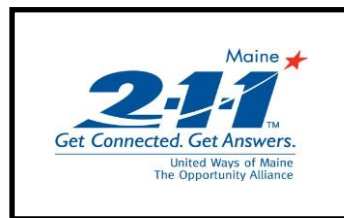




United Way
of Mid Coast Maine

Directory of Commonly Requested Community Services

October 2015



Dial 2-1-1 or 1-877-463-6207 | or visit 211Maine.org
for confidential help & information on these and other area services

Brought to you locally by: United Way of Mid Coast Maine

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EMERGENCY SERVICES

Emergency Dial 9-1-1

Adult Protective Services (24 hr. Hotline) .1-800-624-8404
American Red CROSS-Mid Coast Chapter . 729-6779 or 563-3299
Cumberland Co. Emergency Management..... 892-6785
Emergency Hazardous Materials Response .1-800-452-4664
Emergency Oil Spill Response.....1-800-482-0777
Family Crisis Services (24 hr.)1-800-537-6066
Lincoln Co. Emergency Management 882-7559
ME Emergency Management Agency. 1-800-452-8735 or 624-4400
Mental Health Crisis Hotline Connector 1-888-568-1112
Northern NE Poison Center.....1-800-222-1222
Sagadahoc Co. Emergency Management 443-8210
Sexual Assault Support Services1-800-822-5999

FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

Clothing, Emergency \$, Food, Fuel, Mortgage, Rent, Utilities

Adventist Community Services (Clothing and Housewares).....725-7015
Bath Area Food Pantry 737-9289
Bath Area Soup Kitchen (Oct-June)..... 798-2239
Boothbay Region Community Resources 633-6272
Boothbay Region Food Pantry..... 633-4757
Brunswick Food Pantry- Mid Coast Hunger Prevention 725-2716
Brunswick Soup Kitchen- Mid Coast Hunger Prevention725-2716
CEI - Coastal Enterprises, Inc.....1-877-340-2649 or 504-5900
CHIP – Lincoln County.....1-800-924-9571
Community Energy Fund-Lincoln Co 563-3883
DHHS Emergency Assistance – Cumberland..... 822-2000
DHHS Emergency Assistance - Lincoln/Sagadahoc..... 596-4200
Freeport Community Services 865-3985
Friends Helping Community Food Pantry 666-5651 x2820
General Assistance Local Town Office or Dial 2-1-1
LIHEAP (Heating Assistance)

KVCAP (Lincoln & Sagadahoc County)1-800-542-8227
Penquis (Knox County)1-800-215-4942 or 596-0361
The Opportunity Alliance PROP-(Brunswick/Harpwell)..1-800-698-4959
Little Flock Non Food Bank..... 443-9333
Meals on Wheels1-800-639-1553 or 729-0475
Midcoast ME Community Action (MMCA) 1-800-221-2221 or 442-7963
New Harbor Food Pantry 677-3424 or 677-3055
Newcastle Ecumenical Food Pantry 563-1133
Richmond Food Pantry 607-2777
Salvation Army - Bath 443-3611
Salvation Army - Rockland..... 594-5326
Salvation Army - other communities Dial 2-1-1
SNAP (Food Stamps) - Cumberland..... 822-2000
SNAP (Food Stamps) - Lincoln & Sagadahoc 596-4200
Social Security Administration 1-800-772-1213
St. Denis Whitefield Food Pantry 582-2684
St. Philips Help Yourself Shelf 882-7184
Tedford Housing 729-1161
The Gathering Place (Drop-in Day Center)..... 729-0288
Veterans Affairs (VA) 1-800-827-1000
Waldoboro Food Pantry 832-4743
Warm Thy Neighbor-Fuel Assistance (Brunswick Area) ... 729-1161 x111
Wiscasset Food Pantry 882-9088
Women, Infants & Children (WIC)....1-800-221-2221 or 442-7963

