Tel. 873-0695  Weds & Fri 3 pm - 4 pm
Albert S. Hall 27 Pleasant St  Tel. 872-8071  Weds 10-11 am; Fri 2-3 pm
Waterville Jr High 100 West River Rd  Tel. 873-2144  Thurs 2:15 - 3 pm

UNITY - Unity Regional Food Pantry, School Street, Unity, ME 04988  Tel. 948-6232
Hours of operation: 3rd Saturday, 7-8 pm
Loaves & Fishes Food Pantry, School Street, Unity, ME 04988  Tel. 437-2732
Hours of operation: 1st and 3rd Thursday, 9-11 am

WASSALBORO - Vassalboro Food Station
Rt. 32 (next to fire station), N. Vassalboro, ME 04962  Tel. 873-7375
Hours of operation: Thursdays 11:00 am to 12 noon

WATERVILLE - Greater Waterville Area Food Bank
Pleasant Street United Methodist Church
61 Pleasant St., Waterville, ME 04901  Tel. 616-0363
Hours of operation: Monday through Thursday screening is 8:30-10:30 am with distribution 9 am - 11 am (except holidays); also Monday evenings 5:30 - 7 pm
Meals on Wheels, Muskie Center, 38 Gold St., Waterville  Tel. 873-4745  deliveries Tues, Thurs
Spectrum Generations, Muskie Center, 38 Gold St., Waterville  Tel. 873-4745, M-F 11:30-1pm, Friday, 8-10am
Sandwich Program, First Baptist Church, 1 Park St., Waterville (no tel #), Saturday, 3-4pm
Evening Sandwich Program, UU Church, 69 Silver St., Waterville (no tel#), Sunday-Friday, 4-5pm
Sacred Heart Soup Kitchen, Sacred Heart Church, 70 Pleasant St., Waterville  Tel. 872-2572, M-F 11:30-12:30
St. Francis Soup Kitchen, 70 Pleasant St., Waterville Tel. 872-2572, Sat 11-12pm
Mid-Maine Homeless Shelter
19 Colby Street, Waterville, ME 04903  Tel. 872-8082
Hours of operation: Fridays 1:00 - 3:00 pm and on emergency basis

WINDSOR - Windsor Food Bank
523 Ridge Rd - Town Hall, Windsor, ME 04363  Tel. 445-2998/577-1851
Hours of operation: 1st & 3rd Thursdays of each month 6:00 pm - 8:00 pm

WINSLOW - St. Johns Food Pantry
26 Monument St (back entrance), Winslow, ME  Tel. 872-2281/680-6421
Hours of operation: 3rd Wednesday 10:30 am - 12: 30 pm

WINTHROP - Winthrop Food Pantry
25A High Street, Winthrop, ME 04364  Tel. 377-3332

Food Assistance & Food Banks
Hours of operation: Thursday 1 - 2:30 pm
2nd & 4th Thursdays 5 - 6:30 pm                Updated: 5/21
ANSON - Center Point Church, 16 Church St., Anson, ME 04911  Tel. 696-8188, Tuesdays 10 - 12 pm

BINGHAM AREA - Food Pantry, St. Peters Rectory Basement, Owens St., Bingham, ME 04912 3rd Tuesday, 8 am -12 pm

CANAAN - Canaan Community Food Bank
272 Main St (Rt 2 - across from Post Office), Canaan  Tel. 474-5408
Hours of operation: 1st & 3rd Mondays 1-3 pm (Snow days or holidays open on Tuesdays)

CORNVILLE - Cornville Athens Food Cupboard
493 West Ridge Road, Cornville  Tel. 654-3071/776-3257
Hours of operation: 2nd Saturday of month 9 - 11 am

FAIRFIELD - Fairfield Interfaith Food Pantry
23 Lawrence Ave., Fairfield, ME 04937  Tel. 509-9972
Hours of operation: 1st & 3rd Thursdays 9 am to noon
Fairfield Food Bank, First Baptist Church, 12 Newhall St., Fairfield, ME 04937  Tel. 453-0170 call for details

HARTLAND - Tri-Town Food Cupboard
9A Hubbard Ave., Hartland, ME 04943  Tel. 938-3283  Food Cupboard or Patricia 938-3283
Hours of operation: Wednesdays 9:30 - 11:30 am

JACKMAN - Jackman Food Cupboard
369 Main Street, Jackman, ME 04945  Tel. 668-5962/668-2111
Hours of operation: 3rd Wednesday of month 1:00 - 2:00 pm or on demand

MADISON - People Who Care Food Cupboard
108 Old Point Ave, (basement of former Old Point School) Madison, ME 04950  Tel. 858-5342/696-3971
Hours of operation: Wednesdays 9 am - 12 noon

NORRIDGEWOCK - Norridgewock Community Food Cupboard
227 Waterville Road, Norridgewock, ME 04957  Tel. 634-4116
Hours of operation: 1st & 3rd Tuesdays 9-11 am; 2nd & 4th Tuesdays 9 - 10 am

PITTSFIELD - Community Christmas Project
128 Conners St., Downtown Parking Lot (behind Main St) Pittsfield, ME  Tel. 487-5497
Hours of operation: Tuesday and Friday 9 am to 12 noon

SKOWHEGAN - Skowhegan Community Food Cupboard
16 Cariani St (in back of Butler's Dry Cleaning), Skowhegan, ME 04976
Tel. Cupboard 474-9249 or David 215-9825
Hours of operation: Monday, Friday 10:00 - 11:00 am, Wednesday 4:30 - 6:00 pm

Trinity Evangelical Food Pantry, Trinity Evangelical Church, 12 McLellan St., Skowhegan, ME 04976  Tel. 474-8833.  Hours of operation: Monday, Wednesday, Friday 10:00 am - 4:00 pm.
Trinity Evangelical Soup Kitchen - Hours of Operation: Mon-Fri 11:45 - 12 pm, Saturday 11:45 - 12:15 pm, Sunday, 12 - 1:00 pm.  Also: Mon-Fri 4:45 - 5:15 pm, Saturday 7 - 8 pm, Sunday 4:45 - 5:15 pm.

St. Anthony's Soup Kitchen, St. Anthony's Church, 287 Water St., Skowhegan, ME 04976 (no tel#),
hours of operation: Monday, Tuesday and Thursday, 4:30 - 5:00 pm

SMITHFIELD Food Pantry
926 Village Rd, Smithfield, ME 04978  Tel. 362-4772
Hours of operation: Monday through Friday 8 - 11:45 am & 12:30 - 4:00 pm (must call ahead)

SOLON Food Closet
School and Pleasant Streets, Solon, ME 04979   Tel. 643-2855
Hours of operation: 2nd & 4th Thursday & Friday 9 am - 11 am and 12:30 - 2:30 pm

STARKS Food Cupboard
Chicken Street, Starks, ME 04911   Tel. 399-3137
Hours of operation: 1st & 3rd Wednesdays 10 am - 12 noon

Updated: 7/19
Health Care Providers

Organization Name: Health Care Providers
Contact ID: 429

Address:
City: 
State: 
Zip Code: 
County: OTH
Phone:
Fax:
Information:

Organization Name: AA-COMMON MEDICAL TERMS
Contact ID: 432

Address:
City: 
State: 
Zip Code: 
County: OTH
Phone:
Fax:
Information: Alcohol & Drug Abuse - Addiction Psychiatry
Arthritis - Rheumatology
Bladder Prostate/Urinary - Urology
Blood - Hematology
Blood Vessels - Vascular Surgery
Bones & Joints - Orthopedic Surgery
Cancer - Oncology
Chest - Thoracic Surgery
Childbirth - Obstetrics & Gynecology
Children - Pediatrics
Digestive System - Gastroenterology
Ears & Throat - Otolaryngology
Elder - Geriatrics
Eye & Vision Care - Ophthalmology
Feet - Podiatry
Female Reproduction - Obstetrics & Gynecology
Glands - Endocrinology & Metabolism
Heart - Cardiology
Infants - Neonatology
Kidneys - Nephrology
Liver - Hepatology
Lungs/Respiratory - Pulmonary
Mental Health - Psychiatry
Nervous System Disorders - Neurology
Skin - Dermatology
X-ray - Radiology

Organization Name: Acadia Hospital
Contact ID: 305

Address: 268 Stillwater Ave
City: Bangor
State: ME
Zip Code: 04405-
County: OTH
Phone: (207) 973-6100
Fax: 
Information: 
Acadia Hospital provides a wide array of treatment options for children, adolescents and adults living with a mental illness. We also offer substance abuse treatment services for adolescents and adults. All of our mental health and addiction treatment services revolve around our mission—to empower people to improve their lives. 1/19

Health Care Providers
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Organization Name: Augusta Family Planning
Address: 43 Gabriel Dr.
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3426
Fax: (207) 621-8393
Information: http://www.mainefamilyplanning.org/directories/24-81/augusta-family-planning
Hours: Monday 10 to 6, Wednesday 9 to 5, Friday 8 to 4
Call for a same-day appointment. Comfortable environment with warm, caring counselors and clinicians; confidential information. They provide affordable, quality reproductive health care services. They see patients of any age, gender, and income level.
Services Include: Pregnancy testing and options counseling, gynecological and pelvic exams, Pap smears and colposcopy, Breast exams, Birth control methods and supplies, including Emergency contraception, HIV and STD Testing, Testing and treatment of urinary, vaginal and sexually transmitted infections, Pre-natal consultation, Referrals for adoptions, pre-natal care, or abortion care.

Organization Name: Bingham Area Health Center
Address: PO Box 746, 237 Main St.
City: Bingham
State: ME
Zip Code: 04920-
Phone: (207) 672-4187
Fax:
Information: Family practice, rural health center. Fee is based on income if you have no insurance.
Monday thru Friday 7:30 am to 4:30 pm

Organization Name: Central Maine OB GYN
Address: 12 High St., Suite 200
City: Lewiston
State: ME
Zip Code: 04240-
Phone: (207) 795-5770
Fax:
Information: 1/19

Organization Name: Downeast Health Services-Family Planning
Address: 52 Christian Ridge Road
City: Ellsworth
State: ME
Zip Code: 04605-
Phone: (207) 667-5304
Fax:
Information: Also at: 1-800-492-5550 for WIC and Maine Families
Clinic Sites: Ellsworth, Machias and Calais. For Family Planning call direct: 812-7030. For Dental Services call direct: 667-0293
1/19
Preventive health education, health screenings, nutritional assessment, parent counseling. The Pediatric Behavioral Medicine Clinic (PBMC) is an interdisciplinary evaluation team consisting of a psychologist, developmental pediatrician, social worker, behavior specialist and public health nurse. Evaluations are available for children 3-13 years of age who may have a variety of behavioral issues e.g. hyperactivity, anxiety disorders, depression, aggression...

The PBMC includes the:
A. Pediatric Psychology Services: These services are for children who need psychological evaluation, behavioral management consultation, counseling and family based intervention.
B. Clinical Social Work Services: These services include psycho-social assessments, counseling, and behavioral management consultation for children and their families.
C. Developmental Medicine and Neuro-Behavioral Follow-up Services: Consultation and follow-up with the developmental pediatrician for behavioral, neurological and developmental problems.
D. Psychopharmacological Medicine Clinic: Weekly clinics to review and follow-up children on psychopharmacological medication.
E. School Linked Services: Prevention/intervention/treatment services for school-aged children and families.
F. Autism Spectrum Program: Home and center based assessment and treatment program. The teaching technique is a discrete trial training program.

Family practice residency.
Organization Name: **Hometown Health Center**

Address: 118 Moosehead Trail, Suite 5  
City: Newport  
State: ME  
Zip Code: 04953-  
Phone: (207) 368-4213  
Information: Formerly Sebasticook Family Doctor's - changed DBA

Also, Pittsfield location: 140 Chandler St PHONE: (207)487-9244

Hours: 7 AM to 5:30 PM Has a sliding fee scale, accepts MaineCare and private insurance.

Organization Name: **Hospice Volunteers of Waterville Area**

Address: 304 Main Street  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 873-3615  
Information: Several services available, but those relating to health care would be: Direct Care Services where they give in-home non-medical support and respite. Most other programs relate to grieving support for children, women, men, survivors of suicide, widow and widower's. Lay bereavement volunteers meet with adults and young adults who have experienced a loss. Grieve support groups and resources. Camp Ray of Hope - annual weekend retreat for grieving families, and Hope's Place which is peer support groups for grieving children 3 to 18 yrs of age.

Organization Name: **Jackman Community Health Center**

Address: 376 Main Street  
City: Jackman  
State: ME  
Zip Code: 04945-  
Phone: (207) 668-2691  
Information: Our center is open Monday through Friday, from 8 a.m. to 5 p.m.

We provide family medicine services to patients of all ages. In addition, our medical staff is on call 24 hours per day, seven days per week for emergencies and providers still offer home visits as needed.

Organization Name: **Kennebec Pharmacy and Home Care**

Address: 43 Leighton Rd.  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 626-2726  
Information: Provides respiratory services: home oxygen, nebulizers, cpaps.; provides equipment: commodes, walkers, beds, wheel chairs, scooters, etc; provides ostomy supplies and all times of bandages. The pharmacy does specialized compounds.

Organization Name: **Madison Area Health Center**

Address: 8 South Main Street  
City: Madison  
State: ME  
Zip Code: 04950-  
Phone: (207) 696-3992  
Information: Family practice. Fee is based on income if you do not have insurance. Mon & Weds 7:30 - 4:30; Tues & Thurs 7:30 - 6 and Fri 7:30 - 4
Organization Name: Maine Breast and Cervical Health Program (MBCHP)  
Address: Maine Dept. of Health and Human Services  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (800) 350-5180  
Information: ALSO: 207-287-8068  
TTY - 800-438-5514  
You May Get Free Services If:  
   1. You are a Maine woman, age 40* or older, and  
   2. You meet income guidelines at or below 250% of the Federal Poverty Level  
   * Limited openings for women age 35-39 who have seen a doctor and need additional tests for a possible breast or cervical cancer OR if they have not had a Pap in 5 or more years.  

Organization Name: Maine Dartmouth Family Practice  
Address: 149 North St  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 861-5000  
Information: OR: 888-822-4011 at the Thayer Campus  

Organization Name: Maine Family Planning  
Address: Augusta Family Planning  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 626-3426  
Information: Maine Family Planning's mission is to ensure that all Maine people have access to high-quality, affordable reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives.  
ALSO AT: Waterville Family Planning 18 Silver St., Waterville, ME (207)509-3267 Fax: (207)660-4204  
Skowhegan Family Planning 188 Madison Ave., Skowhegan, ME (207)612-5000 Fax: (207)612-5011  

Organization Name: MaineCare Provider Relations  
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 452-4694  
Information:  

Organization Name: MaineGeneral Community Care  
Address: MaineGeneral Home Care and Hospice  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 861-6293  
Information: Also: 800-670-6959 04 877-561-7299  
Health care services that help people of all ages and medical conditions. Assist those healing from surgery, recovering from an accident or illness or requiring help to maintain their independence and remain where they want to be, at home. Rehabilitation Services provided to homebound and other patients who require treatment in the home for conditions that limit their functioning in the community.  

Health Care Providers
Organization Name: MaineGeneral Medical Center  
Address: Alford Center for Health  
35 Medical Center Parkway  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 626-1000  
Fax:  
Information: Also: MaineGeneral Campus at 149 North St in Waterville, ME 04901  SAME PHONE 1/19  
Contact ID: 295

Organization Name: MaineGeneral Medical Center, Thayer Center for Health  
Address: 149 North St.  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 626-1000  
Fax:  
Information: Also: 1-800-734-8222  
Provides a wide range of high-quality outpatient hospital services and programs. 1/19  
Contact ID: 297

Organization Name: Mayo Regional Hospital  
Address: 897 West Main Street  
City: Dover-Foxcroft  
State: ME  
Zip Code: 04426-  
Phone: (207) 564-8401  
Fax:  
Information: 1/19  
Contact ID: 296

Organization Name: Northern Light Eastern Maine Medical Center  
Address: 489 State St.  
City: Bangor  
State: ME  
Zip Code: 04401-  
Phone: (207) 973-7000  
Fax:  
Information: Also: 877-366-3662 1/19  
Contact ID: 292

Organization Name: Northern Lights Inland Hospital  
Address: 200 Kennedy Memorial Drive  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 861-3000  
Fax:  
Information: Also 1-800-491-8600 1/19  
Contact ID: 304

Organization Name: Northern Lights Sebasticook Valley Hospital  
Address: 447 North Main St.  
City: Pittsfield  
State: ME  
Zip Code: 04967-  
Phone: (207) 487-4000  
Fax:  
Information: TTY 487-4590  
www.sebasticookvalleyhealth.org 1/19  
Contact ID: 302

Organization Name: Pen Bay Womens Health Center  
Address: 3 Glen Cove Drive  
City: Rockport  
State: ME  
Zip Code: 04856-  
Phone: (207) 921-8900  
Fax: (207) 596-8930  
Information: ALSO AT: 1-800-287-9531 1/19  
Contact ID: 121

Health Care Providers
Organization Name: Philips Life Line
Address: 111 Lawrence St.
City: Framingham State: MA Zip Code: 01702-
Phone: (800) 451-0525
Fax: 
Information: Provide response service for individuals who live alone. The customer wears a pendant or wrist wear to push on for help. Everything is waterproof so it can be worn 24 hrs a day. They have wireless and landline versions available. Also a fall down service so if they can't push the button the sensors will detect it and notify them. The Life Line has 24 hour monitoring. This is a private pay, or sometimes Medicaid will cover. 1/19

Organization Name: Public Health Nursing
Address: Key Plaza, 7th Floor State House Station #11
City: Augusta State: ME Zip Code: 04333-0011
Phone: (207) 287-2656 Fax: 
Information: Central Referrals - 1-877-763-0438
ALSO: 1-800-698-3624 TTY 287-8015
98 North Ave., Skowhegan, ME 04976 - 474-4808 or 1-800-452-4602
Work with prevention and control of communicable diseases. Promotion through advocacy, education and home visits. Have Well-Child Clinics. Statewide eligibility for free services. 1/19

Organization Name: Redington-Fairview General Hospital
Address: 46 Fairview Avenue
City: Skowhegan State: ME Zip Code: 04976-
Phone: (207) 474-5121 Fax: 
Information: Address: PO Box 468, Skowhegan 1/19

Organization Name: Rockland Family Planning
Address: Bok Medical Arts Building
City: Rockland State: ME Zip Code: 04841-
Phone: (207) 594-3114 Fax: 
Information: www.mainefamilyplanning.org 1/19