ABUSE/ASSAULT

Child Abuse

Child Protective Services - DHHS.....1-800-452-1999
Families Can! (MMCA)..... 442-7963 x286
Healthy Kids Lincoln County 563-1818

Domestic Violence

Family Crisis Services (24 hr.)1-800-537-6066
National Domestic Violence Hotline.....1-800-799-7233
New Hope for Women-Bath,Damariscotta,Rockland1-800-522-3304
Safe Voices AWAP (24 hr., Auburn)1-800-559-2927

Sexual Assault

Sexual Assault Support Services of Mid Coast ME ..1-800-822-5999

DISABILITIES SERVICES

Alpha One1-800-640-7200
Disability Rights Center..... 1-800-452-1948 or 626-2774
Elmhurst, Inc.-Bath.....443-9783 & TTY: 1-800-545-1833x756
Independence Association - Brunswick..... 725-4371
IRIS (Maine Center for the Blind) 1-800-715-0097 or 774-6273
Maine Parent Federation (SPIN)..... 1-800-870-7746 or 588-1933
Maine Relay Service for the Deaf.....7-1-1
Maine State Library Services-Books on Tape1-800-762-7106
Mobius, Inc. - Damariscotta563-3511 & TTY: 563-3864
Office of Aging and Disabilities (DHHS)
Portland.....1-800-269-5208
Rockland 1-800-704-8999
Pine Tree Society.....443-3341
Spectrum Generations - Aging & Disabilities Resources 1-800-639-1553
Vocational Rehabilitation.....1-877-594-5627

EDUCATION & EMPLOYMENT SERVICES

ASPIRE/JOBS.....795-4377
Bath RSU1 Adult Education 443-8255
Boothbay Region Adult Education.....633-3224
Central Maine Community College.. 1-800-891-2002 or 755-5100
Merrymeeting Adult Education - Brunswick/Topsham....729-7323
Midcoast Senior College 725-4900
New Ventures Maine (Women, Work & Community)386-1664
Occupational Safety Hotline.....1-800-321-6742
Southern Maine Community College . 1-877-282-2182 or 741-5500
Southern MidCoast Career Center - 1-888-836-3355 or 373-4000
Southern New Hampshire University1-800-427-9238 or 725-6486
Technical High School Vocation Ed - Brunswick (Region 10). 729-6622
Tri-County Literacy 443-6384
Unemployment Insurance1-800-593-7660
Univ. College at Bath/Brunswick 1-800-696-2329 or 442-7736
Univ. of ME Cooperative Extension Svc (Sagadahoc)1-800-287-1458
Vocational Rehabilitation..... 1-877-594-5627
Wiscasset Adult & Community Education882-9710
Women Unlimited..... 1-800-281-5259 or 623-7576
Worker's Compensation Board 1-888-801-9087 or 287-3751

ELDER SERVICES

Adult Protective Services (24 hr. to report abuse) ...1-800-624-8404
Bath Area Senior Citizens Activity Center 443-9377
Brunswick Area Respite Care – Bath/Brunswick..... 729-8571
Elder Independence of Maine 1-888-234-3920 or 795-7213
Eldercare Locator.....1-800-677-1116
ElderCare Network - Lincoln County 563-2148
Good Morning Program- Bath 443-5563
Good Morning Program - Brunswick 729-0757
Hearthside Senior Assistance 443-5748
Legal Services for the Elderly 1-800-750-5353 or 623-1797
Lifeline Emergency Response Information.....373-3635
Long Term Care Ombudsman..... 1-800-499-0229 or 621-1079
Low Cost Drug Program (ME.Rx Plus).....1-866-796-2463
Meals on Wheels.....1-800-639-1553 & TTY: 1-800-464-8703
Neighbors Inc. - Greater Brunswick 725-9444
Office of Aging & Disabilities1-800-262-2232
People Plus-Brunswick 729-0757
Richmond Area Senior Center 737-2161
SEARCH-Greater Bath Elder Outreach Network837-8810
Spectrum Generations/Area Agency on Aging.....1-800-639-1553