Organization Name: Skowhegan Family Planning
Address: 188 Madison Ave.
City: Skowhegan State: ME Zip Code: 04976-
Phone: (207) 612-5000 Fax: 
Information: Hours: Tuesday 10:30 to 6:00 and Thursday 9:00 to 4:30
Serving Somerset County - Professional Reproductive Healthcare Services
Call for a same-day appointment. Comfortable environment with warm, caring counselors and clinicians; confidential information; confidential services; easy to find, private location; low fees/sliding fee scale; MaineCare & insurance are welcome.
Services Include: Gynecological and pelvic exams, Pap smears, Breast exams, Birth control methods and supplies, Emergency contraception, HIV Testing - Confidential (by appointment only), Pregnancy tests, Pregnancy options counseling, Pre-natal consultation, Colposcopy, Testing and treatment of urinary, vaginal and sexually transmitted infections, Referrals for adoptions, Services for men, Services for mid-life women 1/19
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Joseph Hospital</td>
<td>299</td>
<td>OTH</td>
</tr>
<tr>
<td>Address</td>
<td>360 Broadway</td>
<td></td>
</tr>
<tr>
<td>City: Bangor</td>
<td>State: ME</td>
<td>Zip Code: 04401-</td>
</tr>
<tr>
<td>Phone: (207) 262-1000</td>
<td>Fax:</td>
<td></td>
</tr>
<tr>
<td>Information: <a href="http://www.stjoeshealing.org">www.stjoeshealing.org</a></td>
<td>1/19</td>
<td></td>
</tr>
</tbody>
</table>

| Organization Name: St. Mary's Hospital | Contact ID: 300 | County: OTH |
| Address: 93 Campus Ave. |         |         |
| City: Lewiston | State: ME | Zip Code: 04240- |
| Phone: (207) 777-8100 | Fax: |         |
| Information: www.stmarysmaine.com | 1/19       |         |

| Organization Name: The Maine Children's Home for Little Wanderers | Contact ID: 449 | County: KEN |
| Address: 93 Silver St. |         |         |
| City: Waterville | State: ME | Zip Code: 04901- |
| Phone: (207) 873-4253 | Fax: (207) 872-7548 |         |
| Information: www.mainechildrenshome.org |         |         |
| Services include a Teen Parent School Program for pregnant and parenting teens; The Children's Place, a comprehensive early childcare and education facility; an outpatient mental health counseling center; community education programs; an Adoption Program with Birthparent Services, Home Studies, and Placement (infant and international); a Christmas Program; and a Summer Camp Scholarship Program. | 1/19 |         |

| Organization Name: Waldo County General Hospital | Contact ID: 303 | County: OTH |
| Address: 118 Northport Ave. |         |         |
| City: Belfast | State: ME | Zip Code: 04915- |
| Phone: (207) 338-2500 | Fax: |         |
| Information: www.wcgh.org | 1/19       |         |

| Organization Name: Waterville Family Planning | Contact ID: 964 | County: KEN |
| Address: 18 Silver St. |         |         |
| City: Waterville | State: ME | Zip Code: 04901- |
| Phone: (207) 509-3267 | Fax: (207) 660-4204 |         |
| Information: http://www.mainefamilyplanning.org/directories/24-82/waterville-family-planning |         |         |
| Hours: Monday 10:30 to 6, Wednesday 8 to 3:30, Friday 8 to 3:30 | Call for a same-day appointment. Comfortable environment with warm, caring counselors and clinicians; confidential information. They provide affordable, quality reproductive health care services. They see patients of any age, gender, and income level. Services Include: Pregnancy testing and options counseling, gynecological and pelvic exams, Pap smears and colposcopy, Breast exams, Birth control methods and supplies, including Emergency contraception, HIV and STD Testing, Testing and treatment of urinary, vaginal and sexually transmitted infections, Pre-natal consultation, Referrals for adoptions, pre-natal care, or abortion care. | 1/19 |         |
### Health Services

<table>
<thead>
<tr>
<th>Organization Name: Consumers for Affordable Health Care</th>
<th>Contact ID: 994</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: PO Box 2490</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (800) 965-7476</td>
<td>Zip Code: 04338-2490</td>
</tr>
<tr>
<td>Information:</td>
<td></td>
</tr>
<tr>
<td>This is a non-profit organization committed to helping all Maine people obtain affordable, quality health care. Services include: Free Clinics in Maine - most provide services only to people with no health insurance, or people who are also within certain income limits; Sliding Scale Clinics - these clinics give discounts based on household income; Help with Prescriptions; Hospital Sliding Scale Care; Hospital Free Care. Services also include helping families find quality health care in Maine; helping individuals and families advocate for more affordable health care; helping individuals to know and exercise their rights; providing training and education to consumers and policy makers; producing research and policy analysis.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Familywize Prescription Services</th>
<th>Contact ID: 1179</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 99 High Street, Suite 2800</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Boston</td>
<td>State: MA</td>
</tr>
<tr>
<td>Phone: (800) 222-2818</td>
<td>Zip Code: 02129-</td>
</tr>
<tr>
<td>Information:</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@familywize.org">info@familywize.org</a>. A nationwide pharmacy discount card is available whether or not one has health insurance coverage. The prescription discount card is accepted at pharmacies nationwide, including major chains and independents. FamilyWize has partnered with these pharmacies to provide the lowest possible price on prescription drugs. The Drug Price Lookup Tool shows what the FamilyWize price is for prescriptions by entering the drug name and patient zip code.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Good Rx</th>
<th>Contact ID: 972</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 255 Santa Monica Blvd 5th Floor</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Santa Monica</td>
<td>State: CA</td>
</tr>
<tr>
<td>Phone: (888) 799-2553</td>
<td>Zip Code: 90401-</td>
</tr>
<tr>
<td>Information:</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.goodrx.com/">http://www.goodrx.com/</a> Every week we collect millions of prices and discounts from pharmacies, drug manufacturers and other sources. Use GoodRx's drug price search to compare prices (just like you do for travel or electronics on other sites) for your prescription at pharmacies near you. We don't sell the medications, we tell you where you can get the best deal on them. Simply put in the med name and zip code and it will bring up the cost of the med at various local pharmacies, generics included. It also includes mail-order prices, including RxOutreach.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Homeward Bound - DHHS</th>
<th>Contact ID: 986</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 32 Blossom Lane SHS #11</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (800) 499-0229</td>
<td>Zip Code: 04330-</td>
</tr>
<tr>
<td>Information:</td>
<td></td>
</tr>
<tr>
<td>A Program to Help Nursing Home Residents Transition to the Community. To be eligible, individuals must be 18 or older, have resided in a nursing home or hospital for 90 days by time of discharge, received MaineCare for at least one day in this setting and need nursing home level of care.</td>
<td></td>
</tr>
</tbody>
</table>

**Health Services**

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Maine Rx Plus is a new benefit sponsored by the Maine Department of Human Services to help reduce the high cost of prescription drugs for qualifying Mainers. Once you're enrolled, you can show your card at participating pharmacies in Maine for healthy savings on a wide range of approved prescription drugs.

- Saves 15% on brand name drugs.
- Saves up to 60% on generic drugs.

MedHelp Maine is able to provide guidance to medical practice personnel in obtaining free or low cost patient medications.

1/7 Women and 1/10 men suffer Postpartum Depression. Meetings held every Tuesday from 10 am to noon and the last Saturday of every month from 9 - 11 AM. These are in the Medical Arts Building Conference Room. Please contact Bridgette Gemelli for more information at above number.
Parents or case managers can refer a child to the Shriners Hospital and will be connected to a nurse. The parent can then make an appointment to meet with the doctor. The doctor would determine who the parent would see that day. They could see orthodontics, surgery, dentistry, physical therapist, occupational therapist, and dietician so that all the people that they need to see can be seen in one day. There are no fees for this service and no co pays or deductible even if the parents have insurance.

The Springfield Hospital covers bone, joint and muscle issues. Chest wall deformation is also something that can be taken care of at Shriners Hospital. Scoliosis can be treated. They would do a body scan to measure the scoliosis and the chest wall. Scoliosis and other rare conditions are treated by telemedicine in some areas so that the family will not have to travel until surgery.

Orthotics are also done by the Shriners. They make prosthesis’ and braces on site.

They can transport if necessary. There are two shriner centers. One center in Lewiston and one center in Bangor. Waterville south is dealt with at the Lewiston center and Waterville north is dealt with at the Bangor center. The families can be driven or the Shriners can rent a car for the family. They focus on the wellbeing of the family. They do transitions into the adult medical field and work to make it go smoothly. Care for the children ends at the age of 21.

Nearest locations to Maine:
Orthopedic Conditions would be Springfield, MA Phone: 413-787-2000 or 800-322-5905
Burn Victims would be Boston, MA Phone: 617-722-3000 or 800-255-1916
Organization Name: Assistance Plus
Address: 11 East Ave
City: Benton
State: ME
Zip Code: 04901-
Phone: (207) 453-4708
Fax:
Information: State licensed home health agency who provides skilled nursing visits, Certified Nurses Aide and Personal Care Attendants as well as homemaker services. Also provides PDN 4-6 nursing services, case management services to children 0-20 with mental retardation and mental health issues, children's behavioral service program, in-home support program for adults, children and families, and day habilitation services. 1/19
Contact ID: 483
County: KEN

Organization Name: Bridges In Home Care
Address: One Weston Court
PO Box 2309
City: Augusta
State: ME
Zip Code: 04338-2309
Phone: (207) 623-0761
Fax: (207) 623-0815
Information: ALSO: 1-800-876-9212; TTY 1-800-464-8703 Statewide personal care and housekeeping service that specializes in: transportation, home health services, homemaking, personal and overnight care, laundry, general cleaning and errands, shopping, and personal emergency response systems. 1/19
Contact ID: 796
County: KEN

Organization Name: Care & Comfort
Address: 180 Main St.
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 872-5300
Fax: (207) 873-6612
Information: ALSO: 1-800-366-5302 A Medicaid certified home health agency with community support and mental health services for adults and children. Accepts private pay, private insurance, and Medicaid referrals. Services are currently being provided in Franklin, Kennebec, and Somerset Counties. 1/19
Contact ID: 795
County: KEN

Organization Name: Helping Hands
Address: 32 College Ave, Suite 104
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 873-0011
Fax:
Information: ALSO, Statewide: 1-800-777-8976 Personal Care Attendants provides services such as: meal preparation, assist with routine body functions, i.e. dressing, grooming, health maintenance tasks, bathing and personal hygiene, various household tasks and transportation is offered once a week. 1/19
Contact ID: 479
County: KEN

Organization Name: Home Care for Maine
Address: PO Box 358
City: Gardiner
State: ME
Zip Code: 04345-
Phone: (207) 582-8001
Fax:
Information: 1-800-639-3084 www.homecareforme.org
Physical location is: 347 Maine Ave., Farmingdale, ME 04344
Medicare Certified State Licensed Home Health Agency provides nursing, home health aide services/CNA
Also provides housekeeping, meal preparations, personal care, errands, transportation, and companionship. 1/19
Contact ID: 482
County: KEN
Organization Name: MaineGeneral Home Care and Hospice

Address:

City: (800) 466-3227
Phone: (207) 861-6200, toll free (800) 466-3227
Fax: (207) 626-1700

State: Home Care & Hospice - Augusta and Gardiner

County: HomeCare & Hospice - Skowhegan

Information: In addition to HomeCare, other services include: hospice care; retired senior volunteer visits and telephone contact; medical care at your local health center; substance abuse treatment; and mental health nursing.

Home Health

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<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable Housing of New England</td>
<td>962</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: 3 Stone Ledge Drive</td>
<td></td>
<td></td>
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<tr>
<td>City: Lewiston</td>
<td></td>
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<tr>
<td>State: ME</td>
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<td></td>
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<tr>
<td>Zip Code: 04240-</td>
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<tr>
<td>Information: Property management services for low income and Section 8 housing. Also rentals for market rate available. 1/19</td>
<td></td>
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<tr>
<td>Phone: (207) 783-5098</td>
<td></td>
<td></td>
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<tr>
<td>Fax: (207) 782-2754</td>
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<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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<tbody>
<tr>
<td>Arch Beta Apartments</td>
<td>1037</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 21 Gray Birch Dr., Suite 1</td>
<td></td>
<td></td>
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<tr>
<td>City: Augusta</td>
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<tr>
<td>State: ME</td>
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<tr>
<td>Zip Code: 04330-</td>
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<tr>
<td>Information: Section 8 housing for age 62 and over in Kennebec County; 10% of housing is for those under 62 and disabled. 1/19</td>
<td></td>
<td></td>
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<tr>
<td>Phone: (207) 622-4908</td>
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<td>Fax:</td>
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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<tbody>
<tr>
<td>Augusta Housing Authority</td>
<td>392</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 33 Union St., #3</td>
<td></td>
<td></td>
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<tr>
<td>City: Augusta</td>
<td></td>
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<tr>
<td>State: ME</td>
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<tr>
<td>Zip Code: 04330-</td>
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<tr>
<td>Information: augustahousing.org/programs/housing-choice. Call or email: <a href="mailto:contact@augustahousing.org">contact@augustahousing.org</a>. Provides Section 8 housing assistance for families, elderly and disabled people. Covers most of Kennebec county, please call for further information. 6/20</td>
<td></td>
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<tr>
<td>Phone: (207) 626-2357</td>
<td></td>
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<td>Fax:</td>
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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<tbody>
<tr>
<td>Betsy Ann Ross House of Hope</td>
<td>1187</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: PO Box 5661</td>
<td></td>
<td></td>
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<tr>
<td>City: Augusta</td>
<td></td>
<td></td>
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<tr>
<td>State: ME</td>
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<tr>
<td>Zip Code: 04330-</td>
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<tr>
<td>Information: <a href="http://www.barhh.org">www.barhh.org</a>. Call or email: <a href="mailto:aweeks@barhh.org">aweeks@barhh.org</a>. Female veterans, female veterans with children. Advocate for VA benefits, legal aid, health and family services, financial and employment skills, teaching life skills classes. 6/20</td>
<td></td>
<td></td>
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<tr>
<td>Phone: (207) 358-8491</td>
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<td>Fax:</td>
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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<tbody>
<tr>
<td>Bread of Life Ministries</td>
<td>393</td>
<td>KEN</td>
</tr>
<tr>
<td>Address: 155 Hospital Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>State: ME</td>
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<td></td>
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<tr>
<td>Zip Code: 04330-</td>
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<tr>
<td>Information: <a href="http://www.mainebreadoflife.org">www.mainebreadoflife.org</a>. Call or email: <a href="mailto:housing@mainebreadoflife.org">housing@mainebreadoflife.org</a>. Homeless Shelter - they have one for families and singles and another one for Veterans. The shelter has a resource center available. A place to search for housing, jobs, school assistance, GED development, application to college, mentoring and support from staff and volunteers. There is a combination of 82 units of housing for individuals and families in transitional short term housing and permanent housing situations. 6/20</td>
<td></td>
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</tr>
<tr>
<td>Phone: (207) 626-3479</td>
<td></td>
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<tr>
<td>Fax:</td>
<td></td>
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</tbody>
</table>
**Organization Name:** Bridging the Gap  
**Address:** 209 Eastern Ave  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04330-  
**Phone:** (207) 248-1782  
**Information:** www.btgaugusta.org. Call or email: bridgingthegapaugusta@gmail.com  
General Office Hours: Mondays through Thursdays from 9 am - 3:00 pm. *Please note: We may be in meetings or otherwise occupied. We do our best to return phone calls within 24 hours.  
Augusta Community Warming Center: TBA (December thru March)  

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**Organization Name:** Capital Area New Mainers Project (CANMP)  
**Address:** 70 State Street, PO Box 5712  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04332-  
**Phone:** (207) 370-5246  
**Information:** www.newmainersproject.org. Email: newmainersproject@gmail.com. A cross-cultural organization that welcomes immigrants and works to build a thriving, integrated community in central Maine. Better Housing Program CANMP offers grants and micro-loans to help families pay for security deposits and other costs associated with moving to more appropriate housing. We also negotiate with local landlords and serve as co-signers on rental agreements for properties that we sublease to immigrant families.  

---

**Organization Name:** Community Concepts  
**Address:** 240 Bates St  
**City:** Lewiston  
**State:** ME  
**Zip Code:** 04240-  
**Phone:** (800) 866-5588  
**Information:** www.community-concepts.org Housing Services, Emergency Services, Home Education, Home Ownership Repair & Energy Service  

---

**Organization Name:** Family Violence Project  
**Address:** PO Box 304  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04330-  
**Phone:** (207) 623-8637  
**Information:** HOTLINE: 1-877-890-7788 - local - 623-3569 - 24 hour hotline www.familyviolenceproject.org. Call 877 # 24/7 or email: helpline@familyviolenceproject.org. Also at: PO Box 3104, Skowhegan, ME 04976, (207) 474-8860 - PO Box 51, Waterville, ME 04901 (207) 877-0835; Menswork Office PO Box 304, Augusta, ME 04330, (207) 620-8494  
Provides services to victims of domestic violence. Offered 24 hours a day for Kennebec and Somerset County residents. Call for appointment.  

---

**Organization Name:** Fresh Starts @ NRF Distributors  
**Address:** 485 Old Belgrade Rd  
**City:** Augusta  
**State:** ME  
**Zip Code:** 04330-  
**Phone:**  
**Information:** www.freshstarts.me  

---

**Housing & Emergency Shelters**
General Assistance

Address: Local
City: State: Zip Code: 
Phone: (855) 797-4357 
Information: www.maine.gov/dhhs/ofis/services/general-assistance. General assistance is a program administered through municipalities which purchases basic necessities for individuals who are without means to pay for such services. Applications for general assistance can be made at any local municipal office. 

Kennebec Behavioral Health

Address: 67 Eustis Parkway
City: Waterville State: ME Zip Code: 04901- 
Phone: (888) 322-2126 
Fax: 
Information: www.kbhmaine.org/housing-outreach-services. Serves adults and youth with mental health and substance use disorders. Rental services: transitional housing; supported housing in Waterville, Skowhegan and Augusta; also offers assistance in completing applications for BRAP; Shelter Care Plus. 

Housing & Emergency Shelters
Housing -

Financial Capabilities Coaching - Promotes financial wellness as one-on-one coaching for financial literacy and capability, including budget preparation/management with focus on savings and building credit.

Pre-Purchase Education - Facilitates Homebuyer Education courses in live classes and an online format to assist potential homebuyers with understanding budgeting, financing, ownership and energy efficiency to ensure a successful experience as a first-time homebuyer.

Post-Purchase Counseling - Provides one-on-one consultation and analysis to assist homeowners with budgeting, home maintenance, refinancing, hazard insurance, etc. to help them succeed as homeowners.

Energy -

ALSO AT:  22 Armory Rd., Augusta, ME 04330 - 622-4761
26 Mary St., Skowhegan, ME 04976 - 474-8487 or 1-800-542-8227

LIHEAP - Provides a fuel assistance benefit to income eligible households. Applications are taken from end August through mid-July.

ECIP - Emergency Crisis Intervention Program - provides funds for households experiencing heating related emergencies, dependent upon funding availability from November to April.

LIAP - Low income Assistance Program - Assists eligible low-income customers pay their electric bills. Central Maine Power's LIAP benefit is calculated based on the relationship between the customer's total household income and the customer's annual kilowatt usage. Madison Electric's LIAP benefit is based upon the customer's percent of household income compared to the Federal Poverty Guidelines.

CHIP - Central Heating Improvement Program - Provides heating system replacement and repairs and/or provide oil tank replacement to Low-Income Home Energy Assistance Program (LIHEAP) eligible households. This program provides jobs to heating vendors and purchases material from building supply companies which help to stimulate the local economy.

HEAP WEATHERIZATION- Provides weatherization services to Low-Income Home Energy Assistance Program (LIHEAP) eligible households to reduce home heating costs and to conserve energy. In addition to lower heating costs for clients and conserving energy, this program stimulates the economy by providing jobs to local weatherization contractors and purchasing of materials from area vendors.

Central Maine Power Line Extension Assistance Program - Provides CMP customers eligibility certification for the CMP Line Extension Assistance Program to assist with the cost for installation of poles and lines to new residences.

Home Repair Program - offers resources to provide home repair services to homeowners so that they may maintain a safe, decent living environment.
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maine Continuum of Care (MCOC)</td>
<td>1189</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maine State Housing Authority</td>
<td>995</td>
<td>353 Water St</td>
<td>Augusta</td>
<td>ME</td>
<td>04330-</td>
</tr>
<tr>
<td>Maine Statewide Homeless Council (SHC)</td>
<td>1188</td>
<td>353 Water Street</td>
<td>Augusta</td>
<td>ME</td>
<td>04330-</td>
</tr>
<tr>
<td>Mid-Maine Homeless Shelter</td>
<td>403</td>
<td>19 Colby St</td>
<td>Waterville</td>
<td>ME</td>
<td>04901-</td>
</tr>
</tbody>
</table>

**Information:**
- **Maine Continuum of Care (MCOC)**
  - www.mainehomelessplanning.org/maine-coc. Scott Tibbetts, CoC Planning & Grants Coordinator - stibbetts@mainehousing.org. A group of service providers who work together in a collaborative planning process to develop programs that address homelessness and helps Maine people avoid or exit quickly from homelessness. The group also addresses the underlying causes of homelessness and provides funding to local agencies. 6/20

**Maine State Housing Authority**
- This web site allows you to look for available rental housing with contact information. 6/20

**Maine Statewide Homeless Council (SHC)**
- Serves as an advisory committee to Maine State Housing Authority, the Governor, the legislature, the Maine Department of Health and Human Services and the Maine Department of Corrections on homelessness matters. The SHC is charged with providing leadership to the homeless and providing support to the Regional Homeless Councils; educating people on homelessness issues; serving as coordinator of information; assessing statewide needs; identifying potential resources; providing assistance to people who are homeless by identifying resources and providing access to them; and reviewing, monitoring and implementing plans to end homelessness. Kennebec and Somerset counties are in Region II. Meetings are held the second Friday of every month from 10:00 a.m. to 12:00 p.m. at MaineHousing, 353 Water Street in Augusta. 6/20

**Mid-Maine Homeless Shelter**
- Provides overnight emergency shelter and aid to families and individuals who have a wide variety of needs besides shelter. Hours 4:00 p.m. to 8:00 a.m., 7 days a week and office hours are 8:00 a.m. to 4 p.m Mon thru Friday. Please call for availability. February 2017 new YES (Youth Empowerment Supports) program started. This will provide affordable housing for homeless youth, 18-24 years of age. 10/19
Organization Name: Mid-Maine Homeless Shelter  
Address: 19 Colby Street  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 872-8082  
Fax:  
Information: 7 days a week. Shelter and day warming center for residents only.

Organization Name: Motivational Services (MOCO)  
Address: PO Box 229  
71 Hospital St  
City: Augusta  
State: ME  
Zip Code: 04332-0229  
Phone: (207) 626-3465  
Fax: www.mocomaine.com  
Information: Main office - 8-5, M-F, will connect to appropriate residential resource. Family home, transitional residence. Goals: provide respite-type housing on short term basis to prevent hospitalization. Requirements: call to discuss specific care. 1/19

Organization Name: New Beginnings  
Address: 151 Sewall Street  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 621-0004  
Fax: newbeginmaine.org/programs/outreach-services

Organization Name: New Beginnings Emergency Shelter  
Address: 491 Main St.  
City: Lewiston  
State: ME  
Zip Code: 04240-  
Phone: (207) 795-4070  
Fax: www.newbeginmaine.org  
Information: The shelter is New Beginnings' short-term facility for youth who are homeless, at risk of being homeless or experiencing family conflict. Located in a three-story house close to downtown, the shelter provides emergency care for up to twelve youth (male and female) ages 12 through 19. The maximum length of stay is three weeks. Referrals are accepted 24 hours a day, seven days a week.  

Transitional Living Program/Supervised Apartment Program  
Females 207-795-4074  
Males 207-795-6048  
Community Living Program - 207-795-6048  
The Transitional Living Department provides housing and supportive services to help older adolescents (ages 16-21) develop the attitudes and skills necessary for independent living. Services are designed for youth who are homeless or are at risk of homelessness. The transitional Living Department consists of two programs, the Supervised Apartment Program and the Community Living Program.  
The Supervised Apartment Program is located in Lewiston and has 24-hour on-site staff supervision. This program accepts referrals for youth ages 16-20.  
The Community Living Program provides housing and case management services in Lewiston, Augusta and the Farmington area. This program accepts referrals for young adults, ages 18-20, and emancipated minors.  
Youth may remain in either of these transitional housing programs for a maximum of 18 months. Follow up counseling is available for up to one year after a youth is discharged from the residential programs.  
Referrals may be made Monday through Friday 9:00am to 5:00pm. 1/19
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Hope Shelter</td>
<td>1170</td>
<td>SOM</td>
</tr>
<tr>
<td>Address: 111 S. Main Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Solon</td>
<td>State: ME</td>
<td>Zip Code: 04979-</td>
</tr>
<tr>
<td>Phone: (207) 643-6015</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penquis Journey House</td>
<td>955</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: 59 Free Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Dexter</td>
<td>State: ME</td>
<td>Zip Code: 04930-</td>
</tr>
<tr>
<td>Phone: (207) 924-0151</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: 800-215-4942</td>
<td>x3579</td>
<td></td>
</tr>
<tr>
<td>Penquis Journey House is a maternity group home in Dexter that serves pregnant/parenting young women 16-21 years of age who are either homeless, at risk of homelessness or living in unsafe conditions.</td>
<td>10/15</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural Development Administration</td>
<td>396</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: US Dept. of Agriculture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1423 Broadway, Suite 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Bangor</td>
<td>State: ME</td>
<td>Zip Code: 04401-</td>
</tr>
<tr>
<td>Phone: (207) 990-3676</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Kennebec County: 306 US Rt 1, Suite B1, Scarboro, ME 04074  Phone: 883-0159 Ext. 4 Service provides loans to purchase housing, loans and grants to repair housing. Must meet certain guidelines. Fees depend on need. Hours are M-F, 7-4:30.</td>
<td>9/15</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe House</td>
<td>1078</td>
<td>OTH</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
<td>Zip Code:</td>
</tr>
<tr>
<td>Phone: (800) 559-2927</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Opens December 13, 2018  Referrals accepted thru 24 hr helpline. Individual must be present during the helpline call, and desire to enter the Safe House. While the request is being processed, the Helpline Advocate will support survivors in developing a safety plan. If it is determined that the Safe House is not the appropriate place for the individual, other shelter options and support services will be offered. Eligibility: single, self-identified females 18 years or older and fleeing from sex trafficking or sex exploitation or presents as in imminent danger due to same.</td>
<td>12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shaw House Shelter</td>
<td>1126</td>
<td>OTH</td>
</tr>
<tr>
<td>Address: Corner of First and Union Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City: Bangor</td>
<td>State: ME</td>
<td>Zip Code:</td>
</tr>
<tr>
<td>Phone: (207) 941-2874</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: Toll Free: 866-561-7429 Takes youth 20 and under in. They have 16 beds, a day program so they can have shelter 24/7, they have internet for job search and they get 3 meals and 3 snacks a day. They also have case management.</td>
<td>1/19</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>Somerset House Healthy Recovery Program</td>
<td>1127</td>
<td>SOM</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
<td>Zip Code:</td>
</tr>
<tr>
<td>Phone: (877) 890-7788</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information: This is a temporary emergency shelter for victims of domestic abuse that also have substance abuse treatment attached to it. There is no set time on what is considered temporary.</td>
<td>1/19</td>
<td></td>
</tr>
</tbody>
</table>
Organization Name: Togus Veterans Affairs
Address: Augusta
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 623-8411
Fax: 

Organization Name: Trinity Evangelical Free Church and Homeless Shelter
Address: 12 McClellan St, Suite 2
City: Skowhegan
State: ME
Zip Code: 04330-
Phone: (207) 474-8833
Fax: 
Information: If you get fax #, keep trying. This is a shelter for men. New Hope Shelter in Solon (643-6015) is a separate shelter for women and children. Both shelters are open 7 days a week. 6/20

Organization Name: Warming Center, Emmanuel Lutheran Episcopal Church
Address: 209 Eastern Avenue
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 248-1782
Fax: 
Information: 7 days a week. 9:00 am - 4:00 pm.

Organization Name: Waterville Housing Authority
Address: 88 Silver Street
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 873-2155
Fax: 
Information: www.watervillehousing.org. Call or email: info@watervillehousing.org. Management at 88 Silver St. Maintenance: 2 Wilson St., Waterville, ME 04901 - 873-2070. Provides Section 8 housing (income eligible) assistance for families, elderly, disabled and low income residents in Oakland, Sidney, Waterville and Winslow. Also provides assistance with completing an application and finding housing. 6/20

Housing & Emergency Shelters

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### Immigrant/Refugee

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Charities of Maine Refugee &amp; Immigrant Services</td>
<td>1129</td>
<td>80 Sherman St</td>
<td>Portland</td>
<td>ME</td>
<td>04101-</td>
</tr>
<tr>
<td>Immigrant Legal Advocacy Project - ILAP</td>
<td>1130</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pine Tree Legal Assistance</td>
<td>1131</td>
<td>119 Lancaster St</td>
<td>Portland</td>
<td>ME</td>
<td>04101-</td>
</tr>
<tr>
<td>Refugee Collaborative</td>
<td>1132</td>
<td>27 Pine St (in City Hall) Lewiston, Maine</td>
<td>Portland</td>
<td>ME</td>
<td>04101-</td>
</tr>
</tbody>
</table>

*Information: Also located at 27 Pine St (in City Hall) Lewiston, Maine. Primary resettlement agency for those coming into Maine. Help with housing, food, clothing, employment services, health promotions and elder services. Depending on funding there may be other things as well.*

*Information: Open 9 am - 5 pm, Mon - Fri*

*Information: www.ptla.org*

*Information: Assists them with housing, medical, and other necessary items.*
## Immunization Clinics

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingham Area Health Center</td>
<td>1039</td>
<td>SOM</td>
</tr>
<tr>
<td>Lovejoy Health Center</td>
<td>1040</td>
<td>KEN</td>
</tr>
<tr>
<td>Madison Area Health Center</td>
<td>1041</td>
<td>SOM</td>
</tr>
<tr>
<td>Maine DHHS Public Health Nursing</td>
<td>1133</td>
<td>KEN</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>237 Main St  PO Box 746</td>
<td>Family practice, rural health center. Fee is based on income if you have no insurance. Monday thru Friday 7:30 am to 4:30 pm</td>
</tr>
<tr>
<td>7 School St., Suite 1</td>
<td>Days and hours: Mon, Weds &amp; Fri 8 am - 4:30 pm; Thurs 9 am - 4:30 pm Established patients have walk in hours Mon thru Friday 7 am to 7:45 am</td>
</tr>
<tr>
<td>8 South Main St  PO Box 120</td>
<td>Days and hours: Mon, Tues &amp; Thurs 7:30 am to 4:30 pm; Weds 8 am to 4:30 pm; Fri 7:30 am - 4 pm Walk in times for established patients are 7:45 am to 8:45 am Mon thru Fri and they are open Weds and Thurs to 6 pm</td>
</tr>
<tr>
<td>286 Water St</td>
<td>1/19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingham</td>
<td>ME</td>
<td>04920-</td>
</tr>
<tr>
<td>Albion</td>
<td>ME</td>
<td>04910-</td>
</tr>
<tr>
<td>Madison</td>
<td>ME</td>
<td>04950-</td>
</tr>
<tr>
<td>Augusta</td>
<td>ME</td>
<td>04333-</td>
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<table>
<thead>
<tr>
<th>Phone</th>
<th>Fax</th>
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</thead>
<tbody>
<tr>
<td>(207) 672-4187</td>
<td></td>
</tr>
<tr>
<td>(207) 437-9388</td>
<td>(207) 437-2557</td>
</tr>
<tr>
<td>(207) 696-3992</td>
<td>(207) 696-3974</td>
</tr>
<tr>
<td>(207) 287-2656</td>
<td></td>
</tr>
</tbody>
</table>

1/19
Insurance

Organization Name: Inland Hospital - Free Care Program
Address: 200 Kennedy Memorial Drive
City: Waterville
Phone: (207) 861-3304
Information: ALSO, (207) 861-3064
Eligibility is based on family size and income. To apply you have to have an existing bill with them. 10/15

Organization Name: Kennebec Valley Access to Care
Address: MaineGeneral Medical Center Basement at Thayer Center for Health (TCH)
City: Waterville
Phone: (877) 255-4680
Information: Also call 872-4680 Option 3 Mon - Fri 8 am to 4:30 pm
Serves greater Kennebec County region. You can not have any insurance or be eligible for insurance. Please contact them for income guidelines.
The program, a partnership between participating Kennebec Valley Regional Health Alliance, physicians, hospitals and other healthcare providers, helps community members who don't qualify for public or private healthcare coverage programs get comprehensive, medically necessary healthcare. Also, provides some help accessing medications for the uninsured.

Kennebec Valley Access to Care is made possible by the commitment of participating providers in the Kennebec Regional Health Alliance. 1/19

Organization Name: Maine State Bureau of Insurance
Address: 34 State House Station
City: Augusta ME 04333
Phone: (207) 624-8475
Information: Also: (800) 300-5000 http://www.maine.gov/insurance
A resource for people who may be confused on have questions about insurance coverage, or complaints, or having problems with getting claims processed. 1/19

Organization Name: MaineCare
Address: Office of Integrated Access & Support (OIAS)
Department of Health & Human Services
35 Anthony Ave.
11 State House Station
City: Augusta
Phone: (207) 624-8090
Information: ALSO: 1-800-452-1926
98 North Ave., Suite 10, Skowhegan, ME 04976 - 474-4800 or 1-800-452-4602
www.maine.gov/mymainecareconnection
Free or low cost medical insurance for low income families with children and pregnant women. Applications can be mailed out and accepted by mail. 10/15
<table>
<thead>
<tr>
<th>Organization Name: Medicare, SSI &amp; Social Security</th>
<th>Contact ID: 446</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Social Security Office</td>
<td>County: KEN</td>
</tr>
<tr>
<td>14 Colby St</td>
<td></td>
</tr>
<tr>
<td>City: Waterville</td>
<td></td>
</tr>
<tr>
<td>Phone: (866) 931-9169</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: ALSO AT: 330 Civic Center Drive, Augusta, ME 866-882-5422</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></td>
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<td>1/19</td>
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</tbody>
</table>

**Insurance**

1/20
# Legal Assistance

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attorney General's Office</td>
<td>416</td>
<td>KEN</td>
</tr>
<tr>
<td><strong>Address:</strong> 6 State House Station</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zip Code:</strong> 04330-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 626-8800</td>
<td></td>
<td></td>
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<tr>
<td><strong>Fax:</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Information:</strong> 1/19</td>
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<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>Community Mediation Services - Volunteers of America Northern New England</td>
<td>838</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Address:</strong> 14 Maine St Ste 301</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Brunswick</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
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<td></td>
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<tr>
<td><strong>Zip Code:</strong> 04011-</td>
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<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (800) 381-0609</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fax:</strong> (207) 373-1160</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Information:</strong> Alternate number 207-373-1140 <a href="http://www.voanne.org">www.voanne.org</a> A process for helping people resolve disputes and disagreements. Trained mediators working with people in conflict to listen and help develop fair and workable agreements. It is voluntary, confidential, informal, quick and affordable (free or provided at low cost). 1/19</td>
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<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>Disabilities Rights Maine</td>
<td>990</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Address:</strong> 24 Stone St Suite 204</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
<td></td>
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<tr>
<td><strong>Zip Code:</strong> 04330-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (800) 452-1948</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Information:</strong> <a href="http://www.drcme.org">www.drcme.org</a> The Disabilities Rights Center helps Maine citizens with disabilities who need help with a problem related to their disability. They provide information on rights, services, complaint procedures, and strategies. 1/19</td>
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<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>HelpMELaw</td>
<td>903</td>
<td>OTH</td>
</tr>
<tr>
<td><strong>Address:</strong> Web site</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>State:</strong></td>
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<td><strong>Zip Code:</strong></td>
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<td><strong>Phone:</strong></td>
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<td></td>
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<tr>
<td><strong>Fax:</strong></td>
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<tr>
<td><strong>Information:</strong> <a href="http://www.helpmelaw.org">www.helpmelaw.org</a> Use HelpMELaw to find: People who may be able to help you with a specific legal problem Information about laws that affect you To browse our library of legal materials Helpful Organizations: These groups provide free or low-cost legal services in Maine. Maine Courts: Learn about the Maine courts and the free legal information they provide. 1/19</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kennebec County Sheriff's Office</td>
<td>934</td>
<td>KEN</td>
</tr>
<tr>
<td><strong>Address:</strong> 125 State St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Augusta</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
<td></td>
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<tr>
<td><strong>Zip Code:</strong> 04330-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 623-3614</td>
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<td><strong>Fax:</strong></td>
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<td><strong>Information:</strong> 1/19</td>
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</tbody>
</table>
Organization Name: Kids Legal Project
Address: PO Box 547
City: Portland  State: ME  Zip Code: 04112-
Phone: (207) 774-8246  Fax: (207) 828-2300
Information: Toll Free: 866-624-7787; Relay 711
www.kidslegal.org
Kids Legal is a project within Pine Tree Legal Assistance. We specialize in legal services addressing the needs of low-income children and youth in Maine. Our services are free. Some of the items they work with are bullying, suspension, expulsion, runaways, emancipation, your rights when accused of criminal activity, and many others. 1/19

Organization Name: Lawyer Referral & Information Service (LRIS)
Address: Maine State Bar Association
124 State Street
City: Augusta  State: ME  Zip Code: 04332-
Phone: (800) 860-1460  Fax:
Information: www.mainebar.org
A phone service only. Staff will help you define your areas of concern and find an attorney who practices in the area or areas of law your issue involves and the court of jurisdiction. There is a $25 administration fee for a referral to an attorney who may charge you standard fees after the first half hour. Staff also provide resources, from government agencies, publications, and web-sites to non-profit organizations and advocacy groups. See website for list of education pamphlets available from LRIS. 1/19

Organization Name: Legal Services for the Elderly
Address: 5 Wabon St.
City: Augusta  State: ME  Zip Code: 04338-
Phone: (207) 621-0087  Fax:
Information: Also: 1-800-750-5353
Provides legal advice and assistance to Maine residents 60 years and older who need and are unable to obtain the services of an attorney. Client is encouraged to pay court fees, but there is no legal fee. Appointments in Waterville, Skowhegan, Augusta, Gardiner, Belfast and Rockland; appointments may also be done at home, in nursing homes, or in hospitals. 1/19

Organization Name: Maine District Court
Address: 18 Colby St.
City: Waterville  State: ME  Zip Code: 04903-0397
Phone: (207) 873-2103  Fax:
Information: Somerset County: 47 Court St., Skowhegan, ME 04976 - 474-9518 1/19

Organization Name: Maine Equal Justice Partners
Address: 126 Sewell St
City: Augusta  State: ME  Zip Code: 04330-6822
Phone: (207) 626-7058  Fax: (207) 621-8148
Information: Toll Free number 1-866-626-7059  www.mejp.org
Non-profit legal aid provider, whose mission is to find solutions to poverty and improve the lives of people with low income in Maine. Mon-Fri 8 AM - 5 PM 1/19
The Maine Human Rights Commission is the State agency charged with the responsibility of enforcing Maine’s anti-discrimination laws. The Commission investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit, and offensive names. The Commission attempts to resolve complaints of discrimination to the mutual satisfaction of those who are involved. The Maine Human Rights Act authorizes the Commission to pursue remedies for unlawful discrimination in Court when necessary to enforce the Act.