VOLUNTEERING or DONATING GOODS:

United Way of Mid Coast Maine 443-9752

GetConnected.VolunteerMaine.org



FAMILY & CHILDRENS SERVICES

Child Care Information and Vouchers

Child & Family Services DHHS1-877-680-5866 or 624-7900

Child Care Centers/After School Programs

Bath Area Family YMCA 443-4112
Boothbay Region YMCA 633-2855
Casco Bay YMCA 865-9600
Central Lincoln Co. YMCA 563-3477
Coastal Kids Preschool..... 563-5335
Family Focus - Child Care Services .1-800-675-2413 or 386-1662
Head Start & Early Head Start 1-800-221-2221
Penobscot Bay YMCA 236-3375

Mentoring and Scouting Programs

Big Brothers Big Sisters of Bath-Brunswick 729-7736
Big Brothers Big Sisters of Mid-Maine 236-2227
Boy Scouts of America, Pine Tree Council..... 797-5252
Girl Scouts of Maine 1-888-922-4763

Parenting Resources

Child Development Services Mid Coast Region CDS
Damariscotta office1-888-760-8114 or 563-1411
Rockland office1-877-443-1301 or 594-5933
Families Can! (MMCA)..... 442-7963 x286
G.E.A.R. Parent Network..... 1-800-264-9224
Healthy Generations 373-6967
Healthy Kids (Lincoln Co.) 563-1818
Home to Home-Children Exchange Program..... 837-4894
Maine Families/Teen & Young Parent Program..... 594-1980
Maine Families/The Opportunity Alliance..... 1-877-429-6884
Success By 6 442-7440

Youth and Family

Bath Youth Meetinghouse and Skatepark..... 443-8750
Gay & Lesbian National Hotline (GLBT) 1-888-843-4564
Home Counselors 596-0359
Runaway Safeline 1-800-786-2929
Seeds of Independence 865-9267
Teen Center-People Plus 721-0754

HEALTH AND HEALTHCARE

CHANS Hospice/Grief Support1-888-486-0340 or 729-6782
Childhood Lead Poisoning Prevention 1-866-292-3474
Consumers for Affordable Health Care ..1-800-965-7476 or 622-7083
Health Care Navigator (MMCA) 1-800-221-2221
HIV/STD/Hepatitis Info (CDC) 1-800-232-4636
Low-Cost Drug Maine RX Program (Elder/Disabled) 1-866-796-2463
Maine HIV/STD/Hepatitis Frannie Peabody1-866-701-3897 or 774-6877
MaineCare Member Services 1-800-977-6740
Medicare 1-800-633-4227
Northern NE Poison Center 1-800-222-1222
Public Health Nurse- DHHS 1-877-763-0438

HOME HEALTH CARE

Catholic Charities Maine – Family Services 1-877-621-8520
CHANS Home Health Care/Hospice1-888-486-0340 or 729-6782
Home Care for Maine.....1-800-639-3084 or 582-8001
Kno-Wal-Lin Home Health Care Newcastle 921-4760
Rockland1-800-540-9561 or 921-4500
Miles & St. Andrews Home Health & Hospice 563-4592

HOSPITALS/CLINICS

Jessie Albert Dental Center1-888-304-8020 or 443-9721
Knox County Health Clinic 921-6996
Lincoln County Dental..... 563-8668
Maine Family Planning 622-7524
Martin's Point Health Care1-800-322-0280 or 774-5801
Mid Coast Hospital - Brunswick1-877-729-0181 or 373-6000
Mid Coast Walk-in Clinic - Brunswick 406-7500
Miles Campus of LincolnHealth - Damariscotta 563-1234
OASIS Health Clinic..... 721-9277
Parkview Adventist Medical Center – Brunswick 373-2000
Pen Bay Medical Center - Rockland 921-8000
Planned Parenthood - Topsham Health Center 725-8264
Richmond Area Health Center 737-4359
Sheepscot Valley Health Center-Somerville 549-7581
St. Andrews Campus of LincolnHealth Urgent Care 633-2121
Veterans Hospital - Togus1-877-421-8263 or 623-8411