Organization Name: Maine State Bar Association & Referral Service  
Address: 124 State St  
City: Augusta  
State: ME  
Zip Code: 04330- 
Phone: (207) 622-7523  
Fax: (207) 623-0083  
Information: www.mainebar.org  
This service costs $25 for referral to a lawyer who has agreed to consult with you for a half hour only, at no extra cost. For any time over a half-hour, the lawyer may charge his or her regular fee. If the first lawyer doesn't work out, they will re-refer you at no additional charges. You may also get referrals by going on line too.

Organization Name: Maine Volunteer Lawyers Project  
Address: PO Box 547  
88 Federal St.  
City: Portland  
State: ME  
Zip Code: 04112- 
Phone: (207) 774-4348  
Fax: ALSO: 1-800-442-4293  
Information: Referral to lawyers for legal representation in certain civil matters. Helps low income persons statewide. Clients must meet federal financial eligibility guidelines and meet citizenship requirements. Do not provide help in criminal matter including OUI and traffic violations. Also help service members, Veterans and their families.

Organization Name: Nale Law Offices  
Address: ElderLaw Advisors  
58 Elm St  
City: Waterville  
State: ME  
Zip Code: 04901- 
Phone: (207) 660-9191  
Fax: (207) 873-1122  
Information: www.nalelaw.com  
Local attorneys, John and Mark Nale, have a publication entitled ElderLaw Advisor to give timely and insightful information to active agers in Maine. Their office is an elder law firm working with estate planning, powers of attorney, advance medical directives, titling of assets and designations of beneficiaries, guardianships, conservatorships and public entitlements such as Medicaid/MaineCare, Medicare, Social Security, SSI, VA disability planning, care management and fiduciary services. They also provide lectures for various groups in central and mid-coast Maine.
Organization Name: Pine Tree Legal Assistance  
Address: 39 Green St.  
Box 2429  
City: Augusta  
State: ME  
Zip Code: 04338-  
Phone: (207) 622-4731  
Fax:  
Information: Services Kennebec, Somerset, Knox and Lincoln counties. Provides free legal assistance to low income people on certain types of civil cases, such as landlord/tenant, welfare benefits cases, and some FMHA cases. No longer providing assistance with divorce and family matters. Pine Tree cannot help with criminal problems or with traffic violations. Offices throughout the state. Maine's Legal Services providers put important information on their websites. Find out how to get help from those organizations and how to help yourself with some legal problems. Internet connections can be found at all Maine schools and libraries, a number of local schools provide community access to the internet. Some of the topics you will find: rights of tenants in Maine, TANF, if you lose your job, taking charge of your health care, protection from abuse, courthouse assistance projects, parents as scholars, nursing homes, child support, court mediation, Medicaid, small claims court, ADA services and benefits, and foreclosures. Pine Tree Legal Assistance - www.ptla.org  
Legal Services for the Elderly - www.mainelse.org  
Maine Equal Justice Partners - www.mejp.org  
Volunteer Lawyers Project - www.vlp.org  
Maine Courts - www.courts.state.me.us  
Kids Legal - www.kidslegal.org/  
1/19

Organization Name: Somerset County Probate Court  
Address: 41 Court St.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-3322  
Fax:  
Information: 1/19

Organization Name: Somerset County Sheriff's Office  
Address: 131 E. Madison Road  
City: Madison  
State: ME  
Zip Code: 04950-  
Phone: (207) 474-9591  
Fax:  
Information: 1/19

Organization Name: York County Community Action - Access to Justice Advocacy Program  
Address:  
City:  
State: ME  
Zip Code:  
Phone: (207) 459-2918  
Fax:  
Information: Contact person is Marie Hogue  
www.yccac.org/index.php/who-we-are/access-to-justice  
Access to Justice offers assistance to individuals who are representing themselves in family law matters, with the goal of assuring they have the information, assistance and advocacy they need to have a productive experience in the judicial system. Assist you with filling our court paperwork and explain court proceedings.1/19

Legal Assistance

1/19
# Mental Health

<table>
<thead>
<tr>
<th>Organization Name: Autism Society of Maine</th>
<th>Contact ID: 935</th>
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<tbody>
<tr>
<td>Address: 72B Main St.</td>
<td>County: KEN</td>
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<tr>
<td>City: Winthrop</td>
<td>Zip Code: 04364-</td>
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<tr>
<td>Phone: (800) 273-5200</td>
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<tr>
<td>Information: <a href="http://www.asmonline.org">www.asmonline.org</a></td>
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Information Line, lending library, educational materials and workshops for parents, educators, and providers. Also offer two free summer camps for autistic children; one in Biddeford is for grades 1 - 5 and one in Farmington is grades 7 - 12. 1/19

<table>
<thead>
<tr>
<th>Organization Name: Break of Day, Inc</th>
<th>Contact ID: 1135</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 343 Birch Point Rd</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Wiscasset</td>
<td>Zip Code: 04578-</td>
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<tr>
<td>Phone: (207) 882-6594</td>
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<tr>
<td>Information: breakofdaymhg.com</td>
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Daily living support - skills development - adult community integration 1/19

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<thead>
<tr>
<th>Organization Name: Capitol Clubhouse</th>
<th>Contact ID: 1136</th>
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</thead>
<tbody>
<tr>
<td>Address: 37 Stone St</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>Zip Code: 04330-</td>
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<tr>
<td>Phone: (207) 629-9080</td>
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<td>Information:</td>
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Clubhouse services are available for adults living with mental illness who seek to develop skills and resources around employment and education. A second major component of the Clubhouse is Transitional Employment, which offers each member the chance to go to work on a paid, part-time placement and to stay on that job for approximately six to nine months. Each Clubhouse has several local employers partnering with them who have committed to participating in the vocational development of the Clubhouse members.

There is no charge to become a member, although MaineCare coverage is a requirement of membership. 1/19
Catholic Charities Maine Mental Health Services gives consumers the help they need to help themselves. With support, persons with severe and persistent mental illness can minimize their need for hospitalization and maximize their ability to function successfully and independently in the community.

Community Integration Services - evaluation, development of a treatment plan, advocacy, skills development, accessing community resources and financial mentoring. MaineCare reimbursable. 18 and older.

Children's Case Management; provide services to children who have mental health or developmental disorders to improve their ability to function in their homes and communities.

Adults and Children:
Behavioral Health Home: A team based approach to supporting physical and mental health needs. It helps a person diagnosed with a mental illness who also suffers with a chronic medical condition. MaineCare reimbursable.

Functional Family Therapy: Evidenced based program serving families with at risks youths ages 11 -18. 1/19

Consumer Council of Maine is responsible for providing an independent and effective consumer voice into mental health public policy, services, and funding decisions. Email: info@maineccsm.org 1/19

Cornerstone Behavioral Healthcare provides Individual, group and couples therapy. Adult case management. 1/19

Crisis and Counseling Center offers Outpatient services focuses on substance abuse and mental health, family group and crisis counseling. Insurance reimbursable. Accepts Medicaid and has a sliding fee scale. 1/19
Organization Name: Disability Rights Maine
Address: 160 Capitol St
Phone: (207) 626-2774 Fax: (207) 621-1419
Information: OR: 1-800-452-1948 V/TTY
DRM's mission is to enhance and promote the equality, self-determination, independence, productivity, integration, and inclusion of people with disabilities through education, strategic advocacy, and legal intervention. Some of the services DRM provides include: information and referral; individual advocacy; legal representation; legislative advocacy; education and training, and; assistance with self-advocacy. 1/19

Contact ID: 458

Organization Name: Goodwill Industries of Northern New England Regional Office
Address: 243 Leighton Rd.
City: Augusta State: ME Zip Code: 04330-
Phone: (207) 626-0170 Fax: (207) 622-3517
Information: Provide employment (job placement, job coaching), residential, educational and support services to individuals experiencing barriers to social and economic independence. 1/19

Contact ID: 501

Organization Name: High Hopes Clubhouse
Address: Div. of Kennebec Behavioral Health
26 College Ave.
City: Waterville State: ME Zip Code: 04901-
Phone: (207) 877-0038 Fax:
Information: www.highhopesclubhouse.org
Clubhouse services are available for adults living with mental illness who seek to develop skills and resources around employment and education. A second major component of the Clubhouse is Transitional Employment, which offers each member the chance to go to work on a paid, part-time placement and to stay on that job for approximately six to nine months. Each Clubhouse has several local employers partnering with them who have committed to participating in the vocational development of Clubhouse members.

There is no charge to become a member, although MaineCare coverage is a requirement of membership. 1/19

Contact ID: 459

Organization Name: Kennebec Behavioral Health
Address: 67 Eustis Parkway
City: Waterville State: ME Zip Code: 04901-
Phone: (207) 873-2136 Fax:
Information: ALSO AT: 66 Stone St.; Augusta, ME 04330 - Phone: 626-3455 and 5 Commerce Dr, Skowhegan, ME 04976 - Phone: 474-8368 and 736 Old Lewiston Rd, Winthrop, ME Phone: 377-8122 and 116 Narrow Gauge Sq., Suite 101, Farmington, ME Phone: 860-3026
Community Support Program Toll Free - 1-888-322-2136
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. 1/19

Contact ID: 457
Organization Name: Kennebec/Somerset Crisis Response Services  
Contact ID: 1046
Address: 346 Water St  
City: Skowhegan  
State: ME  
Zip Code: 04976-
County: SOM
Phone: (207) 474-5461  
Fax:
Information:  
Child & Adult Crisis - 1-888-568-1112 or 207-621-2552  
ALSO AT: 10 Caldwell Road, Augusta, ME 04330 (207) 626-3448  
24 hour crisis intervention services to any resident of Somerset & Kennebec counties by phone or face to face. Medicaid and Medicare accepted.

Residential Crisis Unit - Two and three RCU (Residential Crisis Unit) beds available in Somerset and Kennebec counties (located in Skowhegan, Waterville and Augusta) for individuals who are 18 years of age and older, who are in a mental health crisis that need 24 hour supervision but do not require hospitalization. 474-5461 1-888-568-1112 after 10 p.m.) Assessment are done 24 hours every day, before RCU bed made available. 1/19

Organization Name: LINC Wellness Center  
Contact ID: 1066
Address: 38 Memorial Drive  
City: Augusta  
State: ME  
Zip Code: 04330-
County: KEN
Phone: (207) 622-5736  
Fax:
Information:  
Wellness Center that focuses on personal wholeness. For people with a mental health and/or substance abuse diagnosis. The community is there for people to become empowered, make contributions, be creative and learn to be a healthy friend and neighbor. Mon - Fri 9 AM to 7 PM and Saturdays 12 PM to 5 PM 9/18

Organization Name: MaineGeneral Assertive Community Treatment  
Contact ID: 1029
Address: 9 Green St  
City: Augusta  
State: ME  
Zip Code: 04330-
County: KEN
Phone: (207) 621-3751  
Fax:
Information:  
Also, Waterville location at: 24 Chase Ave Phone: (207)861-6276  
Assertive Community Treatment helps people live on their own. For adults with persistent, more serious mental illness, getting by on their own can be a constant challenge. MaineGeneral ACT provides services that support recovery and community living. ACT helps people stay where they want to be. Our goal is to help people manage their mental illness well so they can stay out of the hospital.

The ACT team includes a psychiatrist, psychiatric mental health nurse practitioner, nurses, a vocational (work) specialist, a substance abuse counselor, a clinical social worker and case managers. This team offers intensive support based on each person’s needs. the team also helps clients transfer to other levels of care when can better manage their recover on their own.

Alternatively, as stated on the DHHS site;

ACT is an intensive 24/hr. day, 7 days a week service provided by a team with a clinician, social worker and other staff in the home, community and office. The purpose is to prevent admission to, or to help in discharge from psychiatric hospital, residential facility or crisis stabilization unit. 10/15

Mental Health
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Organization Name: Maine General Inpatient Mental Health & Substance Abuse Care
Address: Alfond Center for Health
35 Medical Center Parkway
City: Augusta    State: ME    Zip Code: 04330-
Phone: (207) 248-0066
Information: Located on 3 South of Alfond Center for Health. We provide acute, short term inpatient treatment for individuals who have a mental illness and/or have a substance abuse addiction requiring medical treatment for detox. Patients must be medically cleared and directly referred for admission by their medical provider or through a local emergency room. 10/15

Organization Name: Maine General Medical Center - Adult Intensive Outpatient Program
Address: 7 Spruce St
City: Augusta    State: ME    Zip Code: 04330-
Phone: (207) 621-7216
Information: Intensive outpatient care for adults with mental health and/or co-occurring disorders. Patients attend group therapy and education sessions from 9 am - 12:30 pm Tues thru Friday for an estimated 4-6 weeks. These programs are ideal for people just discharged from inpatient programs or in some cases as an alternative to inpatient treatment. Specialized treatment using dialectical behavior therapy. 1/19

Organization Name: Mental Health Crisis Line
Address: City:    State:    Zip Code:
Phone: (888) 568-1112
Information: FOR KENNEBEC & SOMERSET COUNTIES DIRECT: 621-2552
www.heretohelp.com. 24-hour suicide prevention line and hotline for people seeking information or help concerning mental illness.

Organization Name: Motivational Services
Address: PO Box 229
71 Hospital St
City: Augusta    State: ME    Zip Code: 04330-
Phone: (207) 626-3465
Information: www.mocomaine.com Provides services to adults with severe and persistent mental illness through residential services, community support, case management and education. Also has a training and education center where they do certification for MHRT-1, CRMA as well as American Heart Assoc. first aid and CPR. Www.trainingforme.org    1/19

Mental Health
Organization Name: National Alliance on Mental Illness (NAMI-ME)  Contact ID:  823
Address: 1 Bangor St.  County:  KEN
City: Augusta  State:  ME  Zip Code:  04330-
Phone: (207) 622-5767  Fax:  (207) 621-0430
Information: Also: 800-464-5767, ext. 1  www.namimaine.org
A grassroots self-help, support, education and advocacy organization of families, friends and people suffering from severe mental illnesses. Program offers free education and support for families who have a relative living with mental illness. Support groups: www.namimaine.org/supportgroups. Family to Family: free, evidence-based, 8-week educational course for those family members and friends of people living with mental illness. Teen Text Support Line (207) 515-8398. Supporting youth ages 14-20, staffed by individuals under 23 years of age - www.namimaine.org/teentextline. Family Respite Program: assists families by providing a bread in caring for a child with significant development delays and behavioral or emotional disorders  www.namimaine.org/respitefamily.  5/21

Organization Name: Northeast Occupational Exchange  Contact ID:  832
Address: 442 Moosehead Trail  County:  OTH
City: Newport  State:  ME  Zip Code:  04953-
Phone: (207) 368-2072  Fax:  
Information: Also: 1-800-857-0500  www.noemaine.org
Provides mental health services to children, adolescents, and adults. Provides clinical services for individuals, groups or couples. Med management by Telemedicine. Adult day program Monday - Friday from 9:00 - 12:00. Provides parenting program for parents of infants, children 4-12 and Adolescents 12 and up. Accepts Medicaid, Medicare, insurance, also sliding fee scale.  1/19

Organization Name: Northern Lights Inland Hospital - Tree of Hope  Contact ID:  1063
Address: 180 Kennedy Memorial Drive  County:  KEN
City: Waterville  State:  ME  Zip Code:  04901-
Phone: (207) 861-6091  Fax:  
Information: 1/7 Women and 1/10 men suffer Postpartum Depression. Meetings held every Tuesday from 10 am to noon and the last Saturday of every month from 9 - 11 AM. These are in the Medical Arts Building Conference Room. Please contact Bridgette Gemelli for more information at above number.  1/19

Organization Name: Paramount Behavioral Services, Inc  Contact ID:  1025
Address: 224 Main St  County:  KEN
City: Waterville  State:  ME  Zip Code:  04901-
Phone: (207) 660-9124  Fax:  (207) 660-9126
Information: www.paramountbehavioral.com
Serving Kennebec, Somerset & Franklin counties. PBS works with adults to encourage personal growth and development in order to become independent individuals within their communities. Offering: Community Integration Services (housing assistance, budgeting, employment/vocational services, emotional and physical wellness, social relationships and spirituality); Skills Development Services (using public transportation, budgeting, 12-step programs, participating in educational, vocational and social services); Daily Living Support Services.  1/19
Organization Name: PEER CENTERS & SOCIAL CLUBS
Address:
City: Augusta State: ME Zip Code: 04330-
Phone: Fax:
Information: Linc Social Club - 265 State St., Augusta (207)622-5736 Independent living facilities
Dual Recovery - 32 Winthrop St., Augusta (no phone) Meet Mondays at noon at Crisis and Counseling in Augusta
The Holistic Recovery Project - mail goes to 2 Swan St, Ste 2, Augusta (207)512-8379 Weds, Fri and Sundays at noon at Crisis and Counseling 32 Winthrop St, Augusta. Open discussion support group for those suffering from any addiction, compulsion, obsession or disorder. 7/16

Organization Name: Pillars Community Outreach, Inc.
Address: 121 Main St
City: Fairfield State: ME Zip Code: 04950-
Phone: (207) 453-4500 Fax: (207) 453-4502
Information: The mission of Pillars Community Outreach, Inc. is to assist individuals with a wide range of abilities and disabilities to develop the skills necessary for independent functioning and active participation in their communities. Individualized skill development will be attained through employment of caring, knowledgeable staff, and the utilization of evidence based practices to develop individualized plans and goals. Services include Case Management, Behavioural Health Home Services, individual and group counseling, Daily Living Support services, and Skills Development services. Pillars provides trainings and continuing education classes for staff, individuals and outside agencies. MaineCare is accepted for all services.

Organization Name: Riverview Psychiatric Center
Address: 250 Arsenal Street
City: Augusta State: ME Zip Code: 04332-
Phone: (207) 624-4600 Fax: www.riverviewpsychiatriccenter.com
Information: A psychiatric facility committed to restoring and enhancing the mental health and autonomous functioning of individuals whose treatment needs require involuntary hospitalization. 1/19

Organization Name: Skills Inc.
Address: 10 Quarry Rd
City: Waterville State: ME Zip Code: 04901-
Phone: (207) 872-6484 Fax: ALSO AT: L.C. Dill's Adult Developmental Training Center, 181 Water St, Skowhegan
Information: Day and work programs for mild and moderately challenged. Independent feeding and toileting, self-mobile, control behavior. Reimbursable by SSI, Medicare, M-F, 7:00 a.m.-3:00 p.m.. 11/15

Organization Name: Spurwink School
Address: Administrative Offices
         901 Washington Ave., Suite 100
City: Portland State: ME Zip Code:
Phone: (207) 871-1200 Fax: also: 1-888-889-3903 M-F 8am-4:30pm Spurwink Easy Access Line
Information: The Spurwink School is a non-profit agency which provides a wide range of services to school-aged and adult mentally and emotionally handicapped persons such as residential treatment, day treatment, community-based residences, intermediate care facilities and waiver homes. Spurwink has six day treatment locations. 1/19
Organization Name: Suicide Prevention Line & Veterans Crisis Line
Address:
City: Phone: Information: 1/19
(800) 273-8255

Organization Name: Sweetser
Address: 50 Moody St.
City: Saco Phone: (207) 294-4400
State: ME Zip Code: 04072-
Fax: (207) 294-4465

Information: ALSO: 800-434-3000 - Promiseline. Will connect to all locations
www.sweetser.org
Locations are Sanford, Saco, Brunswick, Rockland, Lewiston, Bangor - Developmental Disabilities
Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and
Substance Abuse Services. Substance Abuse and DEEP available at Brunswick.
24-hour phone support - Intentional Warm Line 1-866-771-9276. Toll-free 24 hours a day, seven
days a week mental health peer-to-peer phone support line for adults, aged 18 or older
www.sweetser.org/programs/services-for-adults/peer-services/intentional-warm-line. 5/21

Organization Name: The Inclusion Warm Line
Address: Muskie School of Public Service, USM PO Box 9300, 34 Bedford St
City: Portland Phone: (844) 209-5964
State: ME Zip Code: 04104-
Fax: (207) 780-5817
Information: inclusion.warmline@maine.edu
Warm lines provide preventative and non-emergency person-to-person support and resources. The
line is staffed by professionals with expertise in inclusive practices, disabilities, children's health,
social and emotional development, behavior, and early childhood mental health.
All phone messages and emails will receive a response within one business day. The Inclusion
Warm Line Coordinator will be the initial contact and will gather information to identify your needs,
at which point you may be connected to one of the Inclusion Warm Line staff consultants with
expertise in your area of need. 1/19

Organization Name: VOCATIONAL CLUBHOUSES
Address: Capital Clubhouse - Augusta - 37 Stone St - TEL: 629-9080 www.capitol-clubhouse.org
City: Portland Phone: (844) 209-5964
State: ME Zip Code: 04104-
Fax: (207) 780-5817
Information: Looking Ahead - Lewiston - 646 Main St - TEL: 376-1711
High Hopes - Waterville - 26 College Ave - TEL: 877-0038 www.highhopesclubhouse.org
Unlimited Solutions -Bangor - 30 Summer St. - TEL: 404-8383
Clubhouse services are available for adults living with mental illness who seek to develop skills and
resources around employment and education. A second major component of the Clubhouse is
Transitional Employment

Organization Name: Waterville Social Club
Address: 32 Ticonic St.
City: Waterville Phone: (207) 873-1027
State: ME Zip Code: 04901-
Fax: (207) 873-1027
Information: Social center for psychiatrically disabled adults. 10/15

Mental Health
Other

Organization Name: American Cancer Society Contact ID: 602
Address: 1 Bowdoin Mill Island, Suite 300 County: OTH
City: Topsham State: ME Zip Code: 04086-
Phone: (207) 373-3700 Fax:
Information: ALSO: 1-800-227-2345
www.cancer.org. Nationwide voluntary health organization dedicated to eliminating cancer as a major health problem. Research, education and service are primary goals. 1/19

Organization Name: American Heart Association & American Stroke Association Contact ID: 603
Address: 51 US Route 1, Suite M County: KEN
City: Scarborough State: ME Zip Code: 04074-
Phone: (207) 879-5700 Fax:
Information: Volunteer health organization dedicated to reducing disability and death from cardiovascular diseases and stroke. Research, education and service are primary goals. 1/19

Organization Name: Catholic Charities of Maine Contact ID: 844
Address: Refugee and Immigration Services County: OTH
80 Sherman Street
City: Portland State: ME Zip Code: 04101-3323
Phone: (207) 781-8550 Fax: (207) 871-7465
Information: Also: Lewiston City Hall, 27 Pine St., Lewiston, ME 04240, 207-344-6615. Administers the federal program that resettles refugees in this country. Realizing that many of these clients arrive in Maine with few possessions, and often have suffered trauma and loss of family members, our Refugee and Immigration staff works with them to access housing, English skills, jobs, and medical and mental health services that will allow them to begin a new life here and become part of the community in which they live. 1/19

Organization Name: Community Spay Neuter Clinic Contact ID: 999
Address: 321 Lewiston Rd County: OTH
City: Topsham State: ME Zip Code:
Phone: (207) 721-8395 Fax:
Information: www.communityspayneuterclinic.com
Community Spay-Neuter Clinic of Freeport has become Maine's largest provider of affordable spay-neuter services in Maine. With over 17,000 dog and cat sterilizations in the past 4 1/2 years, we have helped thousands of low-income families have their pets fixed, and prevented hundreds, if not thousands, of unwanted litters. Offers mobile clinic services in other locations, our services are increasingly available to more economically disadvantaged regions of Maine. 1/19

Organization Name: Help Fix Me and Spay Maine Contact ID: 1000
Address: County: OTH
City: State: Zip Code:
Phone: (800) 367-1317 Fax:
Information: www.spaymaine.org
This site lists all the locations across the state that have reduced costs for spaying and neutering your pet. 1/19
1. Pacific Interpreters, Inc. at 1-800-264-1545
   Spoken languages are available 24-hours a day, 7 days a week.

2. RISinterpret, Catholic Charities Maine at 207-523-2700
   Interpreters available in over 25 languages; requires 48 hours advanced notice. Requests are made
   by filling out an Interpreter Request Form available on www.ccmaine.org and faxing it in.

3. Following website offers free handouts in Spanish that you may find useful:
   http://www.walearning.com/

4. Certified Languages International at 800-362-3241
   http://www.certifiedlanguages.com/

Organization Name: Kennebec County Cooperative Extension Office
Contact ID: 862
Address: 125 State St., 3rd floor
City: Augusta State: ME Zip Code: 04330-
Phone: (207) 622-7546 Fax: 
Information: Also: 800-287-1481 in Maine
   www.extension.umaine.edu
   Provides free nutrition classes to individuals, families, groups and schools. 1/19

Organization Name: Maine Association for Infant Mental Health
Contact ID: 980
Address: 592 Sawyer Rd
City: Greene State: ME Zip Code: 04236-
Phone: (207) 375-8184 Fax: 
Information: www.infantmentalhealth.org
   This website is filled with amazing information about children 0-5. The Maine Association for
   Infant Mental Health was founded in 1982 (incorporated in 1987) in response to a growing interest
   and concern in Maine for the psychosocial and physical well-being of infants and their
   families. 1/19

Organization Name: Maine Community Health Worker Initiative
Contact ID: 1142
Address: 9 Green St
City: Augusta State: ME Zip Code: 04330-
Phone: (207) 622-9252 Fax: (207) 626-7612
Information: CHW is a local resource. CHW's are frontline public health worker who are trusted members of
   and/or has an unusually close understanding of the community served. CHW are able to serve as a
   liaison/link/intermediary between health/social services and the community to facilitate access to
   services and improve the quality and cultural competence of service delivery. A CHW also build
   individual and community capacity by inceasing health knowledge and self-sufficiency through a
   range of activities such as outreach, community education, informal counseling, social support, and
   advocacy. CHW's are a resource to get families connected with social supports.
   For CHW's in local communities please contact Bridgette Germeli at Northern Light - Inland
   Hospital at 207-861-6091; or Ann Conners at MaineGeneral 207-861-5210 1/19

Other

134
Today, many Maine residents are having a hard time feeding themselves and their families, including their pets. Animal shelters throughout the state report increases in the number of animals being surrendered and report that some animals are being surrendered because their owners cannot provide food for them.

For a list of Pet Food Pantries please go to mfoa.net and click on "in action" and then "education" and you will see the list of Pet Food Pantries in Maine by county.
Adoptive and Foster Families of Maine, Inc. provides support services for adoptive, foster, and kinship families. AFFM’s Mission is to provide the training, guidance, knowledge, and resources needed to handle complex issues encountered by resource families as they open their hearts and homes to children in need. AFFM’s services are for all adoptive, foster and kinship families. Child welfare is dependent upon a myriad of state and federal laws, rules, and regulations. Decisions concerning families and innocent children are rarely easy and are usually fraught with highly emotional issues. AFFM is dedicated to assisting families to help children find the security they deserve.

Big Brothers/Big Sisters of Kennebec Valley matches children age 7-14 with screened, trained adult volunteer. Occurs with adults from community, and also in a structured group setting at high schools. Casework staff supervise and provide assessment, educational and referral services.

Child Development Services (CDS) addresses developmental needs of children birth to 5 years old. Provides free developmental assessment.

DHHS-Children Foster Home Licensing has certain guidelines to be met to be a foster parent. Service is statewide.
Organization Name: Family Enrichment Council of Kennebec and Somerset Counties - KVCAP
Address: KVCAP
97 Water Street
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 859-1580
Fax: (207) 873-0158
Information: Also: 1-800-542-8227
Child Abuse and Neglect Prevention Council Kennebec & Somerset Counties
The Council's purpose is to raise awareness for the prevention of child abuse and neglect. The CAN Council role is to be the county's central coordinating organization responsible for planning, coordinating, and implementing the necessary work to address and reduce child abuse and neglect at the county level. The Councils offer parenting programs, school based programs and Community trainings year round. Parent programs include Active Parenting, Nurturing Parenting, and Kids First. Other programs may be offered based on request. School based programs include Personal Body Safety and Baby Think it Over. Community trainings include Infant Safe Sleep, Period of PURPLE Crying, Mandated Reporting, and Strengthening Maine Families. 1/19

Organization Name: Family Services Program
Address: Office of Family Independence
11 State House Station
Whitten Road
City: Augusta
State: ME
Zip Code: 04333-
Phone: (855) 797-4357
Fax:
Information: Provides education and training, child care and transportation, medical dental care and other support services for families with minor children on TANF. 1/19

Organization Name: Grandparents Raising Grandchildren
Address:
City: State: Zip Code:
Phone: Fax:
Information: The AARP Foundation Benefits Outreach Program connects families to important resources through its new on-line free tool called Benefit QuickLINK. This tool helps people to find out if their family may qualify for 15 of the most valuable public benefit programs for older adults and for children.

Grandparents raising grandchildren can use this tool to determine if they are eligible for a variety of public benefits for children. Simply:
1. Go to www.aarp.org/quicklink
2. Answer a short list of questions
3. Download fact sheets and applications for programs 1/19

Organization Name: Maine Birthline Services
Address: 66 Western Ave.
PO Box 378
City: Fairfield
State: ME
Zip Code: 04937-
Phone: (207) 453-4365
Fax: (207) 871-1243
Information: Pregnancy Helpline: 1-800-227-3002 8:00 a.m. - 4:00 p.m.
Main office: 562 Congress St., PO Box 10660, Portland, ME 04101 - 871-7464 ext. 2670 (Hours: 9 a.m. - 4:30 p.m., Mon-Fri)
Birthline is a social service program for women and men. Offers option counseling, emotional support, information and referrals, limited maternity and infant clothing. 1/14

Parenting
The Bureau of Highway Safety has partner locations around the State of Maine where income eligible families can make an appointment with a certified car seat technician to obtain a car seat.

To be eligible you must be able to provide:

• A current State of Maine Driver’s License or current State of Maine Identification
• Be participating in one of the following:

Women, Infants, and Children (WIC)

Mainecare (Medicaid)

Temporary Assistance for Needy Families (TANF)

Supplemental Nutrition Assistance Program (SNAP)

*WIC folder with current dated vouchers or a current dated letter of eligibility from the other above mentioned programs you are currently participating in.

This service is available by appointment only. Make sure to plan ahead, there may be a slight wait time to meet with a technician. Your child will need to be present during the appointment. For expecting families the appointment can not be scheduled more than one month before the due date.

Somerset County

Redington-Fairview General Hospital  46 Fairview Avenue  Skowhegan, ME 04976
207.474.5121 Ext. 427

Sebasticook Valley Hospital  447 North Main Street  Pittsfield, ME 04967
207.487.4098

Kennebec County

Community Health and Counseling Services  24 Stone Street  Augusta, ME 04333
207.213.2171

KVCAP - Educare  56 Drummond Avenue  Waterville, ME 04901
207.680.7229

Maine Bureau of Highway Safety  45 Commerce Drive, Suite 1  Augusta, ME 04333
207.626.3840

Southern Kennebec Child Development Corp.  337 Maine Avenue  Farmingdale, ME 04344
207.582.3110

Other sites can be located by going to maine.gov Bureau of Highway Safety click Child Passenger Safety and then Car Seat Distribution Locations 10/15
Organization Name: Maine Families and Children's Task Force for Franklin County
Address: 113 Church St
City: Farmington  State: ME  Zip Code: 04938-
Phone: (207) 778-6960
Information: Support and parenting information for families having babies in Franklin County. Includes home visits, Parent Education, 1-2-3-4 and community resource referrals.  1/19

Organization Name: Maine Families Kennebec/Somerset Counties
Address: KVCAP
         97 Water St.
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 859-1577  Fax: (207) 660-9249
Information: Also: 1-800-542-8227
KVCAP Maine Families provides home visiting support services for all pregnant women, expectant fathers and parents or primary caregivers whose baby has not reached 4 months of age and/or anyone 21 years of age and under expecting a baby or whose baby has not reached 6 months of age.
Families must live in Kennebec or Somerset counties. Participation is voluntary and free of charge.
There are no income restrictions. For more information please call (207)859-2537 or 859-1508.  1/19

Organization Name: Maine Parent Federation
Address: P.O. Box 2067
Augusta, ME  04338-2067
Physical Address (New Central office)
484 Maine Avenue #2D
Farmingdale, ME  04344

City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 588-1933
Information: Also: 1-800-870-7746
www.startingpointsforme.org
A statewide non-profit organization that provides information, advocacy, education, and training to parents and professionals to benefit all children. Promotes individual aspirations and community inclusion for people with disabilities.  1/19

Organization Name: Maine General Community Care - WIC
Address: 6 E Chestnut St
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 626-6350  Fax: (207) 621-6205
Information: ALSO AT: Hathaway Bldg., 10 Water St., Waterville, ME 04901  861-3580  Fax: 861-3581
165 North Ave., Skowhegan, ME  861-3593  Fax: 474-7461
Outreach clinic sites - Pittsfield, Madison, Gardiner, Winthrop
WIC program assists by giving checks to buy healthy food, gives health and nutrition information, breastfeeding support including breast pumps, information about infant and child development, monitor proper growth and weight gain, test to screen for blood iron level.  1/19
Organization Name: Maternal Child Health Services - MaineGeneral  
Address: Alford Health Center  
35 Medical Center Parkway  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 248-5200  
Fax:  
Information: Educational programs that can help you learn what to expect during your maternity, as well as how to care for yourself and your child. When the time comes to deliver your baby, we provide a setting that is friendly and comfortable. Programs and services that are offered reflect on how to prepare for your baby, birth, and beyond.  
1/19 

Organization Name: Open Arms Pregnancy Center  
Address: 99 Bangor St  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 620-1600  
Fax:  
Information: Mommy support group meets Thursday evenings from 6 - 8 PM  
Also open Mon-Fri from 2 to 5 PM - Emergency Assistance is a one-time-only chance to pick either four maternity outfits or four baby outfits, 20 diapers and baby accessories such as used onesies, sleepers, shoes, socks, and other items.  
1/19 

Organization Name: SKCDC/Child Care Options  
Address: 337 Maine Ave.  
City: Farmingdale  
State: ME  
Zip Code: 04344-  
Phone: (207) 582-3110  
Fax:  
Information: 1-800-525-2229  
www.skcdc.org  
SKCDC offers Early Head Start and Head Start services to southern Kennebec County. They also collaborate with some schools. Offer home based services to pregnant moms and children up to age 5. Social Services are available to children in center based program.  
1/19 

Organization Name: The Children's Center: Early Intervention & Family Support  
Address: 1 Alden Ave.  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 626-3497  
Fax: (207) 621-6396  
Information: ALSO: 1-800-894-6264  
Also at 188 Madison Ave., Ste 1, Skowhegan, ME 04976 - Phone-207-399-6020; Fax-207-474-0162  
www.childrenscenteraugusta.com  
Providing in home support with case management services for children with special needs ages birth to 5, as well as parent/child groups for special needs children birth to 5. Also offers preschool, occupational therapy, physical therapy and speech/language therapy evaluations and services as well.  
1/19 

Parenting
<table>
<thead>
<tr>
<th><strong>Organization Name:</strong></th>
<th>The Maine Children's Home for Little Wanderers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td>93 Silver Street</td>
</tr>
<tr>
<td><strong>City:</strong></td>
<td>Waterville</td>
</tr>
<tr>
<td><strong>State:</strong></td>
<td>ME</td>
</tr>
<tr>
<td><strong>Zip Code:</strong></td>
<td>04901-</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>(207) 873-4253</td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td>(207) 872-0278</td>
</tr>
<tr>
<td><strong>Information:</strong></td>
<td><a href="http://www.mainechildrenshome.org">www.mainechildrenshome.org</a></td>
</tr>
</tbody>
</table>

The Sharon Abrams Teen Parent School Program at The Maine Children’s Home is an alternative high school program for pregnant and parenting teens. Open to pregnant and parenting teens statewide, it provides prenatal and parenting instruction along with academic and life skills courses. All students are registered as Waterville High School students and work toward earning a regular Waterville High School diploma. Our program offers smaller classes, which gives us the ability to provide more individualized attention to our students. Our facility has a library, a cafeteria, a student lounge, several classrooms and an auditorium, and students use school-provided laptops. There are six certified teachers on location and students are able to access advanced classes, tech and extracurricular activities at the high school. A clinician is available to support students with individual counseling. On-campus childcare is also available, free of cost, to students while enrolled in our program.