HOUSING & SHELTER

Bath Housing 443-3116
Brunswick/Topsham Housing Authority 725-8711
CEI Housing Counselor 504-5900
Habitat for Humanity/ 7 Rivers Maine 504-9333
Housing Discrimination Hotline 1-800-669-9777
Maine State Housing/Housing Choice Voucher ... 1-800-452-4668
MMCA Housing Counseling..... 1-800-221-2221
Penquis (Knox Co.) 1-800-215-4942
Property Tax Abatement call local Town Office
Tedford Housing 729-1161
VOA Housing 373-1140

LEGAL & TAX INFORMATION

American Civil Liberties Union (ACLU) 774-5444
CA\$H Coalition..... 373-1140 x214 or x236
Child Support Enforcement 624-4168
Cumberland Legal Aid Clinic 780-4370
Finance Authority of Maine 1-800-228-3734 or 623-3263
Internal Revenue Service1-800-829-1040
Lawyer Info & Referral Service..... 1-800-860-1460 or 622-1460
Legal Services for the Elderly 1-800-750-5353 or 623-1797
Maine Attorney General's Office 626-8800
Maine Equal Justice Partners 1-866-626-7059 or 626-7058
Maine Human Rights Commission 624-6290
Maine State Income Tax Call Center 626-8475
Maine Volunteer Lawyers Project... 1-800-442-4293 or 774-4348
Money Management International1-866-889-9347
Pine Tree Legal Assistance – www.ptla.org
Cumberland/Sagadahoc County 774-8211
Lincoln/Knox County 622-4731
Public Utilities Commission1-800-452-4699
Social Security Administration.....1-800-772-1213
Veterans Affairs (VA)1-800-827-1000
Victim's Compensation Program..... 1-800-903-7882 or 624-7882
VOA Community Mediation Services 373-1140 x229

LEGISLATURE

State Representatives 1-800-423-2900 or 287-1400
State Senators 1-800-423-6900 or 287-1540

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Addiction Resource Center-Mid Coast1-800-244-3805 or 373-6950
Alanon - Statewide 1-800-498-1844 or 284-1844
Alcoholics Anonymous - Statewide1-800-737-6237
Crossroads for Women 773-9931
Healthy Lincoln County563-1330
Maine Behavioral Healthcare- Brunswick..... 373-9417
Maine Behavioral Healthcare- Damariscotta/Rockland .. 701-4400
Maine Office of Substance Abuse&Mental Health1-800-499-0027
Maine Psychological Assoc. Info & Referral.....1-800-287-5065
Maine Tobacco Helpline.....1-800-207-1230
Mental Health Crisis Hotline Connector1-888-568-1112
Mid Coast Behavioral Health..... 373-6600
Mid Coast Hospital-Partial Hospitalization 373-6980
Mid Coast Senior Mental Health Services1-888-253-8428
Narcotics Anonymous 1-800-974-0062
Nat'l Alliance on Mental Illness (NAMI)1-800-464-5767
Support Groups..... Dial 2-1-1
Sweetser Learning and Recovery Center 373-4273
Sweetser Mental Health/Substance Abuse-Intake1-800-434-3000

TRANSPORTATION

Bath City Bus 443-8363
Brunswick Explorer 721-9600
Coastal Trans1-800-289-6605
MaineCare Transportation1-855-930-7900
Community Concepts Transportation 712-3712



2-1-1 Maine is a FREE statewide information and referral service available 24 hours a day, 365 days a year.

➤ **Simply DIAL 2-1-1**
or visit the on-line 2-1-1 Maine database, with over 8,000 human service programs, at www.211Maine.org

➤ 2-1-1 is available throughout Maine, but cell phone & workplace phone access varies.

If you can't dial 2-1-1, please call 1-877-463-6207

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