1/19
Politicians

Organization Name: Gov. Janet Mills
Address: 1 State House Station
City: Augusta
Phone: (207) 287-3531
Information: TDD: 711
E-mail: governor@state.me.us
State home page: http://www.state.me.us
County: KEN
Zip Code: 04333-0001
Contact ID: 758

Organization Name: President Joseph Biden, Jr.
Address: The White House
1600 Pennsylvania Ave. NW
City: Washington
Phone: (202) 456-1111
Information: 1/21
County: OTH
Zip Code: 20500-
Contact ID: 546

Organization Name: Representative
Address: 2 State House Station
City: Augusta
Phone: (207) 287-1400
Information: Toll-free message number: 1-800-423-2900
Numbers for contacting any legislator. 10/15
County: OTH
Zip Code: 04333-0002
Contact ID: 547

Organization Name: Senator
Address: 3 State House Station
City: Augusta
Phone: (207) 287-1540
Information: Toll-free message number: 1-800-423-6900
Numbers for contacting any legislator. 10/15
County: OTH
Zip Code: 04333-0003
Contact ID: 548

Organization Name: U.S. Representative Chellie Pingree (1st Dist.)
Address: 1 Silver St
City: Waterville
Phone: (207) 873-5713
Information: 1-888-862-6500 http://pingree.house.gov/ 1/19
County: OTH
Zip Code: 04901-
Contact ID: 543

Organization Name: U.S. Representative Jared Golden (2nd Dist.)
Address: 179 Lisbon St
City: Lewiston
Phone: (207) 241-6767
Information: https://golden.house.gov/
OR 7 Hatch Dr, Suite 230, Caribou, ME 04736 PHONE: (207) 492-6009 1/19
County: OTH
Zip Code: 04240-
Contact ID: 542
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Senator Angus King</td>
<td>544</td>
</tr>
<tr>
<td>Address: 4 Gabriel Drive, Suite 3</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 622-8292</td>
<td>Zip Code: 04330-</td>
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<tr>
<th>Organization Name</th>
<th>Contact ID</th>
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<tbody>
<tr>
<td>U.S. Senator Susan Collins</td>
<td>545</td>
</tr>
<tr>
<td>Address: 68 Sewall Street, Room 507</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>State: ME</td>
</tr>
<tr>
<td>Phone: (207) 622-8414</td>
<td>Zip Code: 04330-</td>
</tr>
<tr>
<td>OR 202 Harlow St., Suite 20100, Bangor, ME PHONE: (207) 945-0417 Fax: 990-4604 1/19</td>
<td></td>
</tr>
</tbody>
</table>
### Senior Adults

<table>
<thead>
<tr>
<th>Organization Name: Adult Protective Services</th>
<th>Contact ID: 1145</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: DHHS - 11 High St</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Houlton</td>
<td>Zip Code: 04730-</td>
</tr>
<tr>
<td>Phone: (800) 624-8404</td>
<td>Information: 1/19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Aging and Disability - Adult Day Care</th>
<th>Contact ID: 554</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Bureau of Elder &amp; Adult Services</td>
<td>County: KEN</td>
</tr>
<tr>
<td>11 State House Station</td>
<td>Zip Code: 04333-</td>
</tr>
<tr>
<td>City: Augusta</td>
<td>Information: 1/19</td>
</tr>
<tr>
<td>Phone: (207) 287-9200</td>
<td>Also: 1-800-262-2232</td>
</tr>
<tr>
<td>Fax:</td>
<td>Promotes programs and services for older adults, their families and for people with disabilities.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Alzheimer's Association, Maine Chapter</th>
<th>Contact ID: 553</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 383 US Route 1 Suite 2C</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Scarborough</td>
<td>Zip Code: 04074-</td>
</tr>
<tr>
<td>Phone: (207) 772-0115</td>
<td>Information: 1/19</td>
</tr>
<tr>
<td>Fax:</td>
<td>alz.org/maine</td>
</tr>
<tr>
<td>Information:</td>
<td>Also: 1-800-272-3900</td>
</tr>
<tr>
<td></td>
<td>States leading voluntary health organization in alzheimer care, support and research. Their mission is to eliminate alzheimer's disease thru the advancement of research; to provide enhanced care and support for all affected; and to reduce the risk of dementia thru the promotion of brain health. For more information call the 24/7 helpline, 800-272-3900, or go to alz.org/maine. This is where you can information and referrals for all their free services such as: Support for those with the disease and the caregivers, Safety Services, Clinical Trials, Education Programs, Legal and Financial Affairs, Safe and Secure in the Home, Combat Wandering and Falls, Advocacy Opportunities and One-on-One Consultations. All services are local and confidential.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Alzheimer's Care Center - part of MaineGeneral Rehab &amp; Long Term Care</th>
<th>Contact ID: 556</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 154 Dresden Ave.</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Gardiner</td>
<td>Zip Code: 04345-</td>
</tr>
<tr>
<td>Phone: (207) 626-1770</td>
<td>Information: 1/19</td>
</tr>
<tr>
<td>Fax:</td>
<td>Residential facility. Adult day care services available.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Are You OK</th>
<th>Contact ID: 806</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Waterville Police Dept. 10 Colby St</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Waterville</td>
<td>Zip Code: 04901-</td>
</tr>
<tr>
<td>Phone: (207) 680-4700</td>
<td>Information: 1/19</td>
</tr>
<tr>
<td>Fax:</td>
<td>Program assists older adults that are residents of Waterville, Winslow and Oakland, that are homebound individuals, and individuals who have special needs relating to medical or physical problems by automatically calling them once or twice a day to check on their well-being. Service is free. To set this up for someone, please ask for Kathleen.</td>
</tr>
</tbody>
</table>

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Senior Adults

144
Organization Name: Catholic Charities - Independent Support Services  
Address: Main Office: 307 Congress St  
10660  
City: Portland  
State: ME  
Zip Code: 04104-  
Phone: (888) 477-2263  
Fax: (207) 299-1930  
Information: Provides homemaker services for seniors and individuals with disabilities, including in-home assistance with housekeeping, groceries, meal preparation and laundry.  
TTY (207) 781-8551  
www.ccmaine.org/ISS  
1/19

Organization Name: ElderCare Link  
Address: 190 Front St, St 201  
City: Ashland  
State: MA  
Zip Code: 01721-  
Phone: (866) 451-5577  
Fax:  
Information: Provides elder care services including assisting living, in-home care, financial planning and elder law services.  
www.eldercarelink.com  
This is a free referral service to help find qualified elder care providers quickly and easily. After filling out the survey you will receive an email containing a personalized list of pre-screened, local providers whose services best match your care needs and be able to access our online directory with over 50,000 listings of assisted living facilities, home care services, adult daycare, and nursing homes across the US.  
10/15

Organization Name: Eldercare Locator  
Address:  
City:  
State:  
Zip Code:  
Phone: (800) 677-1116  
Fax:  
Information: This is a public service of the Administration on Aging and the US Dept of Health and Human Services. It is a nationwide service that connects older Americans and their caregivers with information and senior services.  
Choose from a number of topics and receive information, or learn about services available locally.  
1/19
### Elderly Low Cost Drug Program

- **Address:** Augusta, ME 04333-0024
- **Phone:** (866) 796-2463
- **Information:** Low Cost Drug for the Elderly and Disabled Program

Maine’s Low Cost Drugs for the Elderly and Disabled Program (DEL) helps to pay for prescription drugs for people whose income is no more than 185% of the federal poverty level. You must be age 62 or older; or age 19 or older and medically qualified for Social Security Disability Income (SSDI). If you spend more than 40% of your income on prescription drugs, the income level increases.

**Basic Benefits:**

- 80% minus $2.00 of the cost of all generic prescription drugs on the Preferred Drug List.
- 80% minus $2.00 of the cost of brand-name medications on the Preferred Drug List for the treatment of diabetes, heart disease, high blood pressure, chronic lung disease (emphysema and asthma), arthritis, anticoagulation, Hyperlipidemia (high cholesterol), incontinence, thyroid disease, osteoporosis (bone density loss), Parkinson’s disease, glaucoma, Multiple Sclerosis, and ALS (Lou Gehrig’s disease).

**Supplemental Benefits:**

The Supplemental benefit includes other drugs not covered in the Basic Benefit. The drugs must be medically necessary and supplied from participating manufacturers. Actual savings vary from drug to drug. DEL Members pay the State’s negotiated MaineCare rate minus $2.00.

### Foster Grandparent Programs

- **Address:** Augusta, ME 04333-0024
- **Phone:** (207) 973-3611
- **Information:** “You Have What it Takes. The Penquis Foster Grandparent Program is open to volunteers 55 and over who can serve between 15 and 40 hours a week. You do not need formal experience in tutoring or mentoring. You will receive preservice orientation and ongoing training through the year. Volunteers are placed in schools, daycares and non-profits to support literacy and emotional development in youth (birth to 21 years). We also offer a tax-free hourly stipend and mileage to help cover costs for income eligible volunteers. You will even receive supplemental, accident and liability insurance while you are in service. Penquis serves all Maine counties except Cumberland and York. For more information call toll-free 1-800-215-4942.

### Grandparents Raising Grandchildren

- **Address:** Augusta, ME 04333-0024
- **Phone:** (866) 796-2463
- **Information:** The AARP Foundation Benefits Outreach Program connects families to important resources through its new on-line free tool called Benefit QuickLINK. This tool helps people to find out if their family may qualify for 15 of the most valuable public benefit programs for older adults and for children.

Grandparents raising grandchildren can use this tool to determine if they are eligible for a variety of public benefits for children. Simply:

1. Go to www.aarp.org/quicklink
2. Answer a short list of questions
3. Download fact sheets and applications for programs
Helping Hands offers a full program of enhanced living services that promotes dignity, self respect and independence at home. They provide personal care assistants to assist with bathing, dressing, grooming, skin care and personal hygiene. They provide homemakers who will take care of housekeeping duties, which may include shopping and meal preparation, routine household cleaning, laundry and more. They provide escorted transportation for medical appointments, beauty shops, as well as shopping, groceries and banking. They also provide companionship and respite as well as help with reading, writing letters, playing games or just quiet company. Service is available 24 hours a day, seven days a week, to provide personal attention, quality service and peace of mind.

Legal Services for the Elderly provides persons age 60 and over with free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues.

Investigation of complaints about long term care. Will handle cases related to in-home boarding home and nursing home.

The Maine Senior FarmShare program has FREE produce shares available for income eligible seniors during the growing season. The free produce shares, worth $50 each and are available at 80 Maine farms.

Volunteer opportunities for persons 55+. We connect people 55 and older to other agencies who deliver community programs and services.
Maine Emergency Response Systems install and service personal emergency response systems for elderly or disabled people who are living at home alone and who, therefore, are at risk. All units are voice-interactive. The buttons, can be worn on a lanyard around the neck or on a wristband. All buttons are waterproof. 1/19

Apartments are designed to serve area seniors. Residents or the head of household must be 62 years of age or older. It is subsidized so there are income guidelines. 1/19

This program provides a 6-session training program for caregivers of people with dementia living in the community. The course helps family members understand their role as caregivers, provides knowledge of dementia and its impact, and teaches skills for effective caregiving. 1/19

For people 60+ that they can help with being homebound from companionship to transportation and phone reassurance by calling them. Available in Kennebec Valley. 1/19

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. 1/19
Organization Name: Senior Companion Program  
Address: Somerset County Extension Office  
7 County Dr.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-9622  
Fax: (207) 474-3074  
Information: Also: 1-800-287-141495

The Senior Companion Program is a volunteer program for older Americans who are interested in helping homebound elders or isolated adults maintain their independence. Senior Companions serve 20 hours per week visiting several homebound or isolated senior adults. They provide companionship; taking walks together, reading, letter writing, reminiscing, and just being a friend. They may share information about healthful living and activities of daily life or go shopping together. One of their most important roles is to combat loneliness and isolation which threaten independence and health. Senior Companions may also provide respite services for family caregivers.

Organization Name: Senior Safety Reviews  
Address:  
City:  
State:  
Zip Code:  
Fax: (207) 474-3074  
Information: seniorsafetyreviews.com. This website has a lot of useful information for senior adults, including a safety guide which includes the advice of experts in again in place, senior home design, occupational therapy, caregiving and home safety.

Organization Name: Spectrum Generations  
Address: One Weston Court, Suite 203  
PO Box 2589  
City: Augusta  
State: ME  
Zip Code: 04338-  
Phone: (800) 639-1553  
Fax: (207) 622-7857  
Information: www.spectrumgenerations.org  
Muskie Community Center, 38 Gold St., Waterville, ME 04901 - 873-4745  
Somerset Community Center, 30 Leavitt St., Skowhegan, ME 04976 - 474-8552  
William S. Cohen Community Center, 22 Town Farm Road, Hallowell, ME 04347 - 626-7777  
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. Center activities for active adults include computer classes at cyber cafes, dancing, trips, games, fitness classes, music, and craft lessons. Ongoing educational activities encompass health screenings, guest speaker presentations, and support group meetings. Services available include customized help at home with taxes, insurance, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.

Meals on Wheels is for adults who are frail or homebound and can't get their own meals. The program provides a third of the daily requirement up to 5 meals a week. A suggested donation for meals is $5.

Community Centers are also located in Belfast, Brunswick, Damariscotta, Hallowell, and Camden in addition to those listed above. The Agency's corporate office is located in Augusta. For more information call 1-800-639-1553
## Social Service Organizations

<table>
<thead>
<tr>
<th>Organization Name: American Red Cross</th>
<th>Contact ID: 1049</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 2401 Congress St</td>
<td><strong>County:</strong> OTH</td>
</tr>
<tr>
<td><strong>City:</strong> Portland</td>
<td><strong>State:</strong> ME</td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 874-1192</td>
<td><strong>Zip Code:</strong> 04102-</td>
</tr>
<tr>
<td><strong>Information:</strong> Central &amp; Mid-Coast 16 Community Way, Topsham, ME 04086 AND Pleasant St, Lewiston, ME 04240 AND Northern &amp; Eastern Maine 145 Exchange St, Ste 1 Bangor, ME 04401 AND Aroostook County Branch 7 Hatch Dr, Ste 250 Caribou, ME (207)493-4620</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Disaster relief services. Food, clothing, shelter, and other essentials provided in case of disaster. Courses offered, i.e. first aid, CPR, water safety. A volunteer caseworker is available 24 hours a day, every day of the year.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Big Brothers/Big Sisters of Kennebec Valley</th>
<th>Contact ID: 569</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 2351 No Belfast Ave</td>
<td><strong>County:</strong> KEN</td>
</tr>
<tr>
<td><strong>City:</strong> Augusta</td>
<td><strong>State:</strong> ME</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td><strong>Zip Code:</strong> 04330-</td>
</tr>
<tr>
<td><strong>Information:</strong> Main office is in Camden: (207)236-2227</td>
<td><strong>Fax:</strong></td>
</tr>
<tr>
<td><a href="http://www.BBBSmidmaine.org">www.BBBSmidmaine.org</a> Matches children ages 7-14 with screened, trained adult volunteer. Occurs with adults from community, and also in a structured group setting at area high school. Casework staff supervised and provide assessment, educational and referral services.</td>
<td>10/15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Bureau of Family Independence - DHHS</th>
<th>Contact ID: 1050</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 98 North Ave</td>
<td><strong>County:</strong> SOM</td>
</tr>
<tr>
<td><strong>City:</strong> Skowhegan</td>
<td><strong>State:</strong> ME</td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 474-4800</td>
<td><strong>Zip Code:</strong> 04976-</td>
</tr>
<tr>
<td><strong>Information:</strong> Or: 474-4848 &amp; 1-800-452-4602 ALSO AT: 35 Anthony Ave., 11 State House Station, Augusta, ME 04330 - 1-800-452-1926 &amp; 624-8090 TANF, Food Stamps &amp; Medicaid TANF - cash assistance; Food Stamps - for purchase of food, garden seeds and Meals on Wheels; Medicaid - payment of some medical services. Each program has separate financial criteria. Emergency Assistance Program Assistance with equipment needed for handicap, utilities, repair, replacement of septic tank, well, furnace, wood stove, and security deposits for apartments. A person can apply for services and update their information on-line via &quot;My Maine Connection&quot; and that web site is <a href="http://www.maine.gov/mymaineconnection">www.maine.gov/mymaineconnection</a>. The number to call in to them is 855-797-4357</td>
<td>12/18</td>
</tr>
</tbody>
</table>
Licensed by the Department of Health and Human Services, the Children’s Case Management program serves eligible youth from birth to age 20 with the exception of parts of Aroostook & Your counties. Youth with a mental health diagnosis, developmental delay, if under age of 5 a letter from a provider with a risk of developmental delay. Youth must have MaineCare or Katie Beckett. From assessment through advocacy and evaluation, we seek to:

- Encourage and build independence,
- Enhance functioning in home, school, and community
- Empower children to achieve their optimal potential

Participation in Functional Family Therapy services will help you:

- Create better relationships with your family
- Learn better ways to manage anger and resolve problems without fighting
- Improve communications between family members
- Build trust and respect within your family
- Prevent or reduce involvement within the juvenile justice system

Our Adult Case Management services include:

- Evaluation of wants and needs
- Development of an individualized treatment plan
- Skills development to cope with issues of daily living
- Accessing resources (housing, medical, social services, financial, transportation, vocational, spiritual, etc)
- Financial mentoring
- Help in becoming empowered in making healthy decisions
- Advocacy

Hard assistance provides material items and may include feeding, shelter, clean-up kits, comfort kits and financial assistance.

Soft assistance minimizes immediate disaster-caused suffering through listening, guidance, advocacy, and counseling.

The American Red Cross can provide two types of assistance after a disaster hard and soft.
Organization Name: Child Development Services (CDS)  
Address: 325 E Kennedy Memorial Drive  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 877-2498  
Information: * Provides case management and direct instructions 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 and 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  

Organization Name: Children Foster Home Licensing  
Address: Dept. of Health & Human Services  
98 North Ave.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (207) 474-4850  
Fax:  
Information: Also: 1-800-452-4602  
Kennebec County: 35 Anthony Ave., Augusta, ME 04333 - 624-8088 or 1-800-452-1926  
Certain guidelines have to be met to be a foster parent. Service is statewide.  

Organization Name: Childrens Behavioral Health-DHHS  
Address: 396 Griffin Road  
City: Bangor  
State: ME  
Zip Code: 04401-  
Phone: (207) 941-4360  
Fax:  
Information: ALSO: 1-800-963-9491; Maine Crisis Hotline - 1-888-568-1112  
Children’s Behavioral Health services focus on behavioral health treatment and services for children from birth up to their 21st birthday. Services include providing information and assistance with referrals for children and youth with developmental disabilities/delays, intellectual disability, Autism Spectrum Disorders, and mental health disorders.  

Organization Name: Emergency Assistance Program  
Address: Dept. of Health & Human Services  
98 North Ave.  
Suite 10  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (800) 452-4602  
Fax:  
Information: Direct for Somerset County: 474-4848  
For Kennebec County: 35 Anthony Ave., 11 SHS, Augusta, ME 04333 - 624-8090 or 800-452-1926  
For application go to area DHHS office  
Emergency Assistance provides benefits to families with children in some situations when the family is threatened by destitution or homelessness due to an emergency situation. These situations include fire, other natural disasters, termination of utility service, evictions, or lack of adequate shelter. Only certain items can be purchased.  

Social Service Organizations  
152
Organization Name: HealthReach Network
Address: 10 Water Street, Suite 307
City: Waterville  State: ME  Zip Code: 04901-
Phone: (207) 861-3457  Fax: (800) 670-6959
Information: See HealthReach Network in Home Health Section for various areas served.
Serves Greater Kennebec and Somerset Counties for nearly 30 years. Medicare certified and State Licensed for HomeCare and Hospice.

Our Range of Services:
Medical/surgical and hospice RNs and LPNs for adults and children, including 24-hour on call; CNAs for personal care needs, such as bathing, meals and light housework; homemakers for errands, housework and meal preparation; social workers for counseling for such issues as finances, coping, bereavement, etc.; PT, OT, and ST in homes, schools, and nursing homes, including electrical stimulation, ultrasound, traction, and TENS; IV therapies with central lines, venipunctures, infusion pumps, TPN and chemotherapy; pre- and post-natal care including fetal monitoring; mental health nursing.

Making a Referral:
To refer a patient to HealthReach HomeCare and HealthReach Hospice, please call and ask to speak to the appropriate coordinator (name and number listed by area). With HealthReach, you only have to make one phone call, and we'll coordinate services for your patients.

Payment Information:
We make payment easy by billing Medicare, MaineCare, Anthem and other private insurances directly for services provided. We can also fill out your insurance claims and help you figure out what types of insurance coverage and other helping resources you can receive.

If your doctor has ordered homecare and you do not have insurance, we will work with you to arrange payments you can afford and, in some cases, will provide your care free of charge.

Hospice and palliative care is covered by Medicare, MaineCare and most private insurance companies. Insurance also covers most medications and therapies.

In addition to HealthReach HomeCare, other services include: hospice care; retired senior volunteer visits and telephone contact; medical care at your local health center; substance abuse treatment; and mental health nursing.
Low-Income Home Energy Assistance Program (LIHEAP) - assists households in paying for home heating costs. The assistance can be utilized to cover costs associated with oil, kerosene, electricity, coal, wood, etc. Clients must be income eligible (total household income and family size). There are no fees. HEAP applications are taken Mid-August through April 30th.

Emergency Crisis Intervention Program (ECIP) - benefit may provide assistance to eligible households experiencing an emergency energy crisis. ECIP benefit (one-time per heating season) can be used for fuel, utility emergencies, or emergency heating system repairs.

Low Income Assistance Program (LIAP) - HEAP clients may be eligible for a one-time credit if they are residential customers of Central Maine Power Company or a yearly credit to residential customers of Madison Electric. Subsidized housing residents are not eligible for this program. Applications for this program are available during the regular HEAP season.

Central Heating Improvement Program (CHIP) funds are used to complete furnace work such as clean, tune, evaluation of HEAP eligible clients heating systems in no heat situations, repairs and/or replaces heating systems of HEAP eligible home owners.

WEATHERIZATION- Provides energy saving measures such as insulation, air sealing or weather stripping.

Housing Services - Provides pre-purchase counseling/education, post purchase counseling, foreclosure intervention, lending and real estate development.

Home Repair - Provides assistance to make essential home repairs or improvements, such as roofing, siding or windows, or for health, safety and/or accessibility repairs. Income restrictions apply.

CHW is a local resource. CHW's are frontline public health worker who are trusted members of and/or has an unusually close understanding of the community served. CHW are able to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery. A CHW also build individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support, and advocacy. CHW's are a resource to get families connected with social supports.

For CHW's in local communities please contact Bridgette Germeli at Northern Light - Inland Hospital at 207-861-6091; or Ann Conners at MaineGeneral 207-861-5210.
Organization Name: Maine General Community Care W.I.C. Nutrition Program
Address: 6 E Chestnut St - Ste 330
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-6350
Fax: (207) 621-6205
Information: Waterville Site, 10 Water St - Ste 214, Waterville, ME 04901 Tel: 861-3580
Skowhegan Site, 165 North Ave., Skowhegan, ME 04796, Tel: 861-3593
Outreach clinic sites - Pittsfield, Madison, Gardiner, Winthrop
Nutrition program that provides healthy food benefits to pregnant and nursing women and children up to age 5. WIC assists by giving checks to buy healthy food, gives health and nutrition information about infant and child development, monitor proper growth and weight gain, test to screen for blood iron level. 1/19

Contact ID: 768
County: KEN

Organization Name: Motivational Services
Address: Administrative Office
71 Hospital St
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3465
Fax: 
Information: Residential Mental Health services throughout Kennebec County. Hospital Street is also the training and education center for health care certifications. 1/19

Contact ID: 575
County: KEN

Organization Name: Office of Family Independence - DHHS
Address: 98 North Ave.
City: Skowhegan
State: ME
Zip Code: 04976-
Phone: (207) 474-4800
Fax: 
Information: Also: 1-800-452-4602
Also located at: 11 State House Station, 35 Anthony Ave., Augusta, ME 04330 - 624-8090 or 1-800-452-1926
TANF - cash assistance; Food Stamps - for purchase of food, garden seeds and Meals on Wheels; Medicaid - payment of some medical services. Each program has separate financial criteria. Need a face to face interview. 1/19

Contact ID: 573
County: SOM

Organization Name: Salvation Army
Address: 179 Main St. Suite 313
City: Waterville
State: ME
Zip Code: 04901-
Phone: (207) 872-2172
Fax: 
Information: ALSO AT: 36 Eastern Ave, Augusta, ME 04330 - 207-623-3752
www.use.salvationarmy.org/nne
Waterville open Tuesday 9 - 2:30
Augusta open Tues - Friday 9 - 2:30. There are no clothing stores open now. Helps with emergency needs such as: financial assistance, rental assistance (no deposit), oil/gas/heat, electricity (denial slip and disconnect notice), housing (provide list and phone service to call landlords). Will pay for lights, oil and rent once per year, eligibility guidelines. Use of telephone, newspaper for finding rent and job. Household items available for fire victims after being called from Red Cross.

Contact your town office for Salvation Army representative in your town. (Augusta, Waterville, Sidney, Chelsea, Hallowell and Winslow) 12/18

Contact ID: 580
County: KEN
Organization Name: The Children's Center: Early Intervention & Family Support
Address: 1 Alden Ave.
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3497
Fax: (207) 621-6396
Information: www.childrenscenteraugusta.com
ALSO: 1-800-894-6264
Also at: 188 Madison Ave, Ste 1., Skowhegan, ME 04976 - Phone-207-399-6020; Fax-207-474-0162
Www.childrenscenteraugusta.com Providing in home support with case management services for children with special needs ages birth to 5, as well as parent/child groups for special needs children birth to 5. Also offers preschool, occupational therapy, physical therapy and speech/language therapy evaluations and services as well. 1/19

Organization Name: W.I.C. Program - DHHS
Address: 11 State House Station
City: Augusta
State: ME
Zip Code: 04333-0011
Phone: (207) 287-3991
Fax: (207) 287-3993
Information: ALSO: 1-800-437-9300 - State agency
www.wicforme.com
This is the administrative offices for the WIC program; it is not where clients would go or call. They administer the programs, do audits of service offices, deal with finances and policies. 10/15
Soup Kitchens

Organization Name: Soup Kitchens for Kennebec and Somerset Counties
Contact ID: 1149
Address: SEEK ALSO FOOD ASSISTANCE & BANKS
City: State: Zip Code: County: OTH
Phone: Fax:

AUGUSTA
Bread of Life Ministries Soup Kitchen
157 Water St - Augusta
Tel: Office 626-3434 Kitchen: 621-2541
Hours: Mon-Saturday 11 am - 12:30 pm

OAKLAND
Oakland Soup & Sandwich
47 Church St - United Baptist Church - Oakland
No Phone
Hours: Thursday 4 pm - 5:30 pm

PALMYRA
Palmyra Baptist Soup Kitchen
768 Main St - Palmyra
Tel: 341-2655 or 341-3915
Hours: Thursday noon - 1:30 pm and Saturday 5 pm - 6:30 pm

SKOWHEGAN
St. Anthony's Soup Kitchen
Notre Dame de Lourdes Church - 291 Water St - Skowhegan
Tel: 474-2039
Hours: Thursday 4:30 - 5:30 pm

WATERVILLE
Sacred Heart Soup Kitchen
72 Pleasant St - Waterville
Tel: 872-2281
Hours: Mon - Saturday 11 am - 12:30 pm

Evening Sandwich Program
69 Silver St - Waterville
Tel: 474-7370
Hours: Sunday thru Friday JAN & FEB 3:30 pm - 4:30 pm and all other months are 4 pm - 5 pm

WINTHROP
Hot Meal Kitchen
130 Rt 133 - St Francis Xavier Catholic Church Parish Hall - Winthrop
Tel: 377-8404
Hours: Mon - Thursday 11:30 am to noon
Special Needs

Organization Name: Alliance for the Mentally Ill of Maine (NAMI-ME)  
Address:  
City: Augusta  
State: ME  
Zip Code: 04332-  
Phone: (207) 622-5767  
Fax:  
Information: www.namimaine.org  
Support, education and advocacy for anyone with questions about mental health concerns.  6/19

Organization Name: Alzheimer's Care Center  
Address:  
City: Gardiner  
State: ME  
Zip Code: 04345-  
Phone: (207) 626-1770  
Fax:  
Information: www.mainegeneral.org  
Residential service call 626-1770; Adult Day Services call 626-1834

Organization Name: American Council of the Blind of Maine  
Address:  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 426-2651  
Fax:  
Information: Mary Ellen Frost, President  
The American Council of the Blind in Maine promotes independence, security, equality of  
opportunity and quality of life for all the people of Maine who are blind and visually impaired.  
They assist blind people by providing advocacy, education, research, technology, and programs that  
courage independence and self-confidence.  6/19

Organization Name: Bayside NeuroRehabilitation Center  
Address:  
City: Portland  
State: ME  
Zip Code: 04101-  
Phone: (207) 761-8402  
Fax: (207) 761-8405  
Information: Program is associated with Goodwill.  
Services provided are evaluation, education, treatment and residential living.  6/19

Organization Name: Bureau of Rehabilitation Services  
Address:  
City: Augusta  
State: ME  
Zip Code: 04333-  
Phone: (207) 624-5120  
Fax:  
Information: OR: 1-800-760-1573  
If you have a vision problem that prevents you from carrying out the activities of daily living, getting  
an education or a job, there is help. The Division for Blind and Visually Impaired can provide many  
services to persons with severe visual impairments.  6/19
Organization Name: Crisis & Counseling Centers, Inc.  
Address: Case Management Services & GEAR  
346 Water St.  
City: Skowhegan  
State: ME  
Zip Code: 04976-  
Phone: (888) 568-1112  
Fax: (207) 474-6732  
Information: 888-568-1112 Crisis line  
www.crisisandcounseling.org  
Also: 10 Caldwell Rd., Augusta, ME 04330  626-3448  
Crisis response services; crisis aftercare; mental health and substance abuse counseling; family and youth counseling; one-on-one support for parents of children with behavioral health needs; medication management; case management for pregnant and parenting women using substances; marriage and family therapist; marriage and family enrichment; divorce and separation counseling; chronic illness counseling; disciplinary problems.  
Services for children and adolescents with autism, mental retardation, developmental disorders and aspergers. Can help meet the special needs of your child and family. Helps negotiate the complex professional service system with confidence. Assists in the development of a plan of care with family and involved professionals. 6/19  
Contact ID: 804

Organization Name: Division of Deaf, Hard of Hearing and Late Deafened  
Address: 150 State House Station  
City: Augusta  
State: ME  
Zip Code: 04330-  
Phone: (207) 623-7958  
Fax:  
Information: (207) 623-7998 (TTY)  
Information and referral on issues of deaf and hard of hearing. 6/19  
Contact ID: 592

Organization Name: Families Matter, Inc.  
Address: PO Box 404  
City: Hallowell  
State: ME  
Zip Code: 04347-  
Phone: (207) 621-1023  
Fax:  
Information: www.familiesmatter.org  
Farmington (207) 778-2324; Skowhegan (207) 612-2992; South China (207) 445-7100; Waterville (207) 622-4772  
This program has a mission to enhance the quality of life for special needs young adults and their families. Their program "Personal Social Awareness" began in 1996 providing services 4 days a week to 4 people and has grown to 5 days a week serving over 80 consumers in five locations. They support thru education, programming, therapeutic activities and to encourage participation in life to the fullest extent possible. 6/19  
Contact ID: 1158

Organization Name: Hanger Prosthetics & Orthotics  
Address: 325E Kennedy Memorial Drive  
City: Waterville  
State: ME  
Zip Code: 04901-  
Phone: (207) 872-8779  
Fax:  
Information: www.hanger.com  
Offers free clinic with multidisciplinary team. Evaluates amputees needing prosthetic devices and patients with complex musculoskeletal disabilities requiring orthotic services such as post polio, stroke, M.S., adult spina bifida, spinal cord injuries, pedorthics, severe arthritis and other complex disabilities. Clinics held in Belfast and Skowhegan. Call office for times and exact locations. 6/19  
Contact ID: 596

Special Needs  
159
The Independent Living Services (ILS) Program assists people who have significant disabilities to live more independently in their homes and communities. The program provides and arranges needed IL services subject to the availability of funds. The program is also an advocacy program for people with disabilities and their families.  6/19

Iris Network
Address: 189 Park Ave.
City: Portland
Phone: (207) 774-6273
Information: Formerly: Maine Center for the Blind
ALSO: 1-800-715-0097
www.theirisnetwork.org  6/19

Maine Center for Integrated Rehab
Address: 95 Skowhegan Rd
City: Fairfield
Phone: (207) 453-1330
Information: Works with clients who have brain injuries and strokes. Focus is to return clients as close to pre-injury levels of functioning as possible. Provides evaluations and individualized services to meet each client's needs including: medical consultation; physical therapy; occupational therapy; speech/language therapy; recreation therapy; counseling; cognitive rehabilitation; adaptive sports program; support groups; vocational rehab program; concussion program; skilled day rehab program; supported living services; community re-integration. Accepts Medicaid and most commercial insurances.  6/19

Maine Roads to Quality PDN, f/k/a The Inclusion Warm Line
Address: PO Box 9300, 34 Bedford St
City: Portland
Phone: (844) 209-5964
Information: 1 (888) 900-0055. The Warm Line serves as the first step in providing practical, accurate information to support the successful inclusion of children with special health needs, disabilities, mental health concerns or challenging behavior. A warm line provides preventative and non-emergency person-to-person support and resources. The MRTQ PDN Warm Line is jointly staffed by professionals with expertise in inclusive practices; disabilities; children's health, social and emotional development; behavior; and early childhood mental health. The Warm Line is NOT a hotline. If your situation is serious and urgent, please treat it as an emergency and CALL 911.  6/19

Pine Tree Society Interpreting Services
Address: 71 US Route 1, Suite B
City: Scarborough
Phone: (207) 885-0536
Information: TTY phone number: 386-5978
www.pinetreesociety.org  6/19
Special Needs Parents Information Network (S.P.I.N.)

484 Maine Ave, Farmingdale, ME 04344-0001
Phone: (207) 588-1933, Fax: (207) 588-1938
Information: 1-800-870-7746, www.startingpointsforme.org

A statewide project of the Maine Parent Federation, serving parents and professionals who are concerned with children and young adults with all disabilities and/or special health care needs. All services are free of charge.

Spurwink School

899 Riverside St., Portland, ME 04103-0001
Phone: (207) 871-1200

Provides a wide array of community-based services for children, adolescents, adults and families who face challenges associated with mental illness, behavioral or emotional disorders and developmental disabilities. Services are delivered through a variety of programs located throughout southern and central Maine.

The Children's Center

1 Alden Ave, Augusta, ME 04330-0001
Phone: (207) 626-3497, Fax: (207) 621-6396

Providing targeted case management to children birth through 21 in Kennebec, Franklin, and Somerset Counties. They are continuing to provide health and developmental disability targeted case management under Section 13 of MaineCare Services. However, we have expanded our services to include children and young adults up to the age of 21 (instead of 12) as well as services to include Franklin County.

Uplift, Inc.

25 Winter Street, Gardiner, ME 04345-0001
Phone: (207) 582-8021
Information: www.upliftmaine.org

Supported living services, provides residential and day programs to adults with disabilities. Provides transportation to adults to attend its program.
Town Offices - Kennebec County

Organization Name: Albion Town Office
Address: PO Box 287, 22 Main St.
City: Albion
Phone: (207) 437-2900
Information: 6/19

Organization Name: Augusta City Hall
Address: 16 Cony St.
City: Augusta
Phone: (207) 626-2310
Information: General Assistance Office 6/19

Organization Name: Belgrade Town Office
Address: 6 Manchester Road
City: Belgrade
Phone: (207) 495-2258
Information: 6/19

Organization Name: Benton Town Office
Address: 1279 Clinton Ave.
City: Benton
Phone: (207) 453-7191
Information: 6/19

Organization Name: Chelsea Town Office
Address: 560 Togus Road
City: Chelsea
Phone: (207) 582-4802
Information: 6/19

Organization Name: China Town Office
Address: 571 Lakeview Drive
City: China
Phone: (207) 445-2014
Information: 6/19

Town Offices - Kennebec County
162
Organization Name: Clinton Town Office  
Address: 27 Baker St.  
City: Clinton  
Phone: (207) 426-8511  
Information: 6/19

Organization Name: Farmingdale Town Office  
Address: 289 Main Ave.  
City: Farmingdale  
Phone: (207) 582-2225  
Information: 6/19

Organization Name: Fayette Town Office  
Address: 2589 Main St.  
City: Fayette  
Phone: (207) 685-4373  
Information: 6/19

Organization Name: Gardiner City Hall  
Address: 6 Church St.  
City: Gardiner  
Phone: (207) 582-4200  
Information: 6/19

Organization Name: Hallowell City Hall  
Address: 1 Winthrop St.  
City: Hallowell  
Phone: (207) 623-4021  
Information: 6/19

Organization Name: Litchfield Town Office  
Address: 2400 Hallowell Road  
City: Litchfield  
Phone: (207) 268-4721  
Information: 6/19

Organization Name: Manchester Town Office  
Address: PO Box 18, 12 Readfield Road  
City: Manchester  
Phone: (207) 622-1894  
Information: 6/19

Town Offices - Kennebec County
163
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monmouth Town Office</td>
<td>194</td>
<td>KEN</td>
</tr>
<tr>
<td>PO Box 270, 859 Main St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 933-2206</td>
<td></td>
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<tr>
<td>6/19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mt. Vernon Town Office</td>
<td>195</td>
<td>KEN</td>
</tr>
<tr>
<td>1997 North Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 293-2379</td>
<td></td>
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<tr>
<td>6/19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oakland Town Office</td>
<td>180</td>
<td>KEN</td>
</tr>
<tr>
<td>PO Box 187, 6 Cascade Mill Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 465-7357</td>
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<tr>
<td>6/19</td>
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<td></td>
</tr>
<tr>
<td>Pittston Town Office</td>
<td>196</td>
<td>KEN</td>
</tr>
<tr>
<td>38 Whitefield Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 582-4438</td>
<td></td>
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<tr>
<td>6/19</td>
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</tr>
<tr>
<td>Randolph Town Office</td>
<td>197</td>
<td>KEN</td>
</tr>
<tr>
<td>121 Kinderhook St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 582-5808</td>
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<tr>
<td>6/19</td>
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</tr>
<tr>
<td>Readfield Town Office</td>
<td>198</td>
<td>KEN</td>
</tr>
<tr>
<td>8 Old Kents Hill Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 685-4939</td>
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<tr>
<td>6/19</td>
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</tr>
<tr>
<td>Rome Town Office</td>
<td>181</td>
<td>KEN</td>
</tr>
<tr>
<td>8 Mercer Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(207) 397-4011</td>
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<tr>
<td>6/19</td>
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</tr>
</tbody>
</table>
Organization Name: Sidney Town Office
Address: 2986 Middle Road
City: Augusta  State: ME  Zip Code: 04330-
Phone: (207) 547-3340  Fax: (207) 547-5054
Information: 6/19

Organization Name: Vassalboro Town Office
Address: PO Box 129, 682 Main St.
City: North Vassalboro  State: ME  Zip Code: 04962-0129
Phone: (207) 872-2826  Fax:
Information: 6/19

Organization Name: Vienna Town Office
Address: PO Box 38, 328 Townhouse Road,
City: Vienna  State: ME  Zip Code: 04360-0038
Phone: (207) 293-2087  Fax:
Information: Available by appointment only.  6/19

Organization Name: Waterville City Hall
Address: One Common St.
City: Waterville  State: ME  Zip Code: 04901-6699
Phone: (207) 680-4200  Fax: (207) 680-4228
Information: General Assistance Line is 680-4227  6/19

Organization Name: Wayne Town Office
Address: 48 Pond Rd., PO Box 400
City: Wayne  State: ME  Zip Code: 04284-9708
Phone: (207) 685-4983  Fax: (207) 685-3836
Information: After automated system answers, it is Ext 2 and Ext 2 again.  6/19

Organization Name: West Gardiner Town Office
Address: 318 Spears Corner Rd.
City: West Gardiner  State: ME  Zip Code: 04345-
Phone: (207) 724-3945  Fax:
Information: 6/19

Organization Name: Windsor Town Office
Address: PO Box 179, 523 Ridge Rd.
City: Windsor  State: ME  Zip Code: 04363-0179
Phone: (207) 445-2998  Fax: (207) 445-3762
Information: 6/19
Organization Name: Winslow Town Office  
Address:  
City:  
Phone:  
Information:  

Organization Name: Winthrop Town Office  
Address:  
City:  
Phone:  
Information:  

Winthrop Town Office  
17 Highland Ave.  
Winthrop  
(207) 377-7200  
Fax:  
6/19  
Information:  

County: KEN
County: KEN
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>County</th>
<th>Contact ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town Offices - Somerset County</td>
<td>Anson</td>
<td>ME</td>
<td>04911-0297</td>
<td>PO Box 297, 5 Kennebec St</td>
<td>(207) 696-3979</td>
<td>(207) 696-3995</td>
<td>SOM</td>
<td>204</td>
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<tr>
<td>Athens Town Office</td>
<td>Athens</td>
<td>ME</td>
<td>04912-</td>
<td>PO Box 147, 28 Academy Rd</td>
<td>(207) 654-3471</td>
<td>(207) 654-2704</td>
<td>SOM</td>
<td>205</td>
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</tr>
<tr>
<td>Bingham Town Office</td>
<td>Bingham</td>
<td>ME</td>
<td>04920-0652</td>
<td>PO Box 652, 13 Murray St.</td>
<td>(207) 672-5519</td>
<td>(207) 672-3080</td>
<td>SOM</td>
<td>206</td>
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<tr>
<td>Brighton Plantation</td>
<td>Athens</td>
<td>ME</td>
<td>04912-</td>
<td>PO Box 126</td>
<td>(207) 654-2551</td>
<td></td>
<td>SOM</td>
<td>207</td>
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</tr>
<tr>
<td>Cambridge Town Office</td>
<td>Cambridge</td>
<td>ME</td>
<td>04923-</td>
<td>202 Ripley Rd.</td>
<td>(207) 277-3241</td>
<td>(207) 277-5291</td>
<td>SOM</td>
<td>209</td>
</tr>
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</tr>
<tr>
<td>Canaan Town Office</td>
<td>Canaan</td>
<td>ME</td>
<td>04924-0068</td>
<td>PO Box 68, 277 Main St.</td>
<td>(207) 474-8976</td>
<td>(207) 612-2037</td>
<td>SOM</td>
<td>208</td>
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</tr>
</tbody>
</table>
Organization Name: Caratunk Plantation Town Office
Address: PO Box 180
City: Caratunk
Phone: (207) 672-3030
Information: 6/19
Contact ID: 210
County: SOM
Zip Code: 04925-

Organization Name: Cornville Town Office
Address: 508 West Ridge Rd.
City: Cornville
Phone: (207) 474-3275
Information: 6/19
Contact ID: 211
County: SOM
Zip Code: 04976-
Fax: (207) 474-3275

Organization Name: Dennistown Plantation
Address: 928 Main St.
City: Dennistown
Phone: (207) 668-4019
Information: 6/19
Contact ID: 213
County: SOM
Zip Code: 04945-
Fax: (207) 668-7628

Organization Name: Detroit Town Office
Address: 35 South Main St.
City: Detroit
Phone: (207) 257-4488
Information: 6/19
Contact ID: 212
County: SOM
Zip Code: 04929-3252
Fax: (207) 257-2434

Organization Name: Embden Town Office
Address: PO Box 279, 809 Embden Pond Rd.
City: North Anson
Phone: (207) 566-5551
Information: 6/19
Contact ID: 214
County: SOM
Zip Code: 04958-
Fax: (207) 566-5553

Organization Name: Fairfield Town Office
Address: PO Box 149, 19 Lawrence Ave.
City: Fairfield
Phone: (207) 453-7911
Information: 6/19
Contact ID: 215
County: SOM
Zip Code: 04937-
Fax: (207) 453-4280

Organization Name: Harmony Town Office
Address: PO Box 40, 1 Main St.
City: Harmony
Phone: (207) 683-5681
Information: 6/19
Contact ID: 217
County: SOM
Zip Code: 04942-
Fax: (207) 683-5656

Town Offices - Somerset County
168
Organization Name: Hartland Town Office
Address: PO Box 280, 21 Elm St.
City: Hartland
State: ME
Zip Code: 04943-
Phone: (207) 938-4401
Fax: (207) 938-3018
Information: 6/19
Contact ID: 218
County: SOM

Organization Name: Highland Plantation Town Office
Address: 130 Howard Hill Rd
City: Highland Plantation
State: ME
Zip Code: 04961-
Phone: (207) 628-2324
Fax:
Information: No town office. The number and address listed is for the Town Clerk. No fax number available.
6/19
Contact ID: 219
County: SOM

Organization Name: Jackman Town Office
Address: PO Box 269, 369 Main St.
City: Jackman
State: ME
Zip Code: 04945-0269
Phone: (207) 668-2111
Fax: (207) 668-4125
Information: 6/19
Contact ID: 220
County: SOM

Organization Name: Lexington Township
Address: City: State: Zip Code:
Phone: Fax:
Information: No selectman, contact nearest town, New Portland 628-4441 6/19
Contact ID: 221
County: SOM

Organization Name: Madison Town Office
Address: PO Box 190, 26 Weston Ave.
City: Madison
State: ME
Zip Code: 04950-0190
Phone: (207) 696-3971
Fax: (207) 696-5623
Information: 6/19
Contact ID: 222
County: SOM

Organization Name: Mayfield Township
Address: City: State: Zip Code:
Phone: Fax:
Information: No selectman, contact nearest town
Contact ID: 223
County: SOM

Organization Name: Mercer Town Office
Address: 1015 Beech Hill Rd., Suite A
City: Mercer
State: ME
Zip Code: 04957-
Phone: (207) 587-2911
Fax: (207) 587-2912
Information: NOTE: Mailing address is Mercer Town Office, PO Box 10, Norridgewock, ME 04957. 6/19
Contact ID: 224
County: SOM

Town Offices - Somerset County
Organization Name: Moose River Town Office  
Address: PO Box 267, 36 Tapley Road  
City: Jackman  
State: ME  
Zip Code: 04945-0267  
Phone: (207) 668-4019  
Fax: (207) 668-7628  
Information: 6/19

Organization Name: Moscow Town Office  
Address: 110 Canada Rd.  
City: Moscow  
State: ME  
Zip Code: 04920-  
Phone: (207) 672-4834  
Fax: (207) 672-3701  
Information: 6/19

Organization Name: New Portland Town Office  
Address: PO Box 629, 901 River Rd.  
City: New Portland  
State: ME  
Zip Code: 04954-0629  
Phone: (207) 628-4441

Organization Name: Norridgewock Town Office  
Address: PO Box 7, 16 Perkins St.  
City: Norridgewock  
State: ME  
Zip Code: 04957-0007  
Phone: (207) 634-2252  
Fax: (207) 634-5285  
Information: 6/19

Organization Name: Palmyra Town Office  
Address: PO Box 6, 4 Madawaska Road  
City: Palmyra  
State: ME  
Zip Code: 04965-0006  
Phone: (207) 938-4871  
Fax: (207) 938-4404  
Information: 6/19

Organization Name: Pittsfield Town Office  
Address: 112 Somerset Ave  
City: Pittsfield  
State: ME  
Zip Code: 04967-1532  
Phone: (207) 487-3136  
Fax: (207) 487-3138  
Information: 6/19

Organization Name: Pleasant Ridge Plantation Town Office  
Address: 533 Rowe Pond Rd.  
City: Pleasant Ridge Plantation  
State: ME  
Zip Code: 04920-  
Phone: (207) 672-3952  
Fax: (207) 672-3952  
Information: 6/19

Town Offices - Somerset County

170
Organization Name: Ripley Town Office
Address: 47 W. Ripley Road
City: Ripley
Phone: (207) 277-4871
Information: 6/19

Organization Name: Skowhegan Town Office
Address: 225 Water St.
City: Skowhegan
Phone: (207) 474-6902
Information: 6/19

Organization Name: Smithfield Town Office
Address: 926 Village Road
City: Smithfield
Phone: (207) 362-4772
Information: 6/19

Organization Name: Solon Town Office
Address: PO Box 214, 121 South Main St.
City: Solon
Phone: (207) 643-2812
Information: 6/19

Organization Name: St. Albans Town Office
Address: 7 Water St.
City: St. Albans
Phone: (207) 938-4568
Information: 6/19

Organization Name: Starks Town Office
Address: RR 1 Box 469
City: Starks
Phone: (207) 696-8069
Information: 6/19

Organization Name: The Forks Plantation Town Office
Address: PO Box 77, Route 201
City: West Forks
Phone: (207) 663-4454
Information: 6/19

Town Offices - Somerset County
Organization Name: West Forks Plantation Town Office

Address: PO Box 15, 2955 US-201

City: West Forks PL  
State: ME  
Zip Code: 04985-0015

Phone: (207) 663-2248  
Fax: (207) 663-2228

Information: 6/19
## Transportation

<table>
<thead>
<tr>
<th>Organization Name: Charity Cars</th>
<th>Contact ID: 916</th>
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<tbody>
<tr>
<td>Address:</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City:</td>
<td>Zip Code:</td>
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<tr>
<td>Phone:</td>
<td>Fax:</td>
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<tr>
<td>Information:</td>
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</tbody>
</table>

Provides donated cars to victims of domestic violence. Must register online at www.freecharitycars.org  6/19

<table>
<thead>
<tr>
<th>Organization Name: Coastal Trans</th>
<th>Contact ID: 240</th>
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<tbody>
<tr>
<td>Address:</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City:</td>
<td>Zip Code: 04841-</td>
</tr>
<tr>
<td>Phone:</td>
<td>Fax:</td>
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<tr>
<td>Information:</td>
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</tbody>
</table>

ALSO: 1-800-289-6605
Www.coastaltrans.org
Call for transportation services at least two business days in advance. Open 8:00 a.m.-4:00 p.m. 6/19

<table>
<thead>
<tr>
<th>Organization Name: Sebasticook Valley Hospital Courtesy Van</th>
<th>Contact ID: 873</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 447 No Main St</td>
<td>County: OTH</td>
</tr>
<tr>
<td>City: Pittsfield</td>
<td>Zip Code: 04967-</td>
</tr>
<tr>
<td>Phone: (207) 487-5185</td>
<td>Fax:</td>
</tr>
<tr>
<td>Information: The Sebasticook Valley region covers towns in four Counties: Somerset, Penobscot, Kennebec and Waldo. They provide services to the 14 rural communities of Burnham, Canaan, Clinton, Corinna, Detroit, Dexter, Dixmont, Etna, Hartland, Newport, Palmyra, Pittsfield, Plymouth and St. Albans. It is available free of charge to all citizens in the service areas listed. Transportation is provided to any non-emergent SVH service or event, including doctors, lab and outpatient services, visiting inpatient family members, to attend diabetes and nutrition clinic, community education and prevention events, flu clinics and our hospital run dental clinic. The van operates Monday-Friday from 7:30 - 4:00 pm. SVH pays for cab fare for community members if they need transportation outside of the above times (as a last resort). 12/18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name: Transportation Services - KV CAP</th>
<th>Contact ID: 239</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 97 Water St.</td>
<td>County: KEN</td>
</tr>
<tr>
<td>City: Waterville</td>
<td>Zip Code: 04901-</td>
</tr>
<tr>
<td>Phone: (207) 877-5677</td>
<td>Fax: (207) 877-0496</td>
</tr>
</tbody>
</table>
| Information: All locations can be reached at: 1-800-542-8227
www.kvcap.org KV VAN  Provides rides to medical appointments, also referrals from DHHS. Medicaid and/or low income. M-F, Kennebec and Somerset counties included. Kennebec/Somerset Explorer provides regularly scheduled public bus services throughout the Augusta, Waterville and Skowhegan areas (M-F). Call for local bus schedules and cost information 1-800-542-8227. 12/18 |
Veterans Services

Organization Name: Bureau of Veterans Services  
Address: 74 Drummond Ave  
City: Waterville  
State: ME  
Zip Code: 04901-  
Contact ID: 599  
Phone: (207) 872-7846  
Fax:  
Information:  
This location services Knox, Waldo, Somerset and Kennebec Counties.  
This bureau has six field offices and 21 itinerant service points around the state to service veterans seeking claims applications regarding eligibility for loans, counseling, educational benefits, and tax and various other exemptions.  

Organization Name: Medical Administration Services  
Address: Dept. of Veterans Affairs  
VA Medical Center & Regional Office  
1 VA Center  
City: Togus  
State: ME  
Zip Code: 04330-  
Contact ID: 598  
Phone: (207) 623-8411  
Fax:  
Information:  
Also: 1-877-421-8263  
Men and women who have served in the armed forces may be eligible for certain health and counseling services available through the VA at Togus. To get information concerning eligibility for inpatient and outpatient care, veterans should call or write.  
Community-Based Outpatient Clinics - Primary Care:  
Bangor CBOC, 304 Hancock St., Suite 3B, Bangor, ME 04401 - 561-3600  
Rumford CBOC, 431 Franklin St., Rumford, ME 04276 - 369-3200  
VA Mental Health Clinic:  
Bangor VA Mental Health Clinic, 304 Hancock St., Suite 2D, Bangor, ME 04401 - 877-421-8263 x 3651  
Portland VA Mental Health Clinic, 509 Forest Ave., Portland, ME 04101 - 877-421-8263 x 3500  
Readjustment Counseling (for combat veterans & military sexual trauma veterans):  
352 Harlow St., Bangor, ME 04401 - 947-3391  
29 Westminster St., Lewiston, ME - 783-0068  
www.togus.va.gov (health)  
www.vba.gov/ro/east/togus (Benefits) and  
www.va.gov (Total overview of VA Services)  

Organization Name: VA Homeless Veterans Coordinator  
Address:  
City:  
State:  
Zip Code:  
Contact ID: 600  
Phone: (207) 623-8411  
Fax:  
Information:  
Assists veterans with enrollment for overall veterans services. Assists with Section 8 application and provides list of housing resources available.  

Organization Name: Vet Center  
Address: 352 Harlow St  
City: Bangor  
State: ME  
Zip Code: 04401-  
Contact ID: 1054  
Phone: (207) 947-3391  
Fax:  
Information:  
Services Kennebec and Somerset Counties. Services offered include: group readjustment counseling services, crisis intervention, individual counseling, couples/marital counseling, family counseling, substance abuse (aftercare referral), employment counseling, medical referrals, VA benefits counseling, networking and referrals, community education, bereavement counseling and military sexual trauma counseling and referral.
### Youth & Teen Services

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
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</thead>
<tbody>
<tr>
<td>Alternative to Suspension</td>
<td>1150</td>
</tr>
<tr>
<td><strong>Address:</strong> 22 Armory St</td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Augusta</td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
</tr>
<tr>
<td><strong>Zip Code:</strong> 04330-</td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 622-0452</td>
<td></td>
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<tr>
<td><strong>Fax:</strong></td>
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<tr>
<td><strong>Information:</strong></td>
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<tr>
<td>This program is for Cony students only at this present time from grades 7 to 12. It is a 7.5 to 15 hour program that works with students who have been suspended for the first time. The asset is the one-on-one contact with someone and the follow-up with them later at the school. Skills are taught to teach the severity of being suspended. If a student takes this program successfully then the suspension is removed from their record.</td>
<td>12/18</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
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<tbody>
<tr>
<td>Boy Scouts of America</td>
<td>1151</td>
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<tr>
<td><strong>Address:</strong> 146 Plains Rd</td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Raymond</td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
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<tr>
<td><strong>Zip Code:</strong> 04071-</td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (207) 797-5252</td>
<td></td>
</tr>
<tr>
<td><strong>Fax:</strong> (207) 655-6282</td>
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<tr>
<td><strong>Information:</strong></td>
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<tr>
<td><a href="http://www.pinetreebsa.org">www.pinetreebsa.org</a> (Scouting in central, western and southern Maine)</td>
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<tr>
<td><a href="http://www.scouting.org">www.scouting.org</a> (National organization)</td>
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<td>The Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. For more than a century, the BSA has helped build the future leaders of this country by combining educational activities and lifelong values with fun. The BSA believes - and, through over a century of experience, knows - that helping youth is a key to building a more conscientious, responsible, and productive society.</td>
<td>12/18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girl Scouts of Maine</td>
<td>1152</td>
</tr>
<tr>
<td><strong>Address:</strong> 395 Perry Road, STE B</td>
<td></td>
</tr>
<tr>
<td><strong>City:</strong> Bangor</td>
<td></td>
</tr>
<tr>
<td><strong>State:</strong> ME</td>
<td></td>
</tr>
<tr>
<td><strong>Zip Code:</strong> 04401-6723</td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> (888) 922-4763</td>
<td></td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Information:</strong></td>
<td></td>
</tr>
<tr>
<td>Portland address: 138 Gannett Dr. So Portland, ME 04106</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.girlscoutsofmaine.org">www.girlscoutsofmaine.org</a></td>
<td></td>
</tr>
<tr>
<td>Girl Scouts helps girls develop their full potential. When a girl becomes a Girl Scout, she grows into a young woman who is self-confident, strong and compassionate. She learns how to build and maintain healthy relationships. She becomes aware of the world around her and uses her skills and talents to make her world a better place.</td>
<td>12/18</td>
</tr>
</tbody>
</table>

- Girl Scouts is open to all girls K-12, and any adult who wishes to volunteer. They serve economically disadvantages populations and reach out to remote areas and urban centers. They have special programs to serve immigrant populations, and have the ability to serve those with special needs.
- They will always work with families to ensure that all who want to be Girl Scouts can join! | 12/18 |
Organization Name: Homeless Youth - Kennebec Behavioral Health
Address: 66 Stone St
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 626-3455
Information: Waterville office - 67 Eustis Parkway - Phone: 873-2136
Skowhegan office - 5 Commerce Dr - Phone 474-8368
Toll Free 888-322-2136 or call Tony, the Program Director on his cell 877-5178
This is a case management program for homeless youth or at-risk youth. KBH works collaboratively
with the youth, schools, doctors and family members to help provide youth with needed stability and
individualized support to meet their needs and help them reach their potential. 11/17

Organization Name: Kennebec Valley YMCA
Address: 31 Union ST
City: Augusta
State: ME
Zip Code: 04330-
Phone: (207) 622-9622
Information: The YMCA offers Youth Sport Clubs for ages 10-14; co-ed classes on archery, basketball, soccer,
running, exercising, dodgeball, and more on weekdays from 4 to 5 pm. On Saturday they have
gymnastics for first and second graders, and they have another class for pre-K and K which is 4 and
5 yr olds.
There is financial assistance available for qualifying individuals and families. 12/18